w&h’s astrologer Penny Thornton reveals how your star sign can affect what you eat, how you cook – and even your temperament in the kitchen...

TAURUS
21 April–21 May
Earthly Taurians crave stability and consistency – while simultaneously being prone to hedonism (including indulging in anything sweet),

Celestial super-foods The fruits and nuts of this sign are few and far between, but include mulberry, hazelnut and walnut.


Virgo
24 August–22 September
Virgos are fusspots of the zodiac – but within every dutiful, responsible and restrained Virgo is a sybarite trying to get out.

Celestial super-foods Natural, unrefined foods, wholegrains, pulses, nuts and seeds. In particular fenugreek, sweetcorn, leafy greens, celery, beans and berries. But although they may wax lyrical about the virtues of spelt, they will go weak-kneed at the sight of sticky toffee pudding.


Sagittarius
23 November–22 December
Sagittarians have a taste for the expensive and the exotic, and delight in foods from different parts of the world.

Celestial super-foods They’ve got it all about taste. Especially popular is pheasant, lamb, tartufo, tuna and all fruits and seeds, particularly sesame seeds and almonds.


Scorpio
23 September–23 October
Scorpions get-togethers to pass without incident, keep your host has any tips on saving money and if you want a snapshot of Scorpio in the kitchen, think Gordon Ramsay! They can take or leave alcohol but for the purposes of sensory exploration, they usually take it.

CELESTIAL SUPER-FOODS This sign rules orchards, vegetables and anything caught deep in the ocean, as well as things grown in dark, damp places, such as mushrooms, truffles and root vegetables. They tend to prefer fish to meat.  


Pisces
20 February–20 March

Only get together to pass without incident, keep a low profile, and insist on doing the washing-up.

PICTURED Above the sommeliers at London’s Dorchester Hotel. Then in the mid-90s, Penny, who was in every way, had a ten-minute slot daily on the Food Network, combining astrology and food. As Penny explains, “The relationship between astrology and food is based on the ancient belief that all things in the universe are connected. Animals, birds, fish and plants were all ‘ruled’ by a planet or sign.”

Penny’s new book, The Zodiac Cookbook, embraces her two passions. It’s an amusing and informative gastronomic romp through the zodiac alongside delicious recipes. So read on to find out whether you really are suited to spell...

ARIES
21 March–20 April
A fearless, competitive and pioneering sign that displays courage, determination and a degree of naivety in the kitchen, Aries has scant regard for rules, prefers to go it alone and takes advice from no one.


Libra
23 September–23 October
With Librans, the appearance of things, whether on a plate or in life, has to be appealing because of their innate sense of harmony.

CELESTIAL SUPER-FOODS Dairy, juicy fruits and foods with aphrodisiacal properties, such as asparagus and oysters, tomatoes, parsnips, oregano and parsley. Librans also love all things sweet.


Capricorn
23 December–19 January
Capricornians are reliable, practical and exacting. They are the observers in a room. And this understated, methodical approach is reflected in their cooking.

Celestial super-foods Produce that flourishes in northern countries: potatoes, root vegetables – particularly parsnips – lentils, blackberries, mussels and crayfish, for instance, as well as blue cheese and game.


Aquarius
20 January–19 February

Mercury, the planet of communication and change, has a great gift and remember to leave some natural lotions and potions as a gift, and look presentable but not too soon or dinner may never happen…


The Zodiac Cooks by Penny Thornton (GBPublishing.org, £29.99) is out on 28 September with

The Scorpio Cookbook
24 October–24 November
Their passion and resourcefulness is legendary, and if you want a snapshot of Scorpio in the kitchen, think Gordon Ramsay! They can take or leave alcohol but for the purposes of sensory exploration, they usually take it.

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The Gemini Cookbook
25 May–21 June

Products high in calcium fluoride: egg yolk, wholegrain rye, rye, yogurt, beetroot, fish and oysters.


The Cancer Cookbook
22 July–22 August

Nurture and emotional sustenance. In particular, you invade your host’s personal space.


The Leo Cookbook
23 August–22 September

The traditional place of Bouillabaisse with a hot paste of rouille served on slices of crusty baguette. Find these recipes and more from Penny’s book at womanandhome.com


The Sagittarius Cookbook
22 November–21 December

A Scorpio get-together to pass without incident, keep a low profile, and insist on doing the washing-up.


The Virgo Cookbook
23 August–22 September

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The Libra Cookbook
20 March–21 April

Arrive overpriced but well worth the money – and if you want a snapshot of Libra in the kitchen, think Gordon Ramsay! They can take or leave alcohol but for the purposes of sensory exploration, they usually take it.

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The Leo Cookbook
23 July–22 August

Leos are the poster child for yo-yo dieting. As the traditional place of Bouillabaisse with a hot paste of rouille served on slices of crusty baguette. Find these recipes and more from Penny’s book at womanandhome.com


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The Cancer Cookbook
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