

Amelia's Marketplace

Raspberry Fool and Shortbread Biscuits

By Amelia Heaton-Renshaw

Taken from my favorite book, Darin Allen's *Forgotten Skills of Cooking*, this easy recipe produces a rich and luscious result and any leftovers can be frozen into ice cream! Get out the aprons and let the kids mix, knead, roll and swirl away!

Raspberry Fool (serves 8–10)

450 g raspberries, bayberries or blackberries (using frozen berries makes this extra refreshing for the hot summer!)
150 g sugar
600 ml whipped cream

Shortbread Biscuits (makes 25)

175 g white flour
50 g caster sugar
110 g butter

1



Prepare: Pre-heat the oven to 180 degrees Celsius. Sprinkle the sugar over the raspberries and let it macerate for one hour.

2



Mix the shortbread: Mix the flour and sugar together, then add small bits of chopped-up butter and rub it all together, gathering the mixture and kneading lightly, until you have a ball of pastry.

4



Puree the berries: Blend the fruit and sugar mixture, then remove the seeds by pushing it through a fine sieve or letting it drip through a linen cloth.

5



Create the perfect swirl: Whip the cream until it forms stiff peaks. Then lightly add the fool to the cream, twisting the spoon around to create a pretty swirly effect.



Lotte Siezen, Charlotte de Jong, Tamsin Coulthard, Carla Stampfer and Emily Canvin.

3



Cut out biscuit shapes: Roll out the dough to about 5mm thickness, and use fun cutters to create stars, hearts and more. Bake for 8-15 minutes in the oven (depending on the thickness).

6



Enjoy with the shortbread biscuits and freeze any leftovers into ice cream. Delicious!

Eat to Keep Cool

Summer Pasta Salad

By Doris Rathgeber



Summer in Shanghai is characterized by extremely high temperatures and humidity. According to Traditional Chinese Medicine (TCM), heat and dampness are two of the evil pathogens that can intrude the body and cause ailments such as headaches, heat cramps and heat exhaustion, dehydration, nausea, diarrhea, constipation and loss of appetite.

TCM food therapy (食疗) is the art of picking certain food items and combining them together to heal the body and restore balance. Try this refreshing summer pasta salad – it's full of useful ingredients that team up to keep your body cool and healthy in the summer heat.

- 500 g tomatoes (Cools down the body)
- Half an onion (Detoxifies the body)
- 1 cup olives (Limits abnormal discharge of fluids from the body)
- 1 medium zucchini (Expels heat and dampness from the body)
- 1 lb pasta (Nourishes the body and promotes digestion)

- 3 tbsp olive oil (Moisturizes the body)
- 1 tbsp lemon juice (Expels heat and dampness from the body)
- 1 tbsp fresh oregano (Nourishes the body and promotes digestion)
- 1 tbsp fresh basil (Promotes the flow of qi and refreshes the mind)
- 4 cloves garlic (Detoxifies the body)
- Salt and pepper

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and rinse under cold water.
2. Wash, cut in half, remove the seeds and slice the zucchini.
3. Chop the tomatoes, olives and onion.
4. Warm a pan on low heat and sprinkle olive oil. Add smashed garlic, onion and olives.
5. Add zucchini and tomatoes and turn heat up to medium, stir constantly.
6. Cover and let zucchini soften for about 10 minutes.
7. Add salt, pepper and herbs to taste. Let cool.
8. Stir vegetable mixture into pasta and mix well. Cool in the refrigerator until ready to serve.
9. Add more lemon juice to taste and enjoy!

// Doris Rathgeber is the Founder and General Manager of Body & Soul – Medical Clinics