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FOOD

What's New In Food This Month



From flavoured-infused tahini to nutrition cookery courses, there's plenty going on in the culinary world this month. And while January might be the time to double down on vegetables and healthy snacks, we're always looking for something that's worth a moment of indulgence too...

22nd January 2020

SAVE TO MY FAVOURITES



Grecious

Grecious is a family-run business celebrating Greek flavours. Although their products are inherently healthy, their richness also pays tribute to Greece's decadent history. Created by blending premium tahini – made from nothing but sesame seeds – with extra additions such as smooth cocoa powder or honey, these spreads easily give Nutella or the usual peanut butter a run for their money. Best of all, it's protein-packed and vegan-friendly.

HarveyNichols.com

Mirabeau Pink Gin

Made using the grape alcohol extracted during the dealcoholisation process for the brand's new lower alcohol rosé, Mirabeau Rosé Gin stands out in this rapidly-expanding category. Inspired by the wild botanicals growing on their wine estate near St Tropez, the makers set out to create a truly unique and original gin. The result isn't to be missed.

Visit MirabeauWine.com



Double Dutch

Low-calorie, vegan and using 100% natural and organic ingredients, Double Dutch's innovative mixers and tonics will add a sparkle to any drink - even for those sticking to Dry January. With unique flavour combinations such as Cucumber & Watermelon, Pomegranate & Basil and Cranberry & Ginger, Double Dutch's mixers can be drunk straight or used to create delicious, easy-to-make cocktails at home.

Visit DoubleDutchDrinks.com

Plant Power by Annie Bell

For meat-eaters, adding a healthy dose of protein with a chicken breast, fillet of salmon or lamb chop is pretty straightforward. But what about vegetarians or vegans? Not to worry. In *Plant Power*, Annie Bell shows you exactly how to source the best plant proteins from high-quality unrefined whole foods.

Available at Waterstones.com



Annie Bell

PLANT POWER



Cookery and Nutrition Course

The chefs at London-based cookery school Sauce have developed a cooking class aimed at improving lifestyle and eating habits.

Together with guest nutritionists, participants are led through a half-day session which follows the principles of move, learn, cook, eat, and thrive: key components for a happy and healthy life. The best bit? Kick-start your day at The Langham Spa before cooking up a healthy lunch. It's guaranteed to get you out of the January slump and focus your mind for the year ahead.

SauceByLangham.com

Bottleshot Cold Brew Coffee

Not to be confused with iced coffee - which is simply "hot" coffee poured over ice - Bottleshot steep their premium, ethically sourced Arabica beans in cold water for 18 hours. Just one can is as strong as two shots of espresso, with an extra kick from the added chicory. Even so, Bottleshot has 60% less acidity than regular coffee, so it's kinder to your gut.

BottleshotBrew.com



Other Foods Snacks

Other Foods are starting a culinary revolution. Their slow-baked, vegan-friendly nibbles, made with just a pinch of Himalayan salt, have all the moreish indulgence of something far naughtier, but contain fewer than 100 calories per portion and no artificial colour, additives or preservatives. They're also one of your five a day. Our favourite are the Okra 'Ladies Fingers' - an excellent source of fibre, vitamin A and beta-carotene. The best news? Okra promotes gut and eye health, nourishes the skin and combats fatigue, too.

HarveyNichols.com

Peckham Sauce Co

The Peckham Sauce Co hero is a Dutch chilli and Scotch Bonnet blend, fermented with garlic, paprika, mustard seeds, coriander and cardamom, to create a flavour combination like no other. There's also a sweet and tangy option, for those who prefer things on the milder side. Packed with mouth-watering freshness and fragrance, all the sauces are designed to enhance the natural flavour of any dish.

PeckhamSauceCo.com



Mill & Mortar

According to the Danish fine spice emporium's founder [Iben Büchet](#), knowing the origin, and how your spices were picked and processed, can revolutionise the food and drink you create. We also love that packaging.

HarveyNichols.com

INSPIRATION CREDITS: [Instagram.com/bottleshathrow](https://www.instagram.com/bottleshathrow)

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VEGETARIAN

Carrot & Courgette Laksa

Making it from scratch is totally worth the effort, but you could use a ready-made Malaysian-style red curry paste if you prefer – in fact, most south-east Asian pastes work well in this dish. Curries are also a fantastic vehicle for nutrient-rich vegetables. Carrots are a widely available source of beta-carotene, but you could use grated sweet potato or butternut squash as an alternative. Meanwhile, the grated apple brings a touch of sweetness to mellow out the heat.

20th January 2020

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[PRINT RECIPE](#)



Total Time: 20 Minutes

Serves 2, with leftovers

INGREDIENTS:

- 500ml of water



- 600ml of water
- 1 vegetable stock cube
- 150g homemade Malaysian Laksa Paste (or 4tbsp shop-bought paste)
- 400ml tin of coconut milk
- 200g of brown rice noodles
- 200g of carrots, grated
- 300g of courgettes, grated
- 200g of green beans, roughly chopped
- ½ red chilli, finely chopped

To serve:

- Chopped fresh coriander
- ½ red apple
- 1 lime, halved

METHOD:

1. Bring the water to the boil in a large saucepan and dissolve the stock cube. Add the laksa paste and coconut milk and bring to a simmer.
2. Add the noodles and stir for 2-3 minutes, then add all the vegetables. Bring to a simmer and allow the flavours to marry for a few minutes before dividing among large bowls.
3. Scatter the chilli over each serving, along with a little chopped coriander. Grate over some apple and finish with a squeeze of fresh lime juice.

VARIATIONS

- + Swap the brown rice noodles for white rice noodles or other noodles you have on hand (bearing in mind that they might take less or more time to cook).
- + Try grating other vegetables like celeriac, parsnip or even beetroot for a delicious earthy twist.

Recipe courtesy of *Eat to Beat Illness* by Dr Rupy Aujla (Harper Thorsons, £16.99). Visit TheDoctorsKitchen.com.

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LIFE

When, How And Why You Should Draw Up A Will



You might not have children yet, or think you own anything worth leaving behind, but it might surprise you to know that - despite your financial situation - having a will could make things a lot easier in the long run. Here, four estate planning experts share their advice for getting one drawn up before it's too late...

20th January 2020

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Draw One Up

Once you acquire an asset, no matter how big or small, experts agree everyone over the age of 18 should consider preparing a will, to guarantee things are passed onto the people they choose. "Many young professionals are under the misconception that they don't need a will or think they are too young, both of which are incorrect," warns Amy Lane from law firm [Thomson Snell & Passmore](#). "In addition to having a will, you should have Lasting Powers of Attorney in place, which gives the power to deal with your assets should you become incapable of doing so through accident or illness." Jodie Wielgus from [Ramsgate Solicitors](#) adds: "In my experience, many people make wills when they buy a house, get married or have children but these are not the only situations when a will is an important document."

Evaluate Your Entire Estate

Your estate is everything you own, from your personal possessions to your house, and all money held in bank accounts. "A will can also deal with any trusts that may be required, the appointment of guardians for minor children and any specific items you may wish to pass onto certain people such as jewellery," adds Jodie. It's important to also think about passing on any investments and shares, or personal 'chattels' such as art and furniture. There are only a few minor exceptions when assets don't get passed on. "Assets which may not always be distributed include life insurance policies or private pensions – so it's always useful to check with your provider as to whether these assets form part of your estate," says Sarah Wintle from law firm [Irwin Mitchell](#).

Don't Try This At Home

Experts agree it's easy to go wrong when drawing up a homemade will without taking professional advice. Doing it yourself might mean you forget to appoint executors and trustees, or have the document witnessed or signed incorrectly. "A will is a very important legal document and as such, anyone considering making a will or updating an existing one should take professional advice to ensure it is valid and suitable for their specific circumstances," advises Jodie. DIY jobs might not cover situations which could develop in future either, and as time passes, existing clauses and provisions tend to lapse, warns Sarah.

Take The Right Advice

If your circumstances are complicated – think second marriage, vulnerable children, family estrangement, family issues or assets held abroad – a solicitor can help you make a more informed decision, explains Elizabeth Power at law firm [Paris Smith](#). "You should see a solicitor who is experienced in drafting wills and ideally a member of [STEP](#) (the Society of Trust and Estate Practitioners) – a global professional association for practitioners who specialise in family inheritance and succession planning." Beware of unqualified 'will writers' too, warns Amy, as they tend not to be appropriately insured. Finally, find a solicitor with private client experience, advises Jodie. If you can't afford one, charitable schemes do run throughout the year where solicitors write wills for free and donate their fee.

Appoint An Executor You Trust

Anyone over the age of 18 with the right mental capacity can be an executor of your will – which means it's their job to kick things into action after you're gone. It doesn't need to be a family member and can be someone who benefits from the will, too. But that doesn't mean you shouldn't think carefully about who to appoint. "You need to be satisfied the individuals you choose will carry out the role appropriately and ensure the wishes in your will are adhered to," warns Elizabeth. "The role of executor can be an onerous one and you may want to consider asking those you would like to appoint before signing your will," adds Amy.

Finally, it is possible for a professional person, such as a solicitor or accountant to be named as executor. Just be aware these executors charge a fee for acting in the role, so the complexity of your estate needs to justify their appointment. Generally speaking, it's a good rule of thumb to appoint between one and four executors. "I would always advise my clients to name more than one executor or at least have a replacement ready in case the first one is incapable of acting for any reason," recommends Jodie.

On a Similar Note



DIET & HEALTH

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PROPERTY

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Acknowledge Intestacy Provisions

Not many people realise the government automatically writes a will for you. These are called the intestacy provisions, which specify how your estate passes if you die without anything in place. "This may not be to the people whom you would choose and may have adverse tax consequences," warns Jodie, while Sarah cautions that the law doesn't consider relationships with friends or even close acquaintances outside of the immediate family. "Even if you haven't had a relationship with a family member for many years, they may still be entitled to a portion of your estate if you die without a valid will in place," she warns.

Decide Whether To Tell Your Family

Because a will is a private document, it's entirely your call whether you tell your family one exists. However, to ensure that there's no confusion on your death, it might be worth letting someone you trust know where the original document is held. This can be especially important if specific funeral wishes are explained in the pages. Telling a few close family members where things are will also save them time when it comes to tracking down the right documents after you're gone. "It also allows them to directly contact the right law firm holding the will," adds Sarah.

Review The Will Regularly

Opinions differ on how often a will should be reviewed or updated, but experts agree it's best to check it at least every five years, or sooner if there's been a change in your circumstances. For example, it's important to know that marriage revokes most existing wills, while the death of someone mentioned in a will or a change in your financial circumstances could also have significant bearing. It's worth ensuring your will still makes the most of any available tax reliefs too. "Births, deaths, divorce and other lifetime events are all triggers for people to consider whether an update needs to be made to any current will they have in place," says Sarah.

Understand What Happens When You're Gone

After your death, a member of your family or an appointed executor will register it. Following that, the funeral is arranged, while the executors decide on the value of any remaining assets and deal with paying off any outstanding debt you may have. "The executors will probably need to apply for a Grant of Probate (a legal document which allows executors to sell or transfer any property held in your name) and then ensure your liabilities are paid and your assets distributed in accordance with the terms of your will," explains Elizabeth. It's common for executors to ask for a solicitor's help when it comes to handling the estate, particularly if it's complex or has trust and tax implications.

See It As An Act Of Reassurance

Because a will takes care of several things at once, its existence should allow the whole family to feel more secure. "It's a useful vehicle for inheritance tax planning, protecting assets for vulnerable adults or children, protecting assets for the purposes of care funding and providing for guardians," says Elizabeth. Ultimately, wills enshrine concrete plans and wishes across your entire estate, which stops friends and family raising uncomfortable questions or butting heads unnecessarily after you die.

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WEDDINGS

The Date All Brides-To-Be Need In Their Diary





If you're recently engaged or a bride-to-be, this exclusive event is definitely one for the diary. Now in its fifth year, The Wedding Present Company is hosting its annual wedding showcase at its Chelsea showroom on 5th February, where newly engaged couples will find a host of industry experts to ensure the planning gets well and truly underway...

17th January 2020

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CREATED IN PARTNERSHIP WITH THE WEDDING PRESENT COMPANY

A must-visit event for brides, [The Wedding Present Company](#) is dedicating each room in its double-storey showroom to a different supplier in the wedding industry. Every supplier has been hand-picked by its expert wedding list advisors following a personal experience, allowing couples to meet and chat through ideas with some of the very best in the industry. It's strictly RSVP-only, so ensure you snap up your ticket before it sells out.

Here's more on what to expect on the day, as well as some of our favourite brands attending...

Fashion & Beauty

Don't panic if you're yet to find the dress. [Miss Bush](#) – which has more than 30 years of experience in dressing stylish, fashion-conscious brides – will be taking over the [The Wedding Present Company](#) bedroom. Combining knowledgeable styling advice with an exemplary fitting and alteration service, brides can browse the curated selection of gowns alongside a range of mix-and-match dresses from bridesmaid specialists [Maids to Measure](#). For younger page boys or flower girls, be sure to chat to [Pipkin Clothing](#), an independent, family-run brand offering timeless and traditional clothes - as well as a bespoke tailoring service - for babies and children up to ten years old.

Meanwhile, experts from [Jo Malone London](#), and professional hair and makeup artists [Carolanne Armstrong](#) and [Sharon Roberts](#) will be on hand to talk all things beauty. With the ability to cater for every complexion and personal style, Carolanne's approach is relaxed, confident and dedicated to each individual. Meanwhile, national Hairstylist of the Year winner Sharon Roberts knows a thing or two about wedding-day styles. Both Carolanne and Sharon will be doing mini-trials on the night, while brides can also enjoy free hand massages from the Jo Malone London team.



STORIES BY JULES AND BEN WIGGLESWORTH



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Florists & Stationers

Finding her inspiration in the changing seasons and surrounding Cotswolds countryside where she lives, [Millie Richardson](#)'s distinct floristry transforms traditional venues and blank canvases into beautiful spaces. Millie will be taking over [The Wedding Present Company](#)'s garden to show brides-to-be how she creates beautiful wedding bouquets using seasonal blooms. Also on the night, the founder of south-west London's [ERA Calligraphy](#), Ellie, will be showcasing some of her most loved bespoke commissions. She'll be chatting to couples about all their wedding stationery needs from save the dates, to invitations and to seating plans.

Venues & Entertainment

Toying between a venue and a marquee? [Inside Outside](#) design and deliver impeccable wedding marquees. Meet the team in [The Wedding Present Company](#) sitting room to discuss how a bespoke marquee could be the ideal venue for your wedding. Meanwhile, [The House of Lemon](#) will be providing a roaming band on the night, proving they can get any party started.

When it comes to capturing the best images of the day, brother and sister duo [Jorge Events](#) provide bespoke photography and videography services, shot in a candid fashion, capturing special moments in an unobtrusive manner. As well as documenting the night, they'll be available to chat to couples on the night, too. For a more hands-on, portable option, [Boomerang Booth](#) delivers boomerangs directly to your phone. Chic, modern and with professional lighting, it could be a fun addition to your wedding.



STORIES BY JULES

Food & Drink

A mobile cocktail bar company, delivering cutting edge drinks and some of the best staff in the industry, [The Cocktail Service](#) consistently delivers bespoke wedding cocktail menus. The team will be taking over [The Wedding Present Company](#) bar and serving free-flowing drinks all evening. Meanwhile, caterers [Two Many Cooks](#) serves great food with impeccable presentation and service. The team will be serving a delicious selection of canapés and show-stopping wedding cake throughout the evening.

The Gift List

The trusted expert for a boutique wedding list, [The Wedding Present Company](#) helps couples find presents they will love and use forever from its portfolio of over 400 brands. Having used the service ourselves, we know just how invaluable it can be...

Need-To-Know

What: [The Wedding Present Company](#) Showcase

Date: Wednesday 5th February, 6.30pm-8pm

Where: [The Wedding Present Company](#) Showroom, [The Furniture & Arts Building](#), 533 Kings Road, Chelsea, SW10 0TZ

RSVP: Tickets cost £10pp + booking fee and include complimentary cocktails, canapés and goody bag (first come first served). Purchase from [Eventbrite.co.uk](#)

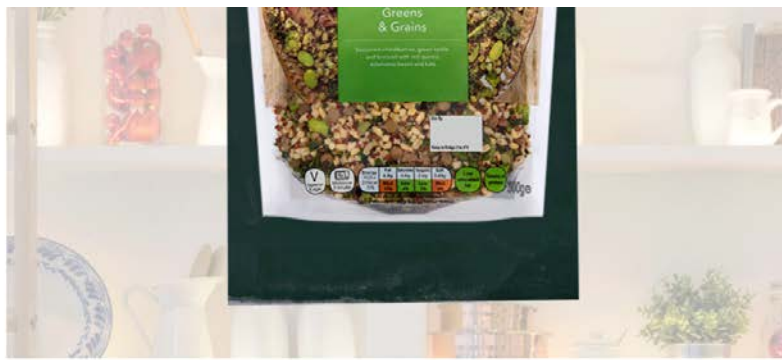
For more information on [The Wedding Present Company](#) or to start creating your gift list visit [WeddingPresentCo.com](#)

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FOOD

Food Maths: Greens & Grains





Co-Op Greens & Grains are the ultimate healthy additions to any meal. For a trio of uncomplicated everyday dishes, look no further than these green-filled crowd-pleasers, says Chloe Scott-Moncrieff.

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