

good food

the **green** issue

Britain's biggest-selling food magazine

gf
recipes
always
work

**Pea, broad bean
& rocket risotto**
(chicken optional!)

**Asparagus fries
& baconnaise**

**Courgette, jalapeño
& feta nachos**



Use-it-up meal plan
**Zero waste
weekend**

**Slow-cooker
specials**

**Goan pulled pork,
Mexican lamb, Spanish chicken**

Spring getaways

The Lakes, Devon, Scottish Isles, Yorkshire



Easiest-ever Bank Holiday meals, plus...salted caramel cake!



Weekend brunch for all the family



Moroccan veggie stew



Lamb with mint chutney



Have you tried poke cake?

£4.35





TAKE A COOKERY COURSE

Sri Lankan cooking class

Battersea, London
(cooksrilankan.co.uk)

This year, food lovers will delve ever deeper into global cuisines. And right now, Sri Lankan food is hot (literally!). The success of Sri Lankan street-food restaurant Hoppers, in London's Soho, has sent foodies hopper mad.

These delicious coconutty, crisp pancakes are a Sri Lankan staple. But you don't have to jump on a plane – or wait in a queue – to try them, thanks to the passionate Numi, whose cookery class uses exotic, little-known spices and ingredients to create delicious, healthy and fiery dishes.

From the five menus on offer, I chose *isso devilled* (mouth-tingling prawns –

the 'devil' being the abundance of chillies), *ala kirata* (a creamy, aromatic potato curry), *katta sambola* (a zingy onion and dry chilli salad) and – top of the list – *hoppers*. These require patience and skill, fermenting a dough overnight before mixing it with coconut milk and 'baking' in a mini wok-style hopper pan to create light, subtly sweet pancakes that form a bowl to pile your other creations in.

Cost £70 per person. Courses last three-and-a-half hours. The price includes all the ingredients, a meal you can either eat with Numi or take away, and a goody bag of spices and recipes to use at home.

Verdict Numi, who once ran a spice company in her native Sri Lanka, is a charming teacher and conveys her knowledge and skill in a welcoming environment – her own kitchen. Her *hoppers* are food at its most heavenly.
Keith Kendrick