

# GOOD HOUSEKEEPING

## GH FOOD

THIS MONTH'S CLEVER TIPS, FOODIE NEWS AND COOKERY FAVOURITES



Get ready to enjoy September's seasonal produce, new launches and best buys from cookery director **Meike Beck**

### SUMMER SIPPING

Warm evenings are made for rosé, and Château d'Estoublon's Roseblood has a mild stone-fruit aroma (apricot especially), light body and mineral acidity. Pretty, pale and Provencal, the finish is fairly short, which just makes me want to take another sip! Available from Majestic, £20.99 for 75cl.



### BIT ON THE SIDE

I hold Charlie Bigham's Chicken Tikka Masala in high esteem, so it's good news that its six new sides (four traditional and two for curries, which all come in compostable trays) are of a similar high quality. The Cauliflower Cheese is awesome, as are the Bombay Potatoes and Tarka Dhal. Available from Tesco, £4 for a two-person serving.

### FABULOUS FUNGI

I've long been intrigued by functional mushrooms and the naturally derived benefits they can bring - boosting energy, performance, immunity (the list goes on). So, now I sip a daily hot cordyceps or chaga brew (with milk) and am ready to reap the rewards. I've opted for Dirtea, as it delivers a pure and potent whack of mushrooms (2,000mg per serving). Available online, prices start at £39.99 for 60g (30 servings).



### What's in season

The Greek poet Homer declared pears a 'gift of the gods' and, when in season (September to mid-January), it's easy to see why. Much like their apple cousins, there are thousands of pear varieties - only a small portion of which are sold in the UK. Not only are these shapely fruits lush and juicy with a recognisably granular texture, they're also an excellent source of fibre and packed with vitamin C and potassium. Like bananas, avocados and peaches, pears ripen best off the tree at room temperature, so choose firm fruits to take home as they can bruise easily. To test for ripeness, press your thumb gently near the base of the stem - if it yields, it's ready for eating. Once ripe, store in the fridge to prolong their sweetly perfumed flavour. Cooking pears isn't necessary when they're at their loveliest, but if you choose to (hello crumble!), then opt for firmer fruit. They're wonderful poached in spiced wine, embedded in chocolate puddings, sliced into salads or served on a cheese board to add freshness.



**WE LOVE TO HEAR FROM YOU!** If you're proud of a GH recipe you've made, snap a pic and send it to us at [worthsharing@goodhousekeeping.co.uk](mailto:worthsharing@goodhousekeeping.co.uk) and you might feature in a future issue!