

IN&OUTTONIGHT

Not so GUILTY PLEASURE...

IT'S a mistake to assume that salads automatically get a big thumbs-up from the health police. One that should come with a health warning is the Caesar salad, which can easily contain more calories than a bacon sandwich and as much fat as a burger from McDonald's. The ingredient responsible for the majority of the fat and calories is the dressing, which is integral to the salad. Unfortunately, there is little you can do to improve the nutritional profile of the dressing, so the secret is to use it sparingly. However, there is plenty you can do to improve the base of the salad. Caesar salad is traditionally made with romaine or iceberg lettuce — these leaves provide small amounts of vitamin C but little else in the way of



So saucy: the dressing on a Caesar salad bumps up the calories

vitamins or minerals. One quick and simple way to improve the nutritional value of Caesar salad would be to use watercress as the base. Watercress is a nutritional powerhouse providing excellent amounts of vitamin C along with the B vitamin folate, the minerals iron and calcium as well as

CAESAR SALAD

REGULAR CAESAR SALAD

445cals23%
32g fat46%
8g protein18%
2mg vitamin C5%
Health rating 4/10

HEALTHY CAESAR SALAD

414cals21%
19g fat27%
38g protein84%
30mg vitamin C75%
Health rating: 7/10

phytochemicals, which are believed to help protect against some types of cancer. Another thing you could do would be to toss roast chicken into the salad for some low-fat protein, which helps to make the salad into a more balanced meal. Adding baked wholemeal croutons rather than the usual white ones also helps to boost the fibre content. **FIONA HUNTER**

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Let 'em

Say goodbye to burnt bangers as we round up London's best BBQ joints

BY DAISY DUMAS

WITH the great British summer finally getting back into gear, the barbecue is back on the menu. But if your efforts usually result in smoke inhalation and charred chipolatas, there are lots of restaurants across the capital doing the hard work for you in their gardens and roof terraces. Just turn up, slap on some SPF and grab a cold beer while you enjoy freshly cooked goodies from the grill. Here's our pick of the best barbecues in town...

ALGARVE IN LONDON

A BARBECUE with a difference, Portuguese-style grill A Grelha is situated opposite The O2 and has amazing views of Canary Wharf. Fresh fish and meat cooked to order on its impressive Thames-side deck make for a stylish outdoors meal. Bursting with Mediterranean flavours, many of the mains are for two to share, making this a perfect, and unusual, date destination. It may be perched next to Canary Wharf's skyscrapers, but A Grelha's menu is plucked straight out of the Algarve — try the spicy chicken piri piri and chips (£14) or Portuguese sardines (£3.70 per 100g) cooked on the charcoal grill. To wash it down, it has to be a jug of sangria (£15 for two pints).

A Grelha At The Gun, Wed-Sun, lunch and dinner, 27 Coldharbour, E14 (020 7515 5222)

THE FISH-LOVERS' GRILL

THIS is decadence on a heady scale. Summer at Babylon means a classy barbecue high above the rooftops of Kensington amid the odd flamingo and 1.5 acres of

tropical gardens. This summer, Babylon's menu features only sustainable, UK-produced food. Colchester rock oysters (12 for £16) are served with shallots and aged red wine vinegar. Cornish mackerel (£18) comes with sardines and warm salad of fennel, olives and green beans, and Falmouth Bay spider crab comes with mayonnaise, avocado, seasonal leaves and wild cress (£22 for two). All are freshly grilled on the new fish bar and meat and vegetarian options are also available.

Babylon, midday-3pm and 7-11pm daily except Sunday evenings. 7th Floor, 99 Kensington High Street, W8 (020 7368 3993)

FOR HUNGRY ROCKERS

THE KINKS played their first gig at the Clissold Arms in 1960 and, despite an overhaul earlier in the year, this Muswell Hill boozer remains a shrine to the London rockers.



Tasty: The Rosendale serves up sticky spare ribs

The venue's huge outdoor patio is home to an outdoor grill where chef Jake Young cooks dishes that are a cut above the usual boring burger. Check out the king prawn piri piri with celeriac remoulade, chargrilled

rump steak with Portobello mushroom or grilled sardines with tapenade

toast and roast vine tomatoes (all between £8.75 and £16.50). And for dessert? A bowl of wild raspberry and jasmine tea trifle or Eton mess (both £5) should round things off nicely.

Clissold Arms, open weekends only, food served from midday, 115 Fortis Green, N2 (020 8444 4244)

1 ingredient 2 ways elderflower

ELDERFLOWER AND LIME CHEESECAKE

● large pack digestives

● 90g butter

● 60g sugar

● 360g full-fat cream cheese

● 160ml double cream, lightly whipped

● 1 lime

● zest of 1 lemon

● 2 tbsp elderflower cordial

PLACE biscuits in a plastic bag and crush with a rolling pin. Melt butter in a pan, add the biscuits and sugar until combined. Press into an 8in round tin with lift-up base and put in fridge to set. Place lemon zest, cream cheese, icing sugar and lime juice in a food processor and blend. Slowly add cream and cordial. Spread mix onto

biscuit base and refrigerate. Sprinkle with lime zest to serve.

RASPBERRY AND ELDERFLOWER TART

● 2 egg yolks

● 50g caster sugar

● 20g cornflour

● 20g plain flour

● 300ml full fat milk

● 4 tbsp elderflower cordial

● ready-made pastry case

● Punnet fresh raspberries

BEAT egg yolks and sugar while heating milk in a saucepan. Add flour and cornflour to egg mix. Pour in milk and stir in cordial. Pour mix back into saucepan and heat, stirring until custard thickens. Fill pastry case with mixture, cover with fresh raspberries. See belvoirfruitfarms.co.uk