

jammie

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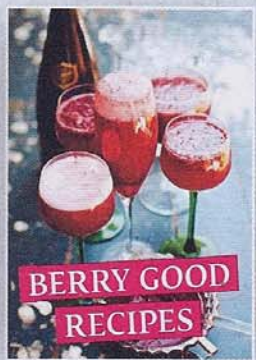
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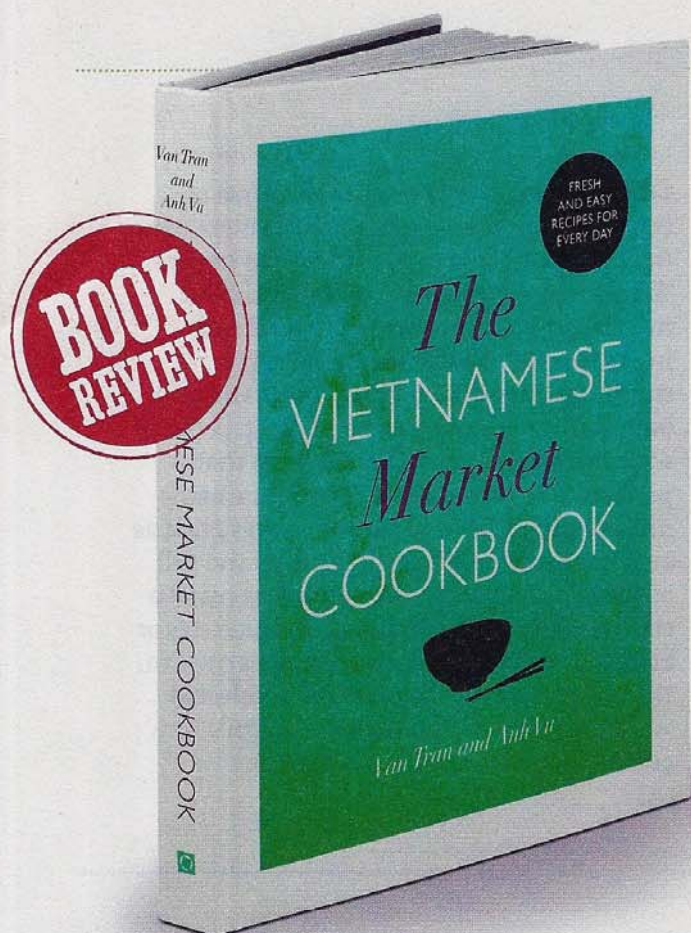
BERRY GOOD
RECIPES



JAMIE'S WOOD-
FIRED FEASTS



HARVEST
HOME BAKING



WORD FROM THE STREET Inspired by the bustling markets of their native Hanoi, friends Van Tran and Anh Vu set out to share the secrets of real Vietnamese food with the curious home chef. The founders of London street food sensation Banhmi11 have put together a book of simple, vibrant recipes that bring the authentic flavours of Vietnam to your kitchen. Who could resist dishes such as rhubarb and okra sweet and sour soup, salmon with ginger caramel or stewed chicken with dates and goji berries? With sections on everyday food, festive meals and sharing plates, you'll have plenty to keep you cooking, whatever the occasion. *The Vietnamese Market Cookbook* by Van Tran and Anh Vu (Square Peg, £20)

CALLING ALL PICKLE & JAM FANS! Share your top pickle, chutney or jam recipe and you could win six of each size of Le Parfait's Super Jars and Super Terrines (worth £500). Entries will be judged by Fifteen's head chef Jon Rotheram, who will use the winning preserve to create a recipe for the restaurant's menu. Your recipe will also appear in *Jamie* magazine. Enter at jamieoliver.com/magazine by 31 October. Le Parfait is one of the world's leading makers of preserving and storage jars, and huge supporters of Made in Hackney, the London community growing scheme (see page 24). See page 117 for terms and conditions. leparfait.co.uk



Pure pleasure We're smitten with these new handmade fruity pots from The Frozen Fruit Company. This isn't ice cream or sorbet – just pure fruit, frozen, without added water, fat, dairy, gluten, flavours, colours or preservatives. The result is a light, luscious treat with pretty much zero guilt factor. Choose from zingy Orangeberry (orange and strawberry), delicate Blackberryblue (blackberry & blueberry) or tropical Strawgo (mango & strawberry). For stockists, visit thefrozenfruitcompany.com.

SECRET GARDENERS

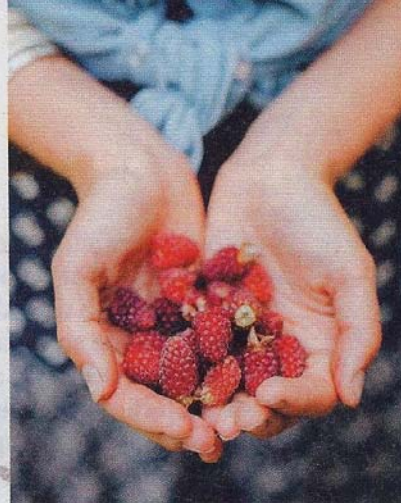
Sarah Bentley and Yasmin Ahmed are leading a food revolution from the hidden green spaces of Hackney and their local food kitchen

Words Frankie Clarke Photography Adrienne Pitts





Opposite: Yasmin and Sarah at one of the Growing Communities patchwork farms, loaned by a local vicar. Above: Sarah harvests loganberries and salad



Want to work outdoors, as an arborist or tree surgeon,” says tattooed young dad Tom, 22, from Hackney, as he adds slivers of garlic to a jar of freshly podded broad beans, then pours in olive oil to preserve the summer’s harvest. “This course will help me through the first doors to getting more qualifications.” Tom is at the Made in Hackney Local Food Kitchen, taking part in one of the charity’s Harvest to Jar classes, which take students from sowing to harvesting, through to cooking, pickling and preserving. He’s one of a small group of 16–25 year olds on the 10-week course, all keen to learn new skills and gain valuable experience.

Yasmin Ahmed, a key member of the Made in Hackney team and a cookery teacher, is taking the class today. It’s something she loves, and her dedication and patience are unquestionable. “I adore this job,” she says. “The rewards are incredible. We have all sorts through the door: teen carers, young people who’ve been excluded

from school or who are in care, local mums and grans... But they all have one thing in common – they leave having learnt something worthwhile, something that will change their lives, at least in a small way. It’s the feedback you get that makes it all worth it.

“Everyone has to try what they make. That’s made clear from the start, and once you have that agreement, you’re starting to expose people to new tastes and experiences,” says Yasmin. Next up, it’s pesto time. Students get to choose their herbs and nuts, add garlic, chilli, dairy-free cheese, a good glug of olive oil, and bash it all up to a pleasing paste. Not many have tried pesto before, but they all give it their best shot, while Yasmin introduces them to the joys of sorrel: “I just love it,” she smiles, “It’s so sour – it tastes a bit like Haribo.”

The food kitchen is a great place to learn about seasonality, growing your own and making healthy, ethical choices. Often it’s the younger generation who are here, learning, and who then go home to pass on their ideas to parents and grandparents, explaining to them what ‘organic’ really means, how to eat more fruit and veg and less meat, and how they really, really *must* have a juicer...

But it’s out in the ‘field’ that it all begins, in the Growing Communities ‘patchwork farms’.

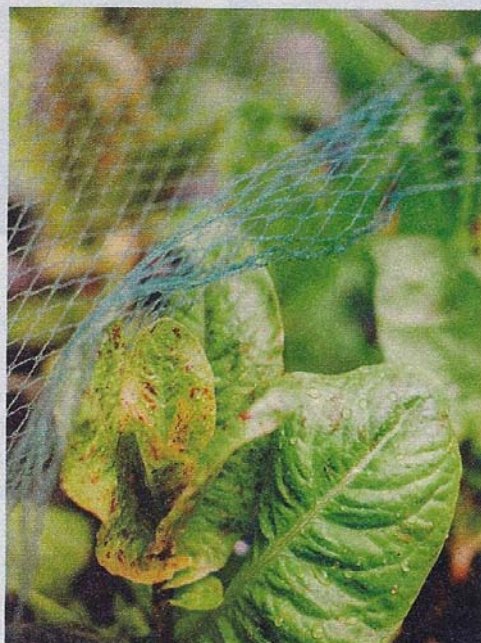
Together, these small food-growing sites scattered across the borough of Hackney – in vicarage gardens, tucked away at the back of estates – produce enough salad for around 800 families each week over summer. On Tuesdays Made in Hackney founder Sarah Bentley helps to harvest and mix the spinach, lettuce, sorrel and herbs, then pack it up to be sent out by milk float on Wednesdays. It's an organic veggie box scheme, but cheaper and more local than most.

Ex-journalist Sarah buzzes with excitement about the project. "All the vegetables used at our classes come from the Growing Communities veg box scheme. It's as cheap as going to the market, as well as being seasonal, organic and local. One of our students said he thought

organic was 'dirty veg for rich, posh people!' That's a common misconception, but we're introducing local residents to the idea that they have a choice."

It's been no bed of roses getting Made in Hackney ready for their first class back in October 2012. A week before they were due to open their doors, the builder downed tools and left, leaving a trail of bodged jobs in his wake. A mural of happy mugshots outside the kitchen is a reminder of the incredible commitment of the friends, family and (then) acquaintances who helped to make it happen. Sarah was desperate. "I stood outside the school gates, just grabbing people! 'You're a plumber, aren't you? Please come and help, just for a few hours!' Then they'd be amazing and stay all weekend, working into the night. I can't tell you how brilliant everyone was."

This really is a fantastic plot-to-plate inner city movement – it's the only community kitchen with a food policy that is plant based, organic, local and seasonal. Classes start out in the garden or orchard and include sowing, pruning and taking cuttings, then move on to the Hackney kitchens for cooking and preserving. And the classes are making a difference to the



Students show off their pesto and preserves. Opposite, clockwise from top left: inside the Made in Hackney kitchens; freckles lettuce growing in the borough; cookery teacher and project coordinator, Yasmin; Sarah picks juicy loganberries



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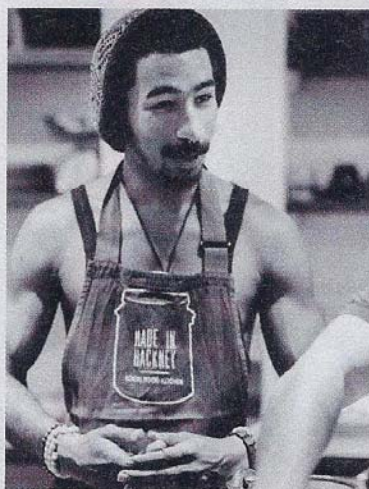


This fantastic plot-to-plate inner-city movement is making a difference to the lives of young and old across the borough



Win jars worth £500

Quality jar maker Le Parfait donates its products to Made in Hackney. "When we heard about the work that this group of enthusiastic people were doing from their modest basement kitchen, we really wanted to show our support - preserving shouldn't be reserved for those with country gardens. Preserving a harvest in a Le Parfait jar not only allows the students to savour locally and home-grown produce all year long, but it also gives them confidence that the food they are eating is safer." To win £500 worth of Le Parfait jars, enter our preserving competition on page 17.



lives of young and old across the borough.

Until now they've been funded by Big Lottery Local Food, and, if this continues, the future is full of potential. "We want to find a plot for a dedicated herb garden," says Sarah, "and to continue with the classes, reaching an even wider audience. Young guys with tattoos and bandanas enjoying a preserving class? It seems unlikely, doesn't it? But present it in the context of environmental sustainability, health and our broken global food system and they totally get it. They can see the bigger picture - and that is a real joy." ●

To make a donation to Made in Hackney or find out about courses, visit madeinhackney.org