

foodie file

FOOD NEWS



Cashing in on a taste of Venice

Next time you pass by a Carluccio's, pop in to check out its latest wheeze - a big promotion of food and wines from Venice and Veneto, the first region on the chain's new gastronomic tour of Italy.

Promotion runs until 14 Feb, www.carluccios.com



NUMBER 1 | LoveDean's cereals are simply delicious

Rude not to try these cereals

The whole cereal revolution is getting out of hand with endless launches of "superfood" mueslis and

fancy porridges. Still, a couple do stand out as being rather good. Rude Health has launched a fruity date porridge that is spiced with cinnamon and perfect for

frosty mornings. Even posher is LoveDean Granola (I know, odd name). It has different

varieties, including a new cranberry mix. But the original Breakfast No.1 mix, packed with roasted nuts and seeds, remains the best.

Both brands are available from Fresh and Wild, Selfridges, Whole Foods and other health food shops and

delis. LoveDean, £5.95 for 450g, more information at lovedeanfoods.com, Rude Health, £4.95 per kilo, more at rudehealthfoods.co.uk



Cooking up a read

Another avalanche of cookbooks is heading your way this year. But before you splash out on some literature, make sure you own the best from 2007. Skye

Gyngell's *A Year In My Kitchen* has just come out in paperback, and it costs a tenner less than the hardback edition. It's a dazzling book. The recipes, which range from simple roast onions to elaborate lobster curries, are inspired by the seasons. Get stuck in to the book. And while we're on the subject, take a trip to Gyngell's restaurant, Petersham Nurseries, in Richmond.

A Year In My Kitchen by Skye Gyngell, Quadrille, £14.99. Petersham Nurseries Restaurant, off Petersham Road, TW10, 020 8605 3627

The big cheese hits the capital

London is blessed with a new top-notch cheese shop. La Cave à Fromage is run by Eric Charriaux and Amnon Pakdi, whose renowned wholesale business supplies cheese to Britain's top chefs. The store sells about 150 varieties of cheese - be sure to check out the Fourme au Sauternes, a seasonal sizzler. The staff offer clued-up advice on how to store your fromage - something we Brits are notoriously bad at. **La Cave à Fromage, 24-25 Cromwell Place, SW7, 0845 108 822, la-cave.co.uk**