



Monday 18th February 2019

Dear Customer,

I rarely complain about the weather these days. Being British I used to complain every morning as soon as I woke up, opened my eyes and looked out the window. It always disappointing. But it must be at least 8 months now of it exceeding expectation and being absolutely lovely. It leaves me with nothing to write about.

So here are a few recipes you could try with this week's ingredients:

Cauliflower Steak with Beetroot Hummus

1 cauliflower	2 tbsp olive oil
1 bunch thyme	1 lemon, sliced
Beetroot Hummus	
360g cooked chickpeas	150g beetroot, grated
2 tbsp tahini	1 garlic clove
1 lemon, grated zest and juice	

Preheat the oven to 180C. Line a large baking tray with baking paper. Cut the cauliflower in half or thirds to create 2 or 3 thick steaks. Heat the oil in a large frying pan over a medium heat. Cook the cauliflower for about 10-15 minutes on each side until caramelised. Transfer the cauliflower to the baking tray. Season with salt and pepper and top with thyme and lemon slices. Bake for 15-50 minutes until soft and golden.

To make the beetroot hummus place the chickpeas, beetroot, olive oil, tahini, garlic, lemon zest and juice in a food processor and blend until combined and smooth. Season with salt and pepper to taste.

Remove the thyme and lemon from the cauliflower and serve with the beetroot hummus.

Roast Cauliflower Korma

1 cauliflower, broken in florets, leaves roughly torn	2 tbsp oil
sea salt flakes	4 cardamom pods
2 tsp cumin seeds	1 large onion, finely chopped
1 green chilli, chopped	2 cloves garlic, crushed
1 tbsp grated ginger	2 tsp ground coriander
4 cloves, ground	200ml vegetable stock
2 tbsp ground almonds	4 tbsp natural yoghurt (optional)
handful coriander, chopped	rice and naans to serve

Heat the oven to 200C Gas / 180C Fan/ Gas 6. Put the cauliflower florets and leaves in a bowl with 1 tbsp oil, 1 tbsp turmeric and a sprinkling of salt. Toss together then spread on a non-stick baking sheet and roast for 15-20 minutes or until browning at the edges and starting to become tender. Meanwhile, heat 1 tbsp oil in a pan, add the cardamom and cumin seeds and sizzle until fragrant. Add the onion and chilli and cook until the onion is softened and lightly golden. Add the garlic and ginger and cook for 2 minutes then stir in the remaining turmeric and the rest of the spices. Tip in the roasted cauliflower and stir well then add the stock and almonds. Simmer for 5 minutes then stir in the yoghurt if using and heat through gently. Stir in the coriander and serve with rice and naans.

Beetroot, Stem Ginger and Raisin Pudding

3 tbsp golden syrup	100g vegetable suet
80g dark brown sugar	100g raisins
50g wholemeal breadcrumbs	50g self-raising flour
1 tsp ground mixed spice	125g cooked beetroot
100g stem ginger, finely chopped	3 Hen Nation eggs

Pour the golden syrup into a greased pudding basin and set aside. In a large bowl mix the suet, sugar, raisins, breadcrumbs, flour and spice. Puree the beetroot in a food processor, add the eggs and blend together well. Pour into the mixing bowl along with the stem ginger and stir thoroughly. Pour the mix into the pudding basin and pat down with the back of a spoon. Cover with a layer of baking paper and tie securely with string then cover with a double layer of foil. Lower the pudding into a large pan of hot water ensuring the water comes no further than halfway up the basin. Cover with a lid and simmer gently for 3 hours checking occasionally and topping up with water if necessary. Carefully take the pudding out of the pan, remove the foil and greaseproof and invert onto a serving plate. Serve with custard.

It seems incredible really that Darwin's voyages on the Beagle collecting specimens, birds, insects, and other fauna, from a pristine and largely uncharted world, and his resulting theory of evolution, it was only two lifetimes ago. Just two lifetimes. Well if he could see us now. Two lifetimes to discover, understand, and then practically destroy the natural world. He would think we were stupid, filthy, greedy, selfish slob sitting in our mountains of rubbish, swimming in our slew of plastic. What on earth will it all look like in another lifespan, in 2100. Those born today can look forward to seeing it, to living in it. That..... is beyond the imagination.

So how fantastic, and surprising, that the most recent group to be coalescing on social media, rising up, and taking to the streets, are our schoolchildren. With clarity of mind they are on the march, demanding action against climate change, the children of the revolution. They've got their work cut out. But it's not fair to leave it to them, to leave it to the future, My generation has to clean up the mess it has made, and enjoyed making.

Anyway, do have a go at that Beetroot and Ginger pudding,

I hope you have a good week,

Kind wishes,

Isobel