

**SUPERMARKET PICK****gourmet on the go**

Mrs Crocket's Fast & Fresh soups (below) and risottos are convenient, healthy and delicious. Choose from flavours such as Field Mushroom and Lightly Spiced Lentil soups, from \$2.99 each, or Gourmet Pumpkin & Pistachio and Gourmet Field Mushroom & Pine Nut risottos, \$6.98 each.

**make dad's day**

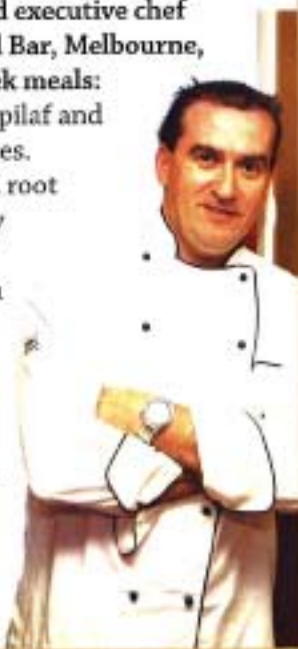
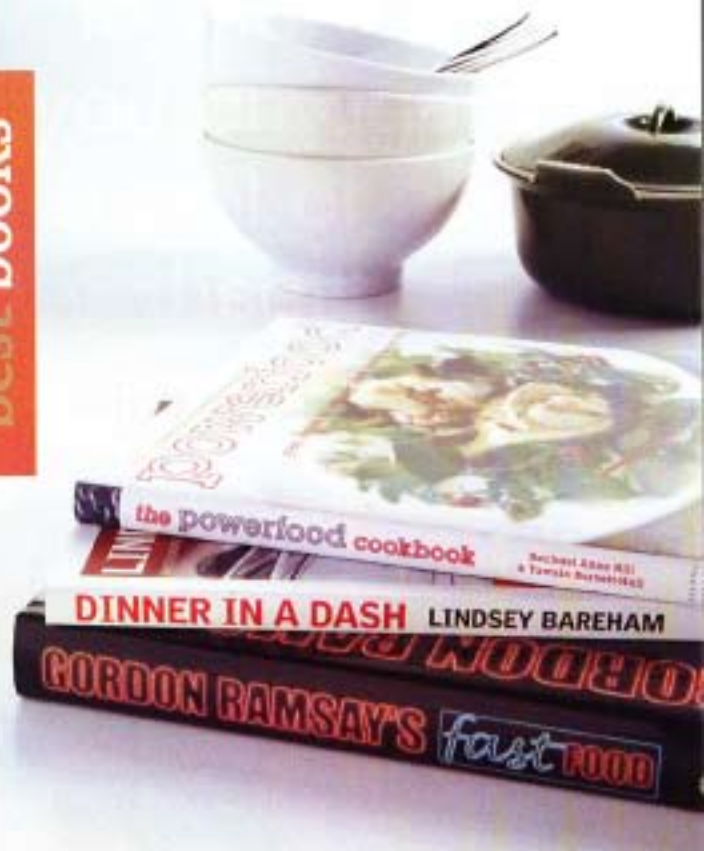
If Dad's sock drawer is overflowing, tantalise his tummy instead this Father's Day with Jack Daniel's-filled choccies.

Chocolatiers since 1928, Turin produces world-class liqueur-filled premium chocolates, and this variety combines their original European chocolate formula with Jack Daniel's Tennessee Whiskey. Intoxicatingly good for just \$5.95 a packet.

**5 of the best**

Theo Kostoglou, owner and executive chef of Kouzina Restaurant and Bar, Melbourne, shares his top low-fat Greek meals:

- Pork kebabs with lemon pilaf and rosemary and garlic potatoes.
- Red snapper fillet, baked root veges and steamed chicory with lemon oil dressing.
- Brown lentil and spinach soup with pan-fried veges, such as carrot, onion and celery.
- Chicken souvlaki – chicken, tomato, lettuce, onion and tzatziki in pita.
- Manouri goat's cheese mousse and thyme honey infused with mint.

**best books****The Powerfood Cookbook**

Rachael Anne Hill and Tamsin Burnett-Hall  
Pan Macmillan, \$45

If you want to lose weight and power up your energy levels, this is the cookbook for you. It's packed with low-fat, low-GI recipes that are as delicious as they are easy to whip up. Who said healthy food was boring?

**Dinner in a Dash**

Lindsey Bareham, Hardie Grant, \$39.95

This book promises 50 three-course dinners for six people in 60 minutes – and it delivers. Quick enough to serve a hungry family midweek, this is also a great resource for a no-fuss weekend dinner party. And if that's not enough, you can always mix and match.

**Gordon Ramsay's Fast Food**

Gordon Ramsay, Hardie Grant, \$45

Whether you love him or loathe him, there's no denying that celebrity chef Gordon Ramsay is the busy cook's new best friend. With 100+ recipes you can have on the table in less time than it takes to get a pizza delivered, the term fast food takes on new meaning.