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JUNE 2021

Summer 2021

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Quick & easy prawn starter
Baked salmon & dill sauce
Best-ever potato salad
Almond pastries
for pudding

Tom Kerridge's *SMOKIN' HOT* barbecue classics

- ◆ Jerk pork and pineapple skewers ◆ Barbecued pepper salad
- ◆ Chicken BLT ◆ Meatball and mozzarella sub



'Loneliness is a big problem; food brings people together'

ROSALIND RATHOUSE, 77, FOUNDED 'COOKERY SCHOOL AT LITTLE PORTLAND STREET' IN LONDON IN 2003. WIDOWED EIGHT YEARS AGO, SHE HAS TWO DAUGHTERS AND LIVES IN LONDON.

When I came to the UK from South Africa with my husband in 1966, I fell into teaching almost by accident. I loved cooking and had always wanted to do something food-related, but instead I ended up with a job at a tough secondary school in north London, teaching English and geography. I hated it, but it's where I learned to be a good teacher.

It wasn't until 1992, after my husband suffered a terrible breakdown, that I decided to follow my dream and start my own cookery school. My husband found some premises and, as an architect, he promised he'd turn it into a beautiful cookery school. The bank only loaned us £5,000, so I stuck everything on a credit card. From that, I built up the school we have today.

We now have two kitchens just off London's Regent Street and – in normal times – around 7,000 people come through our doors every year.

We teach all ages, but in recent years we've noticed a lot of older people joining us. Many have sad stories – maybe their partner has dementia and they now have to learn to cook for themselves. So it's wonderful to see them pair up with younger people in the kitchen and share the meals they've made together. Loneliness is a such a big problem and food can really bring people together.

Cooking is as important as reading and writing, but sadly today far too many children don't have the chance to experience it in schools. My new goal is to have a programme where every child can learn to cook in a real kitchen. I'm determined to make it happen, when the time is right. I'm often astounded by how many children don't know the basics and that really matters when it comes to the health of the nation.

Of course, the Covid restrictions have been challenging; my daughters even asked me if this was the year

I should think about retiring. But I want to keep going. Over the last few months I've used Zoom video calls to teach everything from cooking lasagne to how to be sustainable and look after your gut health.

The feedback has been wonderful and we've taught people from all over the world. We have one woman in America who attends our online classes with a UK-based friend. It's a wonderful way of connecting people when they can't meet in person.

I never think about teaching as 'rewarding'. It's simply my job to teach others and I love to see those 'lightbulb' moments in students when they learn. After the uncertainty of the last year, I really hope we can continue with the online lessons as well as face-to-face tuition. It's important that as many people as possible understand what joy cooking can bring. *For more information, visit cookeryschool.co.uk*

Rosalind's mixed cheese soufflés

'Soufflés always impress but start from quite basic cooking skills. This recipe begins with my easy all-in-one white sauce, using rapeseed oil rather than butter. You can also bake this as a larger sharing soufflé; simply cook for 35-45 minutes.'

SERVES 6 AS A STARTER **V** **HANDS-ON TIME 30 MINS** **TOTAL TIME 50 MINS**

- ◆ 50g rapeseed oil
- ◆ 40g plain flour
- ◆ 225ml whole milk
- ◆ 75g strong cheese*, grated (we used a mixture of Parmesan and Gruyère, or simply use mature cheddar)
- ◆ 4 large egg yolks and 5 egg whites
- ◆ small pinch of cayenne pepper
- ◆ pinch of mustard powder

- 1 Preheat the oven to 200°C, fan 180°C, gas 6.
- 2 For the white sauce, start by blending together the oil and flour in a medium saucepan until it is well mixed with no lumps. Slowly whisk in the cold milk until everything is mixed together. Place the saucepan on a medium heat and, stirring throughout, cook until the mixture has thickened; it is ready when it stops thickening. Remove from the heat and stir in the grated cheese.
- 3 Add the egg yolks, one at time, continuously beating well so that the eggs do not

- curdle. Season to taste with salt, pepper, cayenne and mustard powder.
- 4 With an electric hand whisk or in a stand mixer, whisk the egg whites until stiff peaks form and then fold one quarter into the egg yolk mixture to 'slacken' it so that the remaining egg whites are easier to incorporate. Fold in the remaining whipped egg whites until there are no longer any lumps of egg white showing.
- 5 Divide the mixture between 6 ramekins (180ml-200ml) and run your thumb and index finger around the rim of the

dishes – this will loosen the soufflé mixture from the edge so it can rise more easily and evenly. Place the ramekins in a deep roasting tin. Pour enough boiling water into the tin to come halfway up the sides of the ramekins. Bake in the oven for 15-20 minutes or until well set and golden. Eat immediately before the soufflés collapse.
*Use vegetarian cheese, if required.

■ 207cals; 16g fat (5g sat fat); 10g protein; 0g fibre; 7g carbs; 2g total sugars; 0.4g salt ➤





‘This recipe starts with
my easy all-in-one
white sauce’

ROSALIND RATHOUSE



WIN!

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