

magazine

JANUARY 2016

ONLY £2

EAT YOUR WAY TO A BETTER BODY!

14 healthier soups, stews and salads

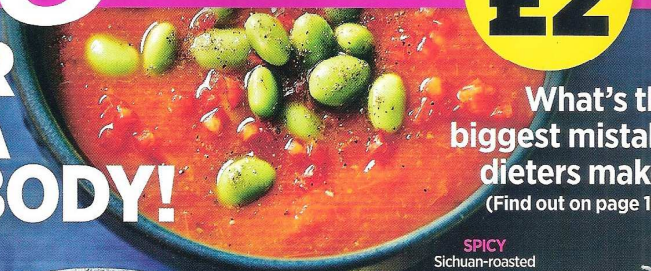


48 HOURS IN AN A-LIST SPA

WARMING
Sweet potato, sumac and pomegranate soup page 51

SUNDAY LUNCH reinvented!

- Spanish pot-roast lamb
- Normandy-style pork
- Sticky toffee pudding traybake



SPICY
Sichuan-roasted red pepper soup page 50



COMFORTING
Celeriac with horseradish, lemon and parsley soup page 49

What's the biggest mistake dieters make? (Find out on page 10)

IF I CAN DRY JANUARY SO CAN YOU
A party girl survival guide

Hitting the London sales?
Enjoy a well-earned rest and a restorative bite before venturing out to those West End shops again...

▼ COOL + ITALIAN
Bernardi's, Seymour Street
Nibble on pizzetta, arancini and polpette and sip a glass of something cold and Italian to revive heart and soul at this sophisticated bothole. bernardis.co.uk

5 MINUTES FROM SELFRIDGES

▼ GLITZY + SPANISH
Aqua Nueva, Regent Street
Soak up the views from this glam fifth-floor tapas restaurant. Order a cocktail and play safe with classics such as croquetas and padron peppers or be more gastro adventurous with stuffed piquillo peppers or scallops with crab gratin. aqua-london.com

▼ FRESH + HEALTHY
The Detox Kitchen, Mortimer Street
Feeling the waistline burden of one too many mince pies? Head to the new branch of The Detox Kitchen for veggie-loaded green goddess salads and a glass of cold-pressed juice. detoxkitchen.co.uk

COMPOSITE LIBERTY

NEAR OXFORD STREET

WIN!

Enjoy free fizz with afternoon tea!

Hartwell House is an impressive 17th-century stately home in the Vale of Aylesbury, Buckinghamshire. Once graced by Louis XVIII and now owned by the National Trust, the Grade-I listed house has ornate interiors and 90 acres of landscaped gardens and parkland. *Sainsbury's magazine* readers who book full afternoon tea (£30 per person) between Monday and Friday from 4 January to 29 February 2016 will enjoy a complimentary glass of Prosecco. Quote 'Sainsbury's' at time of booking. Subject to availability and a maximum of eight guests per booking.
■ hartwell.house.com/traditional-afternoon-tea

WHERE WE'LL BE EATING THIS YEAR

Five of our favourite chefs share where they can't wait to dine in 2016



FRAICHE Oxtou, Wirral
'It's a tiny restaurant with a brilliant chef owner - Marc Wilkinson - who is unbelievably passionate about his food.'



Galton Blackiston, *Morston Hall, Norfolk*



HOUSE OF TIDES Newcastle Upon Tyne
'Chef Kenny Atkinson has received rave reviews and had a fantastic year in 2015, winning himself a Michelin star and putting Newcastle on the culinary map.'

Lisa Allen, *Northcote, Lancashire*



BLACK AXE MANGAL North London
'I love Turkish food and heavy metal music, and this combines the two.'



Jack Stein, *The Seafood Restaurant, Cornwall*



CASAMIA Bristol
'I have eaten at the current restaurant a few times. The new restaurant will be opening in a different location in Bristol and I think it will be one of the most exciting openings of 2016.'

Matt Gillan, *The Pass at South Lodge, West Sussex*



BURNT TRUFFLE Manchester
'It's an upmarket neighbourhood bistro in Heswall, Wirral and Lunya in Manchester, serving Catalan and Spanish tapas, with a large deli too - the ideal place to relax with my family.'

Chris Harrod, *The Whitebrook, Monmouthshire*

On the menu 'SALT BAKED'



What does it mean? Chris Staines, executive head chef at Allium restaurant in Bath, explains, 'We salt-bake vegetables, particularly beetroot. We make a bread dough, seasoned with cumin, thyme, orange zest and rock salt, wrap it around the beetroot and bake it in the oven. As it cooks, the dough hardens, steaming the beetroot. The result is deliciously tender vegetables.'