



# The Mail



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# YOU

13 NOVEMBER 2011

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**EXCLUSIVE INTERVIEW**

# TWIGGY

STILL THIS YEAR'S MODEL AFTER FIVE DAZZLING DECADES





# FLASH IN THE PAN

Quick, tasty food that looks fab? Yes, please! We meet the woman who wants to add flavour to our lives



If you're in a scrambled eggs mood this morning, how would you like them? Topped with a dollop of red pesto and a sprinkling of chopped flat-leaf parsley? With some harissa, mint and pomegranate seeds for a Middle Eastern twist, perhaps? Or maybe Indian-style, seasoned with a pinch of garam masala and served with a spoonful of spicy yoghurt?

While the possibilities aren't endless, there are certainly more options than simply piling them on to a piece of buttered toast with a grinding of salt and pepper (lovely though that is). And if you like the Indian flavours, why not use them to flatter a baked cod fillet? Or mix the pesto with ricotta cheese and fresh basil to make a stuffing for baked chicken breasts wrapped in prosciutto – a simple but impressive supper dish.

Once you've done that, you can count yourself a practitioner of what Laura Santtini (pictured) calls in her new book 'flash cooking', a catchy name for her own very distinctive approach to food. 'Flash cooking is all about fast, healthful, easy-to-prepare, nutritious, flavour-packed meals that look great, taste extraordinary and promote wellbeing,' says the exuberant Laura. Phew! Enough there for half a dozen books.

Happily, the whole thing works brilliantly, with an imaginative core collection of doable recipes which can be made as they stand, or mixed and matched into a profusion of dishes by substituting ingredients and using different seasonings, glazes, pastes, dressings and accompaniments – what Laura calls

'flavour bombs'. The results draw on Western cooking, the Middle East, India, the Far East and umami, the so-called savoury 'fifth flavour' first identified in Japan 100 years ago.

Although there are flavour bomb-making instructions, ready-made alternatives are recommended for the time-pressed among us, including Laura's own Taste #5 Umami Paste. She also has plans to launch a range of Easy Flash Flavours early in the New Year, following up her Easy Tasty Magic range (see right).

'You can use flavour to create 100 different meals from the same base ingredients,' she says. 'My mission is to give people the tools and the ideas to make their lives taste better.'



These preserved lemon and cumin chicken cakes can also be made with firm white fish, such as monkfish. Find the recipe at [you.co.uk](http://you.co.uk)

## IN THE BEST POSSIBLE TASTE...

*Flash Cooking* by Laura Santtini is published by Quadrille, £20. To order a copy for just £15.99, with free p&p, call the YOU Bookshop on 0843 382 1111 or visit [you-bookshop.co.uk](http://you-bookshop.co.uk). Laura's Taste #5 Umami Paste is widely available at major supermarkets, price £2.99. For more information, visit [laurasanttini.com](http://laurasanttini.com).



## IT'S MAGIC!

This 'Alchemical Larder' from Laura's Easy Tasty Magic range of clever and exotic flavours makes a fab foodie Christmas gift. £25, from Harvey Nichols, [harveynichols.com](http://harveynichols.com).

