

Cookery goes high-tech for Insta-teens

In her free time after school, 14-year-old Thalia James has been watching YouTube and catching up on WhatsApp. But she's not another tech-obsessed teen, tending to her social life – Thalia is learning to cook.

The videos she has selected show techniques such as how to master a pestle and mortar, different ways to crush garlic and dicing vegetables without losing a digit.

Once that's sorted, Thalia will follow step-by-step instructions on her phone or tablet that help her to make a simple dish, such as scrambled eggs with avocado toast.

If there's a problem, she'll get on Skype to ask what she should have done differently.

Answering that call is Lorna Wing, who used to run the restaurant at Heal's in central London for Sir Terence Conran. Earlier this year, Lorna set up an online cookery school, catering to the Insta-generation who are most at home using technology to acquire new skills.

Taught and assessed online, her courses are aimed at teenagers who are undertaking the Duke of Edinburgh Award (DofE) scheme, as well as young people just off to university or embarking on their first flat share.

'My approach means students can fit the sessions around their other commitments,' says Lorna, who runs 12-week introductory and



COURSE WORK Thalia James (above) with one of her creations; cook Lorna Wing (below)

intermediate courses and is now one of three cookery schools approved by the DofE scheme.

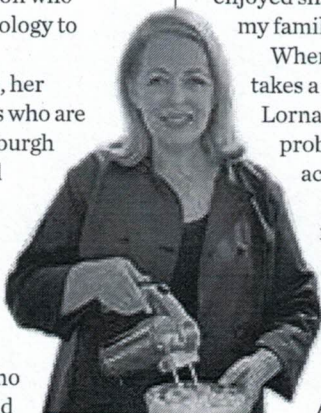
Thalia has done five sessions so far.

'I learnt lots about food hygiene in the first one,' she says, 'then I made oatmeal and granola, which was delicious. I've enjoyed sharing things like this with my family.'

When Thalia finishes a dish, she takes a few photographs to send to Lorna on WhatsApp. There's no problem judging food remotely, according to the chef.

'I can zoom in on photos – most teenagers take very good ones on their phones,' she says. 'It's easy to assess texture, consistency and colour – to see, for instance, if a poached egg is over- or undercooked.'

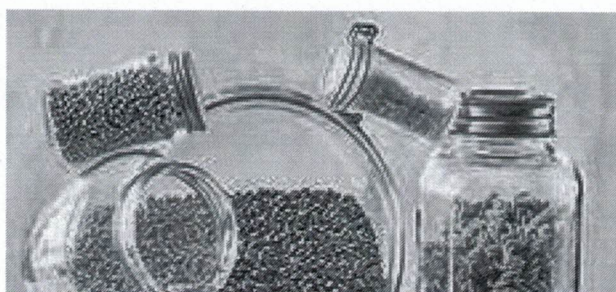
Anna Shepard



flowers get the plastic-free treatment, as they are wrapped in 100% recyclable craft paper.

Four premium wines are available on tap: a red, white and rosé, and a 'wine of the month'. The bottle and the wine together will cost £7.99, with a refill price of £6.99. Meanwhile, four craft beers are in store in large kegs: buy a 1.89-litre glass container and the beer for £14 – the refill is £10.

'What's exciting for us about Unpacked is



First vodka from Japan arrives on the shelves

A Japanese vodka praised by critics for its opulent palate, natural sweetness and sophisticated background is now being sold at Waitrose & Partners.

The premium vodka, called Haku, was until recently only available at a handful of high-end London bars, including Nobu, The Ritz and Roka.

'We are thrilled to be the first supermarket in the UK to launch Haku,' says Partner and spirits buyer John Vine. 'We've seen huge interest in premium vodkas, particularly those with interesting styles and distilling processes.'

Haku is made on the island of Kyushu from milled and polished Japanese white rice, fermented with koji, the same micro-organism used in sake production.

After being distilled twice, the 40% ABV spirit is filtered through bamboo charcoal in Osaka, a process said to produce a noticeably smooth and mellow finish.

Its creator, House of Suntory, recommends enjoying the drink neat, on the rocks or in a Haku-Hi cocktail made by combining the spirit with lemon peel and chilled soda water.