



HOT POTATO

How best to bake the humble jacket potato? It's a question that sparked fierce debate in the WF office but after many trials and tastings, food editor Eleanor Maidment's method came out top. Pierce a baking potato deeply with a fork several times; put directly on the wire rack in a pre-heated 200°C oven for an hour (give or take, depending on the size of the spud), turning halfway through. The potato is done when it yields to gentle pressure.

ADDITIONAL WORDS AMY GASTMAN *LIMITED AVAILABILITY

3 perfect toppings...



Pesto, pine nuts and feta

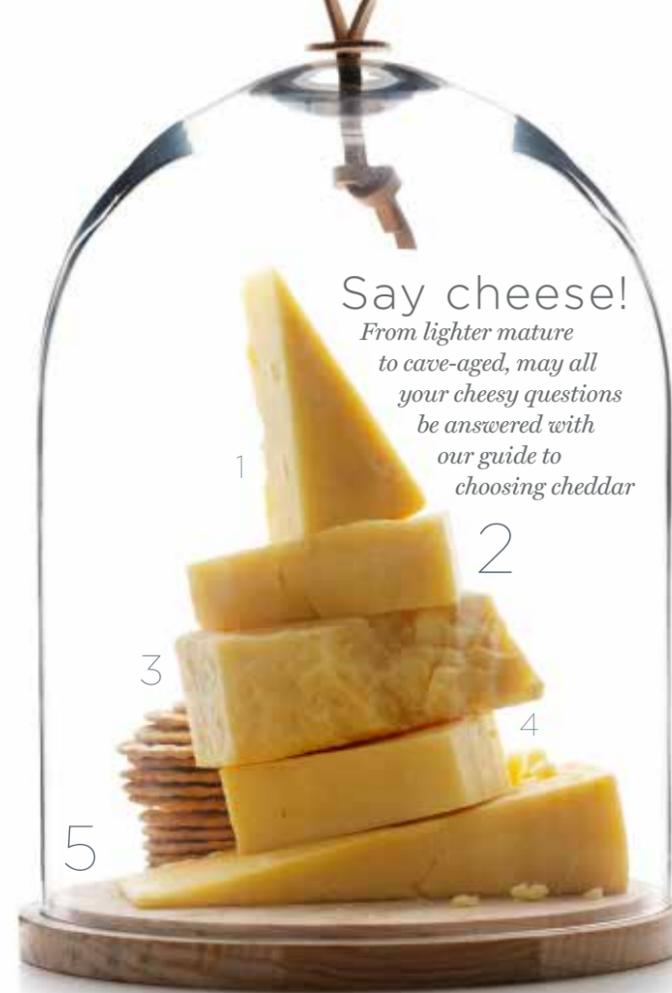
Mix pesto (try Sacla' Classic Basil Pesto Shots; £2.79/4 x 45g pots) with crumbled feta and ready-toasted pine nuts (such as Waitrose Cooks' Ingredients Toasted Pinenuts; £3.99/90g).

Ricotta and sundried tomatoes

Stir sundried tomatoes (we love Waitrose Organic Sun Ripened Tomatoes; £2.39/100g) into a tub of essential Waitrose Italian Ricotta (£1.35/250g), then drizzle with olive oil.

Prawns with marie rose sauce

Finish off a Heston From Waitrose Prawn Cocktail (£3.99/180g) with rocket and chopped fresh tomato.



Say cheese!

From lighter mature to cave-aged, may all your cheesy questions be answered with our guide to choosing cheddar

1 Mild

Subtle and creamy, this is the choice for those who shy away from strong flavours. The close rather than crumbly texture makes slicing and grating easy. Most mild cheeses mature for 12 weeks, although Waitrose takes its to 23. **TRY:** essential Waitrose English Mild Cheddar (£3/350g)

2 Vintage

Matured for up to 18 months, vintage cheddar is crumbly, robust and fruity. Cook with it as you would parmesan; a little goes a long way. **TRY:** Waitrose West Country Farmhouse Cheddar Vintage (£4/350g)

3 Lighter Mature

The use of low-fat rather than whole milk makes this cheddar a lighter choice. Its rich taste and crumbly texture come from the ageing process, which is the same as for regular mature - the only

difference being that this one has 30 per cent less fat. **TRY:** essential Waitrose Lighter Mature (£3/350g)

4 Cornish Quartz

Matured for around two years, Cornish Quartz is made entirely from Cornish milk. It has a satisfying crunch thanks to the calcium lactate crystals, which form naturally as the cheese ages. Rich and complex, it has a beautifully well-rounded flavour. **TRY:** Waitrose Cornish Quartz Cheddar Extra Mature (£4.45/350g)

5 Wookey Hole Cheddar

Matured 200 feet underground in the caves of Somerset's Wookey Hole for up to a year, this is a tangy cheddar with distinctively earthy, nutty notes. Extremely good with a glass of cabernet sauvignon. **TRY:** Waitrose Cave Aged Wookey Hole Cheddar Mature (£2.99/250g)

DID YOU KNOW? APPLES, CHERRIES, STRAWBERRIES, RASPBERRIES, PEACHES, PEARS AND PLUMS ALL BELONG TO THE ROSE OR ROSACEAE FAMILY. LOOK FOR A FIVE-PETAL FLOWER IN THE SPRING - SOMETHING THEY ALL HAVE IN COMMON.

My top 10



Loving the new Pick Your Own Offers at Waitrose? myWaitrose members are

now entitled to a 20 per cent discount on their top ten products from a list of hundreds. Need a little help? We asked Dhruv Baker, spice expert and chef-proprietor of The Jolly Gardeners (thejollygardeners.co.uk), to share his picks.

1 Clarence Court Burford Browns Eggs (£2.25/6) now £1.80

2 Waitrose Peat & Heather Scottish Smoked Salmon (£6.49/140g) now £5.19



3 Yeo Valley Organic Greek Style Natural Yogurt (£1.65/450g) now £1.32

4 Bonne Maman Wild Blueberry Conserve (£2.69/370g) now £2.15

5 Twinings Earl Grey Tea Bags (£4.40/100) now £3.52

6 Waitrose Cooks' Ingredients Spanish Cooking Chorizo (£2.69/190g) now £2.15

7 Belvoir Elderflower Cordial (£3.15/500ml) now £2.52



8 Thornbridge Wild Swan Pale Ale (£2.25/500ml) now £1.80

9 Unearthed Hungarian Mangalica Spicy Salami (£4.29/200g) now £3.43

10 Waitrose Cooks' Ingredients Italian Diced Pancetta (£2.49/2 x 77g) now £1.99

LESSER SPOTTED: Choc shot

Sweetened only with natural fruit extracts, Sweet Freedom Choc Shot (£3.50/320g) is a dairy- and gluten-free liquid chocolate with a sticky consistency similar to chocolate sauce, but with none of the accompanying artificial colourings, flavourings or preservatives. At only 14 calories per teaspoon, it's best slathered onto toast or drizzled over ice cream for a not-so-naughty sweet treat. Or simply squirt into hot almond milk and mix for a warming, dairy-free hot chocolate.

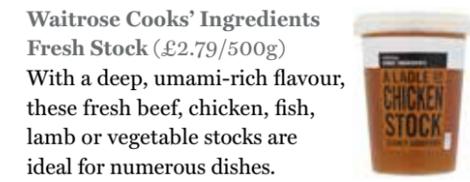


3 COOKS' FAVOURITES

The Waitrose Food team shares its hero products from this issue



Unearthed Smoked Cooking Chorizo* (£3.29/200g) Unlike cured chorizo, which can be chewy when fried, this raw variety cooks to a soft, juicy texture with lots of fragrant oil.



Waitrose Cooks' Ingredients Fresh Stock (£2.79/500g) With a deep, umami-rich flavour, these fresh beef, chicken, fish, lamb or vegetable stocks are ideal for numerous dishes.



Cropwell Bishop Blue Shropshire (£2.75/150g) This creamy British blue has a sweet, nutty flavour and distinctive deep-orange colour. »

THE HOT LIST

Five fantastic new products you need to know about



1 Pan-fry Waitrose Mixed Sea Vegetables* (£2.49/80g), a mix of sea beet, samphire and sea buckthorn for a fresh taste of the coast. **2** Brewed from lager malt, maize, hops and yeast, Wold Top Against The Grain beer* (£2.15/500ml) is full-flavoured but gluten-free. **3** Made with a Whiteface Dartmoor wool blend (a British alternative to jute), the water-resistant Twoool Marylebone Shoulder Bag* (£25) is a great way to support Wool Week (5-11 October; campaignforwool.org). **4** Choc-orange fans rejoice! You can now get limited edition Lindor Milk Chocolate Orange Truffles (£3.66/200g until 13 October; usually £4.89/200g). **5** Kallo Belgian Milk Chocolate Corn Cakes* (£1.69/95g) are more satisfying than a rice cake yet lighter than a biscuit.

GO NUTS FOR PALEO THE PRIMAL PANTRY'S CLEVER BLEND OF COLD-PRESSED NUTS, DATES AND ALMOND OIL MAKE FOR A HANDY HANDBAG STANDBY (£1.49/45g).**



IF YOU BUY ONE COOKBOOK... Turkish Delights

by John Gregory-Smith (*Kyle Books*; £19.99)

You can't help but feel inspired by cook and food writer John's passion for the diverse food culture he encountered on his travels around Turkey. John's father grew up in the country and his partner is Turkish, giving him unrivalled access to domestic kitchens and regional specialities. In Southeastern Anatolia he makes kebabs in the town famous for them, then discovers herby breakfast pancakes on the shores of the Black Sea, and cooks griddled aubergines with saffron yogurt in the saffron-growing town of Safranbolu. Salads are bright, fresh and vibrant, sweets luxuriant and spices a staple. A cookbook to savour.

THE DRINKS LIST: PACHAMAMA

October feels like just the right time for blending dark, spiced rum, passion fruit and lime into new South American fusion bar Mommi's delicious cocktail. (wearemommi.com)

Pour 40ml **dark rum** into a cocktail shaker with 15ml **spiced rum** (try Kraken Black Spiced Rum), the pulp of 1 **passion fruit**, 25ml **fresh lime juice**, 15ml **sugar syrup**, 1 muddled **physalis** and 2 dashes of **bitters** along with crushed ice. Shake, strain into a tall, ice-filled glass and garnish with a whole physalis. Serves one. »



*LIMITED AVAILABILITY **AVAILABLE IN ALMOND AND CASHEW, COCONUT AND MACADAMIA, AND HAZELNUT AND COCOA

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BEAUTY HOTSPOT

Josephine Fairley shares her expert tips on anti-ageing your body

French women have long understood that an age-defying strategy doesn't stop at chin level - as you'll know, if you've ever sat slightly green-eyed on a French beach. Neck, décolletage and top-toe body skin, frankly, deserve generous amounts of TLC. This means equally generous applications of oils, creams and butters are required, many of which go beyond moisturisation to offer anti-ageing and firming benefits. It's also worth remembering to shield the chest area with an SPF: there's plenty of damaging UV light out there, even as the days grow shorter. Your body works hard for you; now it's time to return the favour, as *les Françaises* do.

3 OF THE BEST



1 **Nivea Q10 Firming Body Oil*** (£6.30/200ml)

2 **Balance Me Super Toning Body Oil*** (£20/200ml)

3 **Argan+ Precious Oil Elixir** (£12.99/50ml)

WIN!
Go to page 108 to find out how you could win the beauty products featured here

*LIMITED AVAILABILITY

The food list

1 Sweet Baby Vegetable

Stir Fry (£1.99/200g)
A mix of sugarsnap peas, baby corn, baby kale, pak choi, baby red salad onions, baby courgettes and curly carrots.



Countdown to five-a-day

Woks at the ready - these brilliant new mixes provide a base for vitamin-packed meals in minutes

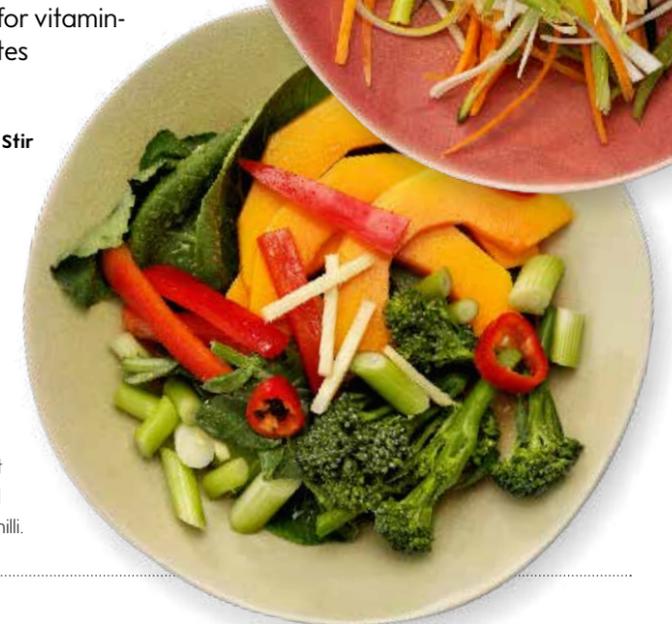
2 Noodle Cut Vegetable Stir Fry

Fry (£1.99/210g) Thinly sliced runner beans, carrot, courgette, salad onions and garlic make a good carb substitute.



3 Aromatic Tenderstem and Butternut Stir Fry

(£1.99/200g) Including Tenderstem broccoli, butternut squash, kale, red pepper, salad onions, pak choi, ginger and chilli.



5 THINGS TO SAVOUR

The best food and drink we've tasted this month

1. **Preso Iberico** - juicy acorn-fed pork with fried Padròn peppers at José Pizarro's latest venture in London's Broadgate.

josepizarro.com/
jose-pizarro-broadgate

2. **Classic Polish cheesecake (sernik)** made with white chocolate at atmospheric restaurant Ognisko in South Kensington.

ogniskorestaurant.co.uk



4. **Shorthorn beef, charcoal oil, mustard, apple and celeriac** (pictured) at Simon Rogan's superlative L'Enclume in Cumbria. lenclume.co.uk

a tangy herb salsa at new sustainable seafood restaurant Bouillabaisse in Mayfair, London. bouillabaisse.co.uk

5. **Smokey and the Bandit burger** - a soft brioche bun packed with a grass-fed, dry-aged beef patty, melted cheese, salad, smoky streaked bacon and house 'mother' sauce at Meatcure in Market Harborough. meatcure.com »

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FIVE THINGS TO DO THIS OCTOBER

1 *Feast on this*
This month sees the Great Bath Feast come to the historic World Heritage Site city, with four weeks of food-related activities. Bake bread with Richard Bertinet, visit a one-night-only gin palace or tour Bath's finest pubs. Don't miss this year's main attraction: an out-of-this-world, after-dark Mad Hatter's Masquerade Dinner to celebrate the 150th anniversary of Lewis Carroll's *Alice in Wonderland*. (greatbathfeast.co.uk)



2 WEEKEND AWAY SKYE

As one of the most popular destinations in Scotland and the largest island of the Inner Hebrides, Skye still retains a wilderness that both beguiles and awes. The muscular, undulating landscape is drenched in colour while the craggy Cuillins - Britain's most challenging peaks - form an imposing centrepiece. It's worth hiring a guide so you can get off the beaten track. (skyeadventure.co.uk)



Make beautiful **Kinloch Lodge** your base (kinloch-lodge.co.uk). It boasts sumptuous rooms, crackling fires and a welcome you'd normally only receive from friends. You'll also find Michelin-starred chef Marcello Tully in the kitchen, making use of the island's generous bounty to create classic French cooking with considerable finesse.



3 PUMPKINS AND PRIZES

Expect fierce competition as the UK's best nurseries, growers and producers exhibit their finest crops as part of the RHS London Harvest Festival Show (6-7 October; rhs.org.uk/shows-events)

4

Drop by **The Old Inn & Waterfront Bunkhouse** at Carbost (theoldinnskye.co.uk) for pub classics, live music and one of the friendliest vibes you'll ever find. Live music and accomplished cooking are also on the menu at **The Edinbane Inn** (edinbaneinn.co.uk), or head to Portree for local's favourite **Scorrybreac** (scorrybreac.com). **Skye Pie Cafe** (skypepiecafe.co.uk) is also drawing crowds.

Don't forget the wildlife. Go looking for dolphins, whales and much more on an exhilarating boat adventure (aquaxplore.co.uk). (skye.co.uk)



5 NATIONAL CURRY WEEK (12-18 OCTOBER)

Get cooking and raise money for a good cause by hosting a curry night with one of Maunika Gowardhan's recipes on page 38, or visit a restaurant participating in Curry for Change, a campaign to help rural families in Africa and Asia. (curryforchange.org.uk)



SHUCKS AWAY

Oyster royalty descends on London's Newman Street Tavern for OysterFest 2015 (7-10 October). Watch experts such as Chris Galvin and the Wright Brothers compete in a shuck-off competition, or simply tuck in to celebrate the native season. (newmanstreettavern.co.uk)