

H&W QA

ASK THE EXPERTS

Q: Which is the healthiest cooking oil?

Mays Al-Ali, nutritionist and founder of Samadhi Soul Retreats, says:

A: "Oils that are rich in polyunsaturates, such as corn and sunflower oils, should be avoided when cooking as these have a very low smoke point, meaning that they oxidise and become rancid easily. Meanwhile, saturated fats, including coconut oil, hardly undergo these oxidation reactions at all as they have a very high smoke point. Oils that are rich in monounsaturated fats, such as avocado oil, also have higher smoke points. When frying, use either coconut or avocado oils and minimise the amount, taking steps to remove the oil from the outside of fried foods with a paper towel."



CONTENT WRITER
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THIS MONTH
WE'RE DISCUSSING...
CHIA SEEDS

They're one of the healthiest foods on the planet, and are loaded with nutrients to help the body and brain. Don't be fooled by their size though, as these tiny seeds are nutritional powerhouses – with 25g of them equating to nine grams of fibre, you'll feel fuller for longer, which is good news if your goal is to lose weight.



DID YOU KNOW?

90%

of us aren't getting enough fibre in our diets, according to geniusglutenfree.com. Research from the World Health Organisation has concluded that people should be eating a minimum of 25g of fibre per day to improve overall health.



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SOUTH AFRICAN PEAR AND BLUE CHEESE CRÊPE

Ingredients

125g buckwheat flour • 1 egg •
1 egg yolk • 1 tsp sea salt •
200ml dry cider • 20ml melted
butter, plus more for frying

Filling

50g butter • 2 South African
pears, thinly sliced • 200g blue
cheese, thinly sliced • A sprinkle of
sea salt • A few walnuts or pecans
(optional) • Honey or maple syrup,
for drizzling

SERVES 4

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Preparation time:

15 minutes

Cooking time:

12-15 minutes

1 Mix the flour, egg, egg yolk and salt together in a large bowl, then add the cider and melted butter. Beat with a wire whisk until smooth, and set aside for a few minutes.

2 Heat a pancake pan or very flat frying pan over a medium heat. Add a knob of butter and fry the pear slices until light golden. Remove from the pan and set aside.

3 Add a ladle of the pancake batter to the pan, tilting it so that the batter flows evenly over the surface. Cook for a few minutes, and then flip the crêpe over carefully to cook the other side.

4 Add some thin slices of blue cheese and a few slices of pear. Allow the cheese to melt slightly, then transfer to a plate and sprinkle with sea salt. Add walnuts or pecans if you wish, and a drizzle of honey or maple syrup. Cook the remaining batter in the same way to make four crêpes.

Recipe created by Kerstin Rodgers, aka Ms Marmite Lover, award-winning author, blogger and supper club owner for South African Apples and Pears, beautifulcountrybeautifulfruit.com

EASY MEALS

