

Cooking up a storm this Christmas? Tweet us @E1LifeMag to share your festive feasts

snack to it

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POP THE CORKS

We'll raise our glass to Thomson & Scott's Skinny Champagne Cru, a no-sugar fizz available as a brut or a

rosé, and we also toast the company's more affordable Skinny Prosecco, which has half the sugar content usually added. If that's got you thirsty, you'll be pleased to hear that both are now available in magnums, as well the usual 75cl. From £54.95 for the Champagne, £17.95 for the prosecco, 31dover.com

FRYING TONIGHT

Chips, fried chicken, battered fish... hardly the healthiest of foods, or are they? Now, thanks to British brand Swan, you can cook all manner of fried goodies using a whopping 80% less oil. Called an Air Fryer, it operates using rapid air circulation to create a quick and even cook at temperatures of up to 200°C, using little to no oil. £64.99, swan-brand.co.uk

WE ALL SCREAM FOR...

Ice cream that's 35 per cent lower in fat has arrived, courtesy of Remeo Gelato (it's healthier as a result of a slow churning process called mantecazione verticale, apparently) and even better it comes in four mouth-watering flavours: Caffé Espresso, Madagascar Bourbon Vanilla, Dark Chocolate 72% Cocoa and Pistachio Siciliano. Contained in an attractive jar, it will make a welcome addition to any Christmas table. £5.49, ocado.com

JUICE, JUICE BABY

MOJU, the East London-based cold-pressed juice brand, has just launched a Ginger Booster shot (backed by a Ginger & Proud marketing campaign), providing a super-fast pick-me-up either before a big day, or after a big night, which, let's face it, there's bound to be quite a few of in the coming weeks. £1.95, mojudrinks

us to be party poopers, and feasting is what's expected this time of year, but smart strategies like piling your plate with lots of veg and snacking on fruit and nuts instead of chocolates can make all the difference. If, however, you do decide to blow out, just remember that to burn it off the next day you'd need to run for around 10 hours!

PROCEED WITH CAUTION

You wouldn't sit down and eat 68 slices of toast, but that's the calorific equivalent of what the average adult consumes on Christmas Day – a massive 6,000 calories. Now far be it for

Parsnips

With a myriad of health benefits, including the ability to lower the chances of developing diabetes and reducing cholesterol levels, pastinaca sativa (aka the parsnip) also tastes divine, and never more so than when roasted as an accompaniment to Christmas dinner. Or for a seasonal soup, simply boil, then blitz with some coconut milk and water or stock, adding mild curry powder and fresh coriander to taste.

isn't surprising considering the husband-and-wife team behind them are Jonathan and Natalia Conroy, former chefs at the Michelin-starred River Café. The range includes Goan prawn curry, braised beef with porcini and Chianti and venison stew with celeriac and prunes. Yum, yum! From £10.50, kitchenorchard.co.uk

CONVENIENTLY HEALTHY

Forget ready meals full of fat, sugar and salt and turn instead to Kitchen Orchard, a new range of delicious convenience suppers made from the finest of ingredients. They really do taste restaurant quality, which

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