

# extra credit crunch



**HOT STUFF:** Raymond Blanc with some of the ingredients for his tasty treat

roasted red peppers. Place the lid on and tuck in all the filling.

Using a tea towel, secure the two halves together ensuring nothing can leak out of the sides, add a second layer of cloth, turn upside down and place it in the fridge with some plates stacked on top to compress the bread into the filling. Leave for two hours and slice. Serves up to eight people.

*Our dietician says: This provides iron from the meat and calcium from the cheese. It is high in saturated fat, which is linked to obesity, raised cholesterol, and high blood pressure,*

*so limit to a small serving. The olives provide Omega 3, which acts in the opposite way, lowering cholesterol.*



**MARCUS WAREING**  
head chef at the Berkeley Hotel, Mayfair

**Indian 'Thali' Sandwich**

An exotic sandwich that's very tasty, although you need

to make it in advance. Mix two tablespoons of unsweetened yogurt, a quarter teaspoon of toasted cumin seeds (bashed slightly), a fifth of a cucumber (peeled, deseeded and grated), a pinch of salt and a leaf of mint, finely chopped. Slice or shred 60-80g of chicken (leftover roast chicken or cooked chicken breast).

To make the curry butter take 50g butter, softened; quarter teaspoon of turmeric, quarter teaspoon of ground cumin, quarter teaspoon garam masala, a pinch of salt and mix together well and store in the fridge

for up to one week. Spread one of the slices of your favourite bread (mine is Poilane for its malted, slightly sour flavour) with the curry butter, place the chicken on top followed by the raita, one leaf of shredded iceberg lettuce and six sliced mangetout.

Spread one teaspoon of dark-coloured mango chutney on the other slice of bread and place on top of the sandwich.

*Our dietician says: This is great because it has lots of spices in it, particularly turmeric, which contains curcuminoids that have anti-cancer properties. Make sure the skin is taken off the chicken to lower the fat content.*



**AINSLEY HARRIOT**  
TV chef and Ready, Steady, Cook presenter

**Fresh crab and rocket**

This could not be easier – or more delicious. Simply add some fresh crab, or tinned if you must although it's not much cheaper, to a nice buttered brown bloomer, add some rocket then drizzle generously with sweet chilli sauce – lovely.

*Our dietician says: Crab is not an oily fish so doesn't contain huge amounts of Omega 3 but it's still a healthy choice as it's really low in saturated fat. Use lots of rocket as it contains beta carotene, which provides good eye health. Chillis are also a source of beta-carotene and capsaicin, an antioxidant.*



**DAVE MYERS**  
one half of the Hairy Bikers

**Steamed chicken with lemon and garlic**

Take one chicken breast and rub it with some olive oil, salt and pepper and add a slice of lemon on top. Add a little garlic under the skin and steam for 20 minutes.

You can add chillis if you like something spicy. When it's done, allow to cool and discard the lemon, garlic, chillis and skin and slice it up.

Serve in between crusty bread with handfuls of rocket and salad of your choice.

You can add mayonnaise, lemon juice or capers to moisten.

*Our dietician says: Add the chilli and capers if you can handle them because you'll get some extra nutrients from them as well as the flavour.*

*This is another good combination of meat and vegetables – try to squeeze in as much rocket or salad as you can because of the fibre and the extra nutrients they contain.*



**TOM AIKENS**  
owner of Tom Aikens restaurant in London

**Cold poached salmon with dill and lemon mayonnaise**

Mix the zest of half a lemon into one or two tablespoons of mayonnaise. Slice a seeded soft roll in half and spread the lemon mayonnaise on both pieces.

For the cold poached salmon, you can either use tinned, cooked salmon or poach your own until soft and flake it with a fork. Bind with the lemon mayo until moist.

For the pickled cucumber, use baby cucumbers where possible. Slice thinly lengthways. In a small pan, heat a mixture of three tablespoons of water, one tablespoon of white wine vinegar, two teaspoons of sugar and some dill sprigs until simmering. Add the sliced cucumber, take off the heat and leave to cool and marinate. This is best done the day before.

On the bottom half of the roll, lay the gem lettuce, sprinkle on a little olive oil, some fresh lemon zest, salt and pepper and add a dollop of the salmon. Lay four slices of pickled cucumber on top and then replace the lid of the bun and eat.

*Our dietician says: A delicious way to have a good shot of omega 3 from the salmon. Omega 3 is great for heart health and the brain. The salmon has been nicely combined with vegetables for a really nutritious sandwich.*



**KARMEI**  
cookery writer and author of Lunchboxes

**Prawn and watercress**

Spread four slices of granary bread with margarine or softened butter. Arrange a handful of watercress on the bread. Mix 125g prawns together with two tablespoons of mayonnaise and one tablespoon ketchup and a drop of Worcestershire sauce and spoon on to the watercress.

Sprinkle with paprika and sandwich together with the remaining bread. Cut into quarters and trim the crusts.

*Our dietician says: Prawns are a good, low-fat source of protein – although they can be high in salt. This sandwich needs Vitamin C to make sure you absorb the small amount of iron in the watercress – so add some slices of red pepper or serve them on the side.*

● Lunchboxes, Ebury Press, £6.99.



**THOMASINA MIERS**  
MasterChef winner and co-owner of Wahaca restaurants

**Sausage with wholegrain mustard, lettuce and mayonnaise**

Butter two slices of granary bread and then slice one-and-a-half good-quality cooked sausages on to one of the slices. Spread a dollop of mayo and half a teaspoon of whole-grain mustard on the sausages. Add some baby gem lettuce and finish off with the second slice of bread.

*Our dietician says: Make sure that you use sausages with a high lean-meat content to maximise the nutrients, especially iron and zinc.*

## this healthy organ to science is a no-brainer

and Multiple Sclerosis. There is currently no national network for organs donated to medical science, as there is for transplant organs. To donate an organ, individuals must contact specific charities or 'brain banks' before giving written consent.

There are about 20 brain banks run by British universities and charities that collect brain and spinal cord tissue. An estimated 1,000 brains are donated each year for scientific research, but the real problem is a shortage of healthy donors.

Imperial College London is the

primary brain bank for research into Parkinson's and MS. Organs donated to them are distributed to laboratories throughout the UK and internationally. They receive around 100 brains a year, but just ten from healthy individuals.

Richard Reynolds, Professor of Cellular Neurobiology at the university, says: 'We need ten times as many healthy donors. The lack of brain tissue is undoubtedly slowing down research.'

However, carrying a Donor Card does not mean your brain can be

accessed by medical researchers. There are only 20 brains available for research into autism, a condition said to affect one in 100 children, yet charities say 800 are needed to conduct meaningful research. Similarly, dementia scientists need about 200 more brains a year to study the disease that affects 700,000 in the UK.

'If you consent for us to use your brain and spinal cord after you die, it doesn't mean any of your other organs can be used by anyone else,' explains Prof Reynolds.

'Although you can leave your whole body to a medical school to be used for teaching student doctors, single organs must be bequeathed to specific banks.'

'Ninety per cent of the brains we receive are usable – the only ones that are not viable are those that have suffered from a number of diseases simultaneously, meaning we can't determine the individual effect of each disease.'

● [www.parkinsonstissuebank.org.uk](http://www.parkinsonstissuebank.org.uk)  
[www.ukmtissuebank.imperial.ac.uk](http://www.ukmtissuebank.imperial.ac.uk)