

Tasty morsels

● **Hot potatoes...** Cape Cod Potato Chips are the latest snack from the US. The range includes native New England potato varieties, such as golden russet and dark russet, which are cooked by hand in small batches. The resulting crisps are fantastically thick and crispy, and it is the taste of potato rather than added flavouring that comes through. Although delicious on their own, they are perfect partners for this summer's crop of salsas and dips. £1.49. At major supermarkets nationwide.



● **Super weed...** Having first enjoyed success with its seaweed-based alternative to salt, Arctic Fresh Seagreens has now come up with another winner. 'Everyday' is a supplement made from organic wild seaweed, and each capsule contains over 80 different nutrients. £6.75. At branches of Waitrose nationwide.



● **Dip in...** Tired of the dips and dressings available from your local supermarket? Well now is the perfect time to experiment with home-made alternatives. Mayonnaise, yoghurt and sour cream are the best bases to which you should add a sachet of herbs and spices from Gourmet Dips' range of 23 different blends. Not only are the sachets excellent for dressings and dips but they're also great for livening up pasta sauces, potato salads omelettes and even scrambled eggs. Gourmet Dips start at £2.50 each; £5 for an Around The World Pack and £10 for a Variety Pack. Mail order on 01454 632247.



Eat out when you eat in



Ready-made meals with a bistro taste...

Although the usual way to avoid the trials of the kitchen is to eat out or pick up a takeaway, Marks & Spencer has come up with an alternative: bring your local bistro to your home. Okay, so you

still have to do the washing up but you are rewarded in advance with such delicious delights as Chicken Breasts Stuffed With Mushroom and Parmesan Risotto, £3.49, and Café Frites, 49p. There are even traditional bistro-style starters (Italian Antipasta Selection, £3.99,) side dishes (Garlic Mash, £1.49, Marinated Grilled Vegetables, £2.99) and puddings (Vin Santo Mascarpone Cream with Almond Biscotti, £2.99 for two) not to mention two 'house' wines to choose from. At selected branches of Marks & Spencer.



a dry, thirst-quenching Victorian Lemonade and a positively sprightly Seville Orange Jigger.

For something a little more sophisticated try Bouvrage, a slightly tart, sparkling raspberry drink. Each bottle is made with 1/3lb of Scottish raspberries and makes a great alternative to a glass of Kir or champagne.

Fentimans drinks, from 99p each. At major supermarkets nationwide. Bouvrage, £1.49 each. At health food shops and delicatessens nationwide. □

SOFT DRINKS FOR GROWN-UPS

Summer parties can be frustrating affairs if you find that you're the designated driver. This year, however, there are several delicious alternatives to the ubiquitous cola and non-alcoholic fruit punch.

Lovers of all things traditional should seek out Fentimans' wonderful, old-fashioned 'botanically brewed beverages'. The range includes a punchy Ginger Beer,

