

The Herald Living & Wellbeing

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Oliver has not given up on his passion over child obesity

Book cuts healthy recipes to just five key ingredients

Food

PRUDENCE WADE

HAD been forewarned that Jamie Oliver is as hyperactive in person as on screen, which turns out to be no exaggeration. Ask one question and Jamie is off, easy charm in full flow, at a million miles an hour.

The celebrity chef, restaurateur and household foodie favourite, is set to continue his culinary domination with a new cookbook, *5 Ingredients – Quick & Easy Food*. Not content with reducing our cooking times to a mere 15 minutes in previous tomes, he's now trimming our shopping lists with dishes that require just five ingredients (give or take some additional seasoning).

"Some books just want to be written," Oliver enthuses. He originally wrote the recipes with four ingredients in mind, but added an extra when he realised something was missing.

"I wrote 70 per cent of that book but then realised it was just 'good' and I don't think people want to buy a 'good' Jamie Oliver book," he explains. "So the extra ingredient is that balance between creativity and getting straight to the point."

With fewer ingredients, Jamie is hoping to make people more aware of what's going into their food – something he's keen to do himself. He embarked on a nutrition course three years ago and is now studying for his masters.

With the rise in health and wellness fads, Jamie wanted to be able to debunk much of the misinformation being circulated. He says: "You've got people who are taking 200g of butter out of a brownie and putting 200g of coconut oil in and saying it's healthier. It's just not true. I knew I had to go to school."

And he's absolutely loving it. "It's literally one of the coolest things I've ever done," he exclaims.

Discussion of education and learning about food inevitably leads Jamie to what he calls his life's passion: child health. "My personal goal – what gets me up in the morning – is to help halve

childhood obesity in 10 years," he says.

With nearly a third of children aged 2-15 overweight or obese, he is justifiably concerned about this issue, especially given its links to middle-aged mortality, mental health and an increase in Type 2 diabetes. No wonder Izzi Secombe of the Local Government Association calls it a "major public health time bomb".

For Oliver, tackling this is not going to be easy given his relationship with the present government. He worked closely with the previous four prime ministers on child health but things haven't gone so smoothly with Theresa May.

"We exchanged a few letters and I'll keep writing them but there's not much coming back," he says.

He is particularly angry about the changes the Prime Minister made to the anti-obesity strategy formulated under David Cameron. May's version failed to include restrictions on advertising and promotional deals on junk food, two actions that would have a huge impact on childhood obesity, he says.

"What that lot get up to baffles me. It baffles me economically and it baffles me morally." He believes we can halve childhood obesity in 10 years but only if we tackle education and advertising, and generally make it easier for people to be healthy.

That's not the only matter that needs to be dealt with, Jamie believes. When asked what he would do if he was in charge of the country, the chef is uncharacteristically tongue-tied, but after a brief pause he returns to the conversation with gusto.

First and foremost he would tackle education. He says: "Teachers need to be re-incentivised, they need to feel like they're on the front line of our country and, therefore, they need to be paid accordingly."

"It's a very complex thing to tackle but I think losing great teachers because they've had enough is just not what we need right now."

He firmly believes children need to be better educated about food to be able to make healthier

choices. "You don't die young because you didn't do your geography homework."

Don't expect Oliver to stop talking about childhood obesity anytime soon. He says: "If I was in front of the Queen and she asked me about it, I'd just go off on one."

Sometimes it's hard to think of something fancy to make when you're on a limited budget, and your culinary skills maybe aren't the best. But don't worry – Oliver's recipe for plum tart tatin will be the new saviour of your dinner parties.

The secret to this recipe is shop-bought puff pastry. Before you turn your nose up, Jamie swears by it. Not only does it taste just as good as if you'd made it yourself, you've saved yourself a whole lot of bother.

INGREDIENTS (serves 6)

600g ripe mixed-colour plums
1tsp ground cinnamon
120ml maple syrup
320g sheet of all-butter puff pastry (cold)
6 large scoops of vanilla ice cream

METHOD

- Preheat the oven to 220°C/425°F/gas 7.
- Place a 26cm non-stick ovenproof frying pan on a medium heat. Halve and destone the plums, add to the pan with 30ml of water and cook for one minute. From a height, sprinkle over half the cinnamon, then evenly pour over the maple syrup.
- Place the pastry over the plums, using a wooden spoon to push it into the edges of the pan, and trimming off any excess to patch up little gaps, if needed.
- Bake at the bottom of the oven for 16 minutes or until golden and puffed up. Making sure you use oven gloves, confidently and carefully turn the tart out on to a plate bigger than the pan.
- Dish up with nice round scoops of ice cream, sprinkle over the remaining cinnamon from a height and drizzle lightly with extra virgin olive oil before serving.

Calories: 392; Fat: 18.7g; Sat fat:



■ Jamie Oliver admits he is left puzzled by Government's lack of commitment to healthier eating for children.

11.8g; Protein: 4.8g; Carbs: 52.5g; Sugar: 32.8g; Salt: 0.3g; Fibre: 1.2g

Take a trip to the Med with just five ingredients.

Oliver's five-ingredient recipe for smoky chorizo salmon will bring a taste of the Mediterranean to your weekday suppers.

With these kind of colours, you'd be mad not to whip it up yourself. And you wouldn't be blamed for immediately posting a picture of it on Instagram.

INGREDIENTS (serves 2)

2 x 150g salmon fillets, skin on, scaled, pin-boned, from sustainable sources
300g ripe mixed-colour cherry tomatoes
4 sprigs of fresh basil
8 black olives (stone in)
30g higher-welfare chorizo
1tbsp red wine vinegar
1tbsp extra virgin olive oil
Sea salt and black pepper

METHOD

- Put the salmon flesh side down in a large cold non-stick frying pan and place on a medium-high heat. As the pan comes up to temperature and the salmon begins to sizzle (about three minutes), flip it over and cook on the skin side for five minutes, or until very crisp and just cooked (depending on its thickness).
- Meanwhile, halve the cherry tomatoes, tear up most of the basil

leaves, then toss it all with one tablespoon of red wine vinegar and a pinch of sea salt and black pepper.

3 Squash the olives and discard the stones, then finely chop the flesh. Mix with one teaspoon of extra virgin olive oil and a splash of water.

4 Finely slice the chorizo, add to the pan for the last two minutes, then toss in the dressed tomatoes for 30 seconds. Divide between your plates, with the salmon on top. Spoon over the dressed olives and pick over the remaining basil. Calories: 363kcal; Fat: 22.8g; Sat fat: 4.8g; Protein: 34.5g; Carbs: 5.1g; Sugar: 4.9g; Salt: 1.2g; Fibre: 1.5g

Salads aren't always the most exciting of dishes but we bet we can entice you with Oliver's beetroot offering. Not only is it colourful and tasty, you only need to grab five ingredients from the supermarket to make it.

The recipe comes from Jamie's latest addition to his huge repertoire of cookbooks, *5 Ingredients – Quick & Easy Food*. Let's face it, we're all lazy from time to time, so a collection like this is a welcome addition to our lives.

INGREDIENTS (serves 4)

600g raw mixed-colour baby beets, ideally with leaves
4 clementines

1/2 a bunch of fresh tarragon
100g crumbly goat's cheese
40g shelled unsalted walnut halves
Salt and pepper

METHOD

1 Reserving any nice smaller beet leaves, halve any larger beets and cook, covered, in a pan of boiling salted water for 15 to 20 minutes, or until tender.

2 Meanwhile, squeeze the juice of one clementine into a large bowl with one tablespoon of extra virgin olive oil and a good splash of red wine vinegar.

3 Peel the remaining three clementines, slice into fine rounds and arrange on your plates.

4 Drain the beets and briefly refresh in cold water until cool enough to quickly rub off the skins. Halve or slice a few, then toss them all in the dressing.

5 Taste, season to perfection with sea salt and black pepper, then pick in the tarragon and toss with the reserved beet leaves. Divide between your plates, crumble over the goat's cheese and walnuts, and drizzle lightly with extra virgin olive oil.

Calories: 263kcal; Fat: 18.1g; Sat fat: 5.9g; Protein: 9.8g; Carbs: 16.1g; Sugar: 14.9g; Salt: 0.6g; Fibre: 3.7g

5 Ingredients – Quick & Easy Food by Jamie Oliver is published by Penguin Random House.



Now is time to plant a container for winter colour

Gardening ELLA WALKER

WITH autumn upon us, it's time to think about what you can plant now that will give you greenery and colour in your garden in the cooler months.

It's also a great time to plant up a container, which can be put on the patio to brighten up the garden, or placed by the front door to welcome guests.

Sarah Squire, deputy chairman at Squire's Garden Centres, advises: "The key things to remember are choose a container you like the look of, add good quality compost, and above all, choose plants you love."

"Think about colour combinations – make sure you include some evergreen plants and then add either vibrant reds, oranges and yellows for an autumnal feel, or choose pinks, purples and whites for a softer, more romantic look."

Here's a step-by-step guide:

● **Choose your container**
A wooden barrel is an attractive choice but you could choose anything you like. Make sure the container has holes at the bottom for drainage.

● **Fill with compost**
Squire's recommends Westland Multi Purpose Compost With Added John Innes, which encourages stronger plant development.

● **Select plants to extend the season**
A large skimmia, which is an evergreen shrub with clusters of attractive flowers and berries, makes a great focal point. Plant bulbs such as Narcissus 'Tete-a-Tete' miniature daffodils, irises and muscari to give an injection of colour early next year.

● **Position carefully**
Put the largest plant such as the skimmia in the middle of the container. Carefully place bulbs two to three times their depth and one bulb width apart, pointed end up.

● **Water and feed**
Water every few days if it hasn't rained, and use a feed such as Miracle-Gro all purpose continuous release plant food, which will encourage bigger, lusher plants with noticeably more blooms.

Squire's Garden Centres (www.squiresgardencentres.co.uk) is holding a planting masterclass on September 15.

You can be cutting edge

THE art of training plants into intricate shapes and forms may seem an occupation for the extremely skilled and artistic gardener, but here are a few tricks of the topiary trade.

● **Start with simple shapes**
Balls, pyramids, cones and obelisks are among the easiest shapes to start with. Choose a young, well-proportioned plant such as box or yew, which can be tightly clipped for detailed work. Wire frames are widely available to create the shape you want.

● **Larger statues need open sites**
Individual specimens can be grown in pots, but if you are after something bigger they will be more likely to succeed in an open sunny site, sheltered from strong winds. Box and yew are slow-growing and only need trimming twice a year once their shape is established, in early summer and early autumn, using sheep shears or single-handed clippers.

● **Create a lollipop**
To make a standard box bush, when the plant is about 2ft high gradually shorten the lower branches by half so a stem forms and shape the top into a rough ball shape. A year later, cut all branches from the stem. The lollipop top should be half the stem height and you can then trim it to shape.

How latest technology can help your fitness drive

Wellbeing

ABI JACKSON

THINGS have been getting personal in the fitness world for some time now.

Joined a gym in recent years? Then you'll know that along with a quick tour of the facilities, one of the first things you're usually offered is a session with a personal trainer, who'll help you plot your goals and tailor your workouts.

As our interest in health and fitness grows, so too does the industry – the market's now worth about £4.7 billion, up 6.3 per cent from 2016, according to the 2017 State of the UK Fitness Industry Report.

But tailored gym workouts merely skim the surface. There's an ever-expanding realm of tech, apps and online PT programmes, eager to tap into our desire to take a more measured, scientific and personalised approach. And nothing could be more personal and scientific than one of the latest trends: DNA testing.

The future of fitness?

Dalton Wong, leading celebrity personal trainer and founder of

TwentyTwo Training, whose VIP clients include Jennifer Lawrence, Kit Harrington and Alice Eve, says while it's not "the norm" for people to be DNA tested in the name of fitness, he has noticed "more clients are taking a proactive role in finding out what works best for them in regards to health and wellness".

"DNA testing can give you a personalised approach to what foods could best suit you and what types of exercise protocols could work best for your body," he explains.

It's not hard to see the appeal given the "weekend warrior" boom and soaring sign-up rates for extreme challenges like ultramarathons and Iron Man, not to mention the #fitspo movements on social media and everybody being time-poor. We want results, and we want them fast.

What's it all about?

Based on science developed to help professional athletes maximise their potential, a handful of companies worldwide offer DNA testing for consumers, promising to help them discover the training approach that's best for them, according to their genes.



Training programmes can be tailored to dramatically improve your fitness.

DNAFit, a rapidly growing UK-based company founded in 2013, provides the same DNA tests to fitness devotees as it does for elite sports teams and athletes on its books (including Greg Rutherford), via home-test saliva swab kits. Once analysed, customers receive a report and infographic outlining the results, plus a consultation to explain what it all means.

There's still a lot we don't know when it comes to DNA and unlocking the links between our genes and stuff going on elsewhere in our bodies. Sport and fitness performance is just one tiny part of this complex field.

But some significant genotype findings can be useful for determining whether an athlete responds better to power or endurance training, their natural

VO2 max (how the body uses oxygen during aerobic activity), whether they're more prone to soft tissue injuries like sprains and strains, and how quickly they recover from exercise.

Part of the picture

Any type of genetic testing being sold to consumers raises ethical questions. There are Codes of Practice (tests can't be sold to under-18s, for instance) and confidentiality is vital.

Andrew Steele, the former Olympic athlete who is now DNAFit's head of professional sport and fitness, explains the tests are not meant for talent prediction.

"You couldn't do that anyway," he says, "as so many other factors, including environmental factors and somebody's dedication to training, come into it. These results are just part of a picture that can potentially be very helpful."

Similarly, efforts are made to ensure results aren't interpreted as proof of personal limitations; you can't change your genes, so what if the results are less than glowing?

"It's about giving people the knowledge and guidance to tailor their approach to fitness in a way that best suits them – things they'd

otherwise maybe only learn about themselves after years of trial and error," says Steele.

It's something that has personal resonance for him. Steele explains that, following the Beijing Games, his hopes of competing at London 2012 had looked promising, but things started to unravel following a string of injuries and a bout of ill health. He now believes, based on what he's subsequently learned about his DNA and the conditions his body best responds to athletically, that switches in his training regime played a part in his declining sprint performances.

Ultimately, though, it's about making the most of science, he stresses. The results mean little if people aren't prepared to use them to their advantage. In other words, if you want to get fit, you'll still need to put the hours in with your training – ensure you rest and recover properly, fuel yourself well and all those other important things.

A big part of the service, says Andrew, is having access to consultants who can advise on how to turn this knowledge into effective workout regimes.

For more information, visit dnafit.com