



Nigel Slater's Simple Suppers

7.30pm, BBC1 ★★★★★

We all love Jamie Oliver's simple, effective recipes, but before the Naked Chef, it was Nigel Slater who took the biscuit when it came to delicious, uncomplicated cooking. If you've been wondering what's become of Mr Slater since 2006's *A Taste Of My Life*, you're not alone. So, it is a great pleasure to welcome back one of television's most likeable cooks, as he returns with a new, six-part series that aims to simplify our culinary exploits. No matter how much we love cooking, the fact is that, by the time most of us get home after work, the last thing we want to do is spend the rest of our evening making supper. Acknowledging this, Slater sets out to show us how to rustle up delicious meals quickly and with minimal effort – and he even wants us to improvise. 'It's easy to get in a rut with cooking,' he declares. 'I want people to look at my food and think, "Oh, I could change that a bit." It's a confidence thing.' This first episode focuses on just that – making things up as we go along, including adaptable bean soup, free-form trifle, and 'tidy Friday' pan-fry. Yum.