

# STYLE

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**YOUR  
FASHION  
MANIFESTO**  
WHAT TO WEAR  
IN 2012

**INSIDE  
STORY**  
*THE CULT  
NEW  
INTERIORS  
SHOPS*



## RUN Stretch BURN

GET FIT FOR THE OLYMPICS

WITH VICTORIA PENDLETON

# Flavour PUNCH

WEEK 2

LOSE WEIGHT WITHOUT  
COMPROMISING ON ENJOYING YOUR  
FOOD. HERE'S HOW, IN THE SECOND  
PART OF *LAURA SANTTINI'S*  
REVOLUTIONARY DIET, CREATED WITH  
THE NUTRITIONIST *AMANDA GRIGGS*

**T**he flash plan is about adding flavour to your food while losing weight healthily. It operates on an 80/20 balance – eating healthily for 80% of the time, then relaxing the rules for the remaining 20%.

If you're coming to this new, you can find week 1 of the programme online at [thesundaytimes.co.uk/style](http://thesundaytimes.co.uk/style). By week 2, you should have got rid of that bloated feeling and be well on the way to understanding how important flavour is when it comes to shedding the pounds successfully. Add these new recipe ideas to the eating plan outlined in days 4-7 of part 1 and you will beat the boredom factor, which is the main reason many diets fail.

Be mindful that this plan is designed to last a lifetime. Week 2 is considered early days, and your pathway is still under construction. Complex carbohydrates are not fully introduced into the programme until the beginning of week 3. Then your body will have begun to find its balance and lost some of the excess weight. Complex carbohydrates are whole grains, which means they still contain the fibre that has been stripped out of refined grains. This fibre helps the grains to release their sugars more slowly, keeping you feeling fuller and more satisfied for longer. For when to eat them and information on portion sizes, see overleaf.





Tanqueray tagliata

Photographs: Con Poulos

**LIFE STYLE THE DIET SPECIAL**

**DAYS 8-14  
EATING PLAN**

Continue as per days 4-7 of week 1.

**Pre-breakfast**

Simple hot water and lemon, or hot lemon ginger twist (see week 1).

**Breakfast options**

Choose from any of the week 1 breakfasts, or smoked salmon banana split.

**SMOKED SALMON BANANA SPLIT**

This strange but delicious hot banana split tastes naughty, but it's packed with potassium and omega 3, so is actually good for you.

**SERVES 1**

- 1 medium ripe banana, cut in half length- and widthways
- A pinch of jerk seasoning (optional)
- 50g smoked salmon slices
- Freshly ground black pepper
- A squeeze of lime or lemon juice

Sprinkle the banana pieces with the jerk seasoning (if using), then fry them in a hot, dry nonstick frying pan for 3-5 minutes, until caramelised but not falling apart. Layer the smoked salmon and warm banana in an even stack on a plate. Top with freshly ground black pepper and a squeeze of lime or lemon juice.

**Lunch options**

Choose from any of the week 1 lunches, turkey scooby snack or umami portobello pizza. All lunches and dinners are served mostly with plants as per week 1.

**TURKEY SCOOPY SNACK**

This simple, flavour-packed tall order is made with shop-bought turkey slices, grated carrot and poppy seeds, but you could use chicken breast and fill with sliced tomato, sweet red onion and basil (plus your daily allowance of a quarter of an avocado), or lean beef slices filled with dressed grated beetroot and courgette, drizzled with horseradish vinaigrette.

**SERVES 1**

- 2 large carrots, grated
- 1 tbsp dried blueberries or any dried fruits
- 1 dsp poppy seeds
- 4 tsp golden elixir (see week 1) or extra-virgin olive oil
- Salt and freshly ground black pepper
- 3 slices of shop-bought sliced turkey, skin removed (about 110g)
- Wholegrain mustard

**For the lemon pesto**

- 1 tsp fresh pesto
- Grated zest and juice of ½ lemon

Put the carrots, blueberries, poppy seeds and half the golden elixir in a bowl. Season with salt and pepper, then stir well. Make the lemon pesto by combining the pesto, lemon zest and juice with the remaining golden elixir in a bowl. Place one slice of turkey on a plate, spread with a thin layer of mustard and top with the carrot mixture. Repeat with another slice of turkey, more mustard and more carrot mixture. Top with a final slice of turkey and drizzle with the pesto.



Wok prawn curry with  
cauliflower mash



### UMAMI PORTOBELLO PIZZA

**SERVES 2**

4 large portobello mushrooms  
4 tsp Taste # 5 Umami Paste  
2 buffalo mozzarella balls, thickly sliced  
8 large basil leaves, plus more for garnish  
2 large ripe tomatoes, sliced  
2 tsp dried oregano  
Salt and freshly ground black pepper  
4 black olives  
2 tsp golden elixir or extra-virgin olive oil

Heat the oven to 180C/Gas Mark 4. Cut the stalks off the mushrooms and place the heads in an ovenproof dish. Roast for about 5 minutes, until they start to soften. Remove and spread 1 tsp Taste #5 Umami Paste on the inside of each mushroom. Top with a slice of mozzarella, a basil leaf, a slice of tomato, another basil leaf and finally another slice of mozzarella. Push all this down firmly so the stuffed mushrooms won't topple over. Sprinkle each one with oregano and season with salt

and pepper. Return to the oven and cook until the cheese has melted and turned golden.

Place 2 mushrooms on each plate and top each with a black olive, a sprig of basil and a drizzle of golden elixir.

#### Dinner options

Choose from week 1 dinners, the Tanqueray tagliata or wok prawn curry.

#### TANQUERAY TAGLIATA

"*Tagliata*" means "cut", and it usually refers to meat cut thinly and served with a salad. This version is made using venison and a rubinade (a cross between a rub and a marinade).

#### SERVES 2

##### For the rubinade

2 large garlic cloves  
Leaves from 2 sprigs of rosemary  
½ tsp juniper berries  
¼ tsp salt flakes  
¼ tsp black peppercorns  
3 tbs olive oil

##### For the meat

2 iPhone-sized venison steaks  
A splash of gin (any will do)

Using a pestle and mortar, grind together the garlic, rosemary, juniper berries, salt and black pepper. Add just enough olive oil to form a loose paste.

Season each venison steak with a spoonful of the mixture and keep the rest aside. If time permits, cover them in clingfilm and leave at room temperature for 20-30 minutes.

Heat a nonstick frying pan on a medium to high flame. Once hot, fry the venison steaks until almost to your liking. Next, spoon over the remaining dressing (which has not had contact with raw meat) and carefully drizzle each steak with a splash of gin — about a capful in total. Take care not to let it get near a flame or hot burner, as alcohol is flammable.

Once the alcohol has evaporated, remove the steaks from the pan and serve on heated plates. Leave to rest in a warm place for a few minutes before serving.

Turkey scooby snack



## WOK PRAWN CURRY WITH CAULIFLOWER MASH

SERVES 2

½ tbsp sunflower oil  
 1 medium red onion, thinly sliced from root to top  
 2 garlic cloves, thinly sliced  
 ½ red chilli, deseeded and thinly sliced  
 2.5cm fresh ginger, peeled and grated  
 2 tsp medium curry powder or paste  
 2 tsp tomato purée  
 300g raw peeled prawns  
 500g cherry tomatoes, halved  
 8 kaffir lime leaves  
 1 stalk of fresh lemongrass  
 Salt and freshly ground black pepper  
 1 tsp runny honey (optional)

### For the cauliflower mash

1 medium cauliflower  
 2 tsp golden elixir, to serve  
 A handful of fresh coriander, roughly chopped  
 Lime pickle or mango chutney

Heat a wok over a high flame. Add the oil, onion, garlic, chilli and ginger. Fry for 2-3 minutes, then add the curry powder/paste and tomato purée. Cook for a further minute, then add the prawns, tomatoes, lime leaves, lemongrass and 100ml water. Bring to the boil and reduce heat to a rapid simmer. When the prawns are cooked and the tomatoes have softened (7-10 minutes), add salt and pepper to taste, plus honey if you think it needs some sweetness.

Meanwhile, make the cauliflower mash. Chop the cauliflower into florets. Drop these into a pan of boiling salted water and cook until tender. Drain, then add the golden elixir and mash with a potato masher.

Serve the cauliflower mash with the curry, topped with fresh coriander and a spoonful of lime pickle or mango chutney.

## DAYS 15-21 EATING PLAN

In addition to the recipe ideas and options from weeks 1 and 2, some complex carbohydrates may be introduced in moderation in week 3. If you still feel you have key weight to lose, postpone this until week 4 or 5.

### Breakfast

Half a cup of porridge oats, made with water and sprinkled with cinnamon angel dust (see week 1), or a slice of yeast-free rye or spelt bread, spread with nut butter, sweet-grass almond butter (see week 1) or ordinary almond butter.

### Lunch

For two of your seven lunches, you may replace the iPhone-size portion of protein on the eating plan by adding 2 tbsp of cooked quinoa, brown rice or soba noodles to your salad or soup, sprinkled with 1 dsp of mixed seeds.

### Dinner

Dinner should be an iPhone-sized portion of flavour-packed protein, served with plenty of vegetables from the Foods to Eat list (see week 1).

## DAYS 22-28 EATING PLAN

Weight loss and finding your optimum weight doesn't have to be complicated. In essence, it boils down to a simple equation of input v expenditure. Everyone is different: if your weight loss is slow, you may need to increase your exercise and watch the little things, like how much sweet tropical fruit you eat for breakfast, how much nut butter you spread on your crackers, or how much oil you drizzle. Rather like money, if you take care of the ounces, the pounds will take care of themselves.

In the fourth week, you can substitute two protein lunches with comfort lunches, such as two iPhone-sized portions of wheat-free pasta, quinoa or brown rice with lots of vegetables from the Foods to Eat list (see week 1). In flash cooking, these portions are equal to 4 cooked tbsp. Alternatively, you can replace these complex carbs with a whole baked sweet potato, served with vegetables or topped with a tomato-based stew, such as ratatouille made with 1 tsp olive oil and plenty of chopped fresh herbs. Drizzle with 1 tsp golden elixir and 1 tsp devil dust (see week 1) for extra flavour. If you don't have time to make a vegetable stew, simply sprinkle the sweet potato with herb seasoning before baking and serve with a yoghurt dressing. This is one of my

favourites: stir 1 tsp mango chutney, together with chopped fresh coriander and ¼ tsp turmeric, into 3 tbsp live low-fat greek yoghurt.

### MOVING FORWARD

You will know when you are overdoing your complex carbohydrates, as you will start to feel sluggish and bloated. This is the time to reboot and go back to the initial days of the first week of the diet, with a green soup day to get back in the zone. When you have reached your goal and you feel balanced and happy with your digestive health and weight, then you are ready to enter the 80/20 zone – eating healthily Monday to Friday, then relaxing the rules at weekends, or however best 80/20 balances for you.

The important thing is that the maths adds up over a seven-day period. So, if you eat healthy, flavour-packed food 80% of the time, on a night out you may enjoy a glass of wine, or pizza, a bowl of pasta or your favourite pudding. Be true to yourself, because this is an eating plan for life, so you will need boundaries. You need to be committed and your intention must be strong; you will be surprised how quickly your tastes change and your body adapts to a balanced way of eating. ●

*Flash Cooking: Fit Fast Flavours for Busy People* by Laura Santtini (Quadrille £20). To order a copy for £16.50, inc p&p, call 0845 271 2135 or visit [thesundaytimes.co.uk/bookshop](http://thesundaytimes.co.uk/bookshop)

ST See Laura Santtini's flash flavour recipes and superfood guide at [thesundaytimes.co.uk/style](http://thesundaytimes.co.uk/style)