

BEFORE YOU BUY...

Here's your chance to try a recipe from one of this month's new books. This recipe is taken from *Supper for a Song* by Tamasin Day-Lewis (Quadrille). Further details can be found opposite.

Potato bread

SERVES 3

❖ Preparation 15 minutes

❖ Cooking 25 minutes

225g mashed potato

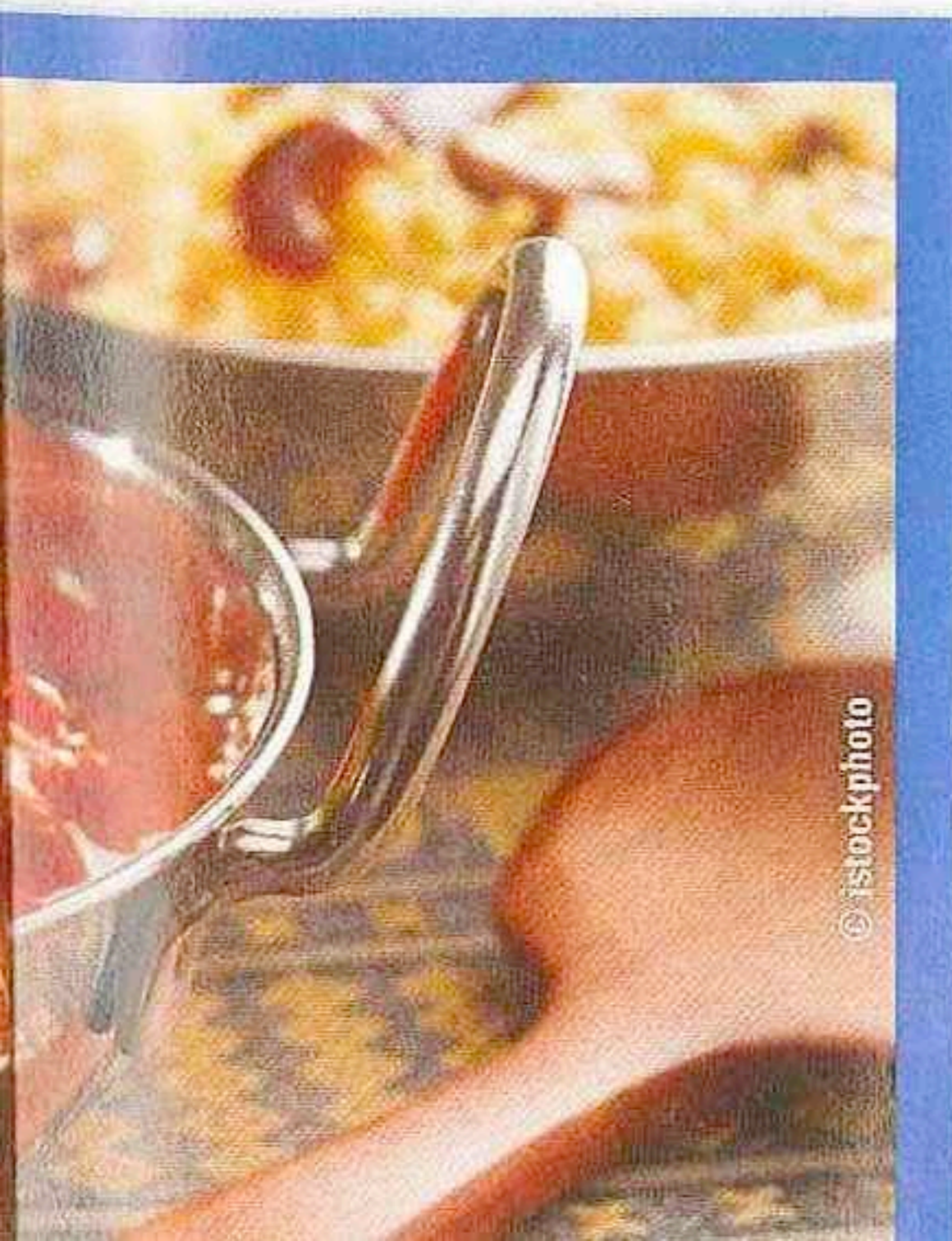
55g plain flour, plus extra for dusting
salt and freshly ground black pepper
butter, to serve

1 Push the mashed potato through a potato ricer or sieve into a bowl, then sift in the flour. Season with salt and mix together thoroughly. Bring together with your hands to form into a ball.

2 Dust your worktop with flour and roll out the dough to roughly a 20cm circle. Cut out six triangular wedges, as you would a cake.

3 Put a cast-iron or other heavy-based frying pan over a moderate heat for a few minutes to warm up. Dust the bread wedges lightly with flour, then put them snugly in the pan. Cook for about 10 minutes, until the dough is golden brown; the wedges won't brown evenly. Turn the wedges over and repeat.

4 Remove the wedges from the pan and place on a wire rack. Allow to cool slightly for a minute, then rub some butter all over, until it melts. Finish off with a grinding of black pepper and eat straight away.



Slow Food Movement the big issue

We talk to **Catherine Gazzoli** from Slow Food UK to find out how the organisation aims to change the nation's eating habits.

WHY WAS THE MOVEMENT FIRST SET UP?

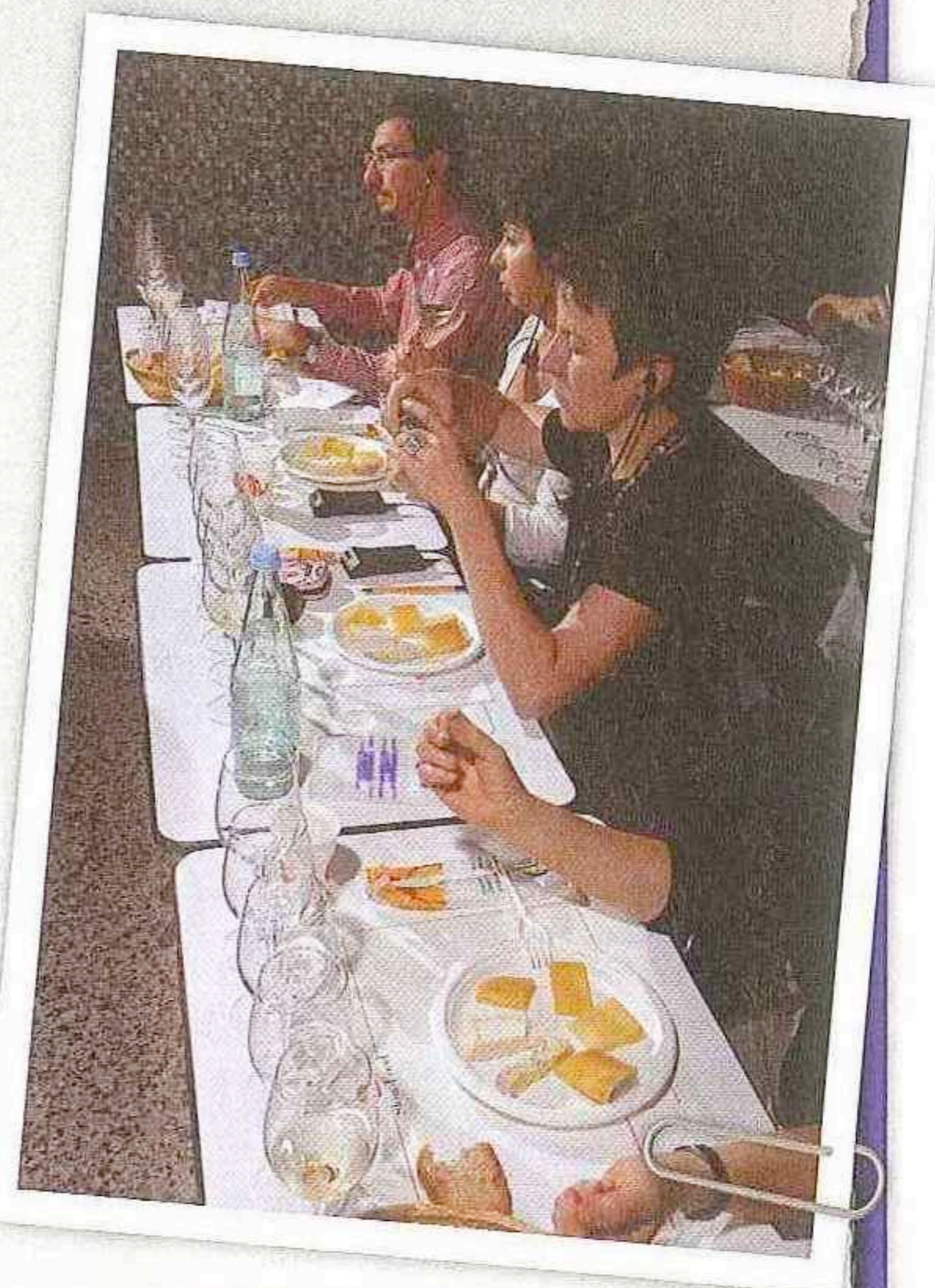
Carlo Petrini, our founder, decided to establish Slow Food in 1989 as an alternative to the 'fast life' and 'fast food' of the time. He was responding to yet another fast food chain, McDonalds, opening in front of a famous Italian landmark. He believed that the Slow Food Movement should promote learning about the 'story on your plate' and regional food cultures. In 2005, he visited the Isle of Skye and in a borrowed traditional Scottish kilt, surrounded by supporters of the Slow Food Movement, launched Slow Food UK. Now the Slow Food Movement has over 120,000 members in 132 countries worldwide.

WHAT DOES SLOW FOOD REALLY MEAN?

Food is a common language and good, clean and fair food is a universal right. By good, clean and fair we mean that our food should taste good, that it should be produced in a clean way, which fully respects the environment and animal welfare, and food producers are paid a fair wage. The Slow Food Movement, in essence, is striving for people to think about what is on their plate.

IS THE ECONOMIC CRISIS MAKING YOUR AIM MORE DIFFICULT TO ACHIEVE?

Not at all. Some people assume that Slow Food is fancy food for the elite. It isn't. We have lots of members coming to Slow Food in part due to the heightened awareness that the economic climate has brought about. New members of Slow Food are asking 'what is the real social cost of cheap packaged food?' For example, it is better value to grow your own edibles, be it on a community allotment or at home, rather than pay extra for prepared foods and packaging. What better way to beat the recession than planting a garden or visiting the producer down the road?



IN YOUR IDEAL WORLD, WOULD ALL FAST FOOD ESTABLISHMENTS BE ABOLISHED THEN?

Slow Food is not about abolishing fast food. It's about making people aware of the social cost of cheap, fast food. Concern about environmental issues, and how fast food is part of the problem, will be with us for the foreseeable future. Slow Food tries to provide people with a sustainable alternative to fast food. We do taste workshops where people can learn all types of skills from foraging to butchering, and we hope that they enjoy this new engagement with eating that they wouldn't get with fast food.

ABOUT SLOW FOOD UK

To become part of the Slow Food Movement and discover more about the events going on in your area, visit the Slow Food UK website at www.slowfood.org.uk