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RINGING THE CHANGES

EXCITING NEW
MOTORING AND
GADGETS PAGES

KEEP UP THE GOOD WORK

FITNESS AND FOOD
IDEAS TO HELP YOU
STAY ON TRACK

HUGH JACKMAN

ON TUNING UP FOR
THE BIG SCREEN
ADAPTATION OF
LES MISÉRABLES

75

PAGES OF LUXURY
PROPERTY



COOK THIS

CHICKEN BURGER AND BEAN STEW

The January detox doesn't need to be depressing. We asked **Zoe Simpson**, founder and chef at The Detox Kitchen, to share her favourite warming January recipe. Easy, delicious and good for you, too.

SERVES 4

For the burger

4 chicken breasts
1 tsp fresh thyme
1 tsp fresh parsley
Zest of a lemon
1 shallot, finely chopped
2 garlic cloves, finely chopped
1 tsp wheat-free flour

For the bean stew

1 red onion, diced
2 garlic cloves, finely chopped
2 celery sticks, finely diced
2 carrots, diced
1 tin of organic tomatoes
1/4 pint of vegetable stock
1 tin of butterbeans, drained and rinsed
1 tin of cannellini beans, drained and rinsed
1 courgette, diced

To make the burger place the ingredients in a blender with a pinch of salt and pepper, and pulse until combined. Shape into patties. Sprinkle on both sides with wheat-free flour. Place on a lightly oiled baking tray and grill for seven minutes on each side.

To make the stew fry the onion in olive oil on a very low heat for 10 minutes. Add the garlic and celery, and cook for a further two minutes before adding the carrot, tinned tomatoes and vegetable stock. Bring to the boil then turn down and simmer for 20 minutes. Finally, add in the butterbeans, cannellini beans and courgette, and cook for a further four minutes. Turn off the heat and leave to stand for 10 minutes. Serve with the burger on top of the stew.

Fancy tucking into delicious dishes from Zoe every day? Sign up for a package from The Detox Kitchen and every morning you'll receive a delivery of meals and snacks for the day: stunning food combinations that taste fabulous and make you feel even better. If it's good enough for Agyness Deyn and Elle Macpherson... From £29.99 per day, see www.detoxkitchen.co.uk for more details

3 of the best... New comfort food restaurants



BRGR.CO

You can't beat a burger: no fuss food, served with a shake, fries and a side order of childhood nostalgia. Of course, we're not ten anymore, and having discovered gourmet food, not any old fast food joint will do these days. BRGR.CO's selection of 4, 6 or 8oz burgers, made from the finest cuts of 28-day-aged beef, taste as good as the restaurant looks. We love the cow heads adorning the walls - designed by artists, they'll be auctioned off seasonally, with proceeds going to local charities.

187 Wandour Street, W1 (020 7734 8750; www.brgr.co)



GAIL'S KITCHEN

There's nothing quite as comforting as the smell of fresh baking, which comes in spades at the first restaurant from GAIL's, the artisan baker. The menu has been inspired by the baker's oven: think French toast with caramelized apples and maple butter for breakfast, raclette on toast with pickled onion for lunch, and slow-roast pork loin on sourdough trivet for dinner - not forgetting the ice cream sandwich for pud. What January blues?

11-13 Boyley Street, WC1B (020 7323 9694; www.gailskitchen.co.uk)



GREAT BRITISH

The hearty roast dinner: food of champions. Somehow it always tastes better home-cooked though, right? Not since we discovered this all-British restaurant. Brainchild of George Hammer (of Urban Retreat, Aveda and The Sanctuary) and Tony Zoccola (of East Dulwich Deli and Born and Bread), it serves classic dishes made solely from UK-sourced ingredients, with a wine list featuring only English white, red and sparkling wines. The roast, carved in front of guests, is a winner.

14 North Audley Street, W1K (020 7741 2233; www.thegreatbritishrestaurant.com)