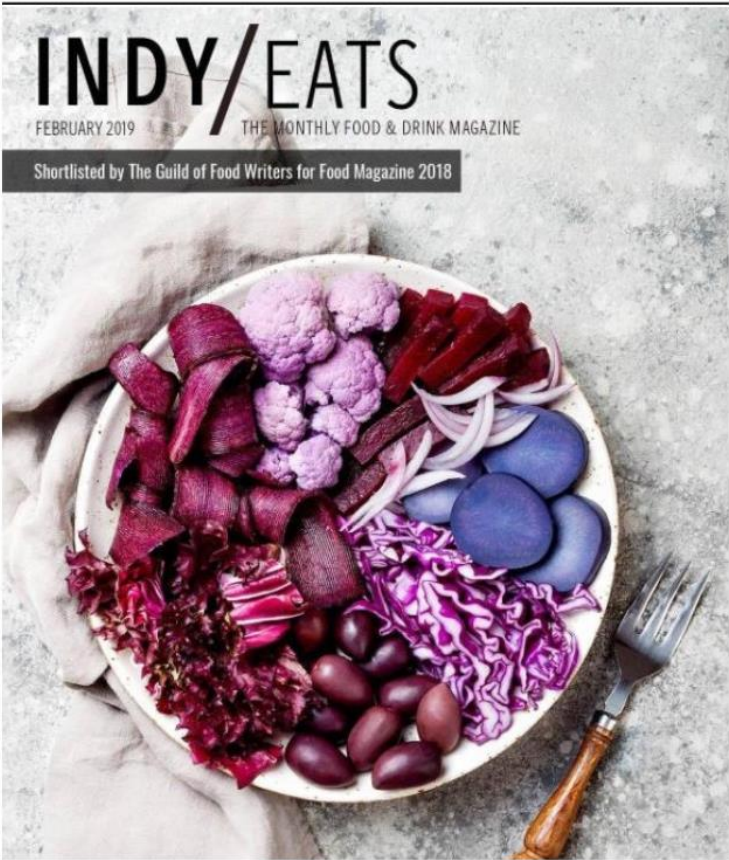


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MODERN LIVING

From office-delivered ‘ugly’ fruit to Adam Handling’s latest outpost, here’s what’s new in the food world this month



New Sharp fridges will help you

New Sharp fridges will help you get creative in the kitchen

Sharp Home Appliances is bringing two fridge freezers to the market which aim to boost your culinary capabilities. We love the TasteMaker, announced in January, which comes equipped with a fermentation compartment to help you tap into one of the hottest food trends of the moment. Seven different temperature settings allow you to ferment a range of food and drinks – such as yoghurt, kimchi and beer – and thanks to a digital timer, the unit will automatically return to cooling mode once the process is finished. It joins the VacPac Pro, which has a built-in vacuum sealer to help you reduce waste and even try sous vide-style cooking. Both the American-style four-door units have a 630l capacity. Find out more at sharphomeappliances.com.



Oddbox fruit delivered to your office

You can now be more sustainable in your food shopping (and eating) from the comfort of your office chair, thanks to Oddbox, who are delivering rescued wonky fruit across the capital in a bid to cut food waste, and make your life work life easier. Boxes for 10 people start from £14.99 and come with five varieties of seasonal fruit – so you'll never be without a healthy snack again.



Little's coffee, £2.99, Holland and Barrett

Instant coffee has been given a much-needed make over with Little's. The brand's overhauled band flavours and replaced with the likes of chocolate chai, or rich hazelnut and uses 100 per cent Arabica beans. We love them even more as it's 100 per cent plastic free, and it's great for when you're in a real rush.



Hawkers vegan popped chips, pack of 24 £6.50, hawkerssnacks.co.uk

We have become obsessed with these snacks, because they're palm oil free and thanks to the great flavours, they're one of the best snacks we've tried in a long time. The little crisps are made from soya and potatoes and are heated until they pop. Our favourite is the sweet chilli flavour, and all are under 100 calories.



Tre Pol Pen farmshop and cafe, Launceston, Cornwall

Using Cornish prefixes, the name of this new farm shop and kitchen in the little town of Launceston, means, homestead, pond, hill – to translate it's a family-run farm next to an ancient spring in the middle of the beautiful countryside. Expect a family friendly place, with locally grown food on sale that's handpicked, that's kind to it's surroundings. There's also plastic free store cupboard essentials, while the café ha a huge stone baked oven for pizzas, and of course there's baked goods too. Who's for a cream tea (cream, then jam, of course).



Adam Handling, Chelsea

It's been a year in the making and is the MasterChef, the Professionals finalist's third restaurant in London. Sitting inside the Belmond Cadogan Hotel, the menu is all about the best of British, along with his signature dishes of celeriac with shaved truffle and cheese doughnuts newcomers are set to include Highland wagyu beef and langoustines with pink grapefruit.



MUYU liqueurs

Made by three of the world's most renowned bar tenders, Alex Kratena, Simone Caporale (who worked at the Langham's bar which won world's best bar for four consecutive years) and Monica Berg, these three liqueurs were inspired by a trip to the Amazon. They're designed to be enjoyed as a highball cocktail, and can also be drunk on the rocks neat as they're pretty low ABV. Our favourite is the jasmine bottle: it's light with a delicate floral scent that's refreshing and is excellent paired with champagne. The drinks are distilled by a Dutch family who have more than 320 years' experience in distilling and a share of the profits from each bottles will be going to NGOs working in the region of the rainforest.



Higidy paneer, coconut and spiced chickpea pie, £2.60, Waitrose

Wack this in the oven for a super easy, but delicious dinner. It's one of the latest new pies from Higidy and we can't get enough of the Indian inspired flavours. The shortcrust pastry has a light dusting of seeds and it's got the seal of approval from the Vegetarian society. We can't argue with that.