

Sainsbury's

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magazine

OCTOBER 2012

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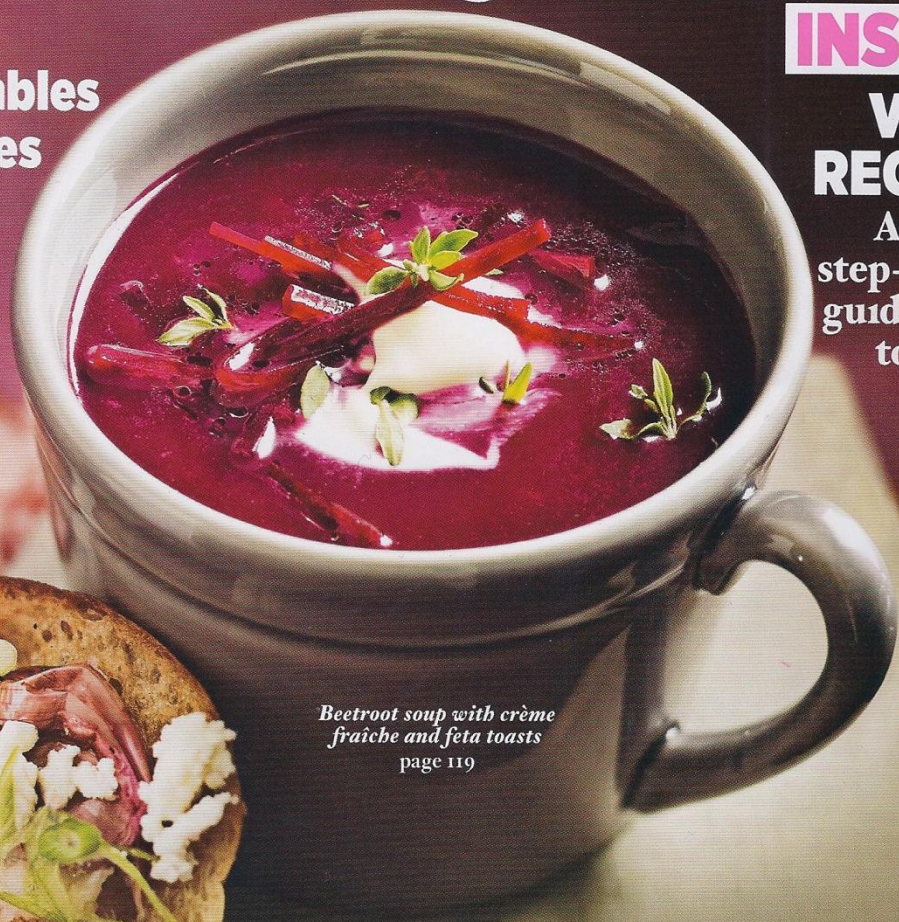
Let's get cooking!

- * Soups and pies
- * Cakes and crumbles
- * Roasts and bakes

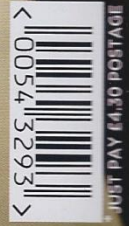
+FREE
Herb plants for
every reader*

INSIDE!

**VIDEO
RECIPES**
Amazing
step-by-step
guides from
top chefs



*Beetroot soup with crème
fraîche and feta toasts*
page 119



97+

**INSPIRING REASONS
TO LOVE AUTUMN**

**MORE ENERGY
GLOWING SKIN
BETTER BODY**
Three feel-good
gurus make it easy

Wear...
Autumn's
must-have
£30 jacket

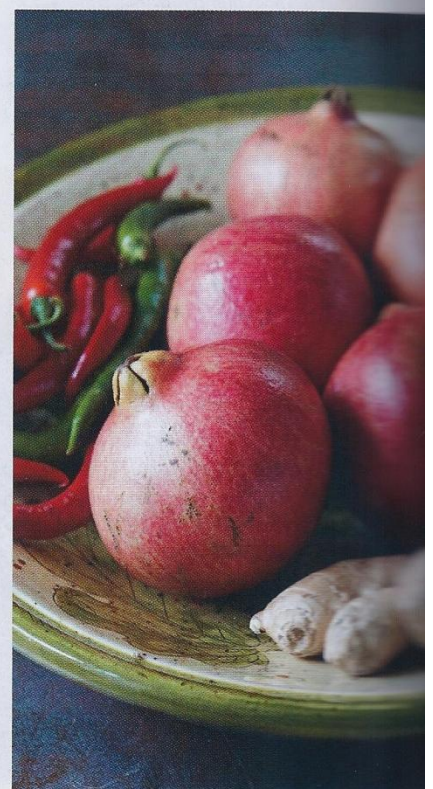


Try...
Classic Chinese
recipes with
Ken and Ching



Buy...
The latest
skincare
superheroes







Shelf life, clockwise from far left: junk shop finds on the 1930s dresser; Laura prepares her Maple-glazed salmon, see overleaf; the box-shaped bowl was a gift from her husband; Habitat jars are ideal for storing spices and her Spellbinding Flavourings; a seed tray is perfect for holding condiments



In my kitchen

with Laura Santtini

Food consultant Laura loves concocting exciting flavourings – and this room, with its vintage dresser and original larder, is just the place to do it

WORDS *Kara O'Reilly* PHOTOGRAPHS *Lisa Linder*

Faithful friends, from far left: 'My utensils are like old mates – some have outlasted friends' marriages'; the pottery platter is from Divertimenti

Laura Santtini has spent her whole life working with food. She grew up around her parents' Italian restaurant, Santini, which was famously Frank Sinatra's favourite London restaurant. In addition to consultancy work on product development for major food brands, she has written two cook books, *Easy Tasty Italian* and *Flash Cooking* (both Quadrille, £20), and developed a range of exciting food flavourings called Spellbinding Flavours – the Taste # 5 Umami pastes and powder are available in store (£2.99 each). She lives in a rented house in London with her husband, two children and toy poodle, Pudding (laurasanttini.com).

'We sold our central London flat to raise the funds for me to set up my business. This happened just when the world economy was going into recession and the banks weren't lending, so we sort of had to. It ended up being really empowering.'

'When we moved to this 1930s house in the suburbs, it was like coming home. I grew up in a similar area and there had always been a part of me that couldn't wait to get into the 'big time' in central London. But now I don't think I'd ever move back there again.' ▶

'We haven't changed the kitchen at all – I love everything about it and it has great energy. The space is good, too: whoever set it out must have loved to cook and knew exactly what they needed the kitchen to be.'

'The kitchen has the original dresser and larder, and they're both a source of delight and happiness to me. I'm a real hoarder and the joy of putting my finds on the dresser is like decorating the Christmas tree.'

'The kitchen floor is made of old flagstones, which is very forgiving – extremely useful when you have a dog.'

'I love the cabinets, but my dream kitchen would have Shaker-style units made by Plain English [01449 774028; plainenglishdesign.co.uk]. Having said that, if I owned this house, I wouldn't rip out the kitchen. I'd probably just paint the cupboard doors in a Farrow & Ball colour, change the handles and add a marble work surface.'

'I'm a huge fan of marble work surfaces, they make me happy, particularly that thick matt marble – I think it's called "honed". I had it in our last kitchen. It does get stained but, after a while, you don't mind as it gives the marble character.'

'It's been interesting getting off the property ladder. At first, it was quite exciting, then I had a wobbly moment. Now it doesn't matter if I never own a house again. I'll just spend my retirement at *The Best Exotic Marigold Hotel* – I loved that film.'

'I'm all about flavours and feelings. I encourage people to "taste their lives"; to think of it as a recipe. If it's 500g work, 250g chores and only a pinch of romance and ¼ tsp of laughter, then there's something wrong with the recipe. You'll need to think about adjusting the quantities to work out what doesn't matter. When you're happy, it will flavour the people around you.'

'Everything I do is about making my life easier as a mother. For most women, myself included, cooking midweek is a real chore. I wanted to create a way to get a healthy dinner on the table in minutes, so I developed an arsenal of flavours that I could use to dress a very unimaginative weekly shop of healthy cuts of meat, fish and veg and turn them into something different every day. That's the idea behind *Flash Cooking* and the *Spellbinding Flavours* – they're about maximum flavour and healthiness and minimum washing-up.'

'I believe in balance – a mix of 80% healthy eating and 20% doing what you like. As a parent, it's fundamental that you show balance in your eating habits. My 80/20 policy is about balance everywhere: in my shopping trolley, in the things I eat, the books I read and what I watch on TV.'

'With the *Spellbinding Flavours* range, I wanted to create luxury food products at affordable prices. I deliberately made the jars pretty and colourful – a bit like jars of hand cream – just to make that dinner job feel less of a chore.'

'I'm into inclusive meals for kids, like on the continent. Kids shouldn't have to be second-class gourmets – they need to have their palates delighted, too. I don't put heat in any of my flavourings so that kids can tolerate them.' ▶

Spice girl, from top: Laura bottles one of her bespoke flavourings that she gives as gifts; she uses bottles found in junk shops; her pestle and mortar are her 'pride and joy'; Laura mixes antique pieces, such as this candlestick, with items from the high street



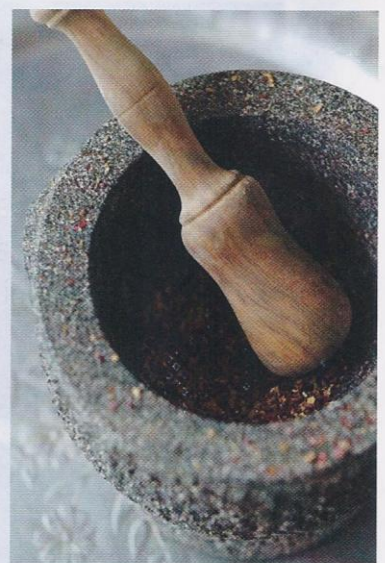
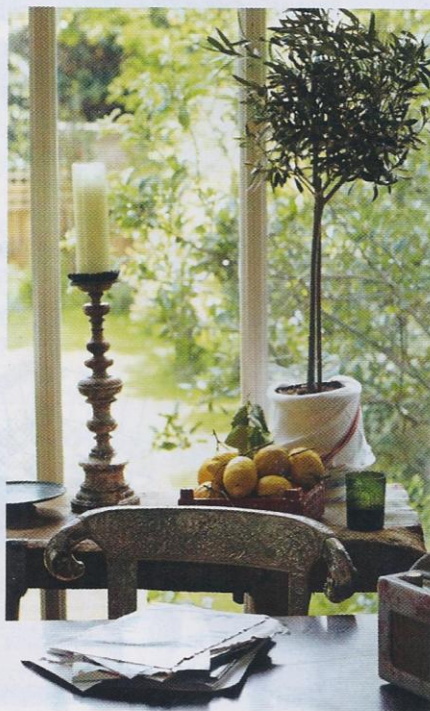
LAURA'S TOP SHOPS

A&L Antiques (07803 051320; aandlantiques.co.uk) 'It's a fantastic shop, owned by a friend. The antiques are reasonably priced and very special'

An Angel At My Table

(0845 200 0723; anangelatmytable.com) 'They've managed to capture the right blend of magic and romance in their merchandise'

Maison Artefact (020 7381 2500; maisonartefact.com) 'Like A&L, it's all about the amazing discerning eye of the owner.'



'Eating together is a huge part of who we are as a family. Now the children are old enough to help in the kitchen, one will make a salad while the other lays the table. I think it's important for them to be involved in the process of creating the meal. As a child, I was always included in everything and we've done the same.'

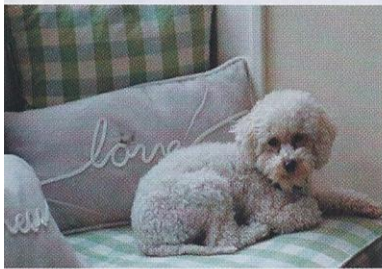
'I bought the children a blender as they really like making smoothies for themselves in the morning. They add mixed seeds, oats, yogurt, ice and any fruit they like. If I made it, they wouldn't eat it, but because they make it, they do – it's good news all round.'

'My pestle and mortar are my pride and joy. I kept dropping the pestle, so I now have a wooden one and a stone mortar.'

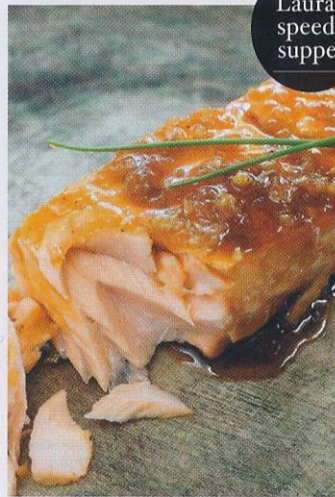
'I couldn't live without my rice cooker. It's changed my life. Instead of having to peel spuds for Sunday lunch, I make Persian-style crispy rice and it goes down just as well.'

'I keep lots of my flavourings in an old seed tray. It's my box of tricks. Everyone should have a box of tricks because even if you're lacking in kitchen confidence, with an arsenal of flavourings you can make up for it.'

'I tend to go for shortcuts on desserts, so I'll buy a ready-made pavlova case and fill it. Or I'll get a good-quality lemon sorbet and use a stick blender to whiz in some basil and a slosh of Martini. Then I'll serve it with chocolate biscuits.'



'I find much of my stuff in junk shops, especially when I'm away on work trips. I've been known to walk through an airport with a salad bowl on my head to avoid paying excess luggage! That's the beauty of travelling alone – no-one cares how you behave.' ♦



Laura's speedy supper

- In a small bowl, mix together the maple syrup, soy sauce, ginger and garlic and season to taste with sea salt and freshly ground black pepper. Put the salmon fillets in a small ovenproof dish and pour over the marinade, turning the salmon to coat well. If time permits, cover with clingfilm and leave to marinate in the fridge for up to 1 hour.
 - When ready to cook, preheat the oven to 200°C, fan 180°C, gas 6. Bake the salmon, uncovered, for around 15 minutes, until cooked through. Serve with green beans or broccoli, plus some brown rice.
- 352cals; 17g fat (3g sat fat); 31g protein; 0g fibre; 21g carbs; 18g total sugars; 2g salt

Maple-glazed salmon

Serves 2

We usually eat this at least once a week. Take care not to go overboard on the maple syrup, as this dish loses something if it is too sweet. You can also use this delicious marinade for chicken thighs and even roasting vegetables.

Prep 5 mins **Total time** 20 mins, plus marinating

Get ahead Marinate the salmon up to an hour ahead

- 4 tbsp maple syrup
- 1 tbsp soy sauce
- a pinch of ground ginger
- 1 clove garlic, crushed
- 2 salmon fillets
- sea salt
- green beans or broccoli
- and brown rice, to serve

IN MY FRIDGE

- Chicken** 'We're never without a few boneless, skinless chicken thighs'
- Organic milk** 'I try to get organic milk for the children, but I'm not so hung up on organic food'
- Free-range eggs** 'Always'
- Bacon** 'My kids are partial to a bit of bacon and it's so easy for them to cook themselves'
- Live yogurt** 'I like Greek style'
- Flavours** 'Tomato ketchup, Worcester sauce, Marmite, fish sauce, maple syrup, harissa, soy sauce, pesto, Taste #5 Umami Paste'
- Parmesan or pecorino** 'I love hard cheese – it's so tasty'



RECIPE PHOTOGRAPH: ADAM LAYCOCK, FLASH COOKING; FIT FAST FLAVOURS FOR BUSY PEOPLE BY LAURA SANTINI (2011) (QUADRILLE, £20)



Get the look

Clockwise from top left:

- Love cushion, £35, Retreat Home (0870 803 3428; retreat-home.com)
- Heart-shaped chopping board, £15, Sainsbury's (0800 636262; sainsburys.co.uk)
- Ethos cream butcher's trolley with stainless-steel top, £70, Sainsbury's (as before)
- Easy Tasty Magic: International Jerk – a common rub for chicken wings, breasts and thighs, £6.99, Selfridges (0800 123400; selfridges.com)
- Different by Design stone pestle and mortar, £10, Sainsbury's (as before)
- Large eau de toilette scalloped glass bottle, £8.95, Dotcom Gift Shop (020 8746 2473; dotcomgiftshop.com)