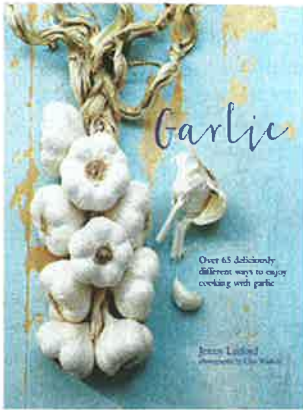


Carolyn Hart enjoys Cumbrian cuisine, cooking with garlic, and low-carb flour



Book of the week

Garlic

by Jenny Linford

Ryland Peters & Small, £14.99

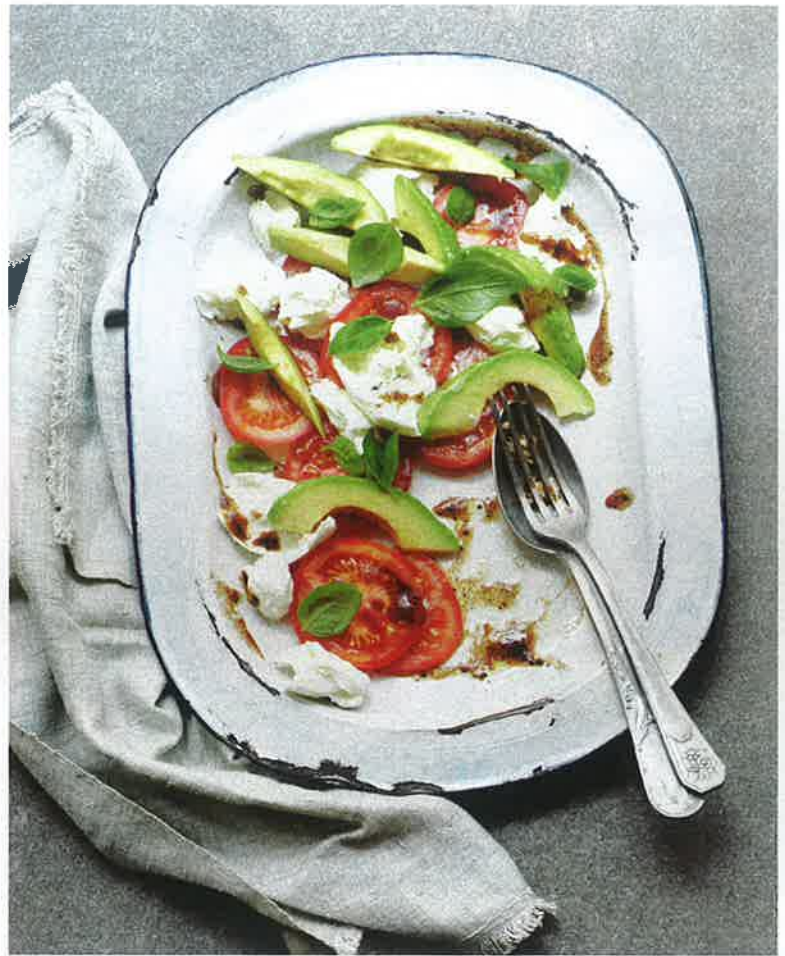
If she had to pick one desert-island ingredient, the food writer Jenny Linford would choose garlic. Anyone else with a fondness for this powerfully aromatic, health-giving bulb, which was used by the ancient Greeks, Romans and Egyptians, will enjoy Linford's disquisition on growing garlic, garlic folklore and garlic festivals. And then they can try her 65 recipes – from Thai-style fish with fried garlic to garlic-butter roast

chicken. Black garlic (smoky-sweet heat-aged bulbs, sky-high in antioxidants, and the ingredient du jour for top chefs) gives an unorthodox twist to this classic Italian salad.

Black-garlic tricolore salad serves 4

- 6 tbsp extra-virgin olive oil
- 2 tbsp balsamic vinegar
- 2 black-garlic cloves, finely chopped
- 3 balls mozzarella, drained and sliced
- 4 ripe tomatoes, sliced
- 2 avocados, peeled and sliced, and tossed in a little lemon juice
- handful of fresh basil leaves

For the dressing, place the extra-virgin olive oil, balsamic vinegar and black garlic in a lidded jar and shake well. Season with salt and pepper. Arrange the mozzarella, tomato and avocado on a large serving plate. Pour over the black-garlic dressing. Scatter over the basil leaves, and serve immediately.



Bake well The Groovy Food Company's organic coconut flour is derived from hand-picked coconuts on south-east Asian plantations, the flesh dried and ground into unrefined white flour. Gluten-free, low-carb, high in fibre and protein – a healthy-baking essential. £3.99 for 500g, from Tesco or groovyfood.co.uk.



Water good idea A welcome alternative to the plastic water bottle, and far more chic, CanO Water is a resealable, recyclable aluminium can of Alpine spring water. Light and leak-proof, from Whole Foods Market and Selfridges. 99p for 330ml, canowater.com.



Hamish Anderson's tasting notes Southern French reds

The powerful, burly reds of southern France are not made to be sipped by the pool when on holiday there in August. Instead, savour them now – their wild, intense flavours are an excellent salve to the cold, wet British weather. I like them with hearty, slow-cooked red meats, and as their quality has improved dramatically in recent years, you will find that bargains abound.

2014 Finest Saint-Chinian, Languedoc £7, Tesco

Hailing from the north-west of Béziers, this is spicy, bright and satisfying.

2013 Château Maris, Les Vieilles Vignes, Minervois La Livinière, Languedoc

£10.99, Waitrose From two southern stalwarts, syrah and grenache, this is a wonderful drink with exuberant, rich hedgerow fruit and exotic spice.

2012 La Traversée, Terrasses du Larzac, Languedoc £24.99, virginwines.co.uk

A sensational bottle: dark, brooding and full-bodied but with an admirable fresh side. Best decanted, and any spare bottles will evolve for the next decade.



A taste of Cumbria This year's Kendal Festival of Food will showcase locally distilled vodkas and gins, run foraging masterclasses, and stage an Instagrammable bring-a-bake competition. March 12-13; kendalfestivaloffood.co.uk.