

The Sunday MUNCH

Easy cheesy

Président and Sociétés have launched four new continental cheeses – perfect for snacks or as part of a main meal. Sociétés Roquefort Cubes, £2.79, can be mixed into salads or added to pizza, while Président's Brie Portions, £2.99, are perfect for lunch boxes. There are also two spreads – Crème de Camembert and Crème d'Emmental, £1.39 each.



Potato haters

A survey by the Potato Council found a third of young mums avoid spuds, believing them to be fattening and high in calories. A 175g serving of new potatoes has just 116 calories and 0.5g fat. Nutritionist Fiona Hunter said: "Eating potatoes can actually help with weight management."



Posh gin

Gin fans will love the new premium Scottish gin, Caorunn. Made from five Celtic botanicals, Caorunn has a dry, crisp taste and is perfect for making G&Ts or cocktails. Caorunn includes an organic blend of Couli Blush Apple, Rowan Berry, Heather, Bog Myrtle and Dandelion and is made at the Balmenach Distillery. It costs £21.98. Visit caorungin.com for details.



Pricy honey

The price of honey could rise by as much as 50p a jar due to this year's summer downpours. Experts say bee colonies were starved of food as the bees couldn't go foraging. Natural England is trying to combat the problem by encouraging people to create urban hives and invest in insect-friendly plants.



Hot

Not

Recipe Corner Spinach, Cheddar & Tomato Pancake Lasagne



SERVES 4

Step 1: Preheat the oven to 180°C/350°F/Gas Mark 4. Tip 175g of plain flour into a large bowl, add 2 small eggs and 450ml of milk and beat together using a hand whisk to make a smooth batter. Allow to stand for a few minutes. **Step 2:** Heat a heavy-based frying pan, adding a few drops of vegetable oil. Pour in some of the batter, tilting the pan around to make a thin pancake. Cook over a medium heat, and when it has set on the surface, flip over to cook the other side. Cool on sheets of kitchen paper. Make 5 or 6 pancakes until all the batter is used up. **Step 3:** Put 350g of fresh spinach into a large pan and add a little water. Cover and cook for 3-4 minutes until the spinach has wilted. Drain well, squeezing out any surplus moisture. **Step 4:** Stack the pancakes on a lightly greased baking sheet, spreading each layer with Dönnio Tomato Sauce For Lasagne, topping with spinach, sliced tomatoes and 175g of grated mature cheddar cheese. Transfer to the oven and bake for 25-30 minutes. Cool and slice into 4 wedges.

16 take5

take5 star chat

Samuel Preston appeared on Celebrity Big Brother in 2006, married non-celeb winner Chantelle Houghton eight months later (after dumping French fiancée Camille) and then they divorced.

It's fair to say that returning from two years of self-imposed exile to launch his new album, Whatever Forever, Preston, 27, doesn't have the best reputation.

So, when we chatted to the former Ordinary Boys singer (Preston for 'career purposes' and Sam to his mates), we were pleasantly surprised to find him friendly, funny and a bit of a geek – in a good way...

Is it weird being back?

I'm the most terrified I have ever been. It's the idea of coming back. It all feels a bit gross, a bit desperate. I mean, I don't suppose anyone was twiddling their thumbs wondering whether I was going to come back or not.

Were you worried about being in the public eye again?

I don't have any regrets in terms of things I did. I have regrets in the way I acted and presented myself at interviews. I tried to have an interview technique and that's probably the worst thing you can do. I sounded like a total idiot. It's going to be a hard task to get people to like me.

Is it working?

I hope so. I think so, because the song (first single Dressed To Kill) has connected enough that people are willing to put their preconceptions aside. I just hope that people listen to what I have to say now I'm a grown-up, rather than thinking I'm a t**.

Are you still in touch with your old bandmates?

I'm not in touch with the guitarist (William J Brown). He thinks I'm a bit of a wally. But I'm in touch with the others. It wasn't just about Big Brother. We'd had four albums in the top ten and it was like, let's not push our luck now.

You'll never really be allowed to forget stomping off! Never Mind The Buzzcocks, after Simon Amstell read out



Preston in The Ordinary Boys

passages from Chantelle's autobiography...

I could have laughed along with it, I suppose. But Chantelle is such a sweetheart and doesn't deserve how people are about her. She didn't want me standing up for her but she doesn't deserve people being mean to her. How did you cope with the press attention on your marriage?

You read those things about 'are they on or off?' and it's all fun. But behind the scenes it's horrible – a horrible break-up.

I mean, we got divorced. So I was bawling my eyes out in the most horrible situation and there we were, a paragraph in the magazines.

Things seemed quite bitter between you when you first split.

I think it was the things that were different between us, that were endearing at the start, becoming too much of a rift. Chantelle went off the rails a little bit. We fell out, and I couldn't quite find common ground with her. So she went deeper into that celebrity world that I don't really understand. And I went off to Philadelphia, where my grandma lived.



With Chantelle in a mock wedding on Celebrity BB

It's have

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