

# Taste Notes

Our food editor **BLANCHE VAUGHAN** shares her news and tips for food lovers



## SPOONS TO SWOON OVER

I was once given some Beldi **lemon-wood spoons** from Morocco and I have been looking for somewhere to buy more ever since.

Now Bohemia is stocking a range of these beautiful, handmade spoons in every size – from salt and spice scoops to large ladles, from £3 each. They are pretty enough to display in a vase when not in use. [bohemiadesign.co.uk](http://bohemiadesign.co.uk)

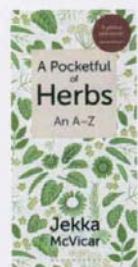
## Lovely bubbles

Alex Eagle's '**Venetian Bubble Glasses**', £45 each, sing of spring. They come in a range of colours, so you can mix them up or collect a set. Hand-painted and decorated with flowers, they could be a point of focus on a simple table, or will mix well with a variety of colours and patterns. [alex eagle.co.uk](http://alex eagle.co.uk) □

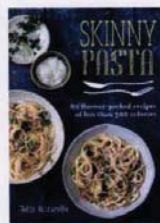
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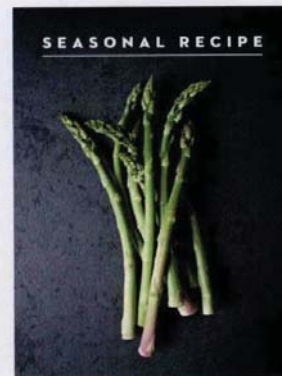
## Reading material



Herb expert Jekka McVicar has distilled her considerable knowledge in a handy-sized paperback – **A POCKETFUL OF HERBS: AN A-Z** (Bloomsbury **Absolute**, £12.99). Thanks to its easy reference format, illustrated with photographs by Jekka, you can learn about how to grow all types of herbs, plus ways to use them in your cooking.



The new book by *House & Garden* contributor Julia Azzarello, **SKINNY PASTA** (Kyle Books, £14.99), is a boon to every pasta lover with an eye on their waistline. The enticing recipes – think butternut squash with burrata and rocket, or pappardelle with roasted cauliflower – have only 500 calories or fewer per portion.



## Asparagus carbonara

Once the English asparagus season begins, I make sure that I enjoy it in every possible way, including in this vegetarian version of a classic pasta sauce. *Serves 4*  
 ♦ 400g spaghetti ♦ 4 eggs  
 ♦ 100g grated Parmesan, plus extra to serve ♦ Small bunch of parsley, finely chopped ♦ 300g asparagus, cut into long, thin strips

**1** Boil the spaghetti in a large pan of well-salted water (according to the packet instructions). Meanwhile, whisk the eggs with the Parmesan in a bowl, season with salt and lots of pepper and add the parsley, leaving a pinch to sprinkle over before serving.  
**2** About 3 minutes before the pasta is done, add asparagus. Drain, reserving a cup of cooking water. Return the pasta and asparagus to the pan.  
**3** Whisk 2tbsp of the cooking water into the eggs to make a loose sauce and add to the pasta, stirring all the time. If it starts to look dry, add more cooking water – you should have a glossy coating on all the strands of pasta and a slightly liquid sauce. Serve with the rest of the parsley sprinkled over and some extra Parmesan.

