

Jools' wholesome veg & bean soup

Jools says: "It's great to know that once the children have eaten a big bowl of this delicious soup, they're well on their way to getting their five-a-day. Feel free to use pearl barley, if you like, instead of the beans, but just remember to add a bit more liquid if you do."

TOTAL TIME: 50 MINUTES
INGREDIENTS (SERVES 4-6):

- ◆ 2 sticks of celery ◆ 3 carrots ◆ 2 large leeks
- ◆ 2 cloves of garlic ◆ 1 sprig of fresh rosemary ◆
- 2 rashers of higher-welfare smoked streaky bacon
- ◆ Olive oil ◆ 1 x 400g tin of borlotti or cannellini beans ◆ 1 litre organic vegetable or chicken stock
- ◆ 75g baby spinach or kale ◆ 100g frozen peas

1 Start by prepping the base of your soup: trim and very finely slice the celery, peel and roughly chop the carrots then trim, wash and roughly chop the leeks. Peel and very finely slice the garlic, then pick and finely chop the rosemary. Finely slice the bacon.

2 Heat a lug of oil in a large pan on a medium heat, then add the rosemary and bacon. Fry for a few minutes, or until the bacon is just turning golden, then add the chopped celery, carrots, leeks and garlic. Cook gently for around 15 minutes, or until soft, stirring regularly.

3 Add the beans (there's no need to drain them) and stock. Bring to the boil, then reduce to a simmer for 30 minutes - add a little more stock or water if you think it needs it.

4 Finally, add the spinach or kale and the peas and cook for a further 3 minutes, or until the greens are cooked but still vibrant in colour. Have a taste and season, if needed, then tuck in.

Q&A

YOU ASK JAMIE...

EMAIL: JAMIE.OLIVER@THESUN.CO.UK

Q When pan-frying meat, is it best to oil the meat or the pan?
Kay Green

A I always put oil on the meat because, that way, it does a better job of transmitting heat as well as any spices or flavours that you rub on to it. Also, oil begins the process of frying, caramelising or rendering the animal's natural fats. If I'm pan-frying, I might add some oil to the pan or I might finish the meat with a little oil at the end. Ultimately, it's all about getting caramelisation and good contact with the pan.



FIESTA TIME

The first-ever Latin-American street-food festival, Comida Fest, launches today on London's South Bank, and tomorrow the event celebrates one of Argentina's most famous exports: the Malbec grape. Sunday is International Malbec Day, and Comida Fest has teamed up with experts to offer an excellent range of wines, which will be available alongside a market offering Peruvian seafood *ceviches*, *lechona* (roast pork) from Colombia, Brazilian deep-fried *churros*, and Mexican street food, to name a few. Visit comidafest.com for more details.

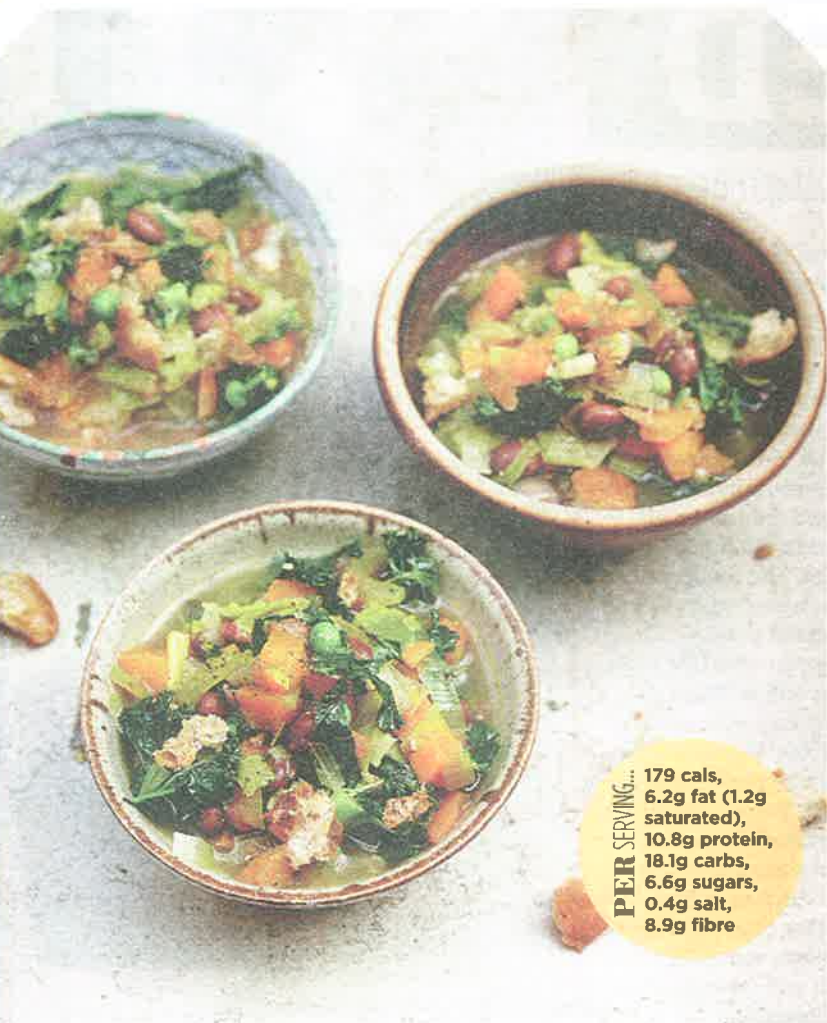
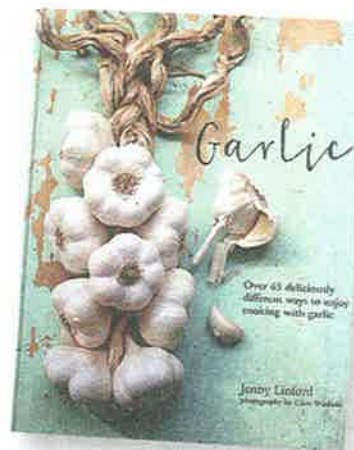
TAKE THE TUBE

Sown & Grown is a new line of muesli and granola sold in a resealable tube to preserve freshness. They're made from 100 per cent British grains, are baked or blended in small batches and cost £3.95 for 450g at Sainsbury's. Plus, the entire range is wholegrain, low in fat and salt and high in fibre.



CRUSH ON YOU

This Tuesday marks Garlic Day (is there any food that *doesn't* have a day now?!), which celebrates the piquant bulb. We recommend Jenny Linford's excellent new recipe book *Garlic* (£13.48, amazon.co.uk) and trying your hand at some of her 65 delicious ways to serve and enjoy it.



PER SERVING... 179 cals, 6.2g fat (1.2g saturated), 10.8g protein, 18.1g carbs, 6.6g sugars, 0.4g salt, 8.9g fibre

WHY... do we cook fish in batter?

The obvious answer is because it's delicious. The less obvious answer is because when it's covered *completely* in batter, the process of deep-frying in very hot oil actually steams the fish inside the batter, rather than allowing it to get saturated in oil. That's why good fish-and-chip shops wouldn't dream of leaving holes or gaps to let in oil. So, if you see someone poking holes in the batter to check the temperature, try another shop.



BUY... Burrata Mozzarella & Sweet Chilli Jam Kettle Chips

Posh-crisp lovers rejoice - there's another upmarket flavour to tickle your tastebuds. Kettle Chips' new combination teams Burrata (a type of mozzarella cheese) with a kick of sweet chilli - perfect to nibble on while watching your favourite TV show. They cost £2.25 for a 150g bag from all good retailers.

TRY... adding stout to your chocolate-cake recipe

If you love chocolate cake but don't have a particularly sweet tooth, try adding 200ml of stout to your mixture. The bitterness in the dark ale will counteract the sugar and enhance the chocolate flavour. All the booze will be cooked out during baking and the result should be a dark, dense but very moist cake with a fantastically moreish flavour.

