

Food & entertaining

Find out how to make your bakes a little healthier...



Laura

Lifestyle Editor

3 ways with... crab

- To make crab cakes mix 350g cooked white crab meat, 55g bread crumbs, 1 beaten egg, 3 tbsp mayonnaise, 1 deseeded and finely chopped red chilli, 1-2 tbsp lemon juice and salt and pepper. Shape into four cakes, dust with flour, and fry for about 3 minutes on each side, or until golden brown and hot through.
- To make an Asian-inspired salad, combine 150g cooked rice noodles, 200g brown and white cooked crab meat, squeeze of lemon and a handful of chopped coriander. In a jar, shake together 1 grated garlic clove, 3 tbsp soy sauce, 1 tbsp sesame oil, 1 tsp clear honey and 2 tsp toasted sesame seeds. Pour the dressing over the noodles before serving. Serves four.
- Make a quick starter for four by combining 100g cooked white crab meat, 1 small deseeded and finely chopped red chilli, ½ tbsp chopped coriander and the zest and juice of 1 small lime. Halve and stone two avocados when ready to serve and fill the cavities with the crab mixture.



Feature Laura Webb

This month we love...

Classic desserts, and New York cheesecake is one of our favourites. This April, Gü has launched a Gü York Cheesecake, in celebration of its 10th birthday, and it's at the top of our list. Lightly spiced caramelised biscuit forms the base with a Madagascar vanilla cheesecake topping. Available nationwide for £3.59 for a pack of two ramekins.



If you do one thing this month...

Buy a bottle of McGuigan wine and scan the QR code on the bottle with your smart phone. It will take you straight to the website where you will find out about the specific wines you have scanned, and you can download a free, personalised recipe collection by John Torode, with wine matches from Neil McGuigan. Alternatively, visit the website at www.mcguiganwines.co.uk for your recipe collection.

Try me...

Now is the perfect time of year to enjoy an afternoon tea in the garden. Ring the changes with this recipe for oat scones from Flahavan's. Grind 50g Flahavan's Irish Oats until fine. Add to 200g self-raising flour and 25g caster sugar. Rub in 50g butter then add 1 egg beaten with enough milk to make 125ml, leaving some of the milk to brush the tops. Bring together then roll out and cut 8-10 rounds. Brush with the milk and bake for 20 minutes in a 200°C/400°F/Gas Mark 6 oven. Flahavan's Irish Oats are priced from £1.39 and are available from Tesco, Waitrose and Asda.



Eat me...

For those with Coeliac disease, avoiding gluten is essential but can be frustrating. Developed by nutritionist and food scientist, Helen O'Dowd, Helen's Brilliant Bakery Mixes are all wheat, gluten and yeast free and are available in brown bread, white bread and scone mixes, so there's no need to miss out on baking. Available at £2.49 per pack, from Sainsbury's and www.virginiafoods.net.



Buy me...

One of the hottest new food trends for 2013 is Vietnamese food. Have a go at home with Nem Viet's authentic kits, available from Waitrose and Whole Food Market – try your hand at making Vietnam's popular Pho noodle soup, and Spring Rolls with Nuoc Cham dipping sauce. Both kits are priced at £2.69 each.



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