

# Books

Cookbooks and courses can inspire you to try new styles of cooking and add to your recipe repertoire. This month's titles all have a healthy slant



## Cook school on test

Malaysian cooking  
Ning Cookery School

92-94 Oldham Street, Manchester  
(0845 519 2878, [ningcatering.com](http://ningcatering.com))



In the elegant black and fuchsia Ning restaurant, Malaysian cookery courses are given by chef/patron Norman Musa or his aunt Maziah Omar. As a student in England, Musa learnt to cook traditional recipes that his mother sent him. He has appeared on the Good Food channel and his enchanting book, *Malaysian Food* (from £12.50, Ning) was developed from his cookery courses.

**How hands on?** Classes of 10 are introduced to Malaysian culture and culinary influences before dividing into two groups. One group cooks starter and main courses in the kitchen while the other prepares desserts and side dishes in the restaurant, before swapping over.

It's totally hands-on, from roasting and grinding dry spices to making chilli paste. I made Murtabak (a sort of stuffed pancake) and Rendang daging – beef curry with lemongrass, galangal, tamarind juice, roast coconut, first cooked in a wok, then simmered until tender in a saucepan.

**Cost** £95 for a four-hour Saturday morning introduction class, including lunch, a spice guide and recipe booklet. Masterclasses (£125) and private classes (£295-£350) are also available.

**Verdict** A fantastic introduction to Malaysia's complex and aromatic traditional dishes.  
**Carol Wright**



**Skinny Meals in Heels**  
by Jennifer Joyce  
(£14.99, Murdoch Books, *Good Food* offer price, £13.49)

With its retro-style illustrations, this book draws on the naturally healthy cuisines of Asia and the Mediterranean to create amazing meals which are full of flavour and just happen to be low in fat. As an extra bonus the recipes are also simple, quick to prepare and there's a lengthy section on dinners in under an hour. Many dishes are ideal for when you are entertaining.



**Meat Free Monday**  
by Sir Paul McCartney  
(£19.99, Kyle Books, *Good Food* offer price, £17.99)

There's plenty of recipes to choose from here. The book is arranged seasonally with menus for one day a week for a whole year. Breakfast, lunch and dinner options sit alongside snacks and packed lunches, so you can munch from winter's Spiced wholewheat couscous with sweet potato & pistachios through to summer's Refried bean tacos with summer slaw.



**Leon: Baking & Puddings**  
by Henry Dimbleby & Claire Ptak  
(£20, Conran Octopus, *Good Food* offer price, £17)

A colourful, beautifully designed book which proves that healthy can be fun. Drawing on recipes from the London chain of healthy fast-food restaurants it's packed with simple low fat, wheat and gluten-free recipes, and dairy-free desserts and bakes. The first half is a collection of recipes for everyday including breakfasts and power snacks. The second part is all about celebrations like birthdays, Mother's Day or whenever you want to push the boat out.



**Flash Cooking: Fit Fast Cooking for Busy People**  
by Laura Santtini  
(£20, Quadrille, *Good Food* offer price, £18)

This clever new book will be a real help for those looking for fast after-work suppers. The recipes feature quickly prepared ingredients using rubinades (a

rub crossed with a marinade), spice mixes and glazes to ring the changes. Most recipes are for two and the flavours are exciting and different, low in fat and pepped up with lots of fresh herbs, like the recipe below. There are also some delicious vegetable dishes like the Glazed cauliflower cheese steaks and Sumac roasted tomatoes.

### Grilled turkey with chimichurri salsa

*Chimichurri can be used for basting, as a marinade or as sauce.*  
SERVES 2 ● PREP 5 mins ● COOK 8-10 mins **Easy** Low calorie, good source of vit C, 1 of 5-a-day, good for you

**2 turkey steaks**  
**olive oil**  
**FOR CHIMICHURRI SALSA**  
**large handful flat-leaf parsley**  
**large handful coriander leaves**  
**4 garlic cloves, roughly chopped**  
**4 tbsp extra virgin olive oil**  
**2 tbsp red wine vinegar**  
**1 lemon, ½ juiced and ½ cut into wedges**  
**¼ medium red onion, roughly chopped**

**1** Blend all the chimichurri salsa ingredients in a small blender or with a stick blender, then season to taste. If you prefer, you can do this by

hand-chopping the herbs and garlic finely, then adding the other ingredients. The consistency should be between pesto and dressing, so add oil as necessary.  
**2** Season the turkey steaks and drizzle them with a little olive oil. Heat a griddle pan and, when hot, place steaks in the pan and cook on both sides until golden and cooked through. It looks best to have nice even markings on steaks, so don't turn too often.  
**3** Serve steaks with a lemon wedge and a spoonful of the chimichurri.

PER SERVING 385 kcals, protein 32g, carbs 4g, fat 26g, sat fat 4g, fibre 1g, sugar 2g, salt 0.2g



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