

# You have to taste this!

Enliven your senses and experiment with flavour to bring unrivalled pleasure to your meals every day

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**W**e have a lifelong love affair with food; it's central to our lives, providing nourishment and sustenance, decadence and delight; given as gifts and enjoyed solo or with others. However, when our taste buds become impaired through illness, age or medication, this pleasure can be lost. Thankfully, food writer, stylist and author Ryan Riley is on a mission to bring back the life-enriching pleasure of eating. After losing his mother, Krista, to small-cell lung cancer, and seeing how she lost her sense of taste through chemo and radiotherapy while battling the disease, Riley was inspired to set up Life Kitchen, an award-winning initiative offering free UK-wide cookery classes for people living with cancer, that aim to bring flavour and excitement back into food.

Incorporating advice from Barry Smith, director of the Centre for the Study of the Senses, and feedback from Maggie's cancer centres, Riley's book, *Life Kitchen* (Bloomsbury, £20), focuses on the joy of eating, with dishes that genuinely taste good, have contrasting textures and smell sublime. Try tangy 'Lime falafels with curried mayonnaise' or fragrant and zesty 'Baked yoghurt with rose'.

## HOT & COLD PICKLED TOMATOES WITH CHILLI YOGHURT

*The sweet tang of vinegar in this dish balances beautifully with the savoury tomatoes. Adding chilli yoghurt makes the tomatoes sing and rounds off the dish.*

### SERVES 3-5

- 150ml red wine vinegar
- ¼ tsp fennel seeds
- 6 coriander seeds
- 2 bay leaves
- 12 mixed-colour cherry tomatoes, halved or quartered
- 2 tbsp full-fat Greek yoghurt
- 1 tsp Chilli Oil (see recipe)
- Warmed flatbreads or naan breads, to serve
- Handful of mint leaves, to serve

**1** Stir together the vinegar, both seeds and the bay leaves in a bowl. Place a saucepan on a high heat and pour in half the liquid, with half the aromatics. Bring to the boil, then turn off the heat.

**2** Divide the tomatoes between two bowls and pour the hot liquid into one bowl and the cold into the other. Leave for 5 minutes. Meanwhile, combine the yoghurt

and Chilli Oil in a bowl.

**3** To serve, spread the warmed breads with the chilli yoghurt, top with both hot and cold tomatoes – discarding the bay leaves – and scatter over the mint.

### For the Chilli Oil

#### MAKES 200ML

- 200ml rapeseed oil
- 40g dried chipotle chilli flakes
- 20g red chilli flakes

**1** Place a saucepan on a medium heat and add the oil. Bring it to a simmer – be very careful as the oil will be extremely hot. After a few moments, drop in a chilli flake: if the oil is hot enough, the flake will sizzle slightly.

**2** Remove the pan from the heat and stir in both types of chilli flakes. Set aside and allow to cool completely.

**3** Pour the cooled Chilli Oil into a sterilised jar and seal with a lid. >>>





## ROASTED BROCCOLI WITH CHILLI YOGHURT AND ORANGE

*Broccoli pairs deliciously with aromatic orange, which provides an uplifting aroma and acidity to balance out the other flavours. Ideal for a quick lunch.*

### SERVES 2

- 230g long-stem broccoli
- Olive oil
- 1 tsp capers
- Small handful of flaked almonds
- 3 tbsp full-fat Greek yoghurt
- 1 tsp Chilli Oil (see recipe)
- 1 orange, zested and halved
- Sprinkling of sumac
- Chilli flakes, to serve (optional)

**1** Heat the oven to 180°C. Place the broccoli on a baking tray and drizzle with olive oil. Spoon the capers over and bake for 15 minutes. Sprinkle the almonds over and bake for 5 minutes more, until the broccoli is tender and the almonds golden.

**2** While the broccoli is baking, combine the yoghurt and Chilli Oil in a bowl. Peel and segment one orange half. As soon as the broccoli is ready, squeeze the juice from the remaining orange half over the top, sprinkle with a good dusting of sumac and orange zest and serve with a dollop of the chilli yoghurt (sprinkled with chilli flakes, if you like) and the orange segments on the side.

## LEMON POSSET TART

*Creating a dessert with real impact, the Life Kitchen way, requires a high ratio of tang to sweetness. Pomegranate has been added in this recipe to increase tartness, with lemons adding an intense lift. For individual possets, pour the filling into glasses or ramekins.*

### SERVES 6-8

- 500ml double cream
- 200g golden caster sugar
- 2 limes, zest and juice
- 2 lemons, zest and juice
- Small handful of raspberries
- Small handful of pomegranate seeds
- 1 shop-bought 23cm pastry case
- Pomegranate molasses or Raspberry & Rose Syrup (see recipe), to serve (optional)

**1** Place a large saucepan on a medium heat and add the cream, sugar and zest and juice of both citrus fruits.

**2** Stir gently for about 2-3 minutes, until the sugar dissolves. Then, bring the mixture to a gentle boil for 3-5 minutes, until thickened. Remove from the heat and set aside to cool slightly.

**3** Sprinkle most of the raspberries and pomegranate seeds evenly across the tart base and pour over the citrus cream mixture.

**4** Put the tart in the fridge to set for 3-4 hours. When set, sprinkle over the remaining pomegranate seeds and raspberries, then drizzle over some pomegranate molasses or Raspberry & Rose Syrup, if you like.

### *For the Raspberry & Rose Syrup*

#### MAKES 200ML

- 200g raspberries
- ½-1 tsp rose water, to taste
- 2 tbsp maple syrup
- ½ lemon, zest and juice

**1** Place a saucepan on a medium heat and add all the ingredients. Bring the liquid to a simmer and cook for about 5 minutes, until the raspberries break down slightly.

**2** Remove the pan from the heat and allow the mixture to cool. If you like your syrup smooth, strain the mixture through a sieve into a sterilised jar – but, if you prefer it chunky, just store it as it is.

### Cookbook of the month

Psychologies recommends *Life Kitchen: Recipes To Revive The Joy Of Flavour* by Ryan Riley – a unique cookbook incorporating science and highly nuanced work around taste and the senses to create vibrant and easy recipes that reignite our pleasure in food.

