

# foodbites

Food news • clever ideas • diary dates • new products • classic favourites • kitchen tips



## Top of the list this month...

A RECENT HOLIDAY in Tuscany reminded me just how much I love Italian food – its freshness, its

simplicity and its seasonality (plus, no doubt the fact that it conjures up feelings of relaxation and memories of long, sun-warmed days). One of my favourite dishes, especially at this time of year, is fresh pasta stuffed with roasted butternut squash. I love to serve it with lots of melted butter, cooked until it's brown and nutty flavoured, with a few crisp-fried sage leaves crumbled over the top.

For years I worked in London's Soho, and a regular treat – either for a fast midweek supper or easy starter when friends were coming round – was handmade pumpkin ravioli from one of my favourite delis, Lina Stores in Brewer Street W1 ([linastores.co.uk](http://linastores.co.uk)). A close second is my new discovery: Butternut Squash and Sage Tortelli from The Fresh Pasta Company (£5.99 per pack, from Waitrose, Ocado, Whole Foods, Fortnum & Mason, Harrods and independent delis). It has just the right balance of sweetness and savouriness. Add the scent of sage, reminiscent of wood smoke, and you have it – autumn on a plate.

KAREN BARNES



editor's choice



## WIN A JAM-MAKING KIT

Le Creuset is offering readers the chance to win one of five jam-making kits, plus a hamper of fruit, worth £205 each. These premium-quality kits include a Le Creuset 3-ply stainless steel preserving pan, as well as three stylish 0.45 litre stoneware preserve jars with spatulas (not shown). Winners will also receive a hamper of apples and pears from Riverford Organic, so you'll have all the ingredients to hand. To enter, visit [deliciousmagazine.co.uk/promotions](http://deliciousmagazine.co.uk/promotions).



## Hot off the press

To find the best restaurants, pubs and cafés in the country, turn to the new edition of the UK's eating-out bible, *The Good Food Guide 2012* (published 8 September). Readers can order their copy for the exclusive price of £11.49 (including P&P) by visiting [thegoodfoodguide.co.uk/shop](http://thegoodfoodguide.co.uk/shop) and entering the code DELGFG12, or by calling 01903 828557 and quoting the same code.

