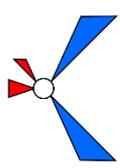


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bncdoc.info	She. Sample containing about 57982 words from a periodical (domain: leisure)
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<p><1961/c></p>  <p>Key: Footprint ConEn1 Footprint ConEn2 Footprint ConEn3</p>	<p>and 2 tbs of juice from the can, then discard the rest. Put all ingredients into a saucepan and slowly bring to the boil. When hot, pour into a food processor and process to a smooth sauce. For extra texture reserve 1-2 pieces of fruit, mash, then add this to the finished sauce. PERFECT PORRIDGE This easy recipe is rather like a hot version of muesli but uses the best kind of oats, has wheatgerm as a bonus and indulgent toppings. The microwave version needs stirring only once. Preparation time: 3 minutes. Cooking time: 7 minutes. Serves 4. 50g (2oz) almond, pecan or walnuts, sliced 50g (2oz) traditional medium Scottish oatmeal 15g ($\frac{1}{2}$ oz) wheatgerm $\frac{1}{2}$ tsp salt 600ml (1 pint) boiling water To serve: 4 tbs molasses sugar, golden syrup or honey 4-8 tbs single cream, top of the milk or natural yogurt 2 flavourful apples, coarsely grated Put first 4 ingredients into a saucepan, add boiling water, stir and cook over moderate heat, stirring often, for 6-7 minutes. Divide between 4 bowls. Add some sugar (or alternative), cream and yogurt and top with some freshly grated apple (use a food processor or coarse grater). Enjoy the hot, warm and cold temperatures all at once. recipe ends here recipe starts here recipe ends here recipe starts here Microwave version: Combine dry ingredients in a heatproof bowl. Add boiling water, stir, microwave on high for 7 minutes. Stir after 6 minutes. Serve as above. recipe ends here ROSEMARY GEORGE'S WINE CHOICE These soothing comfort foods require equally soothing, warming wines. Sausage and mash is the perfect foil for heartly, spicy wines, born in southern sunshine, such as Asda's St Chinian, which is redolent of the scents of the sunsoaked hillsides of the south of France. It has some plummy fruit, with sufficient tannin for only £2.74. Alternatively, try a 1990 Crozes-Hermitage, Cuvée Louis Belle, from Oddbins at £6.99. Although only two years old, this wine is already mature enough to drink. 1990 in the northern Rhône was a star vintage, making some lovely ripe wines with masses of fruit and balancing tannin, and this example is warm and gutsy. It complements a banger perfectly and will make you forget the November chill. Comparable in style and flavour is a 1990 Côtes du Rhone, Cépage Syrah from one of the leading producers of the northern Rhône, which Rhône and Loire specialist Yapp Brothers in Mere is selling for £6.50. This sounds expensive but this is no ordinary representative of the appellation. Australia is another good source of winter warmers, especially with full-bodied wines made from Shiraz, which is what they call Syrah down under. Lay & Wheeler in Colchester is selling a 1989 Shiraz/Cabernet Sauvignon blend from Penley in Coonawarra for £9.30. The substantial proportion of Cabernet makes for a slightly more elegant wine, with a delicious combination of spice and blackcurrant fruit. Bulgaria is one of my latest enthusiasms. Yes, I know everyone has been drinking Bulgarian Cabernet Sauvignon for ages, but Bulgaria has much more to offer, with original grape varieties such as Melnik, Gamza and Mavrud which are not grown elsewhere. 1985 Assenovgrad Mavrud, which Waitrose is selling for £3.79, represents excellent value for a splendidly solid, chunky wine, with fruit and tannin. Rosemary George is the co-editor of Which? Wine Guide (Hodder & Stoughton, £12.99). p 175 omitted - ad BON FROMAGE the</p>
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	<p>cheeses of France Make the most of the delicious and versatile cheeses from Bel SHE PROMOTION Until recently, most people in this country limited their choice of cheese to cheddar. Now more and more of us are sampling what other countries have to offer: countries such as France which makes hundreds of cheeses, in a mouth-watering variety of shapes, textures and tastes. One of France's many fromageries (or cheese factories), blending traditional know-how with the latest in high-tech production methods, is Bel, and one of Bel's best-known cheeses is Port Salut. You can recognise it by its bright and distinctive orange rind, and you wo n't forget its delightfully mellow flavour. Port Salut first appeared in 1873, when it was created by an order of Trappist monks. By 1937, the cheese had become so popular that the monks registered its name. Port Salut is fairly soft and supple, with a clean mellow flavour enjoyed by both adults and children. It has also been launched in a mature (affiné) variety. Port Salut is a cheese which can be eaten as it is or used in cooking, where it adds a rich, buttery taste. For best results, keep Port Salut at the bottom of the refrigerator, wrapped separately, and remove an hour before serving as part of a cheeseboard. Also from Bel comes Le Roitelet Brie, made from pasteurised milk. (Roitelet means wren in French and the bird is featured on the wrapping). It has an even white and bloomy coat and a white, chalky inside, which should be allowed to ripen to a soft, flowing consistency before eating. There are two types of Le Roitelet Brie: 52% fat which develops a full, pronounced flavour when ripened; and 60% fat which is a fully matured Brie with a</p>
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