



**Monday 23<sup>rd</sup> June 2019**

Dear Customer,

The weather has been absolutely glorious this weekend, probably because I am not in Richmond, but visiting relatives in Shropshire. However, a storm is lurking.

Here are a few tasty recipes you could try with this week's ingredients:

**Aubergine and Courgette Curry**

<i>handful cashew nuts</i>	<i>200g bar creamed coconut</i>
<i>2 onions, diced</i>	<i>80g fresh ginger, grated</i>
<i>6 cloves garlic, diced</i>	<i>200g red lentils</i>
<i>½ litre vegetable stock</i>	<i>1 aubergine, diced</i>
<i>400g tin chopped tomatoes</i>	<i>2 courgettes, diced</i>
<i>grated zest and juice of a lemon</i>	<i>1 tsp maple syrup</i>
<i>chopped herbs eg parsley, mint, coriander</i>	<i>tamari, to taste</i>

*In a large pan dry-fry the cashews for a few minutes to toast them and then set aside. In the same pan heat the coconut oil over a medium heat and fry the onion, ginger and garlic for 10 minutes until soft but not brown. Add the lentils, roughly chopped coconut cream and most of the stock. Cook for around 6 minutes on a medium high heat then add the aubergine and stir. After a further 10 minutes add the chopped tomatoes, courgettes and lemon zest. Add more stock if needed. After another 6 minutes turn off the heat and add the lemon juice the maple syrup and the fresh herbs. Stir and taste adding more tamari, salt or lemon juice if necessary. Serve topped with the cashew nuts.*

**Nut and Courgette Roast**

<i>1 large onion</i>	<i>3 large carrots</i>
<i>2 courgettes</i>	<i>3 cloves garlic</i>
<i>1 Hen nation egg</i>	<i>75g breadcrumbs</i>
<i>150g mixed nuts, finely chopped or whizzed</i>	<i>chopped herbs, marjoram, parsley, thyme</i>
<i>olive oil</i>	

*Preheat the oven to 190C/ 370F/ Gas 5. Very finely dice the ¼ of an onion, 2 large carrots, 1½ courgettes and 2 cloves of garlic. Heat some oil in a pan and gently fry the chopped vegetables. Meanwhile in a food processor whizz the other half courgettes, the ¼ onion, a carrot and garlic cloves to smaller than finer dice but not pureed. When the vegetables in the pan are soft mix them in a bowl with the whizzed veg, the breadcrumbs, chopped nuts, beaten egg, salt and pepper and chopped herbs. Give it all a good stir. If it looks too dry add another egg and if it looks too dry add some more breadcrumbs. It should be sticky but not wet. Line a loaf tin with some greaseproof paper and pack in the nut roast mixture. Smooth it over, cover with foil, cook for 30 minutes covered and another 15 minutes uncovered.*

**Spaghetti with Chard and Mustard Cream**

<i>bunch chard</i>	<i>40g butter</i>
<i>½ onion, chopped</i>	<i>1 clove garlic, minced</i>
<i>300g spaghetti</i>	<i>150ml single cream</i>
<i>3 – 4 tsp mustard</i>	<i>salt and pepper to taste</i>

*Separate the chard leaves and stalks and finely dice the stalks and coarsely chop the leaves. Melt the 20g butter in a deep frying pan and cook and stir the onions, garlic and chard until soft. Add the chard leaves and the rest of the butter then cover the pan and cook for 8-10 minutes until the chard is soft and wilted. Meanwhile cook the spaghetti to al dente. In a small bowl mix the cream and mustard and season with salt and pepper. Add the mixture to the chard and simmer for a few minutes, adjusting the seasoning. Drain the pasta and combine with the vegetables in the frying pan. Serve immediately.*

I am staying in a cottage near Ludlow. I came last Thursday, avoiding motorways as I can't cope with the stress of overtaking texting lorry drivers and articulated trucks of pigs and sheep heading for slaughter. I came the cross-country route. Cross country apart from the 4 hours it took me to get through Manchester, Burnley, Bolton and Warrington. Made all the more unbearable because I wanted to go to the toilet.

It's quite a few years since I've seen my mother's brother. And at 92 yrs old I wasn't sure how I would find him. Concern was short-lived when I rang to announce I was in the area and my aunt Sonia told me they were going out that night to a Poetry and Pims evening. Our families were very close, we were always visiting them and them us. James, my uncle holds the photo albums of all our relatives, the Lanes, so we spent hours of.... 'That's your great, great aunt Ethel and that's your great, great, great, great, great, great, great grandmother.... Nell. He knows in detail the stories of all their lives – fascinating and at times tragic. I saw pictures of my mum I'd never seen before, as a baby, as a toddler, a teenager.

I thought I knew everything about my parents, but when they were both gone, over the years there have been questions with no answers. One question which has bugged me was about when my parents met. It has bugged me so much. I knew it was in Leicester during the war where my mother lived but I had no idea what my father was doing there. Only that they met at a bus stop and that he was terrified of asking her out as he knew that if he ever saw her again, that he would spend the rest of his life with her. I knew my dad worked in the laboratories at the Woolwich Arsenal during the war, analysing samples so couldn't understand what he was doing in Leicester. Surely not on holiday.

I finally got the answer, he was there instructing the women who were about to be sent to the war effort, to the munitions factories, instructing them in mathematics and engineering. My mother was at this college before going to the Rolls Royce factory where she inspected aircraft engines. A mystery solved.

As I was about to leave them yesterday, I went to the bathroom and came back to find my album playing on their new record player and them dancing to it in the lounge. It brought tears to my eyes.

Heading back to Richmond tomorrow,

Best wishes,

Isobel