

Buy online

Artisan biscuits, www.artisanbiscuits.co.uk

The most delicious biscuits we've tasted in a long time, handmade using quality ingredients. We love the Fig & Oat and Vanilla & Walnut Caffè Dolcetti while the Miller's Stones Wheat biscuits are very moreish, too. Prices from £2.10, buy online from www.finecheese.co.uk.



Kentish Cobnuts,
www.kentishcobnuts.com

Delicious products from cobnut oil to fudge, nut brittle to zingy rhubarb and ginger chutney. All containing Kentish cobnuts, they're locally made either at or near Potash Farm. Prices start from £4.25 for the Cobnut brittle, and gift hampers are also available.

Fridge Vs Larder

PizzaExpress Pesto al Basilico,
£2.75, 120g, Tesco

A premium pesto with a lovely aromatic fragrance of fresh basil and olive oil.

Chunky pieces of pine nuts add to the texture. It's ideal for tossing with PizzaExpress's new fresh pasta or simply spooning over some grilled or baked fish.



Filippo Berio Tomato & Ricotta Pesto,
£1.99, 190g, Morrisons

A handy jar to keep in the cupboard for an instant fresh summer flavour. The sweetness of ripe tomatoes mixed with ricotta cheese gives a lighter flavour than the classic basil pesto. It would be delicious with roasted vegetables, jacket potatoes or just stirred into risotto.



EAT LIGHT

Kerrygold Lighter Unsalted Reduced Fat Irish Butter,
£1.30, 250g, Morrisons

Suitable for cooking and baking, and tasty enough to spread on bread, this has 25% less fat and a lot going for it.



Davidstow Cornish Classic Lighter Cheese,
£3.99, 345g, Tesco

You really wouldn't guess this was a reduced fat cheese. Matured for 14 months to give a rich nutty flavour, it contains 30% less saturated fat than traditional Davidstow Cheddar.

Grill thrills

Quick ways to make your barbecue food taste fab

Spicentice Tandoori Salmon,
£1.99, 23g, Asda, Budgens, Ocado and www.spicentice.com

One of 22 different spice kits, this tandoori mix makes sizzling salmon.



Nando's BBQ peri-peri seasoning rub,
£1.25, 25g, Tesco, Asda and Morrisons

A smoky blend of spices, herbs and bird's eye chilli. The pack can flavour a whole chicken or 1kg of chicken wings.



Jack Daniel's Hot Chilli Barbecue Sauce,
£1.99, 260g, Nisa stores

A tangy sauce with a sweet and spicy flavour that packs a punch. Serve it with burgers, bangers and ribs.

Kikkoman Teriyaki Marinade,
£2.89, 250ml, Sainsbury's and Tesco

This blend of Kikkoman soy sauce, wine and spices gives a classic barbie taste to steaks, salmon and prawns. Marinate for about 2 hours or if time is short brush it on the food as it cooks.



Fussell's Somerset Chilli Oil,
£4, 250g, www.fussellsfinefoods.co.uk and independent shops

This extra-virgin rapeseed oil with local chillies has a nutty flavour and quite a kick.