

Red Apron



MAGAZINE

from Art of Living for people who enjoy cooking

Issue 6 Easter 2007

Say it with chocolate

Make your own
treats this Easter



The Latest Products ■ Offers ■ Services

Red Apron

MAGAZINE

A big welcome to our smaller format. We hope you find this new A5 size more convenient to carry around. It certainly seems to squeeze through the Royal Mail more efficiently.

The response to the last issue took us by surprise. We had an incredible number of you coming into the shops with your copy of the Red Apron, asking for the things we'd highlighted. As some of you will know, we even ran out of certain items. This time we're better prepared... even if not all the designs featured in this issue will be in stock at the time of going to press, we'll order them for you and keep you posted when they come in.

This issue reaches you in time for Easter, and if you're planning your own spot of fun with chocolate, we've got some interesting snippets of information about the 'food of the gods' that just might interest you.

You may also decide you need one of Demeyere's fantastic sauciers, just one of the pans that featured at our Demeyere event (see right) held at Reigate's new restaurant The Westerly. We're delighted to see owners Jon and Cynthia Coomb

Cover image
conceived and
photographed
by Mike Little
of Reigate.

[www.mlittle
photography.co.uk](http://www.mlittlephotography.co.uk)

01737 244335



back in Reigate, where they used to feed the locals at the Nutley Hall. You can read more about The Westerly on page 15, and now that we have an informal arrangement to hold events there, you'll have plenty of opportunity to sample it for yourself.

We're keen to hold more events in Cobham too, and a cooking demo area is part of the refit at the Cobham shop. For larger events, we'd love to find a similar venue to The Westerly. Until we do, please rest assured that we're on the case and we will be holding more events in Cobham.

Andrew and Babette Bluett-Duncan



72 High Street, Reigate, Surrey, RH2 9AP. 01737 242302
16 Anyards Road, Cobham, Surrey, KT11 2JZ. 01932 865508
info@artoflivingcookshop.co.uk

Next event: Riedel glass demo and wine tasting.

23 April at The Westerly, Reigate
Tickets £30 to include a pair of glasses worth £25.

Places limited to 20 per session.

Book via the shops or by calling Linda on 01737 242302.



An evening with Demeyere

All cooking is not the same - a fact you don't necessarily appreciate until you have cooked with really superlative equipment. Over 40 Red Apron members attended two sessions on March 5th, where Maurits Demeyere demonstrated how Demeyere cookware brilliantly combines form and function.

The sessions were held at The Westerly restaurant in Reigate, recently opened by Jon and Cynthia Coomb (see p15), who provided a selection of delicious and original canapés which gave a impressive hint of things to come on Jon's menu. Maurits demonstrated the many uses of his excellent

pans, such as how to cook vegetables without water, fry chicken fillets without sticking in a stainless steel pan and, most delicious of all, how to use the Demeyere smoker to produce the most delicious apple-smoked salmon.

Everybody had the chance to taste the salmon on crostinis prepared by Jon, and to taste a custard (cooked straight on the hob in a marvellous saucier) served on poached rhubarb, purchased from the new Reigate greengrocer Charlie Hicks (see p15). Both these dishes now feature on the menu at The Westerly.

All in all it was a very successful event, thanks largely to our members who played an active part in creating a brilliant and relaxed atmosphere.

Our thanks go to Maurits and his colleague Ria for masterly demonstrations, and to Jon and Cynthia Coomb at The Westerly for being such great hosts.

Are you missing out?

Since January, over 1,500 Red Apron members have received emails inviting them to our Demeyere demonstrations, giving them £15 off Le Creuset 22cm cocottes, £20 off Le Creuset buffet casseroles, 10% off Riedel glassware, and offering them tips on improving their pastry!

If these offers are news to you, you're not alone... we have over 2,500 Red Apron members but only 1,500 email addresses - that means that 1,000 of you are missing out!

Let us have your email address and we'll add you to our mailing list so you can benefit from our exclusive email offers too. Don't worry, we won't bombard you with spam, we'll NEVER pass your details on to anyone else and you can unsubscribe at any time.

To update your details, send us your name, postal and email address to info@artoflivingcookshop.co.uk, drop them in to the shop, or telephone them through on 01737 242302.



Atlantis saucier and frying pan

Food of the gods

With Easter coming, here's some good news: chocolate is good for you! That's not an invitation to eat all the Easter eggs you can, but a little good quality chocolate in your diet will put a smile on your face

For those of us who are not blessed with a body that allows us to eat anything without worrying about our waistlines, chocolate can also be a guilty pleasure.

But why? Did you know, for example, that fine chocolate can actually help lower your cholesterol? Or that it is high in magnesium? And although you may have heard about its aphrodisiac properties, I'll bet you didn't know that it's because it contains phenylethylamine, an amino acid, which is also good for helping to ease a hangover!

Here are some other chocolate facts that we found interesting:

- Chocolate is produced from the beans of the cacao tree, named *Theobroma cacao*. *Theobroma*, translated from the Greek means, 'food of the gods', which may account for its luxury reputation.
- Chocolate melts at 34°C, which explains why it starts to melt as soon as you place it in your mouth.
- Chocolate is also rich in polyphenols, which are known to have the capacity to combat ageing and disease!
- The white, filmy residue sometimes seen on chocolate occurs if the cocoa butter and

the chocolate separates from the cocoa.

This happens if the chocolate is stored in a warm area and is known as 'bloom' and can affect the taste.

- You can use chocolate in savoury dishes too. For example, Babette's sister always adds one cube of best quality dark chocolate into her boeuf bourgignon, and it's often added to chilli con carne. Don't worry, it doesn't make it taste chocolately, just amazingly rich. Try it and let us know what you think.
 - Chocolate is poison to dogs and cats. The theobromine it contains is too much for their cardiac and nervous systems and can be lethal. Another good reason to keep it all to yourself.
 - Eating chocolate, like other sweet foods, stimulates the release of endorphins, which are the brain's natural painkillers. So eating chocolate can actually make you feel calm and happy... well, at least temporarily.
- Sadly, though, eating too much chocolate can be bad for our waistlines, due to the sugar content of many of the less pure forms. So unless you simply don't care, it makes sense to follow the adage: 'everything in moderation'.



If you're planning to get chocolatey in the kitchen this Easter, these utensils will add to the fun.

Easter egg moulds, from £1.10

If you've ever fancied making your own Easter

eggs then these moulds are just what you need.

- First roll your melted chocolate around the mould.
- Turn the coated mould over silicon paper (so that the excess chocolate doesn't 'pool' at the bottom of the mould).
- Put the upturned mould into the fridge to set.
- Once set, repeat the process two or three times, depending on how thick you want the chocolate to be.
- To join the two sides, use





a little melted chocolate like glue.

Babette has tried them out and the results were excellent, if rather time consuming. If you've got the time and the patience it is worth it - just remember to buy two moulds (one for each side of the egg) or you'll have to do the whole process twice (like Babette).

(28105, 28104)

Chocolate Fondues, £9.95
If you're planning



to impress a loved one at Easter, may we suggest strawberries, champagne and this heart-shaped fondue. Voila! The perfect romantic evening.

(3879)

Sweet Case Foil, £2.50

Once you've made your truffles, serving them in these individual cases not only makes them look professional, it

saves chocolatey fingers too.

And, in case you need other recipe ideas:

- Try filling them with melted chocolate and, when nearly set, top with a nut of your choice.



- Half fill with dark chocolate and, once set, top up with milk chocolate. (You can try this with three layers: dark, milk and white).

- Coat the case with chocolate, leave to set, then add a bite-size piece of chocolate-dipped fruit. Any other suggestions gratefully received.

(27234)



Silicone chocolate/ butter mould, £3.95

This is another fabulous chocolate mould that can also be used for butter. This one's made from silicon so it's easy to store, easy to remove your shapes and even dishwasher proof.

(16793)



**Demeyere Saucier,
£104-£124**

Ah, the Demeyere Saucier. All of the products listed above share one common item: melted chocolate. And if you often work with melted chocolate then in our opinion you should very seriously consider investing in one of these. Available in a range of sizes, they're perfect for sauces (as the name suggests), but something you may not realise is that with a Demeyere saucier you can actually melt chocolate straight in the pan; no need for a bain-marie. Just make sure you set it over a very low heat.

The saucier is designed with sides of the same thickness as the base, so that heat is distributed evenly throughout, making it possible to melt the chocolate uniformly so it doesn't separate.

And once you're finished,

just pop it in the dishwasher and it will come out gleaming like new. (If you prefer you can wash it by hand, but the heat drying process in a dishwasher means that the water evaporates without leaving water streaks or spots). (36307)

**Choc mini mould (tin),
£1.95**

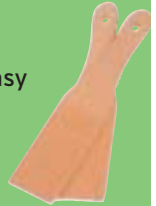
These 12 chocolate mini moulds are fun to use with

children. Melt your chocolate, pour into the mould and leave to set in the fridge. To help your shapes out of the tin, coat it with a thin layer of oil.

(27441)

**Butter hands,
£3.99**

Truffles are easy to make and great to give as gifts - everyone's impressed by homemade chocolates. Use these butter hands to shape the truffle for that extra professional look. (06117)



Fresh from the

This year we found some fabulous new lines that, for us, fall into two categories: products that our customers have asked us to stock and new lines that we think will fit well with our existing ranges.

Tojiro Senkou, from £59.95

Customers at our Cobham shop have been asking for these knives, as used by celebrity chef Heston Blumenthal. Similar to the Kazumi knives we already stock, the Tojiro Senkou are extremely hard (Rockwell 60°-62°) Japanese 'Damascus steel' bladed knives using between 37 and 63 layers of folded steel. In other words, they're extremely high quality, razor-edged knives available from a 7cm peeling knife right up to a 27cm chef's knife and a carving fork. (01440 - 01458)



Mussel pots, £25.30 - £43.40

Following countless customer requests we're really pleased that we're now able to stock these. Demeyere, being Belgian, has produced not one but three mussel pots, the most expensive of which has the trademark double skin base and is suitable on any heat source, guaranteed for 30 years. The other two are described as 'serving quality only' but are fine for use on gas and most other heat sources. (39173, 39174, 39155)



Yoyo and Marimeko Patio Tableware

We haven't got these in stock yet but we wanted to give you a sneak preview of this tableware from Zak! Designs. This year's Yoyo range (above) is available in some great vibrant colours. There are two sizes of bowls and plates as well as trays and mugs. Last year we had this Marimeko



flower design (right) in blue, this year we'll have it in pink.



CKS Ceramic Jugs, £5.50 & £6.95

These great retro shaped jugs are available in four colours: red (perfect alongside Dualit Electricals), blue (to match Nigella), pink (to complement the Typhoon vintage range) and green (virtually identical to Le Creuset Kiwi). They're available in either pint or half-pint size.

Good Grips Stainless Steel Utensil Holder

This stainless steel container from Good Grips is so well designed with a 'squat', arched shape that means that you won't lose half of your utensils because the sides of the container are too high.



Le Pentole (to order only)

We get a lot of requests for Le Pentole, which in Italian means 'the saucepans'.

fair

February's annual trade show in Birmingham gives us the chance to meet with our suppliers and view their wares for the coming season

They're nearly as good as Demeyere but are much better known in the UK and seem to gain collector's status amongst their users. To begin with we will have these to order only.

Füri Tech Edge Pro Knife Sharpening System, £72

Andrew was very impressed when he met the designer of this three-part knife sharpening system, which can restore the cutting edges of worn knives.

The first part of the process involves pulling the knife back through the Restorer. When we tried this, after only one stroke we actually saw metal shavings (something that we've never seen before). This process resets the cutting edge back to the shape and angles that were on the knife when new.

The second process, which they call Diamond Fingers, involves another 6 to 12 strokes to coarse hone the edges which you've just put back on the knife.

The third stage involves about three swipes through



the final set of 'fingers'. This process alone is enough to maintain your knives in good condition.

You don't need any special skills to use the sharpening system and every knife you sharpen will be restored to the ideal 20° angle on each side of the blade. We've tested it at home and were genuinely impressed. We sharpened a number of knives and each one was beautifully sharp at the end of this very simple process. (02181)

Füri Ozitech Knife Sharpener, £24.95

If you keep your knives in good condition and just need to put the edge back on them every so often, this is stage three of the above Pro Knife Sharpening System. Similar in price to the excellent Shinkansen knife sharpener, the only real difference is that this doesn't need water.





Le Creuset Doufeu, £98 & £100

The word Doufeu comes from two French words - 'doux' and 'feu', meaning gentle fire or heat, and it's that principle that developed the shape of this strange looking casserole, relaunched for 2007. By adding either cold water or ice cubes into the hollowed-out top, the steam rising on the inside of the lid will condense and the droplets will then fall back into the dish. This means that the food inside will be moist, full of flavour and retain vitamins and nutrients. You can use this doufeu on any heat source (including induction), or as a normal casserole in the oven.

(34498 and 34499)

Le Creuset Teapots, £16

We started receiving requests for this teapot before it even became available in the UK. The Classic Teapot (4 cup/1 litre) is available in Volcanic, Blue, Cerise or Granite and is already a great seller.

(14844 - 14847)



Le Creuset Mixing Jug, £18

Is it a bowl? Is it a jug? Actually it's a bit of both. With its 2.1 litre capacity it's lovely and deep, but also wide enough to take a sieve. OK, it doesn't have measurements marked on the inside but its shape is perfect for whisking in. Available in Volcanic, Blue or Cerise. (21081 - 21083)

Le Creuset Ramekins, £10

These gorgeous ramekins are cream on the outside and either lavender, strawberry or blue coloured on the inside. Sold in pairs.

(21417 - 21419)



Le Creuset flat grill, £45

This is a variation on the 26cm grillit, with a flat surface instead of a ribbed one. It can be used for crepes, eggs, fish, vegetables and more. (36466)

Satin Blue Le Creuset, from £63
Le Creuset



has extended its range in the popular 'Nigella' blue to include a 28cm non-stick frying pan, together with cocottes from 18cm right up to 30cm (3.3 pints to 14.75 pints). (Various codes)

Utensil Pot Clip, £4.50

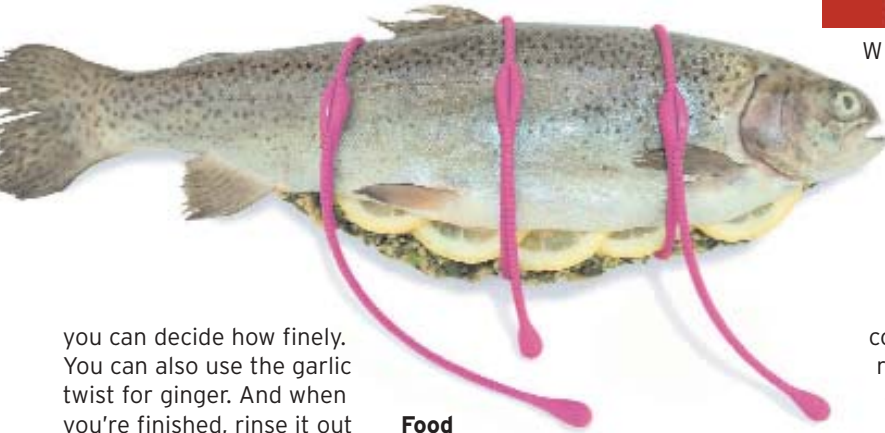
If you've ever lost a spoon in to your cooking because it's fallen off the edge of the pan where you'd balanced it, then you need one of these. It clips to the side of your pan and you then clip your spoon into it. Genius! (251576)



Garlic Twist

This peculiar looking product is a lot more useful than you might think. First, whack your garlic cloves with the base of the twist to loosen the skin, which you peel off. Then put the cloves into the container and twist back and forth. Your garlic is minced, but





you can decide how finely. You can also use the garlic twist for ginger. And when you're finished, rinse it out and air dry or wash on the top shelf of the dishwasher.

Black Gourmet Epicurean Chopping Boards, from £47

Now available in black. These Gourmet boards have a ridge around the edge collects juices so now your chopping board can also be used for carving meat. (22449 - 22451)

Plate Spacers, £7.95 - £9.95

If you find worktop space in your kitchen is always at a premium these plate spacers could be a 'must have'. Plate up your food, add the plate spacers, stack the next plate on the top and so on. Instead of six plates spread around your kitchen, you'll have one neat pile and a bit more work space. They come as a pack of 9 in either low or high 'rise'. (061598, 061599)



Food Loop, £9.95

Along the lines of the silicon bands we featured in the last issue, this is basically a silicon reusable cable tie. Sold in packs of four, you wrap the Food Loop around your joint etc then pull to the desired tension and being silicon they're easy to use and clean for next time and won't melt. (061594)

Fish Descaler, £14.95

We like this because it has a box on the top that collects the scales. If you buy one and would like to review it for us, we'll give you 200 Red Apron points free.



Stackable Lock & Lock, from £2.60

You may not be aware that the



conventional range of Lock & Lock is only top shelf safe.

But this new range, which stack one inside each other without lids, are fully dishwasher safe and less prone to damage in the microwave. (251564 - 251576)

Cuisinart Rice Cooker, £49

After much research we've now found a rice cooker that we're happy to stock. Not only will it cook your rice to perfection, but it will also keep it hot without it going gooey. And it can be used as a steamer too.



Stainless Steel Fish Pliers, £17.25

With these pliers you can apply more pressure so it's much easier to remove those small, awkward bones.





Visitors to our Cobham shop may have already seen some of the new Colours range of silicon kitchen utensils from CKS, all dishwasher proof and heat resistant to 600°F.

More will gradually be appearing in both shops. We will be stocking most lines (each one comes in up to seven colours) and will take your orders for any item or colour not in stock.

Baby Feeding Set, £7.95
Silicon bowl with a suction



base, with a contrasting silicon spoon that can be sterilised by boiling. Available in pink and blue or green and orange.

Muffin & Mini Muffin Cases, from £2.95

We've stocked the muffin cases (main pic) for some time, and now we're stocking the mini muffin cases too (main pic), packed in 12s and standard cake case sized.

Ice Balls, £4.50

For those who prefer ice 'spheres' to cubes

Spoonula, £4.50-£5.50

Available in 20cm or 26cm and, with a silicon handle, they're easy to grip. (061559 - 061572)



Pastry Brushes, £3.50

We've long been fans of silicon pastry brushes because they don't shred



and are so easy to keep clean. This range has got stainless steel handles and extra long bristles so they're perfect for basting. (061531 - 061537)

26cm Ergonomic Spatulas, £4.95

Moulded from silicon from top to bottom, these are easy to grip and there are no nooks or crannies for food to gather in. (061552 - 061558)



Spoon Rests, £3.95

Available in seven great colours, you might want to leave these on the side ... they're certainly stylish enough to do so, but being only 12cm high you could easily store them in a drawer. (16805 - 16811)



Salad Spinner with Jug, £8.95

An affordable salad spinner which is an excellent size



and the jug handle means it's easy to hold. Note, the lid is not dishwasher proof.

Food Freezer Trays, £4.50

Anyone who's fed a baby will immediately see the benefits of these oversized silicon food freezing trays - using strips, rather than cubes, they're perfect as your baby grows and can also be sterilised. But the great thing about them is they're ideal for freezing stocks, purées, vegetables and coulis too.



Basting Pump Spray, £9.95

We were delighted to find this because all our other suppliers had stopped making them. Fill the clear bottle with your favourite oil. When you want to use it you 'charge' the bottle by pumping the lid - this gives the spray the pressure it needs to spray evenly where you want the oil to go. The nozzle has a filter that stops solids from being sucked up.



bowls to stop them slipping around, a pan handle, curl it up and use it as a funnel... or just use it as a trivet to protect your work surfaces.

Spoon Rest/Basting Bowl, £4.95

This spoon rest holds the spoon upright and its silicon bowl is the ideal size to double up as a basting bowl.



Ceiling Racks, £29.95 - £139

We've been looking for a new supplier of ceiling racks for some time and were delighted when we discovered these. They'll be available in chrome (oval, round or square) or as a wooden single bar.



Trivet, £3.50

We call this heat resistant square a trivet but it can be used for so much more: a jar gripper to open tightly closed jars, an oven 'glove', a grip to put under mixing

WHAT'S NEW

Nigella Cutlery Sets, from £18

Virtually every piece in the Nigella range just begs to be held, and so, with this new range of cutlery, you'd expect nothing less than beautifully crafted, tactile knives, forks and spoons. These will be available as a 4 piece teaspoon set (£18), a 16 piece set (£80) and a 2 piece serving set (£20).

Riedel Tyrol range, £12.50 each

Designed for use on the Orient Express, the bowls of the Tyrol range are similar in shape to the fantastic Vinum range, but there's no stem, just a carefully designed 'foot'. They've even designed one for soft drinks which they call Pop's. If you come to our next Riedel demo (see p3) you will be given a pair of these.



Microfibre Riedel Crystal Cleaning Cloth, £5.95;
Riedel bottle beads, £7.50

Customers often ask us how they should clean their Riedel glasses - we tell them what Riedel tell us, and this works for any glass. Wash your glass by hand under warm running water (you don't need to use washing up liquid) and leave to dry, bowl down on a cloth. If you want extra shine, you can steam your glass over warm boiling water. If it's a quick 'buff up' you're after, you can use a microfibre cloth which won't 'shred', and if it's a decanter you want to clean you can use the Riedel bottle beads, that you swirl around inside the decanter to remove any sediment. Then follow the glass cleaning guide above.

Riedel Vitis range, £25

Particularly suitable for the more full-bodied New World wines, Vitis is similar to the

Grape series, with the stem pulled from the bowl giving the 'point' at the base of the bowl that makes the wine look stunning, but with more pronounced bowl shapes and slightly longer stems. Andrew, who isn't normally a big fan of New World wines, fell in love with a couple having tasted them in Vitis glasses.



Good food thriving again in Reigate



In the last five years, Reigate has lost two greengrocers, two butchers and a cheese shop, as the so-called convenience of the supermarket has lured shoppers away from the traditional high street retailers. But now there are signs that the tide is turning.

Robert Hewitt has opened a new butcher's, Robert Edwards, at the corner of Park Lane, selling a range of fine foods including breads, deli products and condiments. "As far as possible it's local produce," says Robert, a local lad who previously worked for his father's butchers in Wimbledon. "It's very important to support local farmers and promote local skills. We're very keen to get young families back into the shop and introduce them to real food again.

"We don't hide the fact that we're slightly more expensive than the supermarket, but what we offer is total customer service. We chat to our customers, get to know their names and we know the products. We only sell what we know is good."

The same philosophy applies at Charlie

Hicks greengrocers in Brewer's Court, beside 1st Stop stationers and Pizza Express. You may recognise Charlie's name from Radio 4's Veg Talk, which he used to co-present. A look at the website (www.charliehicks.co.uk) will quickly show you that this is a shop that believes in flavour above all else; it specialises in seasonal produce, locally grown where possible, and what they import is grown for local markets rather than mass production. Partner Daniel Fitzpatrick, another local boy from Bletchingley, points out that this time of year is the 'hungry gap' as far as local produce is concerned - before the spring and summer crops start to abound - but there's always good food on offer, such as the delicious blood oranges from Sicily currently in season.

Making the most of these two newcomers is The Westerly, Jon and Cynthia Coomb's new restaurant in the site that was Sweet Potato, in London Road, two doors up from the Red Cross pub. Jon, chef, and Cynthia, front of house, previously ran the award-winning Stephan Langton gastropub in



The Westerly restaurant (top), Charlie Hicks greengrocers (far left) and Robert Hewitt butchers

Continued from p15

Friday Street. The Westerly sees Jon's skills - honed under some of London's most prominent chefs, including Anthony Demetre at L'Odeon - applied to French, Spanish and Italian dishes at an average price per head of around £25. He describes The Westerly as "refined rustique" - modern, smart and informal, a refreshing change from the rather formal fine-dining format most common in Surrey.

Our next Red Apron event

will take place at the Westerly and we hope to be able to print regular advice in the newsletter about what's in season from Robert and Daniel.

Robert Edwards Mon-Fri, 7am-5pm; Sat, 7am-4pm.
01737 242081

Charlie Hicks Mon-Sat, 9am-5pm.
01737 227070

The Westerly Wed-Fri, lunch and eves; Tue & Sat, eves only. Available Mondays for private hire.
01737 222733

Staff vacancies

We're looking for

Shop Sales Assistant, part-time, Cobham

+

Shop Sales Assistant, Sats & school hols, Reigate

+

Internet Sales Assistant, part-time, Reigate

Do you believe, like we do, that treating customers as individuals and never misleading them in their choice of product is important? Then you may be interested in joining our team. We offer generous staff discounts, a competitive hourly rate and weekly training.

Please come in and ask for Babette or Linda, or call them on 01737 242302.

Special offers

(while stocks last)

Global knife block

Already on offer from Global, this



extra reduction is for Red Apron members only
AN EXTRA £20 OFF

Normal price: £199

Le Creuset dishes SP21426

Available in Satin Blue, Cerise, Granite, Almond, Blue and Volcanic, these 24cm oval dishes are currently on special offer at only £9, but for Red Apron members we're offering a third one free when you buy two.

BUY 2 GET 1 FREE

Normal price: £16

Mini Cocotte 34378

Spend £40 on any pottery items and get a free mini cocotte in cerise.



Normal price: £9.95

Buffet casserole

SP3421

£20 OFF

Normal price: £106



Le Creuset cocotte 22cm

SP34475

£15 OFF

Normal price: £84



And more Le Creuset offers will be coming to our shops soon.