



CONSCIOUS KITCHEN

Eating well for a healthy planet

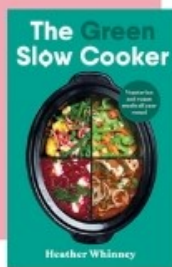
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GIVING BIG ENERGY?

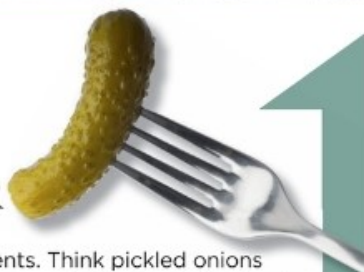
Between heating and cooling food and drink, our kitchens can consume a lot of power. The Energy Saving Trust has lots of useful tips on reducing usage, including simple changes such as not overfilling your kettle, putting lids on saucepans to retain heat better while cooking, and switching some appliances off at the plug (think microwave, not fridge or freezer!). Check out energysavingtrust.org.uk for more tips.

TAKE IT SLOW

Slow cookers are great in terms of energy efficiency. If you own one and are in need of recipe inspiration, you'll find plenty in this cookbook. Full of plant-based dishes, such as butternut squash mac and cheese, it proves slow cookers are not just for stews. *The Green Slow Cooker* by Heather Whinney (Michael Joseph, £22; out 9 January)



3 WAYS TO... USE UP THE LAST PICKLES IN THE JAR



1. AS A FINISHING TOUCH

Pickles can be salty, sweet or sour as well as crunchy or soft, so scatter them over everything from pizza to salad to add more flavour and texture.

2. AS AN INTEGRAL INGREDIENT

Pickled veg is for life, not just cold Christmas and New Year buffets, so use them as you would their fresh

equivalents. Think pickled onions with pasta and cabbage in rice bowls.

3. AS A BRINE

Leftover pickle juice can be put to good use, too. Decant to a sterilised jar and add leftover veg to make a new pickle (boil the juice first for longer shelf life). Or, use it as a marinade on meat to tenderise.



JANUARY BLUES? LOOK FOR GREENS

LIZZY FARMER
FORAGING INSTRUCTOR

'January is the perfect time of year to start your journey into foraging for wild foods. Arguably, there isn't a lot around, but you can softly delve into a world of wild edibles, focusing on a couple of simpler ones that often appear this month. Hairy bittercress is likely to show up in January and is an ideal switch from shop-bought cress. Three-cornered leeks (pictured, left) can be spotted protruding from a frosty landscape when many things have died back - their telltale onion-like scent is easily recognised by the most novice foragers. I use them in place of chives to flavour my homemade wild breads. Prior to consuming new wild foods, always be 100% certain of your identification and pick sustainably.* Follow Lizzy on Instagram @lizzy_maryjane_farmer

FANCY A (NUT) ROAST?

The meal we can't imagine without meat is Sunday lunch, according to research by environmental charity Hubbub. There are, however, lots of plant-based alternatives to try instead of the usual chicken or beef - including this vegan nut roast. Find the recipe at sainsburysmagazine.co.uk/nutroast.

