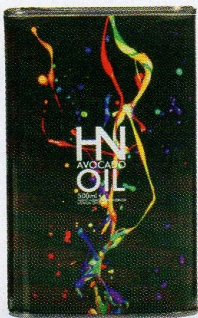


THIS MONTH WE USE CHOCOLATE WISELY, TAKE ON A CULINARY CHALLENGE AND TUCK IN TO SOME SOULFUL FARE

**KITCHEN CONFIDENTIAL**

**Chocolatier Amelia Rope (ameliarope.com) suggests some new ways to get your chocolate fix**

- As a pick-me-up: 'To clear your head before a meeting, try peppermint chocolate or a chocolate-covered coffee bean.'
- As an indulgence: 'My twist on pudding is a chunk or two of chocolate and then a delicious wine or sherry. A recent discovery is my new White Edition O2 (white chocolate with sea salt) and a Muscat from Berry Bros & Rudd.'
- As a special savoury treat: 'I go weak at the knees for venison with chocolate and red wine sauce and a glass of Côtes du Rhône.'



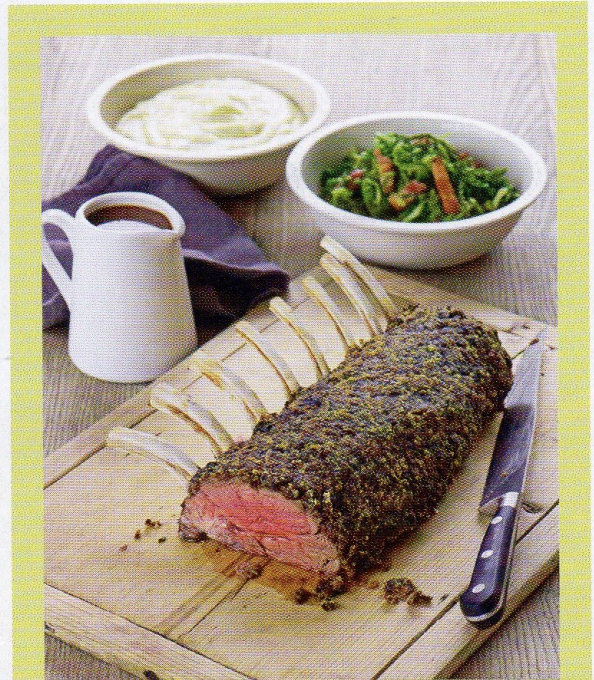
**CUPBOARD LOVE**

**1** Our kitchen shelves are looking glorious this month, thanks to the eye-popping new range of own-label products from Harvey Nichols. With treats including avocado oil, honey and bee pollen biscuits and rosehip tea, they are good for your insides, too (*from £1.95, harveynichols.com*).

**2** Gluten-intolerant bakers rejoice – the lovely people at Honeybuns have launched their own bake-at-home kits. We made the lemon drizzle cake and successfully passed it off as our own... (*£4.99, honeybuns.co.uk*).



**3** Are you bored of packed lunches already? Then try these new pots from The Soulful Food Company. Our favourite is the Thai Green Chicken with Kelp Noodles (*£3.49, soulfulfood.com*).



**COOKBOOK CLASSIC**

*Leiths How To Cook* (Quadrille, £30)

**W**e always get that new-school-books feeling at this time of year, which makes it the perfect month to open up the new collection from Leiths. The renowned cookery school is famous for its alumni, including Sam Clark of Moro and Gizzi Erskine, and its focus on classic techniques, but this book is also full of modern twists, with recipes from all over the globe, including roast rack of venison with cherry and thyme crust (above). If you're just starting out, you'll appreciate the foolproof advice on the basics of good food. If you're looking for a challenge, you'll find great show-stoppers, such as how to prepare a sea urchin. Make it your go-to kitchen textbook.

**AND FINALLY...**

If you're always thinking you should eat less meat, check out the recipes on Meat Free Monday (meatfreemondays.com), a veggie initiative from Paul, Mary and Stella McCartney. You'll find more from the McCartneys at Vegfest UK, Europe's biggest veggie event, taking place at London Olympia on 5 and 6 October (london.vegfest.co.uk).

LEITHS: HOW TO COOK PHOTOGRAPH: PETER CASSIDY