



Warm Potato, Spinach and Bacon Salad

500g new or salad potatoes, scrubbed and cut into thick slices

1 tbsp. olive oil

240g pack smoked back bacon, chopped

2 tbsp. white wine vinegar

2 tsp. clear honey

Salt and freshly ground black pepper

225g baby spinach leaves, washed

1) Place the potatoes in a pan of lightly salted boiling water. Cover and simmer for 10 minutes or until tender. Drain and allow to cool slightly.

2) Meanwhile, heat the oil in a large frying pan and fry the bacon until crispy.

3) Add the potatoes and fry for 1-2 minutes.

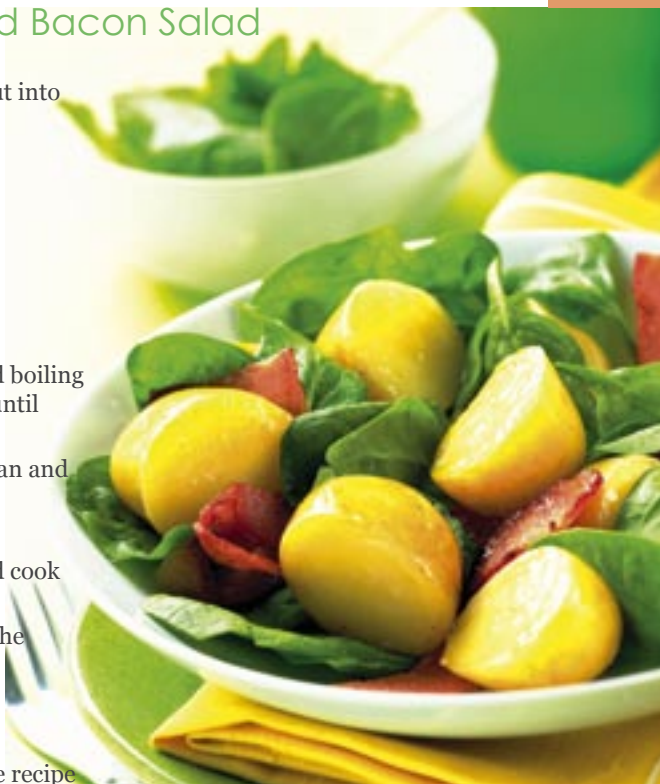
4) Add the vinegar, honey and seasoning and cook for a further minute.

5) Allow to cool slightly before tossing onto the spinach leaves.

6) Serve immediately.

Serves 2 for a light lunch or 4 as a starter

Thanks to www.thinkvegetables.co.uk for the recipe



Cooking without Water - Healthy, Fast and Alkalisising

A few months ago while attending a lecture by Dr Robert Young on the PH Miracle and alkalisising, I was introduced to the cookware company Saladmaster. Having worked in the Cookware industry for nearly 15 years I was intrigued as to how this titanium cookware could be different.

I invited Tony and his colleague to demonstrate Saladmaster and was impressed that in under 45 minutes they managed to prepare a salad, cook salmon, vegetarian lasagne, vegetables, potato gratin and chocolate cake, using no water and all produced on the hob.

Most people are aware of air pollution, water pollution and the dangers of household chemicals. Studies are now showing that certain cookware can also be polluting our bodies.

After enjoying our meal we discussed the different material used in traditional cookware and was shocked by their simple test, which helped to illustrate what happens to the metals and food during the cooking process.

If you'd like to try the test to show the level of chemicals or metals leaching from your cookware, you can do a simple pollution test at home:

- * Take a sample of each of the different types of cookware you are using and add 1 cup of water
- * Adjust the water with 1 tbsp of baking soda (sodium bicarbonate is used to simulate a similar PH level often realized in cooking conditions).
- * Bring water to the boil for 5-10 min (your food is usually exposed to the pan for at least 10 min.)
- * Add 1 tbsp sodium bicarbonate to a glass of warm water & taste (your control should taste salty)
- * Taste water in each of the other pans (taste will range from very bitter to metallic to... #@!#\$?)

For more information on Saladmaster Cookware visit www.phmiracleliving.com/saladmaster.htm Call Tony on 020 3239 5965 or book a cooking demo and dinner on www.healthylivingshows.com or email tony@healthylivingshows.com. See page 20 for the benefits of alkalisising.