



Monday 27th May 2019

Dear Customer,

I hope you have had a nice Bank Holiday weekend. It's Sunday morning here, a bit blustery, a bit rainy, a bit sunny, a bit hot and a little bit cold. One doesn't quite know what to do, or what to wear to do it in. Richmond is buzzing with people this weekend, it is the 'Richmond Meet, the Dales equivalent of the Notting Hill Carnival. The fun fair is in full swing, local bands are performing on a stage on the cricket pitch, there's a procession floats that noone is allowed to be on for health and safety reasons, participants having to walk alongside instead. There are bouncy castles and cream teas. Anyway, I managed to squeeze past the dodgems to get into the Polling Station on thursday to vote. In despair I didn't even know who to vote for anymore, but I voted, and then added an angry message on the ballot paper....in pencil.

Here are a few tasty recipes you could try this week:

Spring Green, Chickpea and Coconut Curry

1 onion, finely chopped	2 cloves garlic, crushed
2 tbsp coconut oil	400ml coconut milk
1 stock cube, dissolved in 300ml boiling water	2-3 tbsp curry paste to taste
1 tsp brown sugar	400g tin chickpeas
250g spring greens, finely chopped	200g tomatoes, chopped (fresh or tinned)
fresh coriander	lemon wedges

Heat the oil in a saucepan and fry the onion over a medium heat until softened and starting to colour. Add the garlic and fry for a minute then add the coconut milk and stock and stir well. Stir through the curry paste, sugar and chickpeas. Bring to the boil, season with salt and pepper, cover with a lid and let simmer for 10 minutes. Add the greens and tomatoes. Re-cover with the lid and cook for a further 5-10 minutes until tender. Serve sprinkled with chopped coriander, lemon wedges and plain rice.

Sticky Chilli Tofu with Spring Greens

250g flat rice noodles	400g tofu, cut into 1cm cubes
1 garlic clove, crushed	5cm piece root ginger, finely chopped
6 spring onion or 1 onion, shredded	250g spring greens, finely shredded
2 carrots, thinly sliced	4 tbsp sunflower oil
2 tbsp soy sauce	1 tbsp red wine vinegar
1 tbsp sesame oil	4 tbsp sweet chilli sauce

Place the tofu in a bowl, add the sweet chilli sauce and half the garlic. Marinade uncovered for 2 hours. Cook the rice noodles in a pan of boiling water for about 2-3 minutes then drain. Add a little oil to stop them sticking together. Heat the sunflower oil in a wok or large frying pan on a high heat. Remove the tofu from the marinade, add to the wok in batches and fry for about 2-3 minutes until golden. Remove the tofu from the wok and place to one side. Add the remaining garlic to the wok with the ginger and stir fry for one minute. Add the onions, carrots, spring greens and continue stir-frying until the vegetable are wilted and tender to your taste. Add the soy sauce, vinegar and the remaining marinade from the tofu. Return the noodles to the wok along with the sesame oil. Add the tofu and mix together. Serve immediately.

Courgette and Aubergine Lasagne

1 aubergine thinly sliced	2 courgettes thinly sliced
1 small can of sweetcorn, drained	400 ml tomato sauce
2-3 tbsp pesto	olive oil
2 tbsp plain flour	1 tsp mustard powder
2 tbsp butter	400 ml milk
cracked black pepper	6 sheets of lasagne
6 tbsp grated mozzarella	2 tbsp Cheddar cheese, or other

Brush the sliced aubergine and courgette with olive oil, season, then roast in a single layer in the centre of a preheated oven at 180°C/ 350F/ Gas 4, for 20-25 minutes. They should be crisping around the edges and browning lightly. Put to one side as you prepare the white sauce. Melt the butter in a small saucepan then add the flour, mustard powder and plenty of black pepper. After a couple of minutes slowly add the milk. Whisk or stir constantly until all the milk has been incorporated and the sauce thickens. Take off the heat when ready. Whisk the pesto into the tomato sauce. Take a small oven proof dish big enough to take your lasagne sheets and pour a third of the tomato sauce into the base. Layer up a third of the roasted veg and a third of the sweetcorn. Lay on top two sheets of pasta and then spread over a third of the white sauce and 2 tbsp of the mozzarella. Repeat this step twice more finishing with black pepper then top with the Cheddar. Bake for 30 – 40 minutes at 180°C/ 350F/ Gas 4, until the pasta is cooked and the top browned and bubbling. Stand for at least 10 minutes before serving.

So..... she's gone ! I couldn't help but shed tears the first time I saw the clip of her emotional departure, as I do if I ever watch DIY SOS, or Long Lost Family. But by the 10th time I'd seen it, it was just getting funnier and funnier. However, I am absolutely furious. They now have until the end of July to choose a new leader. Why do they need 2 months, they should have 7 days. They don't care that they leave us languishing, leave businesses and our economy to go to hell. We keep thinking things can't get worse...then they get worse....and worse.

Given that we are then into the summer shutdown, there will be just one month of a new prime minister before we leave the EU again. And we now have to endure the Tory talent show - the posturing, the strutting, the sinister shuffling of backroom pacts. Yet again, they are all in their element. Life has never been so good and so exciting for these creatures. The Labour party are licking their lips. And so it goes on.....

Anyway, on a more positive note, wasn't that fab coming completely last in the Eurovision song contest.....finally. I knew we'd get there in the end. The cherry on the cake of basket case Britain.

One of my little guinea pigs died last week, she was very old. I buried her next to a rose in the garden. RIP Coco. She didn't live long enough to be able to enjoy whizzing about in her new hutch-on-wheels. And now Kiki is alone.

I hope you have a good week,

Isobel