

# EAT LOCAL WEDNESDAYS

with Sally Churchward



**EDF ENERGY**

LONDON AND THE SOUTH OF ENGLAND MEDIA AWARDS 2009

Environmental Journalist of the Year

**Daily Echo**  
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In the next in our series encouraging you to eat local food at least once a week, **SALLY CHURCHWARD** meets Renate Zabel from Fresh and Fabulous

**R**ENATE Zabel's first memory is of watching her mother bake a cake in her kitchen in Germany. And as soon as Renate could reach the counter she was following in her mother's footsteps and making cakes and other treats herself.

Today she lives with her husband in Hythe but her cookery still has a strong German influence.

But although many of her recipes are German, as many of her ingredients as possible are local and a number of the products she makes and sells through her

company Fresh and Fabulous, carry the New Forest Marque, meaning they are made with at least 2 per cent local ingredients.

Renate originally trained as a translator but when she and her husband relocated to England for his work seven years ago she decided to return to her first love and set up her own catering business.

Originally Renate sourced her ingredients from local organic suppliers and gained organic status for her produce.

But as a number of local organic producers closed down she decided to focus on using local produce rather than organic.

She still buys organic produce where possible, though, and says tracability and knowing the people she is buying from is a big part of the appeal of buying from local retailers.

Another important factor for her is the environmental benefits from buying from local producers and cutting down on food miles.

The core of Renate's produce range are items such as walnut macaroons which she sells in Sunnyfields in Totton and Maison Cuisine in Lymington.

But she also provides a buffet service, which can be up to 80 per cent local, lunch bag service and caters for dinner parties in people's own homes.

But the most mouth-watering part of her business is the selection of cakes she makes to order.

Many of these are made from traditional German recipes, such as the extremely popular ricotta pear cake.

As well as running Fresh and Fabulous she also teaches yoga.

And her favourite cake combines her interest in healthy living with her passion for tasty food.

It's a low calorie gluten-free cheesecake. "It's amazing how good it tastes although it hasn't got any wheat in it and is very low calorie."

## WIN WIN WIN WIN

### A SELECTION OF FRESH AND FABULOUS GOODIES

WE HAVE an apron, tea towel, and selection of her five core products, including New Forest Marque walnut macaroons, energy bites and nutty triangles to give away. Four runners-up will each receive a Fresh and Fabulous tea towel.

To be in with a chance of winning, answer the following question: **what is one of the New Forest products that goes into Renate's New Forest Gâteau?**

Send your answer on a postcard with your name, address and email address to: Eat Local

with Fresh and Fabulous, Sally Churchward, *Southern Daily Echo*, Test Lane, Redbridge, Southampton, SO16 9JX by next Wednesday.

If you do not wish to receive further offers and information from Fresh and Fabulous write no on your entry. Usual *Daily Echo* terms and conditions apply. For more information, visit [dailyecho.co.uk](http://dailyecho.co.uk) and click on offers & comps.

Log onto [dailyecho.co.uk](http://dailyecho.co.uk) to sign our Eat Local petition



### RENATE'S NEW FOREST GATEAU (gluten free)

**Ingredients** (serves approx. 6)

*For the sponge*  
150g ground hazelnuts  
70g New Forest Marque honey (a "runny" one for easy mixing)  
3 New Forest Marque eggs  
40g drinking chocolate powder  
2 teaspoons baking powder (gluten free)

*For the filling*  
250g whipping cream  
100g New Forest Marque strawberry jam  
1 small punnet fresh New Forest berries (if in season)

#### Method

1. Preheat the oven to 170C Gas 3.
2. For the sponge, mix all ingredients into a very soft dough.
3. Pour the mixture into a greased, lined 15cm/6in tin.
4. Bake on the lowest shelf for around 30 minutes or until a skewer inserted in the cake comes out clean. Cool slightly in the tin, then turn out and cool completely on a rack.
5. Cut the sponge into two layers.



6. Before serving, spread a thick layer of jam on each sponge.
7. Prepare the berries and keep some for decoration.
8. Whip the cream with an electric mixer until stiff, adding some sugar, if you like it sweet. Mix 2/3 of the cream with the prepared berries.
9. Put one sponge layer on a plate and spread with the fruit and cream mix. Top with the second sponge layer.
10. Spread with the remaining whipped cream and decorate with berries. Serve immediately.

### 10% off Fresh and Fabulous products at Sunnyfields

Enjoy 10 per cent discount on Fresh and Fabulous products from Sunnyfields Farm Shop until February 12, 2010.

Name.....

Address.....

Email.....

If you do not wish to receive more information from Sunnyfields or Fresh and Fabulous tick [ ]



For more information, visit [freshandfabulous.co.uk](http://freshandfabulous.co.uk)