

Carolyn Hart leafs through a book with bite for slimmers and samples spaghetti from the sea



Book of the week

Spice Yourself Slim

by Kalpna Woolf

Pavilion, £16.99

Kalpna Woolf has worked with Nigella, Nigel Slater and Rick Stein, launched food festivals, written about food, and is now engaged on a project to showcase the food of Bristol's 91 language communities. In between times, she has produced this guide to incorporating potentially health-giving spices into your daily diet. 'Spices are powerful,' says Woolf, 'because they provide huge bursts of flavour and give

great health benefits.' They also add zero calories to a meal and can help you lose weight. That's the theory – and Woolf has included a list of 10 key spices (eg turmeric, cloves, cumin, fennel seeds) and 100 ways to use them (magic beans and skinny paneer; sweet potato and spinach cakes; sumac-dusted hake with carom seed kale; spiced porridge) to prove it. A dose of turmeric in this smoothie may help to combat dementia.

Super-boosted turmeric and black pepper smoothie

serves 2

- 1 tbsp coconut oil
- 1 tsp ground turmeric
- 2 carrots, peeled and chopped
- 1 avocado, peeled and stoned
- 75g blueberries
- handful of kale, chopped
- 200ml coconut or almond milk
- ½ tsp ground black pepper

In a bowl, mix the coconut oil and turmeric to make a paste. Add it to the other ingredients and blend until smooth.



For infusiasts It's not often one finds a young person enthusing over a tea infuser, but such was the case with We Are Tea's smart clear-plastic model – 'a brilliant mug of loose-leaf tea every time', said my resident 20-year-old. £18, wearetea.com.



Get your skates on Launched by a former member of the Russian figure-skating team, Bio-tiful Dairy produces sharpish, digestion-aiding kefir yogurt smoothies made from live culture and organic milk. £1.99 for 250ml, from Booths, Ocado or biotifuldairy.com.



Pasta marinara

Sea Spaghetti sounds like an unruly octopus, but it is in fact seaweed harvested from the Atlantic and transformed into pasta-like ribbons, rich in protein and iodine and only 178 calories per 100g. £5.95 for 50g, natreco.com.



Hamish Anderson's tasting notes Wines to age

2011 Tim Adams Sémillon, Clare Valley, South Australia £9.75, Tesco One of the myths about wine is that you need to spend a fortune to find bottles that will develop over time. Tim Adams's superb sémillon is a richer style than many from Australia and already has a few years under its belt, but it will continue to develop honeyed, waxy nuances over the next five years.

2011 Chianti Classico Riserva 'Calidonia', Bindi Sergardi, Tuscany, Italy £16.75, Vineyards Direct I adore traditional chianti when, like this, it is done well. One of its advantages is that it has a wide drinking window. You could decant this now for an hour or two and enjoy its direct, invigorating cherry fruit, or wait 10 years and hope for truffle, leather and spice.

2010 Rioja Reserva Marqués de Riscal, Spain magnum £30 (£22.49 multi-buy), Majestic Starting a cellar in January is ideal – there are plenty of deals around. This classically formed rioja is a serious bargain on multi-buy and I would love to look at it in five years when its sweet oak will be better integrated with its bright strawberry fruit. It will happily last a decade.