

LUCHFORD

Title: BBC Good Food

Date: 24.08.23

MUU: 175,300

good food

September 2023

Lime & paprika corn ribs • Apricot-glazed chicken & lentil traybake • Baklava sticky buns

BBC 70+ recipes
Britain's biggest-selling food magazine
good food September 2023

Holiday discoveries

- Mexican chicken tacos
- Greek orzo with prawns
- Italian cream-filled buns

EASIEST EVER
weeknight
traybakes

*Elevate your
slow cooking*

25
GENIUS
HACKS
EVERY COOK
SHOULD
KNOW



our recipes
always work
gf

£5.99



RECLAIM YOUR WEEKEND

Aubergine parmigiana | Crispiest pork crackling | Old school Bakewell pudding



weekend

Reclaim your
weekend
Shake up
a cocktail

Raise a glass

Use fresh seasonal berries to put a dark and tangy twist on a classic julep

recipe LUCY ROXBURGH photographs ISSY CROKER

Blackberry mint julep

Try making your own crushed ice by putting some ice cubes in a food bag, sealing and lightly bashing using the end of a rolling pin.

SERVES 1 PREP 5 mins EASY V

80g blackberries
10 mint leaves, plus 1 sprig to serve
70ml bourbon
1 tbsp honey
ice cubes and crushed ice

1 Put the blackberries and mint leaves in a cocktail shaker, and muddle using a cocktail muddler or the end of a rolling pin until the mint is bruised and the blackberries have started to release their juice.
2 Pour in the bourbon and honey, then add a handful of ice cubes. Put the lid on the shaker and shake until the outside feels cold.
3 Fill a tumbler with crushed ice, then strain in the cocktail. Garnish with a mint sprig and serve.

GOOD TO KNOW gluten free
PER SERVING 241 kcal • fat 0.2g • saturates none • carbs 19g • sugars 18g • fibre 3g • protein 1g • salt 0.01g

DRINKS TO BUY IN SEPTEMBER

GIN

Searcys London Dry gin

Inspired by its Victorian heritage, Searcys' first gin is made using herbal botanicals popular during the era, such as rosemary and blackcurrant leaves. Lavender provides a floral note. **£49 (70cl)**, gifts.searcys.co.uk



APERITIF

Pomello

Combining pomelo and elderflower, this is a good base for a spritz, mixed with prosecco and garnished with grapefruit. **£33 (70cl)**, pomellouk.myshopify.com



BEER

Drovers Hazy Vermont Session IPA

This juicy, balanced beer comes from Round Corner Brewing, based in Melton Mowbray. The brewery uses by-products from local businesses. Drovers is packed with tropical flavours, which pair well with salads. **From £2.60 per 330ml can**, roundcornerbrewing.co.uk



NON-ALCOHOLIC

Talonmore

A unique blend of ginger, hawthorn berry, prickly pear juice and assam tea, this Scottish non-alcoholic spirit is a fiery alternative to whisky. Serve as a highball with tonic water. **£25 (70cl)**, talonmoredrinks.com



Prices correct at time of printing

APERITIF

Pomello

Combining pomelo and elderflower, this is a good base for a spritz, mixed with prosecco and garnished with grapefruit. **£33 (70cl)**, pomellouk.myshopify.com

