

Less calories not less flavour

If you're worried you consumed far too many calories this Christmas then we've found some perfect recipes to kickstart your January detox

AS soon as the New Year celebrations are over, the food and alcohol guilt trip kicks in, and we do our best to give everything up. The problem is, January is pretty cold, dark and wet, so it's not the best time of year for full-on denial.

The trick is to cut back on snacks between meals, and calorie-laden dinners, but not to go on a rigorous diet. Too punitive a regime, and you'll soon be reaching for the biscuit tin when the January gloom gets too much.

These recipes below are wholesome and satisfying, as well as healthy, so eating them won't be a penance.

The Metropole Hotel & Spa combines avocado and lentils in this hearty salad, the Fox and Hounds, Llanrcarfan introduces pan fried mackerel, a fabulous fish packed with nutrients, and Simon King from restaurant 1861, thinks we deserve a sweet treat to tide us over the long, dark nights – but this blood orange terrine is packed with goodness.

Pan fried mackerel with fennel salad from Jim Dobson, head chef at the Fox and Hounds, Llanrcarfan

■ Serves 4

- Ingredients
- 4 mackerel fillets
- Lemon juice
- 1 fennel bulb
- 150mls natural yogurt
- Handful chives, chopped
- Salt
- Olive oil

Method

Very finely slice the fennel bulb, using a mandoline if you have one. Season with lemon juice and a little salt, and toss in the natural yogurt and chives.

To cook the mackerel, place it skin-side down in a pre-heated, lightly oiled, non-stick pan, cook the fish until the skin is crisp. Turn the fish over and cook the other side very quickly, then season with lemon juice. Place each mackerel fillet on top of a mound of the fennel and serve with some fresh bread or boiled potatoes.



► Pan fried mackerel with fennel salad

Avocado and puy lentil salad from Metropole Hotel & Spa in Llandrindod Wells

■ Serves 4

- Ingredients
- 2 avocados,
- 1 grilled lemon,
- 1 baby gem lettuce,
- 1 lollo rosso lettuce,
- curly endive,
- Spring onions 4
- 2 beetroot,
- Handful puy lentils,
- Mustard cress,
- Cherry tomatoes 8
- 1 apple
- Sprinkling of mixed seeds
- Simple dressing of extra virgin olive oil and lemon juice mixed 4 to 1
- Season with a pinch of Halen Mon sea salt and a grind of black pepper.

Method

Assemble all the ingredients on the plate, and add dressing generously. Scatter the grilled lemon slices over the plate.



Blood orange terrine from Simon King, chef/proprietor at restaurant 1861, near Abergavenny

■ Serves 4

- Ingredients
- 12 blood oranges
- Gelatine or alternative gelling agent
- Sugar to taste
- Grande Marnier, also to taste, and optional

Method

Segment the oranges (ie peel and cut out the segments, with a sharp knife, which will ensure that you leave the pith behind), into a colander over a bowl to catch the orange juice. Measure the juice and heat gently, adding your required gelling agent (they all suggest different amounts on the packets). Sweeten to taste with sugar, and finish with a splash of Grande Marnier.

Line a terrine mould with cling film and add a layer of the jelly mixture, lay the segments over the top and continue until your mould is full of jelly and segmented layers. Lay a sheet of Cling film over the top to push out any air bubbles and place in the fridge to set over night.

The next day turn out and slice using a smooth sharp blade.



What we're eating

There are so many places in Wales serving delicious and innovative food.

From new dishes to restaurant openings, we capture the latest foodie news on our WalesOnline Instagram account, Bwyta.

Here are some of our latest posts...



► Hot pot at The Star restaurant in Green Dragon Lane, Swansea



► Mini Mexican bean burgers on a bed of beans and rice with chipotle sauce and garlic mayo at Swansea Market



► Smashed avocado at Waterloo Tea in Cardiff



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