

Monday 4th February 2013

Dear Customer,

I hope you are well and having a good week. We have butternut squash in many of the bags this week. It is delicious roasted. You could cut it into quarters lengthways, scoop out the seeds, into a roasting tray drizzled with olive oil and seasoned and possibly some thyme. Roast for 45-50 minutes until tender and turning golden brown in places, at 180C/350F/Gas 4.

Spicy Butternut Squash Soup

1 medium butternut squash
1 medium onion, chopped
olive oil
1 tsp cumin seeds
3 tbsp milk (optional)

1½ pints vegetable stock
1 clove garlic, chopped
1oz margarine
2 tsp dried chilli flakes
sea salt and black pepper

Preheat the oven to a medium-high. Cut the squash lengthways into quarters, arrange in a baking tray and drizzle with olive oil. Sprinkle with chilli flakes, cumin seeds and season with salt and pepper. Roast for 40-50 minutes. Leave to cool and then peel off the skin. In a pan heat the margarine over a medium heat then gently sweat the garlic and onion until translucent and soft. Pour in the stock and allow to simmer before adding in the chunks of squash. Simmer for around 5 minutes then blitz in a liquidiser. Return to pan and if its too thick add a couple of tbsp of milk or water.

Panade

8 tbsp olive oil
2 cloves garlic, peeled and chopped
1 green cabbage (600-700g), tough parts removed and cut into 1cm strips
300g slightly stale, robust bread, cut into 2cm cubes

4 medium onions, peeled and finely sliced
500ml hot vegetable stock
salt and pepper
175g grated Gruyere or other hard cheese

Heat half the oil in a large saucepan over a medium heat. Add the sliced onions and stir well to break up the rings. Once they are sizzling, turn the heat down to very low and cover the pan. Cook them gently, stirring occasionally for about half an hour until soft and golden. Add the chopped garlic and some salt and pepper halfway through cooking. Heat the oven to 180C/350F/Gas 4. Meanwhile, either steam or boil the cabbage until just tender and drain well. Put the cubed bread in a large bowl, add the remaining oil, salt and pepper and toss the bread to coat. In a wide shallow dish, spread a third of the cooked onions over the base, then a third of the bread, then a third of the cheese. Scatter over half the cabbage and repeat these layers finishing with the final onions, bread and cheese. Pour the piping hot stock over the dish, cover with foil and bake for 30 minutes. Then remove the foil and bake for a further 30 minutes, until golden brown and bubbling. Remove from oven and let settle for 10 –15 minutes before serving.

It has been a long time since we offered bread – we simply couldn't find any which we liked enough. But this has changed - we are absolutely delighted to have found the ultimate bread. Not only it is some of the best bread we have ever tasted, real bread, but it has the ethos to match. In a surprising twist, the cause happens not to be about animals, and we are delighted to announce our collaboration with the Veteran's Artisan Bakery. But of course..... the animals benefit from all we do !

With the support of chefs Marco Pierre White and Rosemary Shrager the groundbreaking Veterans Artisan Bakery was set up in Catterick to help vulnerable former soldiers develop new skills while using the therapeutic nature of bread-making to deal with their diverse issues such as combat-stress.

We can offer this fantastic range of hand-made artisan breads including: the Cotswold Crunch; the Multigrain Rye Batard; the Date and Pecan Loaf; the Cheese and Onion Boule: Sourdough; as well as White and Wholemeal Bloomers and Loaves and more. Whilst not certified as organic with exception of Ciabatta, all the flour used is organic. The Fruit Loaf uses our organic Hen Nation eggs as an ingredient.

" This shows how something as simple as baking can transform vulnerable lives" said Rosemary Shrager

Marco Pierre White who grew up on a Leeds council estate and has been on the frontline cooking for troops said:

" The veterans deserve this opportunity. I know how tough it is. My visits to the frontline have been truly life-changing experiences. I have nothing but respect for the soldiers and am honoured to support a valuable project like this..... I feel passionately about the morality and value of working hard and the stabiliser of routine to help ground people"

White Bloomer, large, 900g **£2.69**
White Loaf, large, 900g **£2.69**
Wholemeal Loaf, large 900g **£2.79**
Wholemeal Batard, large, 800g **£2.79**
Ciabatta, large, 600g **£2.89**
Multigrain Rye Batard, large, 800g **£2.95**
Cotswold Crunch Boule, large, 800g **£2.75**
Sourdough Boule, large, 800g **£2.89**
Carribean Boule, standard, 500g **£2.55**

White Bloomer, small, 450g **£2.09**
White Loaf, small, 450g **£2.09**
Wholemeal Loaf, small, 450g **£2.45**
Wholemeal Batard, small, 450g **£2.45**
Ciabatta, small, 300g **£1.75**
Multigrain Rye Batard, small, 450g **£2.55**
Cotswold Crunch Boule, small, 450g **£2.15**
Mediterranean Boule, standard, 500g **£2.55**
Cheese and Onion Boule, standard, 500g **£2.55**

Date and Pecan Batard, *standard*, 450g **£2.55**
Spelt/White Bloomer, *standard* 450g **£2.45**

Fruit Loaf, *standard*, 450g **£2.69**

The bread is available from week commencing 18th February but pre-ordering will help us plan so you can start ordering online now or by calling Diane on 01748 821116. As the bread will be made to order, you will need to order at least 48 hours before your delivery day. We hope you will love it as much as we do !

I'm sorry that there isn't any room left for the spooky stories I was going to tell you so will leave that until next week !

Kind wishes,
Isobel