

Monday 9th July 2012

Dear Customer,

It's dark and grey, I think today's rain will be starting soon. It's up there getting ready, rubbing it's hands. There was some respite yesterday when we had thick fog but it was nice because it was warm fog..... steam. Finally the UK produce is breaking through and the vegetables in the bags are almost all English. We have Duncan Gielly's new carrots. Wass' spinach and tender, new season kale and Jonnie Watson's broad beans. Here are a few recipes you could try with this week's ingredients:

Penne with Kale, Roast Onions and Gorgonzola

200g kale	3 large onions
6 tbsp olive oil	2 tbsp balsamic vinegar
salt and pepper	300g pasta
100g Gorgonzola, crumbled	extra virgin olive oil, to serve

Place the kale in a large saucepan and cover with water. Bring to the boil and cook for 5 minutes, then drain and set aside. Have the onions lengthways then cut each half into crescent moon shaped slices about 1cm thick. Toss these in a roasting tin with 4 tbsp of the olive oil, the balsamic, and season to taste. Toast in a preheated oven at 200C/Gas 6, for 30-35 minutes, stirring occasionally. They should be tender and slightly charred. Meanwhile, cook the pasta to al dente, drain and return to the pan. Add the drained kale along with 2 tbsp olive oil and adjust the seasoning if required. Cook over a medium heat until the kale has warmed through. Gently stir in the onion and cheese then drizzle with extra olive oil if required and serve immediately. You could use a strong goat's cheese as an alternative. Toasted walnuts also make a good addition to the mix.

Kale Omelette

2 medium potatoes, diced (350g)	1 tbsp olive oil
75k kale, chopped	1 onion, sliced (175g)
6 medium eggs, beaten	75ml milk

Boil the potatoes for 8-10 minutes until tender then drain. Meanwhile heat the oil in a frying pan and fry the onion and kale for 7-8 minutes. Add the potatoes. Mix together the eggs, milk and seasoning and pour into the frying pan onto the kale mixture and cook gently, covered for 7-8 minutes, finishing under a preheated grill for 1-2 minutes until cooked throughout. Sprinkle with toasted pine nuts and serve hot or cold with a crisp salad.

Broad Bean and Courgette Pilaf

1 tsp cumin seeds	1 tsp coriander seeds
50ml vegetable oil	1 onion, peeled and finely chopped
12 cloves garlic, peeled and crushed	1 cinnamon stick
1 tsp ground turmeric	10 cardamom pods, lightly crushed
2 cloves	225g basmati rice, soaked in water for 20 mins and drained
200g broad beans, out of pods	400ml vegetable stock
450g courgettes, cut into 1" rounds	olive oil, for brushing
salt and freshly ground black pepper	50g butter or margarine

To serve:

chopped fresh parsley	lemon juice
yoghurt	

Heat a dry frying pan and add the cumin and coriander seeds. Fry over a medium heat, shaking about (the spices) to prevent burning, for 2-3 minutes. Transfer to a mortar and blast them into the atmosphere or grind with a pestle. In a pan, heat the vegetable oil and fry the onion and garlic over a medium-low heat for 6-8 minutes, or until softened. Add the ground toasted spices, the cinnamon stick, turmeric, cardamom pods and cloves and cook for 2-3 minutes. Add the rice, broad beans and stock, cover the pan with a lid and cook over a low heat for 12-15 minutes until rice is tender. Meanwhile, heat a griddle pan to smoking. Brush the courgettes with the olive oil, season with salt and pepper and cook on the griddle for 2-3 minutes on both sides, or until charred and softened. Set aside. To serve, stir the butter or margarine into the pilaf until melted, then spoon into serving bowls and top with the griddled courgette pieces. Garnish with chopped fresh parsley, a squeeze of lemon and a dollop of yoghurt.

Did you watch the tennis ! Given all the fuss about Murray and the headlines in the papers, it was a bit mean of Federer, he could have just let him win.

I have been sitting staring at this screen for the past hour. I've been writing, deleting, writing, deleting. The truth is that I have absolutely nothing to say today so I am just going to give up. I wrote that Murray looks like a rabbit but took it out because I thought it would upset you.

Have a lovely week,

Kind wishes,

Isobel