



Discover slow food that's quick to prepare

Make precious weekends last longer, and enjoy family time together. Start a new Sunday ritual this spring with slow-roasts that look after themselves, leaving you more time for an outdoors adventure that will bring you closer together.

Ultimate slow-roast Sunday dinners

1) Chef Rachel Allen suggests slow-cooked lamb shanks. Brown four lamb lightly on all sides in a splash of olive oil. Add chopped onion, garlic, celery, carrots, a tin of chopped tomatoes, 225ml red wine, same again of chicken stock, 4 sprigs of fresh thyme, two strips of orange peel and a smattering of caster sugar. Bring to the boil, then cook on a low heat in the oven for 3 hours.

2) Or try slow-roast chicken with lemon and chilli. Serve at almost room temperature with couscous and salad. Use sharp kitchen scissors to cut along both sides of the backbone and discard. Mix together garlic, chilli, paprika, salt, lemon juice and olive oil and pour over the chicken. Roast for two hours at 160 degrees or Gas mark 3. Find more feel-good eating inspiration from Rachel Allen's beautiful new book *Food For Living* (Collins).

3) Follow chef Kevin Dundon's lead and make a simple beef casserole. Brown 700g of stewing steak, diced quite finely. Then add a sliced onion, diced carrots, turnip, parsnip and celery sticks. Stir in and cook for another 3-4 minutes. Mix in a dash of flour and tomato puree, then a pint and a half of beef stock. Bring to boil then turn down and simmer on the hob for about two hours.

4) Serve your roast with horseradish mash. Mix mashed potatoes with creamed horseradish. Or slices of sweet potato baked in goose fat. Kevin's new book, *Great Family Food* (Collins), is full of easy inspiration.

Let your dinner simmer...

Create a new ritual this weekend with a slow roast that looks after itself. Close the oven, pull your boots on and go for a walk that will put spring in your step.

Find a beautiful bluebell wood near you. Go www.woodland-trust.org.uk/woods/bluebell-index.htm.

Why family walks are good for body and mind...

Family walks help kids and adults to be fit and healthy, and give you precious family time together. But don't, whatever you do, say the word WALK. You'll get instant moans and groans. Sell your outing as a race, a skipping session, a meeting with friends. Go on an Easter parade. Count different daffodil varieties.

Chat as you go. You can focus on the big questions in life that you don't have time to talk about in on a busy weekday. Where does the sun go at night? Why is ice cold? Where do plants come from? How far away are the stars?

And when you're ready to clear up the dishes

- Wash up together with Fairy Original – one small bottle lasts up to an incredible **50 per cent longer than the next best-selling brand**. With twice the grease-cutting power; a little goes a long, long way.
- For dishwashers **New Fairy Platinum** is the professional's choice in the kitchen. **Fairy Platinum** gives you the confidence to cook the recipes you love knowing it can cut through the toughest grease to get your dishes clean. And it cleans your dishwasher, too. Leaving you more precious time to spend with your family.