



Waitrose *Lest we forget* 11am 11 November **weekend**

10 NOVEMBER 2011

Your **FREE** guide to the weekend

FOOD & DRINK | ESSENTIAL RECIPES | BEAUTY & WELLBEING | TV GUIDE | LATEST EVENTS | SPORT

£10 DINNER FOR TWO

Main course, side dish, dessert & wine



SAVE OVER £6

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WIN A YEAR'S SUPPLY OF THORNTONS CHOCOLATE

plus SAVE £3.75 on chocolate with our money-off coupons

Pages 8 & 10



HALF PRICE

Freixenet Excelencia Vintage Cava & Waitrose 6 All Butter Mince Pies

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The chocolate issue

It's chocoholic heaven with our ultimate menu, Olly Smith's wine-matching tips and Christmas gift ideas

Delicious

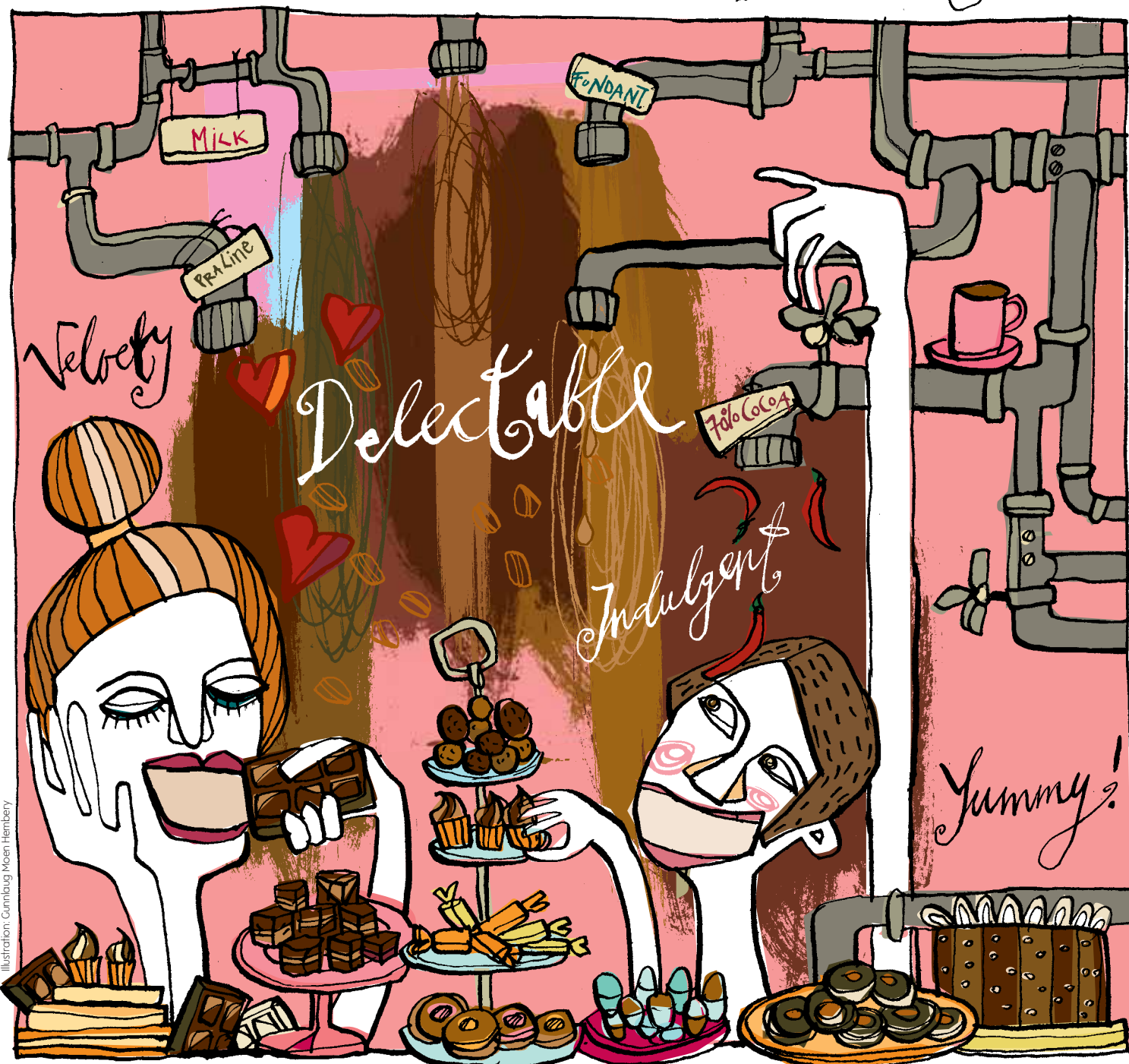


Illustration: Gumbaug Moen Hembery



Happy Birthday Cookery School!

The Waitrose Cookery School – the first cookery school owned by a UK supermarket – celebrates its first anniversary this month. Since its launch, some 680 steaks have been sizzled by our meat lovers, 200kg of chocolate indulged in by our chocoholics, 362 sea bass filleted by our fish followers, and 6,800 magical macaroons piped to perfection.

Among the many highlights, cake queen Fiona Cairns hosted two sell-out demonstrations where she talked about her experience making William and Kate's Royal Wedding cake, while rice brand Tilda held a 'mummy and me' event – the school's first workshop with children.

The Art of Michelin Star Cookery courses and a Valentine's 'singles night' also proved huge hits.

Rupert Thomas, marketing director, says: 'The team has been a hive of activity since the doors opened, and our wonderful chefs – plucked from some of the country's best restaurants – have enthused their passion and love of food to over 2,500 customers.

'I'm told that one customer has attended 15 courses and counting! This repeat visitor says a lot about the variety of courses and the high level of teaching our school offers.'

The school has also proved a great location for filming, with programmes including *The Apprentice*, *Lorraine* and *The Great British Bake Off* being recorded there.

You can benefit from the chefs' expertise at home too. They have pooled their wisdom to produce a beautiful cookery book, *Love To Cook* (see page 18 for details).

Why not treat someone to a course this Christmas? Visit waitrose.com/cookeryschool for information and gift certificates.

FOOD FOR THOUGHT

'Why chocolate is good for you'

Forget confectionery masquerading as chocolate. In moderation, the real stuff has a place in a balanced diet, says our chocolatier



BY AWARD-WINNING PATISSIER AND CHOCOLATIER WILL TORRENT

Don't we all love it when we see a newspaper article headed: 'Chocolate is good for you!?' We are constantly being told by the media that chocolate is healthy. So why, then, does chocolate also have such a bad name?

Well, mainly because the confectionery that leads to its bad name is low in cocoa, and high in both sugar and non-cocoa fats. And it has taste-washed the nation for generations. Good quality chocolate – real chocolate – does have health benefits, and in moderation can have its place in a balanced diet. Well at least, that's what I say!

The real thing

'Good' chocolate will have been made from cocoa beans from countries such as Ghana, Dominican Republic, Tanzania and so on, all situated between 20° north and 20° south of the equator. As with wine, the taste of cocoa will change from region to region, hence the importance of looking at origin when exploring the complex world of chocolate. And this is where it gets exciting... Like with wine, when you taste chocolate properly you get many different nuances.

The tongue has five main senses which real chocolate can hit: sweet, bitter, sour, salty, and umami [savoury]. So with this in mind, how do we really appreciate good quality chocolate that may cost more than your average bar, but will give you so much more (and you won't feel the need to eat so much of it!)?

Follow these steps: First, open the packet and smell the chocolate as if you're smelling an expensive glass of red



Quality chocolate is like red wine - it has a multitude of different nuances and flavours

wine. You should find the wonderful rich, roasted aromas of cocoa. Next, snap a bit off. Like a musical instrument, it should make a good sound. Then, pop it on your tongue and let it melt.

Your tastebuds will then start to buzz as flavours of dark rich cocoa and sweet vanilla start to come alive, followed by red berries and spices, or pepperiness – or even tobacco or deep red wine. In fact, chocolate exceeds the number of flavour compounds found in red wine (about 1500 identified flavours in dark chocolate, to 500 found in wine).

Once the chocolate has half melted, get your teeth and tongue working to move it around your mouth. The chocolate taste should linger in your mouth, leaving you with a good flavour.

If it dries out your mouth, you may prefer milk chocolate – where milk powder and sugar has been added. If so, you may discover the flavours of caramel, rich cream, bananas or caramelised nuts.

In good health

Wondering how chocolate contributes towards a balanced diet? In my book, a little goes a long way, and scientists have found that dark chocolate can benefit your health. Cocoa contains flavonols which have antioxidant properties, and a diet rich in flavonols may help protect your heart. In fact, chocolate has eight times more the amount of antioxidants than blueberries and green tea!

Dark chocolate increases endorphins, giving a feeling of pleasure. But the key is to enjoy it, to benefit your quality of life.

I recommended just under 50g of dark chocolate a day... although, now and again why not have a little bit more? In my opinion, seven days without chocolate makes one weak!

» Will is consultant pastry chef/ chocolatier to Waitrose.

» Turn to page 12 for chocolate recipes

» For more info on health and nutrition, visit waitrose.com/nutrition.

IN MY OPINION

Fi Glover

Who can fix the hole Jim left behind? Today's kids still need a hero who can make wishes come true

So RIP Jimmy Savile – the one thing he couldn't fix was his own immortality. His life is very much worth celebrating though, and his contribution to the worlds of TV, charity and childhood will live on in thousands of people's memories.

Writing to *Jim'll Fix It* is one of those things that immediately places you at a certain time in history – like



having a crush on Leif Garrett or being given a Silver Jubilee commemorative coin. (Like me, did you think it made you rich as Croesus? Turned out it's like having a drawer full of drachmas.)

I've heard grown men tell of wanting to swim with penguins or ride on a fire engine 'to a real burning fire'. I have one girl friend who wanted to dance with Hot Gossip, another who just wanted to take the *Blue Peter* Labrador out for a walk.

And, yes, I wrote myself – asking if I could go for a drive in 'the white Jaguar XJS' – the car of choice for Ian Ogilvy, aka Simon Templar, aka The Saint.

Surprisingly, the request of a seven-year-old girl to be taken for a drive in a very fast

car by a smooth talking, polo-necked spy with two personalities was not granted.

But I remember waiting for the post for weeks hoping for an invitation to sit at the feet of the cigar-chomping shell-suited Savile. Incidentally Sir Jimmy did well to survive seven decades of wearing a nylon tracksuit while smoking at the same time didn't he?

But I hope the BBC kept all the letters to the show. They are a unique time capsule of all our hopes and

'I HOPE THE BBC KEPT THE JIM'LL FIX IT LETTERS – A UNIQUE TIME CAPSULE OF HOPES AND DREAMS'

dreams. They'd make a great museum exhibit now. And I wonder how much the wishes of children have changed.

We can wring our hands in horror at the demise of modern childhood but I suspect that actually kids now want the same things as they did then. They want to meet their heroes, yet they don't really know why. They still want to experience things their parents won't let them do – to go faster, be more dangerous, be more grown-up. And they want to believe in people who can make all these things possible. And you could believe in Sir Jimmy: part child, part hero, sometimes fantastically silly.

I have no idea what he wished for himself, but to die at the old age of 84 having lived a life of worth and to leave something lasting behind is not a bad request. I'd give him a medal any day.