



**Monday 26<sup>th</sup> August 2019**

Dear Customer,

I hope this finds you well and that you have had a nice Bank Holiday weekend. Just when we thought it was all over, a glorious blast of hot summer. And it even made it as far as Yorkshire. It is Monday morning and so glorious that I can barely bear to sit here writing this. It is our first, and probably our only and last day of summer here.

So while the Amazon, the lungs of our planet burn, I'm heading off for a picnic by the river. Such is life in the 21<sup>st</sup> Century.

Here a few tasty recipes you could try this week:

**Pepper, Courgette and Potato Pan-Fry**

500g potatoes	1 onion
2 courgettes	2 peppers
4 garlic cloves	pinch cayenne pepper
330ml cherry tomato passata	oregano

Scrub the potatoes and halve or quarter them so they are the same size. Heat 1 tbsp olive oil in a large frying pan then add the potatoes. Keep the heat set to a medium-low and fry the potatoes, stirring occasionally for 10 minutes until the potatoes are browned. While the potatoes fry, peel and finely slice the onion. Trim the courgettes, halve it lengthways then slice it into half moons around 1cm thick. Halve the peppers, scoop out the seeds and white pith and thickly slice the peppers. Peel and finely chop the garlic cloves. Stir the veg and garlic into the pan with the potatoes. Add 1 tbsp olive oil and season with a pinch of salt and pepper. Put on a lid and cook for another 10 minutes, stirring often, until the vegetables are tender and have picked up a little colour. Add a pinch of cayenne pepper and some oregano to the pan and pour in the cherry tomato passata. Put the lid back on the pan, turn the heat up a bit and bring to the boil. Let simmer for 5 minutes, stirring occasionally. Season and then serve.

**Creamy Courgette and Pea Pasta**

2 tbsp olive oil	1 red or white onion, finely chopped
2 garlic cloves, finely chopped	2 courgettes, diced
170g frozen peas, defrosted under cold running water	220g Wensleydale cheese, grated
200ml double cream	large handful flat leaf parsley, chopped
300g whole wheat pasta, cooked	salt and freshly ground black pepper

Heat the oil in a large pan and gently fry the onion, garlic and courgette for a few minutes, to soften. Stir in the peas and heat for a few minutes, to warm through. Stir in the wensleydale cheese and then add the cream. Season with salt and pepper. Heat gently for a further 4-5 minutes, add most of the parsley and the pasta at the end. Transfer to a serving bowl or plate and serve immediately, garnished with the remaining parsley.

**Mediterranean Courgettes and Beans**

2 tbsp olive oil	2 onions, sliced in wedges
2 garlic cloves, minced	2 courgettes
200g cooked cannellini beans	12 large olives, pitted
juice of 1 lemon	½ tsp red chilli flakes
salt and pepper	handful fresh parsley
lemon wedges	

In a large frying pan heat the olive oil and cook the onions until they begin to soften, about 3-4 minutes. Add the garlic and cook for a few more minutes. Meanwhile, slice the courgettes into thin slices and add to the pan. Cook for a further 5 minutes. Add the beans and cook until heated through, about 3 minutes. Chop the olives and add them and freshly squeezed lemon juice to taste. Season with chilli flakes, salt and pepper. Serve immediately with lots of fresh chopped parsley and lemon wedges.

**Victoria Plum and Apple Crumble**

8-850g plums and apples	2oz light brown or caster sugar
finely grated zest of 1 lemon	
<b>Crumble Topping:</b>	
175g plain flour	125g butter or suitable margarine, cubed
50g rolled oats	75g demerara sugar

Preheat the oven to 200C/ 180C Fan / Gas 6. Halve and stone the plums, roughly chop and put in a pan. Peel and core the apples, roughly chop, and add to the pan with the sugar and lemon zest and 5 tbsp water. Cover and heat gently until the apples are softening, about 5 minutes. Empty the fruit into a shallow, ovenproof serving dish and set aside. To make the topping, put the flour into a bowl and rub in the butter or margarine with your fingers until it resembles fine rubble. Mix in the oats, the demerara sugar, then scatter the topping over the fruit. Bake for 25-30 minutes until the crumble is golden.

I've had guests over from France this weekend so I'm pretty exhausted. I was exhausted before they even got off the train from all the hoovering, dusting, shopping and wrestling with super king duvet covers, not to mention having the car cleaned which had a layer of mud in it deep enough to grow a crop of potatoes. I've just dropped them at the station where I waved them off back to London and the million-person strong Notting Hill Carnival. No thanks. Right....crisps, sandwich, tomato, flask, peach, dog lead, flip flops....

I hope you have a good week,

Kind wishes,

Isobel