

Angell at our table



SHE IS AN AWARD-WINNING AUSTRALIAN BLOGGER WHOSE FIRST BOOK, *THE WHOLESOME COOK*, IS RELEASED IN SEPTEMBER. HERE, A POP QUIZ ON MARTYNA ANGELL'S FOOD PHILOSOPHY. BY CARLA GROSSETTI.

What prompted you to start your blog *The Wholesome Cook* in 2010?

MA: "Ten years ago, when I was in my early 20s, I put on 20 kilograms in the space of 12 months. I was sick, had low energy levels and problems with my skin and so I decided to change the way I ate. I lost the weight by going back to basics and eating real food and began blogging as a way to share these wholefood recipes with friends and family."

How has the blog evolved in the past five years?

MA: "I am Polish, so I've grown up with real food. Most of the recipes were inspired by my Mum, who taught me how to cook and experiment. My blog changed a couple of years ago after I completed my studies with the Institute for Integrative Nutrition in New York. In addition to recipes and stories, I now include a lot of nutritional information, too."

Your blog is one of the most popular food blogs in Australia. Why do you think it resonates so much with readers?

MA: "My recipes are a return to eating real food but rather than asking people to adapt recipes to suit their various needs, I have done the work for them. The philosophy that underpins the book is that we should be eating clean, real food and ditching fake foods in favour of food that nourishes and inspires. Where my book differs is that the focus on bio-individuality empowers readers to eat food that is right for them. It's also informative: rather than saying 'adapt this recipe to be gluten free by using gluten-free flour', it gives you the exact measurements."

Do you have a wholefoods mantra?

MA: "Moderation is key. I eat well 90 per cent of the time and then indulge the other 10 per cent. If I am at a party and there is a cake,

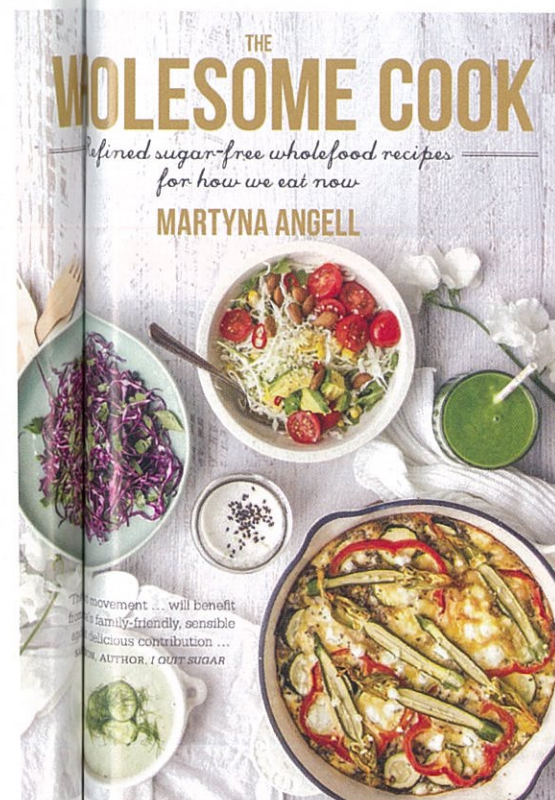
I won't ask how much sugar went into the cake. I will just enjoy it safe in the knowledge that 90 per cent of the time I eat real, refined-sugar-free wholefoods."

The book features a 21-day elimination-diet plan. What is the purpose of this section?

MA: "The 21-day plan takes out common trigger foods. People don't realise they may have an intolerance to, say, gluten, soy or dairy. All those foods are taken out during this period and your body recalibrates and gives itself time to heal. When you reintroduce the foods after 21 days, you will notice changes such as bloating or a lack of energy that give you a clear idea of the foods you need to watch."

Martyna Angell will be signing copies of *The Wholesome Cook* at Big W, shop MJ3000, level 10 Upper. For details, macquariecentre.com.au

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RECIPE: Chocolate & Rocher Icing cake

If you're after a quiet indulgence, this recipe combines a moist chocolate cake and an irresistibly good Rocher-like chocolate and hazelnut-butter icing. A perfect celebration cake and one for impressing your dinner guests. The frosting doubles as — you guessed it — homemade Nutella!

FOR THE CAKE

- 1 cup water
- 1/2 cup unrefined demerara sugar or granulated Stevia
- 1/2 cup rice malt syrup or honey
- 120g butter, chopped, or 100g coconut oil
- 3 tablespoons raw cacao powder
- 3/4 teaspoon bicarbonate of soda
- 2 teaspoons vanilla powder or natural vanilla extract
- 2 eggs
- 1 cup wholemeal plain flour or teff flour
- 2 teaspoons baking powder

FOR THE ICING

- 1/2 cup hazelnut butter
- 40g dark (70 per cent cocoa) chocolate or dairy-free chocolate, roughly chopped
- 10 extra hazelnuts, chopped
- 1 ice-cream waffle cone or gluten-free ice cream cone, crushed finely

METHOD

Preheat oven to 180°C (160°C fan-forced). Grease and line a 22cm spring-form cake tin with baking paper. Place water, sugar or Stevia, rice malt syrup or honey, butter or coconut oil, cacao powder

and bicarbonate of soda in a large saucepan over low heat. Gently heat, stirring, until butter melts. Increase heat to medium and bring to a simmer. The mixture will rise and double in size. Remove from heat and allow to cool to room temperature.

Once cooled, add vanilla and whisk in eggs.

Sift flour and baking powder into a bowl and add to egg mixture, whisking until just combined.

Pour batter into prepared tin and bake for 45 minutes, or until a skewer inserted in the middle comes out clean. Remove from oven, place on a wire rack and allow to cool in the tin.

To prepare the icing, place the chocolate into a heatproof bowl. Sit the chocolate over a pan of barely simmering water and allow the chocolate to melt, stirring occasionally. Remove the chocolate from the heat and combine hazelnut butter with melted chocolate and half of the crushed waffle cone. Mix well. Scoop the icing onto the cooled cake, spread gently over the top and top with hazelnuts and crushed waffle cone before serving. Store cake in the fridge, covered, for up to 7 days. You can freeze any remaining slices for up to 1 month.

SERVES: 10-12 PREP TIME: 15 MINUTES + 25 MINUTES COOLING TIME
COOK TIME: 45 MINUTES.

VEGETARIAN-REFINED SUGAR-FREE
OPTIONS: GLUTEN-FREE DAIRY-FREE
LACTOSE-FREE

The Wholesome Cook, \$49.99.

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Available at Big W, Dymocks and Target.

See stockists for information.