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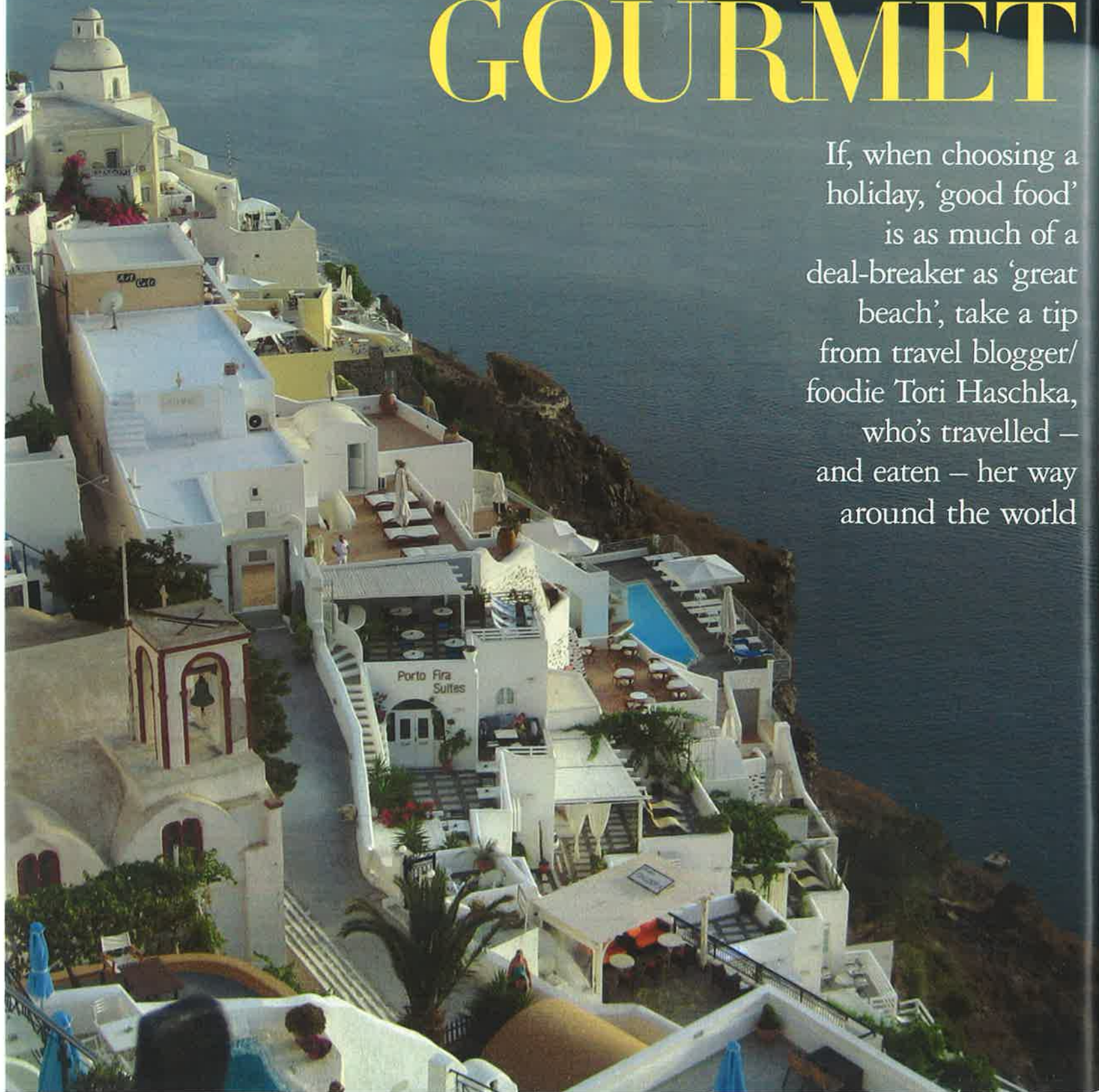
Figure-fixing

WEEK IN WEEK OUT

GRAZIA
HOLIDAY
ISSUE

THE GLOBETROTTER GOURMET

If, when choosing a holiday, 'good food' is as much of a deal-breaker as 'great beach', take a tip from travel blogger/foodie Tori Haschka, who's travelled — and eaten — her way around the world





ON THEIR FIRST HOLIDAY TOGETHER

in Phuket, Thailand, Tori Haschka (left) and her boyfriend (now husband),

Andy, wrote down a list of all the places in the world that they wanted to see together. 'After my mother-in-law died suddenly, just two months before our wedding, we returned to that list. There were so many places she wanted to go to, but never got round to seeing. In the midst of some terrible sadness, it gave us a renewed motivation to see as much as we could, while we could,' says Tori.

That was five years ago and, since then, the couple have ticked off a number of their must-visit destinations, each year taking all their annual holiday leave in one big chunk – to travel and eat their way around the world. Another must-do was to live overseas, so in 2010 they left their native Sydney for London.

Many of 31-year-old Tori's favourite places can be found in her recently published book, *A Suitcase And A Spatula* (Ryland Peters & Small)*, a mix of travel and where-to-eat tips, anecdotes and delicious recipes. Tori shares four of her top foodie destinations with *Grazia* here...

SANTORINI, GREECE

'Santorini is the place to visit when you're madly in love. The sunsets are amazing and our favourite place to watch them is the fishing village of Ammoudi. It's 214 steps below the town of Oia. You can walk, drive or ride on the back of a donkey, down the steep road. At the bottom there's a smattering of tavernas, nudging against water so clear you'd swear it was glass, and it was in one of these tavernas that I first ate these delicious tomato fritters. The local black volcanic soil the tomatoes grow in produces candy-sweet gems. The recipe calls for red onion and a knot of green herbs bound together with pinched tomato flesh and flour, then fried.'

Main photo: Tori's photo of the stunning view from a clifftop above Fira in Santorini. Clockwise from below right: photos taken by Tori of Ammoudi fishing village and the spectacular sunset from Oia; tomato keftedes



STAY: Rocabella Deluxe Suites & Spa (rocabella-hotel-santorini.com). In Imerovigli, between Fira (the capital) and Oia, it's restrained and elegant, with breathtaking views from the infinity pools.

EAT: Taverna Katina in Ammoudi (tel +11 30 22860 71280) for tomato fritters and fresh grilled squid.

MUST-DO: hire a bike and explore the red and black sand beaches.

AVOID: the tourist-trap restaurants in the centre of Fira.

BUY: a piece of turquoise jewellery, to remind you of the colour of the ocean.

HOT TIP: go for a swim off the rocks, around the corner from Ammoudi.

TOMATO KEFTEDES

Makes: 16, enough for 4 in a meze

400g ripe cherry tomatoes
½ red onion, very finely chopped
5g basil, chopped
10g mint, chopped

1 tsp dried oregano
5g flat-leaf parsley, chopped
100g self-raising flour
250ml olive oil
750ml sunflower or canola oil

1. Put the tomatoes in a bowl and pinch them so that the juices spurt out. Carry on until you're left with seeds, juices and pulp.
2. Add the onion, basil, mint, oregano, parsley and salt and pepper to the pulp.
3. Add half the flour and stir. Add the second half slowly. You want a sticky paste the texture of a thick batter.
4. Heat the oils in a deep pan until small bubbles form. Make sure the oil is at least 5cm deep. Use a greased tablespoon to drop the batter in the oil. After 30 seconds, rotate the fritter. Fry for another 30 seconds or until the outside is crispy and deep red. Drain on kitchen paper.
5. Season the fritters with salt and serve hot with tzatziki. ▶

MARRAKECH, MOROCCO

'A place of bittersweet memories. An amazing city, we spent our time getting lost in the souks and using the call to prayer as our trail of breadcrumbs to find the way back. Along the way, we watched snakes dancing before our eyes, browsed for carpets, cushions we couldn't carry and shoes that didn't quite fit. All around us were people toting vibrant orange juices and pistachio-hued beverages, the latter sipped out of plastic bags with straws. We had to try one – made from avocado with condensed milk, they proved a sweet revelation. Afternoons were spent sheltering from the heat on the terrace of the Argana cafe overlooking the Djemaa el-Fna square, people watching and sipping drinks. Four days after we left, a nail bomb went off at the cafe, killing 16 people. Now, when I eat these popsicles based on the drinks we first tasted in the souk, I'm filled with both cool relief and the resolve to make the most of every day.'

STAY: we loved Riad Flam (riadflam.com). Small, close to the medina, but still peaceful, and with a beautiful roof terrace.

EAT: street food from the centre of Djemaa el-Fna – particularly harira soup and pastillas.

MUST-DO: sip sweet mint tea from a quiet balcony.



*Grazia readers can buy the book for the special price of £16.99 including p&p (RPP £18.99) by calling Macmillan Direct on 01256 302699 and quoting reference GLR 7YP Recipe photos: Isobel Ward. Additional photos: 4 Corners Images, Magnum Photos, Corbis

AVOID: paying the first price quoted on items in the souk. Bargaining is a part of the culture and half of the fun.

BUY: spices, particularly ras-el-hanout, an aromatic blend which translates as 'top of the shop'. It will vary from stall to stall and can contain up to a dozen different spices.

HOT TIP: go in spring or autumn, rather than summer, as the heat can be oppressive.

AVOCADO MILKSHAKE POPSICLES

Serves: 4

4 medium-sized ripe avocados
1 tbsp grated orange zest
250ml sweetened condensed milk
4 plastic cups
4 spoons or popsicle sticks

1. Use a spoon to remove the flesh from the avocados, discarding the skin and stone. Cut off any brown bits.
2. Put the avocado, orange zest and condensed milk in a blender and process until smooth.
3. Pour into plastic cups and place in the freezer for one hour.
4. Insert the popsicle sticks in the centre of the half-frozen popsicles and freeze for another four hours.
5. To remove from the plastic cups, dip in hot water for five seconds.

SOUTH OF FRANCE

'It may have been our honeymoon, but when we arrived in the South of France after a week in Paris, we were sharing happy memories but also honkingly bad travel flu. What brought us back from the brink was time at La Pergola beach club at Menton. There, with views over the calm blue of the Mediterranean Sea, we felt much better, and by the time we reached Marseille, we were ourselves again. This dish is a medley of everything I loved about this part of France. There's some pleasing sweetness from softened fennel and shellfish. Then there's the novelty of chickpeas playing hide-and-seek in the shells. These nutty pulses echo the flavours of the region's famed chickpea flour crêpes (socca). When preparing this dish, you'll need to open at least one bottle of rosé so you can steam the mussels – luckily, there'll definitely be a splash left for the cook!'

STAY: Hotel Napoléon (napoleon-menton.com).

EAT: Mirazur (mirazur.fr) in Menton, for a splash out meal (currently ranked 28th best restaurant in the world).

MUST-DO: go to a beach club for the day.
AVOID: sunburn. Breton stripes and peeling noses do not mesh well.

BUY: dry Provençal rosé, or perfume.

HOT TIP: Monaco's just 20 minutes' drive away, if you fancy a night out at the casino.

Menton Marina, Côte d'Azur and (clockwise from top right) Bahía Concepción bay, Baja beach; guacamole; the stunning coastline in Baja; the coastal road towards Menton; mussels, fennel and chickpeas in pink wine; Tori in Morocco; avocado milkshake popsicles

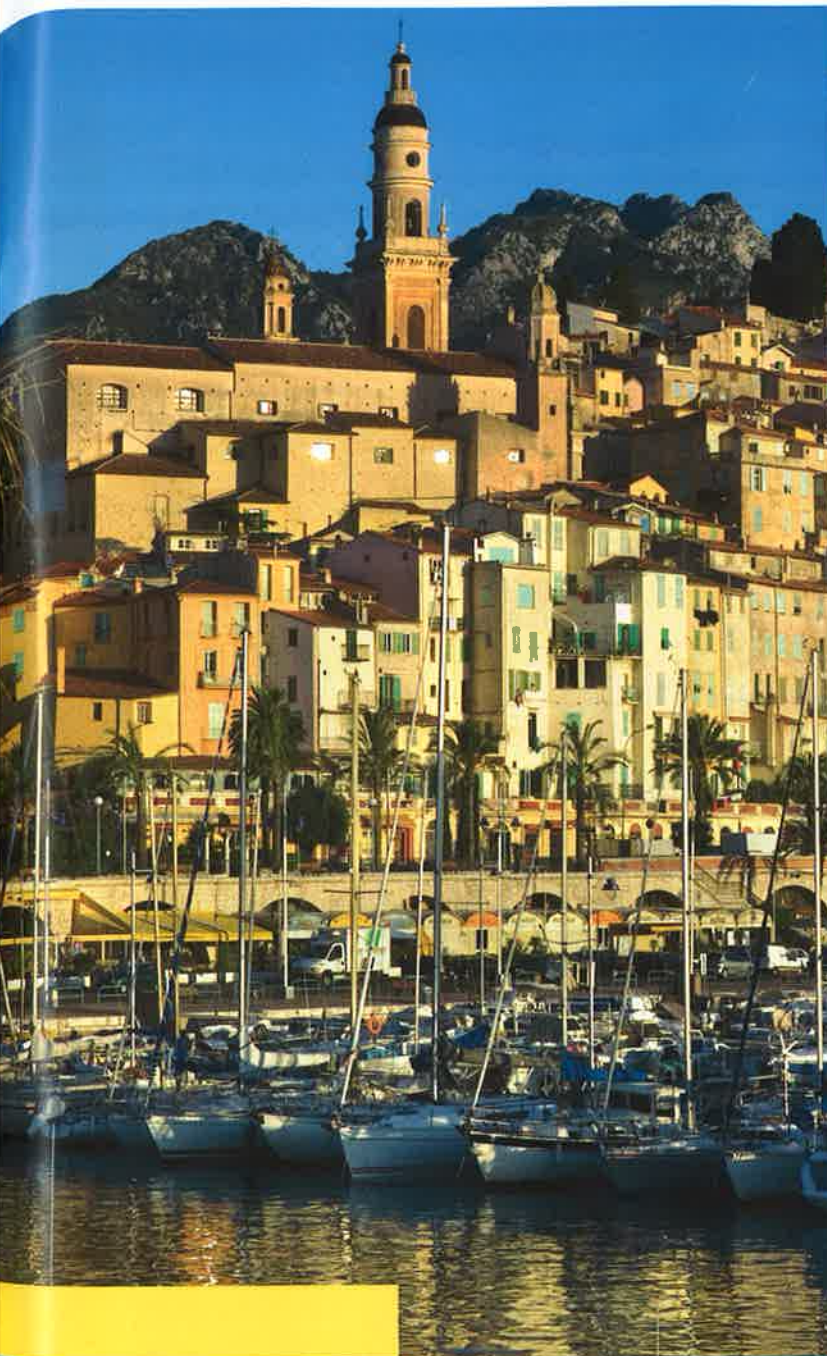
MUSSELS, FENNEL AND CHICKPEAS IN PINK WINE

Serves: 2

1kg mussels
1 tbsp olive oil
3 garlic cloves, thinly sliced
1 fennel bulb, trimmed and finely diced
1 x 400g tin chickpeas, drained
200ml dry rosé wine
4 tbsp chopped flat-leaf parsley

1. Put the mussels in a sink of cold water. Get rid of any that are open and won't close when you tap them against the side of the sink. Remove the hairy tuft of beard from each mussel.
2. Heat the oil in a heavy-based saucepan. Sauté the garlic and fennel until translucent. Add the chickpeas and toss.
3. Add the mussels, wine and half the parsley to the pan. Turn up the heat and clamp on the lid. Steam for 5 minutes until all the mussels have opened (discard any that don't).
4. Transfer to 2 bowls. Top with the rest of the parsley. Serve with bread and aioli.





BAJA, MEXICO

'I decided to learn how to surf when I was in America for a couple of months. So I booked myself into surf camp at Baja, just across the border from California, and had lessons with Baja Bill, a wizened man of the sea. I had visions of myself emerging from the surf in a bikini, nonchalantly carrying my board under one arm. Instead, the tides were cold and the surfing hard. After a first day of catching two waves, missing 11, wiping out twice and escaping from fictional sharks, I reckoned I deserved a drink. So, at 3pm you would find me in a hammock outside my casita [holiday cabin], downing Victoria lager – it goes perfectly with guacamole and tortilla chips.'

STAY & SURF: Baja Surf Adventures (bajasurfadventures.com).

EAT: fish tacos from one of the stalls in the town of Ensenada.

MUST-DO: spend an afternoon snoozing in a hammock overlooking the Pacific.

AVOID: the aforementioned fish tacos from a road stall if you can't see condensation on the bottles of sauce. It means the refrigeration isn't great.

BUY: local pottery such as glazed platters, or a *molcajete* (pestle and mortar), so you can make your own guacamole at home.

HOT TIP: if you have a connecting flight out of San Diego, factor in time to cross the US border. It can take much longer to drive into California from Baja than the other way around.



GUACAMOLE

2 ripe avocados
juice of ½ lime
1 handful coriander leaves,
roughly chopped
60g good corn chips, warmed in the
oven for 10 minutes
6 soft corn tortillas, wrapped in foil
and warmed in the oven
salt

1. Halve the avocados and cut out any brown bits. Remove the stones. Use a fork to scrape the avocado flesh from the skin.
2. Mash the avocado with the lime, salt and half the coriander. Top with the rest of the coriander and a sprinkle of salt. Eat with the corn chips and tortillas. ■