

We've test run the latest products and here's our pick of the bunch...

Tried & Tasted



eat in's buys of the month



Riverford's Preserved Lemon Kit, £5.49 (makes a 1 litre jar), www.riverford.co.uk
This kit is a great introduction to pickling and adds a Moroccan flavour to your food. It contains 12 unwaxed organic lemons, salt, spice mix and labels to make a 1 litre jar of preserved lemons. All you need is the jar and away you go!

Cadbury Joyville bars, £5.25/£7.23 plus delivery charge (200g/360g), www.cadburydairymilk.co.uk
We think these personalised bars of chocolate are great! They make the perfect present for loved ones, or for yourself, to let everyone know to keep their hands off your choc stash!



Tesco range of dips, selected Tesco stores
We loved the chunky Full-on Falafel! houmous (£1.25) as well as the Finest* Beetroot & Horseradish and Roquito Pepper & Goat's Cheese dips (£1.50 each) — grown-up dips that go brilliantly with crudités as a dinner party starter.



What's for pud?



Pudology Chocolate Pots, £2.50 (2 x 85g), Waitrose
These sumptuous little chocolate pots are delicious. Made with coconut milk, they're dairy- and gluten-free and taste like a dessert version of Bounty bars. Also available in strawberry flavour.

The Collective Banoffi Live Gourmet Yoghurt, £1 (170g), Sainsbury's
If time is short but the banana recipes on p80-81 have whetted your appetite, pick up a pot of this banoffi yogurt. The big question is — are you a 'stirrer', who mixes it all up, or a 'scooper', devouring it layer by decadent layer...?



Gü York Cheesecakes, £3.59 (for 2), widely available
A slice of cheesecake can be too sickly for some, so these mini pots — inspired by the classic New York cheesecake — are a happy medium. But if you can handle a whole slice (or two), why not make your own from our delicious recipes on p76-79?

Berry Blast Eclairs, £1.28 each (64g), Tesco
These raspberry-flavoured éclairs even converted the pud-haters here, and were well worth the bargain price. Pop one in your trolley for a treat at the end of a tough day.



Fudges@ Marmite Biscuits and Cheese Straws with Cracked Black Pepper, £2.35/£1.99, (150g/100g), widely available
The new, improved versions of these biscuits will please the savoury souls among us. The Marmite biccies taste great with cream cheese, and the peppery cheese straws are delish.

-flavoured chocolate on trial more to life than a Terry's...?



Cocoa Bijoux Mazet Dark Orange, £4.50 (100g),
www.cocoabijoux.com

This was a hit with the team as it was most similar to a Terry's Chocolate Orange, but with better-quality chocolate. Worth the price. And if you like cloves, you must try the Orange Clove version. It's pure, spicy indulgence in a bar.

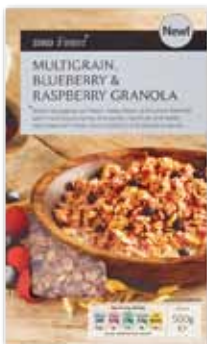
• **Amelia Rope**
handmade 69% Dark Mandarin Edition 01 chocolate, £5.60, (100g), www.ameliarope.com
Don't shudder at the price, this truly is the best orange chocolate we've tasted. The chocolate was smooth and creamy and the orange flavour lacked the bitter aftertaste you get with some lower-quality bars. Quite simply, delicious!



Naughty vs nice... fibre filled cereals

Tesco Finest* Multigrain, Blueberry & Raspberry Granola, £2.79 (500g)

If you're going to indulge, do it in style. This granola combines oat, barley and quinoa flakes with nuts, seeds and dried fruit. It's a good way to up your levels of fibre and omega-3 oils.



Sharpham Park Organic Spelt Porridge Flakes, £2.95 (450g),

Waitrose or www.sharphampark.com

If you've been inspired by Rachel Green's championing of bowel cancer awareness on p82, these spelt porridge flakes, mixed in equal quantities with your regular oats, will double the level of fibre in your daily breakfast bowl.

Become an egg-head this spring...

It's not all about chicken eggs you know! Try these varieties out if you fancy a change from the norm...

Clarence Court Turkey Eggs, £2.99 (for 2), Waitrose

These are only available from April to June. Soft-boiled and served with soldiers, they're a real breakfast of champions — but you will need a slightly bigger egg cup...



Posh Birds Duck Eggs and Quail Eggs, £2.15/£2.35, (for 6/12), widely available

Duck eggs make a delicious poached egg with their rich, bright-yellow yolks — use to top a potato hash or rosti. The quail eggs are best enjoyed hard-boiled — give them four minutes — and then dipped in herb or celery salt.



Eat the world this evening

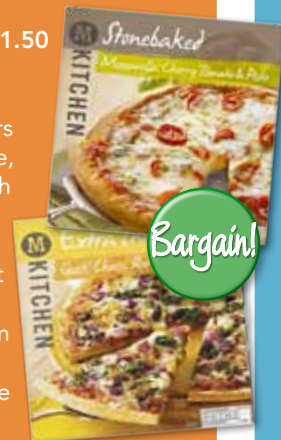
These will take you round the world from the comfort of your own home

Nem Viet Vietnamese Pho Kit, £2.69 (160g, serves 2-4), Waitrose
Inspired by the Vietnamese feast on p52-53? This meal kit tastes authentic and all you'll need to add is the meat and beansprouts for a taster of this wonderful cuisine — before you're converted enough to attempt to make it from scratch.



M Kitchen Pizzas, £1.50 each (serves 2-4), Morrisons

We loved the flavours of the Goats' Cheese, Red Onion & Spinach and the Mozzarella, Cherry Tomato & Pesto pizzas, but not as much as we loved the price! Enjoy them on their own, or use as bases to add more toppings to.



Rustic Indian curry sauces, £3.99, (serves 4), Budgens and Ocado

Most takeaway curries are a long way from real Indian cuisine, so if you'd like to taste some more authentic flavours, these four sauces will hit the spot. The Fiery Mirchi was our favourite — don't just save it for a curry, it tastes great in a cottage pie, too!



NuMe Chicken & Squash Spelt Risotto, (400g, serves 1), £1.75

Up your level of fibre with this delicious spelt risotto. Great value for the price and it makes a filling lunch or dinner for those watching their waistline.

