

# IN A STEW

**Moyra Fraser**



We lift the lid on your culinary conundrums

**Q** Where can I buy Irish smoked salmon?

PC, Latimer

**A** Try the organic smoked salmon from Kinvara ([www.kinvarasmokedsalmon.com](http://www.kinvarasmokedsalmon.com); 00353 916 37489), £15 for two 180g packs.

**Q** I enjoy making ice cream out of summer fruit. What magic ingredient can I include to give it the consistency of soft scoop ice cream?

JS, Salisbury

**A** Try adding two to three tablespoons of alcohol to every 600ml (1 pint) of the mix before freezing. This will prevent the ice cream from freezing into a solid lump. Use vodka if you don't want to taste the alcohol, or add an orange-flavoured liqueur to strawberry ice cream or cassis to raspberry or blackcurrant.

**Q** I'd like to replace an old Aga saucepan that was divided into three, enabling me to cook three foods on the same hot plate. Do you know of a supplier?

CG, Manchester

**A** JD Williams & Co sells a Four-Way Meal-In-One Pan. It comes in a variety of sizes and costs from £15 plus postage (0871 231 2000).

**Q** I'm making preserves for my daughter's school fête and would love to get hold of some jam jars with striped French deli-style lids. Have you any idea where I can buy

**A** Lakeland ([www.lakeland.co.uk](http://www.lakeland.co.uk); 015 394 88100) can supply glass jars with screw-on lids. A set of 12 x 225g (8oz) jars with blue- and red-stripped lids costs £6.59 for 12, plus postage.

**Q** I saw a TV chef sprinkle ground seaweed on some interesting vegetarian recipes, but failed to catch the details of the supplier. Can you help?

MI, Warwick

**A** The product was probably Seagreens Culinary Ingredient, which is coarsely ground wild wrack seaweed. The grains can be sprinkled on food or used in cooking and baking. It is available from [www.seagreens.com](http://www.seagreens.com) (01444 400 403) at £4.45 for 75g.

**Q** My husband and I love barbecues but our teenage sons nag us about the use of charcoal. Any advice?

DR, Leeds

**A** Stores such as B&Q, Homebase, Tesco and Great Mills now sell charcoal approved by the Forestry Stewardship Council, a British body that has become the world kite-mark for responsibly managed woodlands. This guarantees that the charcoal comes from sustainable forestry and that the people producing it are paid properly and work in good conditions, with good health and safety standards.

The best way to ensure that your barbecue is ecologically friendly is to buy British. More than 90 per cent of charcoal sold in this country is foreign. Not only does this mean that more energy is used importing it, but it also denies people work and contributes to a decline in woodland management.

♣ If you have a kitchen drama that needs sorting out, write to: In A Stew, Weekend, The Daily Telegraph, 111 Buckingham Palace Road, London SW1W 0DT.