

Food news by Summer Nocon



SUGAR IN THE BLOOD As she grew up with a mother who made sweets from scratch, it came as no surprise that in 2001 Justine Cather launched Burnt Sugar, a fudge company that uses only Fairtrade unrefined sugar (retaining its natural colour and flavour) grown in west Kenya, and copper mixing pans that, Cather believes, deepen the caramel flavour of the cooked sugar. Cather has created fudges ranging from sea-salt caramel to white chocolate and strawberry, as well as butter toffee and coconut ice, that can be purchased from Burnt Sugar's shop in London's Borough Market (pictured), Waitrose, selected Tesco, Morrisons, Oxfam, Booths, Whole Food Market and leading delis across Britain, or online from ethicalsuperstore.com. From £2.99 for 85g (0844-800 4064; burntsugar.co.uk). **Photograph by Michael Jones**