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STELLA

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THE BIG BEAUTY ISSUE

167 new buys to make you amazing this autumn

EAT IN

Cook it / Bake it / Celebrate it

Edited by Amy Bryant



Hey, good-looking...

Get cooking with beauty-boosting recipes from a top make-up artist. Plus, bargain reds (that just happen to be packed with antioxidants)

Boost your skin from within

Cleanse, tone and moisturise, yes. But also bake, blend and blanch, says beauty expert **Wendy Rowe**, whose new cookbook is full of recipes to help you look great

PHOTOGRAPHY: DAVID LOFTUS



If you'd asked me years ago, I would have said that great skin is mostly down to make-up and skincare. Make-up is my profession, after all, and helping people look their best is my trade. I've become known as the 'master of muds'. Why? Because I figured out a way to apply make-up that's invisible to the eye but makes the client's skin look amazing.

Yet, while I live and breathe make-up, I believe beautiful skin comes first. And your skin won't look good unless you pay attention to your health in general, and your diet in particular.

Autumn is a period of transition, and the perfect time to prepare for the colder months. Post-summer, the skin needs some TLC. It can feel dull and dehydrated, and in need of a good dose of moisture to combat cold weather and central heating. Try to include a range of good oils in your diet, to provide hydration from within – think coconut oil and foods with

omega-3 fatty acids like chia seeds and oily fish. Foods rich in selenium (eg Brazil nuts and chicken) will help address sun damage, as will those rich in vitamins A, C and E. Autumn is also a time to ensure your immune system is in good working order. Choose foods that help keep colds at bay, such as garlic and ginger. wendyrowe.com

'Eat Beautiful' by Wendy Rowe (Ebury Press, £20) is available from books.telegraph.co.uk.

FEED YOUR SKIN

Good skin isn't possible without a well-running digestive system.

To overcome indigestion:

• Chew a handful of aniseeds, cardamom pods

or fennel seeds.

• Drink hot water infused for a few minutes with sprigs of fresh mint.

• Drink hot water poured over a few slices of root ginger.



White fish with parsley butter

Serves 2

Ingredients

- 4 new potatoes, peeled (optional) and halved
- 4 Jerusalem artichokes, peeled and quartered
- 2 cod fillets
- 1 tbsp olive oil, plus extra for drizzling
- 200g rainbow chard
- 2 tsp butter
- 20g flat-leaf parsley, finely chopped
- ½ lemon, cut in half, to serve

Method

- 1 Preheat the oven to 180°C/gas mark 4.
- 2 Fill a pan with water, add the potatoes and artichokes and boil for 15 minutes or until tender.
- 3 Meanwhile, place the cod in the middle of a sheet of foil, brush with oil and season with salt and black pepper.
- 4 Fold over the edges of the foil to wrap up the fish, scrunching up the open ends to form a boat-shaped parcel or Cornish-pasty shape, and transfer to a baking tray. Place in the oven to bake for about 12 minutes or until tender. (Leave wrapped in foil until ready to serve.)
- 5 Drain the potatoes and artichokes in a colander and then place back in the saucepan, drizzle with olive oil and season with salt and pepper. Put a lid on the pan and shake vigorously. Remove the lid and then use a potato masher or fork to flatten slightly or roughly mash. Set aside in the pan to keep warm.
- 6 Place the chard in a colander and pour over boiling water to soften.
- 7 Melt the butter in a small saucepan and add the parsley, then remove from the heat and stir together.
- 8 Divide the blanched chard and mash between plates and add a fillet of cod to each. Spoon a little of the fish cooking juices over the cod and serve with the parsley butter and a wedge of lemon.

PARSLEY: THE WONDER HERB

Along with its lively flavour, parsley is so jam-packed with nutrients, it's worth treating the herb as a key ingredient in its own right. Crammed with vitamin C – the skin brightener – parsley works from within to nourish the skin and fight signs

of ageing. Eating plenty of it helps to balance excess sebum secretion in oily skin, due to its vitamin A content, keeping pores clear. And its zinc helps fight inflammation, reducing redness and preventing breakouts.



Chicken satay

Serves 2

I love this dish as it reminds me of trips to Thailand. It's really filling, super-tasty and is amazing for the health of the skin.

Ingredients

For the chicken skewers

- 300g skinless chicken breasts, sliced into strips
- 100ml coconut milk
- 1 tbsp honey
- 1-2 tbsp soy sauce

- handful of fresh coriander, finely chopped
- 3 garlic cloves, finely chopped
- pinch of ground turmeric
- 1 tsp ground cumin
- 1 fresh red chilli, deseeded and finely chopped

For the satay sauce

- handful of raw peanuts, crushed
- 1 tbsp soy sauce
- ½ tsp ground turmeric
- 1 tsp palm sugar or honey
- 1 tbsp coconut milk
- handful of fresh coriander, finely chopped

Method

- 1 If using wooden skewers to barbecue (you'll need about six), soak them in water for 20 minutes before using.
- 2 Place all the ingredients for the chicken skewers in a large bowl and combine well, massaging the marinade ingredients into the meat. If you have time, leave the chicken to marinate for about 2 hours in the fridge.
- 3 If using the oven, preheat to 200C/gas mark 6.
- 4 Transfer the marinated chicken to a baking tin and cook in the oven for 15-20 minutes, turning them halfway through, or until cooked (if you prefer, you can cook the chicken pieces in a griddle pan or thread on skewers and barbecue for 10-15 minutes or until cooked through and slightly charred).
- 5 Meanwhile, make the satay sauce. Place all the ingredients in a food processor, add a tablespoon of water and blend.
- 6 If oven-cooked or griddled, thread the chicken strips on to the skewers. Serve with the satay sauce, either poured over the chicken or in a bowl for dipping.

CHICKEN: THE LEAN PROTEIN

Chicken is a great source of low-fat protein: opt for organic and free-

range. It's also high in selenium, which helps repair sun damage to the skin.

FEED YOUR SKIN

When the liver is overworked and less able to eliminate toxic waste products, it often shows up in the skin in the form of breakouts and rashes.

To support the liver:

- Start each day with a glass of hot water and a dash of fresh lemon juice.

- Add garlic and turmeric to your meals.

Choose foods to improve your liver function:

- Onions, broccoli, cauliflower, kale, Brussels sprouts, cabbage.
- Swap caffeine and alcohol for dandelion or milk-thistle tea.

Also eat a range of coloured foods. Certain plant compounds have benefits for body and skin:

- Red foods (peppers, watermelon, tomatoes) contain lycopene, which helps protect against UV damage and its ageing effects on the skin, as well as reducing inflammation.

- Orange foods (such as carrots, mango or melon) contain beta-carotene, which the body converts to vitamin A. Great for the skin and eyes.

- Indigo foods (beetroot, cherries, blueberries) contain flavonoids that help combat the effects of photo (UV)-ageing.

Iced white tea

Serves 4

I love to make up a jug of white tea with ice cubes and some tangy limes and mint – both skin-benefiting ingredients – as a refreshing alternative to ageing, sugar-laden concoctions. It's a great choice, too, if you're not drinking alcohol but others around you are. Fill a glass with this delicious iced tea and you won't feel at all that you're missing out on the fun.

Ingredients

4 white tea bags	chopped, plus fresh
1 lime, chopped	sprigs to serve
handful of fresh mint,	ice cubes

Method

- 1 Place the tea bags in a teapot and pour over a kettle of freshly boiled water. Allow it to brew for a few minutes before pouring into a jug and allowing to cool.
- 2 Add the lime, mint and a handful of ice cubes, and chill in the fridge.
- 3 Pour into glasses and serve with extra ice cubes and a sprig of mint in each glass.

WHITE TEA: THE CAFFEINE ALTERNATIVE

White tea is rich in polyphenols, which can help to fight free radicals, protect the heart and lower cholesterol. It strengthens the immune system, too.



DRINK UP Susy Atkins

Autumn is a key time for reining in the spending, what with summer holidays, wedding presents and back-to-school/uni expenses all hitting our credit cards. A good time, then, to track down some great-value wine offers.

There are currently some corkers. I'm focusing on reds, to suit savoury autumnal dishes and colder evenings (look out for whites here in a fortnight). The reliably ripe and plummy Les Jamelles Syrah 2014 Pays d'Oc, France (one for roast beef), is down from £6.99 to £5.99 at Co-op until 4 October, while the blackberry-loaded, lamb-loving Cederberg Shiraz 2014, South Africa, is reduced at Waitrose from £8.99 to just £6.74 until 11 October.

Majestic has an outstanding Rioja on a decent deal until end of

tomorrow (below), and party-planners should try the chain's excellent-value Australian red The Astronomer Shiraz 2014 from De Bortoli – fresh and blackcurrant – at just £5.99 in a mixed six, right until 24 October.

Decent, juicy, steak-friendly malbec isn't always cheap, but M&S's Vinalta Malbec 2015, Argentina, usually £8, is a draw at £6 each when you buy two until 3 October; try it with game birds or venison too.

Finally, not on a deal but real bargains, the black-cherryish, easy-going Wine Atlas Marzemino 2014, Trentino, Italy (Asda, £5.48), and Aldi's cassis-scented, satisfyingly rich Exquisite Collection Cabernet Sauvignon 2014 from Limestone Coast in Australia (£6.49), remain two of the very best buys on the high street.

Try these



Araldica Barbera d'Asti 2014, Piedmont, Italy A sophisticated Italian red for the price, with soft, fresh raspberry and redcurrant tones – just right for a mushroom risotto. *Waitrose, £8.99 down to £6.99 until 11 October*



D'Aragon Old Vine Carinena 2015, Spain Bright and fruity Spaniard with juicy strawberries and a subtle hint of spicy oak, versatile on its own or with sausages, pork chops and simple steaks. *Marks & Spencer, £8 down to £6 until 3 October*



Beronia Reserva Rioja 2011, Spain Hurry, hurry to grab this very fine, award-strewn Rioja, all gently spiced red berries and mellow oakiness. More of a treat, yes, but still a great price. *Majestic, £14.99 or £9.99 in a mixed six, until 26 September*