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# STELLA

116-PAGE SPECIAL

## 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 masks'. 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. [www.wendyrowe.com](http://www.wendyrowe.com)  
*'Eat Beautifully' by Wendy Rowe (Ebury Press, £20) is available from [book.telegraph.co.uk](http://book.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, carilamoon 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 filets
- 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 aging. 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 as 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 reductant 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*