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N A O M I  
W A T T S

"I'M VERY LUCKY THAT I GET  
TO DO WHAT I LOVE, AND BE  
A MUM - NOTHING COMPARES"

## SHOP 'TIL YOU DROP

ALLOW US TO  
INTRODUCE YOUR  
PERSONAL STYLIST

## WORKING LUNCH

COOK UP A STORM WITH  
SOME HELP FROM THE  
PROFESSIONALS

## SCENTS OF STYLE

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SWEET-SMELLING HOMES

## LIFE IN LILAC

HOW TO USE THIS TRICKY  
TINT TO CHIC EFFECT

92

PAGES OF  
LONDON'S  
FINEST HOMES



Whatever your  
experience or taste,  
the expert chefs at  
L'Atelier des Chefs will  
have you cooking up a  
storm in no time

## ON TRIAL: L'ATELIER DES CHEFS: COOK, EAT & RUN

It's not often that we get to take a full hour off at lunchtime, so when the opportunity arises, we like to make the most of it, which is why we found ourselves donning aprons at Marylebone's favourite cookery school one rainy Thursday. The course literature promised that a professional chef would teach us to prepare a simple yet delicious main course recipe in half an hour, we'd then tuck into the fruits of our labours with the rest of the group and be back at our desks in an hour. To say we were sceptical about these timings is an understatement...

We were greeted by André Dupin, whose experience includes working at Chez Bruce, and with Gordon Ramsay at Claridges. He introduced the dish for the day – honey-glazed duck breast with stir-fried Chinese cabbage and spiced plum sauce – and explained that he would give us a quick demo, but that the class was hands-on, so after that, it would be down to us.

We were fortunate to visit on a quiet day; with only four of us in the group we had André's almost undivided attention (fingers trembling as we handled the sharp knives, we weren't sure if this was such a good thing!). We soon discovered that though it sounded impressive, the principles behind the dish, though new to us, were relatively straightforward, and other than an incident with some char-grilled duck breasts, the half hour passed successfully, and uneventfully.

As we settled down to tuck into our feast we felt suitably proud, and justified in raising a glass of vino to toast our skills. As lunch breaks go, this one was great value, and great fun, too...

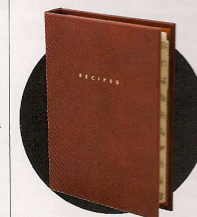
Classes run Tuesday to Friday at 12.30 or 1.30 and cost £15 (menus vary). 19 Wigmore Street, W1 (020 7499 6580); www.atelierdeschefs.co.uk



## WE LOVE...

Hands up who has stuck to their New Year's five-a-day resolution... Come on, we know we're not the only guilty party. Being saintly just got that little bit easier though, thanks to these clever Pulp sachets, which are now available to buy in Waitrose for just £1.29. No mess, no chopping or peeling, just blended fruit straight from the sachet, in a selection of interesting combos – easy, and delicious, too.

www.pulpfruits.co.uk



## SAY IT WITH TASTE

Want to show your mum you love her this Mother's Day? Well, forget bubbly and chocs, they've been done to death. No, we think this might just be the perfect gift for a foodie mum: the stylish leather-bound recipe binder from Aspinal is a guaranteed winner – woe betide you if you splash tomato juice on it, though... £89, 25 Brook Street, W1 (020 7493 9509); www.aspinaloflondon.com



LOOKING TO TREAT YOUR MUM TO SUNDAY LUNCH THIS MOTHER'S DAY? CHECK OUT THE TASTY LOCAL SUGGESTIONS IN THE LITTLE BLACK BOOK SECTION OF **WWW.FABRICPROPERTY.COM**