

**Monday 15<sup>th</sup> September 2014**

Dear Customer,

I hope you are well and back in the swing. I was in the swing but am out of it again, having made another great escape from Swaledale. Here are some recipes from Lorraine which you could try out with this week's ingredients:

**Here's a great recipe guaranteed to appeal to kids and will rival any oven chip!**

**SPICY POTATO WEDGES**

2 sweet potatoes  
2 medium potatoes  
sea salt  
freshly ground black pepper  
1 teaspoon sweet smoked paprika  
olive oil

Preheat the oven to 200°C/400°F/gas 6.

Wash the potatoes under cold running water, scrubbing well with a scrubber to get rid of any dirt (there's no need to peel them).

On a chopping board, cut each potato in half lengthways, then cut each half in half lengthways, and then each piece in half again so

you end up with 8 wedges, then add to a large mixing bowl.

Sprinkle over a tiny pinch of salt and pepper, and the paprika.

Drizzle over 2 tablespoons olive oil, then toss everything together to coat.

Spread out into a single layer over 2 large baking trays, then bake in the hot oven for 35 to 40 minutes, or until golden and cooked through.

**And a really nice juice to keep them healthy!**

**GINGER, CARROT AND MELON JUICE**

A small piece fresh ginger (equal to two grapes in size)  
2 carrots  
2 limes (juice only)  
1 Galia melon

Peel the 2 carrots.

Peel the ginger (the skin is very thin, you can scrape it off with a teaspoon or a small knife).

Slice the two limes in halves and squeeze the juice into a small bowl.

Slice open the melon. Clean out the seeds and membrane. Cut the melon in slices and cut off the tough outer skin.

Now place the carrots in the juicer, followed by the ginger and finally the melon slices.

Pour into a container and add the lime juice.

Serve with ice cubes if preferred.

Serve immediately.

I decided to nip back to the South of France for a quick break before winter closes in. I left Richmond at 8am on Saturday, spent 2 hours at my brother's in London where my friend Caroline parked up and joined me with her two lovely old collies Pasha and Rothko. I had to do all the driving as there would be other cars, and lorries, on the road. I drove without stopping to past Dijon, to the point where I was almost blacking out. It was 1am and we pulled into an 'aire'. The boot was full of luggage, Caroline and her dogs were on the back seat, Myfa was on the passenger seat but I had to sleep. My seat wouldn't recline so I tried sleeping slumped on the steering wheel, that didn't work, I tried all sorts of positions, none worked, they all hurt. I decided we might as well continue so started driving again. It was too much, I had to pull into the next 'aire'. I stumbled out the car, dizzy from 15 hours of concentration, headlights and perpetual motion, put the luggage in the passenger seat and climbed into the boot to try and sleep in there. After 3 minutes I was claustrophobic so Caroline had to let me out. I tried sitting in the footwell of Myfa's seat and slumped over her. That didn't work so I got back in my own seat and tried sleeping on the steering wheel again. I was beyond tired and couldn't comprehend how I was going to ever leave the 'aire' again – I couldn't leave it until I had slept and I would never be able to sleep. Then I found the button that completely reclined the driving seat, on top of Rothko. I put my coat over my head and fell asleep instantly, awaking at 6.30am, it was light and we managed to skirt Lyon before the traffic started up and got here to Ramatuelle at about 2pm yesterday, Sunday.

Now we are chilling. There are five dogs here all asleep under the table on the terrace where we have just had a banquet of fresh figs, olives, plum tomatoes, cheeses and French seeded bread. Foxy and Scooby were really excited

at our arrival – they took one look at me and went and sat next to the fridge. Myfa's been swimming all morning, the sea is just outside the garden gate and Roman Abramovitch's yacht, the biggest in the world, is moored further out on the horizon. As soon as I finish this I am going for a dip with Myfa as there are no jellyfish – wind in wrong direction – and the sea is very warm.

Kind wishes,

Isobel