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Rocket science

Bagged salads get an eco-makeover from Steve Rothwell, who grows baby leaves on his nature-friendly farm, building habitats to encourage all kinds of wildlife. The leaves are washed in spring water before bagging, so no chlorine nasties. Visit stevesleaves.co.uk for more info and where to buy (prices start at £1/30g).



TRENDS WE LIKE AFRICAN

GO TRIBAL WITH THESE AFRICAN-INSPIRED ACCESSORIES



* Long-term salt and pepper shakers, £16/anthropologie.eu * Olive wood pestle and mortar, £40/heals.co.uk * Horn and bone salad servers, £14.95/grahamandgreen.co.uk * Birder dish towel, aqua, £16/anthropologie.eu * Leopard print champagne flute, £7/debenhams.com

10 olive

THE JURY'S OUT

Sardines



THE CASE FOR

There's no better topping for a piece of toast than tinned sardines with pickled jalapeños. But it's the big sardines I love, barbecued or otherwise. I can't think of one other dish that says 'holiday' more than sardines. OK, they're bony, but the fact you have to put in a bit of work is part of the joy. Food shouldn't be over-sanitised, flavourless pap you just shovel into your mouth like a baby. Sardines are for grown-ups, in all their delicious, complicated-to-eat glory.

Gregor Shepherd

THE CASE AGAINST

Firstly there's the 'eau de sardine' that clings to clothes, hair and the house for hours after cooking. Then there's the scratchy, tiny bones that always manage to get past inspection and lodge in the throat. It might invoke Med holiday memories for some, but there's a thousand other dishes I'd rather eat than a smelly, oily, scrappy little fish.

Janine Ratcliffe



Like it or loathe it?

Join the debate on our Facebook page - search 'olive magazine' on Facebook to rate or slate sardines.

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NEXT MONTH
PORK SCRATCHINGS

BOOK OF THE MONTH

Every now and then a recipe book doubles as a really good read. *Miss Masala: Real Indian cooking for busy living* by Mallika Basu is just that kind of book. This is a very personal collection of recipes woven together with anecdotes, tips, facts and explanations about how and why she cooks. Chapters are split into basics (perfectly fluffy basmati), quick recipes (prawns in a spicy, sweet and sour curry), classics (lamb sautéed in roast cumin and yoghurt), recipes for hot weather (raitas and kebabs), dishes for showing-off (biryani and butter chicken) and sweets (saffron and cardamom cheesecake). If you can live without a picture for every recipe, the bonus of all those extra words makes it worth it. (Collins £14.99, olive offer £13.99 with free UK p&p. For olive book offers, call 01872 562313).

