

Real  
life

# STARS AT MY TABLE

## Kiwi cook's celeb secrets

A-LISTERS CAN'T RESIST HER GOODIES!

**D**ecadent Sunday lunches with Gwyneth Paltrow, partying in Ibiza with Kate Moss and afternoon tea parties with some of the world's most famous women ... These are memories Kiwi chef-to-the-stars Amber Rose holds dear after working for fashion designer Sadie Frost.

It's a world away from her sleepy hometown of Kaiwaka, Northland, where she developed her passion for fresh produce and cooking.

Having honed her culinary skills first in New Zealand, then in Australia and China, foodie Amber got her big break in 2002 when a friend – who was cooking for Noel Gallagher and Meg Matthews – secured her a job in London as personal chef to Sadie and her then-husband, actor Jude Law.

### FUN, SUN & PARTIES!

"I was only 21. I worked for them for a few years, then Jude and Sadie split up and I moved in with Sadie. We used to have big tea parties!" Amber, 32, tells *Woman's Day* from her London home.

"Sadie's a great homemaker and we'd have these big Sunday lunches. The fridges were full of delicious

food and there were always lots of children running around.

"I used to cook up a storm and make everyone sit down – we'd have a nut roast or vege sausages because Sadie is vegetarian. All sorts of people would turn up, like Gwyneth Paltrow and her kids, or Rhys Ifans."

Amber also remembers several "amazing" sun-soaked holidays on the Spanish party island of Ibiza.

"Kate Moss is really sweet – she's a little firecracker that one! I've been on a few holidays with her and Sadie. We've been to Kate's villa and we just hung out," she reveals.

"Jade Jagger has an amazing party once a year, which is a highlight of the Ibiza summer – it's really fun. Whenever I was hanging out with Sadie, Kate and Jade, it was very informal and relaxed. We'd have lovely lunches and go swimming off the rocks. I'd pick lemons and make yummy cakes."

After having her son Oliver, now seven, Amber took part-time work as a masseuse, for which she'd trained in NZ. Her clients included Alexander McQueen, Pete Doherty and David Schwimmer.

But it's with Sadie that her loyalties lie. The two are firm pals and Sadie is a big fan of Amber's new cookbook, *Love Bake Nourish*. Amber bakes cakes and tea-party treats for Sadie, Kate and Stella McCartney and all "the girls" are in love with her fruit and nut truffles.

"They've got no carbs and they're really nourishing," says Amber.

"Kate's on a real health kick at the moment, so she's loving the little fruit and nut balls because there's no sugar in them.

"Baking has always been a big thing for me – which is why I ended up cooking for people rather than going into a full-on restaurant. Because I grew up with such amazing produce in NZ, I've always known a lot about nutrition." **WD**



### Fruit & Nut Truffles

MAKES 20-30 (DEPENDING ON THE SIZE YOU WANT)

150g blanched almonds  
200g unsalted butter (or you can use coconut oil)  
2 tablespoons honey  
250g organic almond or other nut butter  
80g raisins, chopped into small pieces  
2 tablespoons cocoa powder  
200g unsweetened desiccated coconut



(depending on the size you like), then roll them in the coconut to thoroughly coat. Store truffles in the fridge until ready to eat or freeze until required.

1. Preheat oven to 180°C.
2. Place nuts on a baking tray and roast in the oven for about 6-10 minutes. Watch carefully so they don't burn. Remove and set aside to cool, then chop into small pieces.
3. Melt butter and honey in a saucepan over a gentle heat, stirring until thoroughly combined. Add the nut butter and stir again until fully mixed. Add raisins, chopped roasted almonds and cocoa powder, then stir well. Pour mixture into a bowl and chill for 45 minutes in the fridge, giving it time to firm up. Take small amounts of the mixture and roll into balls

### Be in to win!

We have three copies of Amber's cookbook *Love Bake Nourish*, worth \$45 each, to give away. To enter, write your name and address on the back of an envelope and send to: *Woman's Day*/ *Love Bake Nourish*, Private Bag 92512, Wellesley Street, Auckland or email [wdaynz@bauermedia.co.nz](mailto:wdaynz@bauermedia.co.nz) with the subject line "Love Bake Nourish", by March 22.



Amber (with Oliver, seven) often lunches with Sadie and Gwyneth.

