



## MUST-NIBBLE

**R**aincoast Crisps, made by Lesley Stowe Fine Foods in Vancouver, are fabulous crackers handmade in small batches from the finest **natural ingredients**. Though tasty on their own, Raincoast Original and Rosemary Raisin are even better topped with pâté or cheese. We particularly love the new Cranberry and Hazelnut ones adorned with chunks of blue cheese. 170 g package, \$6.99.

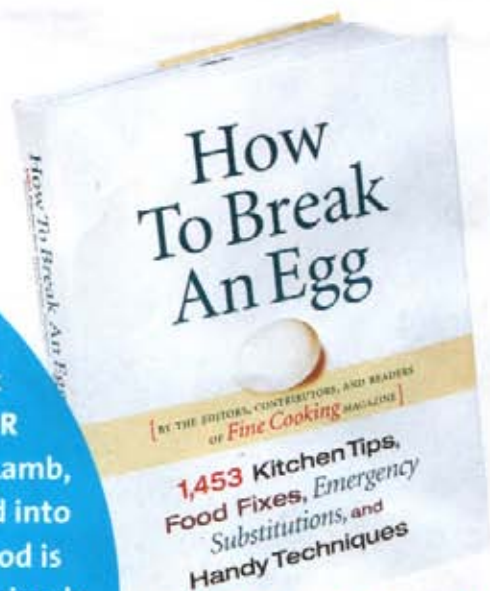
## WRAP IT UP!

Food-safe and flexible, thefoodloop is like a little heat-resistant bungee cord that you **WRAP AROUND FOOD FOR ROASTING OR POACHING** (try it on our Tapenade Roast Leg of Lamb, page 127). Slip the dishwasher-safe silicone cord into the tiny cleat and pull until snug. Voilà: your food is held neat and secure as it cooks. For large items, simply link several together. Bonus: the eye-popping fuchsia colour keeps you from sawing them in half as you carve. Six-pack, \$19.95.



## A is for Arugula, B is for Broccoli...

Looking for a creative way to get vegetables into your kids' diet? **Try this alphabet game** for Nutrition Month. With your children's help, pick out a new vegetable each time you shop. Post a chart on the fridge and check off as many letters as you can from A to Z. Leave a space for the family's comments on each new veggie – and give a gold star to the ones they like the most.



**> You're mid-recipe and you're missing an ingredient – or worse, something goes wrong. What do you do? Crack open *How to Break an Egg* (Taunton, 2005, \$26.95) for 1,453 kitchen tips, emergency substitutions, food fixes, handy techniques and excellent step-by-step photos. Curious cooks, be warned: this book is so fascinating you won't be able to put it down.**