

# Telegraph magazine

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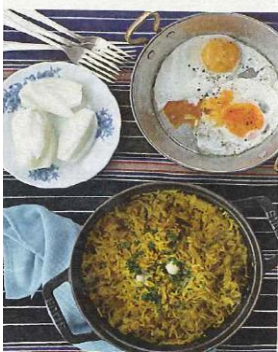


WILLIAM AND CATHERINE:  
THE FIRST YEAR  
by Allison Pearson



**Food news** by Carolyn Hart

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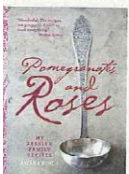
**‘POMEGRANATES AND ROSES** by Ariana Bundy (Simon and Schuster, £25). Iran makes most Westerners feel uneasy,' Bundy says at the beginning of her beguiling book. But for her, Iran is just modern-day Persia, a country that conjures up 'images of nightingales, oases, poetry and gardens'. And that's the version that you get here: recipes cooked in her grandmother's house in Tehran – asheh reshteh (noodle soup), nast o khtar (cold cucumber soup) and cooraniyeh estenaj (spinach and yogurt dip). For Western cooks the recipes are a useful way into a cuisine that is becoming increasingly popular. Dampkhtak, for instance, the perfect Saturday supper dish, is an ancient Persian recipe invented by the Moguls, taken to India and Pakistan, and now, courtesy of Bundy, in your kitchen. **CH**

**dampkhtak** serves 4

- large onions, thinly sliced
- 10g butter or oil
- 1tbsp turmeric
- cup dried fava or butter beans, soaked for at least 2 hours
- 10g rice
- 20ml chicken stock or water
- 1tsp saffron threads, pounded and dissolved
- 2-3tbsp hot water

In a pan, fry the onions in the butter until golden. Add the turmeric, beans and rice and season. Stir and add the stock and saffron liquid. Bring to the boil; boil for 10 minutes. Cover, lower heat. Once all

the water has evaporated (about 10 minutes), wrap the lid with a cloth and let it cook on the lowest heat for about an hour until the beans are tender.



**GREEN AND PLEASANT** The date that heralds the beginning of summer – the start of the asparagus season. Order yours by post and eat it as the Queen does – in your fingers. New season asparagus, from £3.50 for 454g plus £6 p&p from [asparagusbypost.co.uk](http://asparagusbypost.co.uk) ([british-asparagus.co.uk](http://british-asparagus.co.uk)).

**FORAGE FOR CANAPES**

The food design company Bubble has invented a last days of the Roman Empire canape – plates of real grass and flowers in which lurk things such as physalis bees, blackberry beetles and strawberry ladybirds. Edible garden, from £25 a head for 10 canapes each (020-7703 2653; [bubblefood.com](http://bubblefood.com)).



**ELEMENTAL BEAUTY**

Cachette.com is a charming website filled with small Euro treats – one of which is Sicilian salt flakes, gathered by hand, dried in the sun and wind and retaining all their natural magnesium and calcium content. Sicilian salt flakes, £8 for 60g.



Feeds *platter*

Hangover brekkie by MillisKitchen

chili egg garlic ginger mung beans onion tomato

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**DRINK AND BE MERRY** Inspired by a visit to Ethiopia and a coffee farmer there called Dukale, Laughing Man, a company founded by Hugh Jackman, sells coffee and tea and donates 100 per cent of profits to charity. Coffee from £8.95 for 12oz, from [Harvey Nichols \(harveynichols.com\)](http://harveynichols.com).

**EAT, SHOOT AND READ** An app that allows you to post photos of food to share with other like-minded cooks, or ideas for cooking particular foods (tag what's in your cupboard and Platter will bring you a live feed of cooking suggestions). It's a kind of culinary Twitter; find a child to explain. Platter is free on iPhone and Android.

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