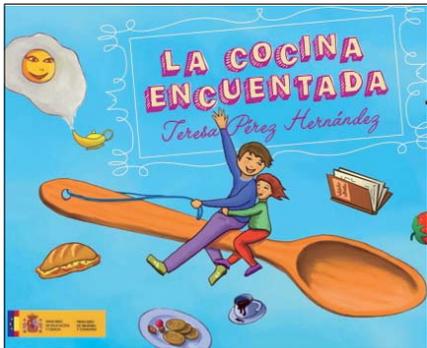


Tales and tortilla

□ A marvellous book has just been published to encourage children to read and choose the right things to eat.



Irresistible and essential reading matter for kids and parents

At the same time as the Canaries and Andalusia were highlighted by an expert on nutrition as the two regions with the worst eating habits, help came to hand with the publication of a new book aimed at helping kids to make the right food choices as well as inspiring them to read more.

Journalist, Teresa Pérez Hernández, was the brainchild of the original project that now counts on 15 staff including a biologist, two pharmacists, two teachers, a doctor, a paediatrician, a psychologist, a pedagogue, a chef, a children's entertainer, an illustrator, stylist and photographer and a graphic designer. Together they have developed a range of ways of connecting with kids to help to fight infant obesity and encourage healthy eating habits and reading by interactive performances,

workshops, courses, chats and two books, the latest of which is called *La Cocina encuentada*.

Edited by the Ministeries of Health and Education, the compilation of 40 stories and 40 recipes has been designed by these experts to make reading and eating correctly irresistible to the children and adolescents who read it. According to the book's author, Teresa, the idea is to help the youngsters to understand, "that cooking is fun and that they can join in with the creation of many tasty and very nutritious dishes".

Herself a mum of two youngsters, she told us that the idea for the project came from her own, "passion for cooking and reading". Priced at just 12 euros, locate it on ISBN: 8496509672. For more information check out the website on www.lacocinaencuentada.com.

Great food at El Caracole

□ I am sure like myself that you have often walked passed a street or a place and never realised it was there and I would like to tell you about a little gem that Lee and I discovered.

It is in the commercial centre which is situated in the Los Cristianos Sunday market. El Caracole is a small, intimate beautifully designed restaurant on the first floor of the centre which we recently visited and especially if you are looking for something a little different from the usual run of the mill eateries that are associated with the south of the island I can certainly recommend this lovely little place to visit for either lunch or dinner and I can assure you that the two chefs provide an excellent selection of German style dishes doing this establishment a great justice and if good food in a beautifully designed restaurant are what you are looking for you will not be disappointed.

The entrance to this lovely little restaurant has a superb terrace area where perhaps you can enjoy a pre-dinner drink. What impressed Lee and I very much about this restaurant was the superb decor and the presentation of the fresh tablecloths and the way that each table was laid out for a very enjoyable meal.

The dishes here are very different and I can assure beautifully served and presented. To begin I had the Milfoils with crabmeat and confit of eggplant and Lee chose the variation of foie gras with tomato-lime marmalade.

Just as our visit followed Christmas and I hadn't eaten enough already I had another course which was a consommé of partridge with saffron royal and sherry. For our main course I had the breast of partridge stuffed with truffles and vegetables and Lee

CAPTAIN'S TABLE

By Norman Simms

Voted International food critic of the year by the World Meat Eaters' Association



We were impressed at the restaurant's table presentation

settled for the saddle of lamb with rosemary sauce and celery gratin. The food I can assure you was absolutely superb and if you visit this lovely restaurant then you are in for a great feast and cooking at its very best. The meals here will satisfy the most hungry appetites, I hope, whilst not being as well known as many other of the superb restaurants we have

on the island, I am sure that it will soon gain a reputation that will make this a very busy restaurant. It is easy to park as there is lots of off street parking near the Sunday market and the restaurant is open for lunch and dinner every day.

The telephone number is 922 7891491. Try it and you wont be disappointed.