

Nougat, nuts and lobster tails

Divinely soft nougat, proper ginger beer, spicy beer snacks... Yum yum, says **Caroline Boucher**

There are some tasty and handy products that have just burst onto the market. Here are my favourites:

DELICIOUS POWER SNACKS

At last! Healthy snacks that are absolutely delicious. Kristina Locke founded her tiny company - Conscious Food - and spent months in India sourcing these hand-made little baked biscuit snacks from small organic farmers for a fair price. Made from millet, brown rice, sesame and sorghum, there is a range of sweet and savoury from £1.99 a bag. Details and stockists www.consciousfood.co.uk

CARETRADE OLIVE OIL

Bestango is another good-deed product - a pure extra virgin oil from Liguria that carries the CareTrade mark. Profits go to support employment for autistic children. At £12.95 plus p&p for a 500ml tin, this very tasty oil is available from www.bestoliveoil.org, or from next year, at London's Borough market.

HEBRIDEAN LOBSTER TAILS

Hebridean Smokehouse have added lobster tails to the menu! Caught off the Outer Hebrides and peat-smoked, these delicious crunchy tails cost £15 for 100g inc p&p (one serves two) from www.hebrideansmokehouse.com or Fortnum & Mason.

LIQUID CARAMELS

Now a familiar name in the supermarket, Gü never puts a foot wrong. They started off with the best chocolate puddings and have now moved into confectionery like these superb liquid caramels. From Tesco, Waitrose, £3.49.

PERTSHIRE EXTRA-VIRGIN RAPE SEED OIL

Grown on the Ferneyfold family farm in Scotland, this oil's strength is its tastelessness, which makes it a brilliant and healthy cooking option. Available at £1.40 per 100ml from Demijohn mail order in Glasgow. www.demijohn.co.uk

REAL GINGER BEER

Good ginger beer is hard to find, but this brilliant one from Fever-Tree, a small and very classy little company, is high on ginger and low



Clockwise from top left: Burnt Sugar's Fluffy Nougat; nuts and seeds from Olives et Al; Mary Chocolatier; Fever-Tree's ginger beer; Gü's chocolate caramels.

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on sugar. It joins its mixer mates of tonic water, bitter lemon etc in Waitrose; www.fever-tree.com.

SPICY BEER NUTS

Dorset company Olives et Al do the best olives in the country, and now they've brought out a range of punchily flavoured nuts, £14 for a pack of eight different ones, or from delis.www.olivesetal.co.uk

FLUFFY NOUGAT

Embrace that sugar rush. Burnt Sugar's original fudge is off the scale. Now they've brought out Fluffy Nougat with caramel ripple that doesn't pull your teeth out. Available at Tesco, £1.99.

HOT NEW CHOCOLATES

Royal warrant holders in Belgium, Mary Chocolatier have just opened their first shop at the Westfield shopping centre. Freshly made and intensely flavoured, you can taste before you buy and they also do a very good range for diabetics. Prices start from £8.50, Southern Terrace, Westfield Shopping Centre, London, or www.marychocolate.co.uk

THE BEST BURN CREAM

Developed by a dermatologist who saw the damage that could happen in kitchens, we should all keep a bottle of this handy. It contains Lidocaine to dull pain plus vitamin E, aloe, arnica and chamomile. £29.95 for 75ml from www.roullierwhite.com or 020 8693 5150.

CHILLI MILL

A great way to avoid lethal chilli fingers - this can do fresh and dried, £14.95, from www.theoriginalgift.co.uk; 08444821717.

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'Embrace that sugar rush with nougat that doesn't pull your teeth out'