

Monday 27th January 2014

Dear Customer,

It's certainly got a bit nippy now. Some slush fell overnight and the roads were icy first thing. The weather could be on the turn ! We have Royal Oak's Cylindria beetroot in the bags this week, delicious roasted, boiled or grated raw into a salad. We also have their Kestrel potatoes, carrots and leeks, and Jonnie Watson's January King cabbages.

Here are a few quick and delicious recipes you could try this week:

Roasted Broccoli with Lemon Breadcrumb Topping

2 tbsp olive oil	½ onion, minced
4 tbsp breadcrumbs	1 lemon, zested (the peel grated), and juice reserved
salt and pepper to taste	1 good head broccoli

Heat 1 tbsp of oil in a frying pan over a medium heat, and sauté the onion until it begins to brown. Add the breadcrumbs, stirring continuously, and toast until golden. Transfer the mix to a bowl and combine with the lemon zest and season to taste. Cut the broccoli, including the stems, into large chunks or florets. Toss with the remaining oil. Season and roast in a roasting pan at 220C/425F/Gas 7, for 20 minutes. Sprinkle with lemon juice and then the breadcrumbs and serve.

Broccoli Tarka Dahl

200g red lentils	3½ cups water
1 onion, chopped	6 cloves garlic, crushed
½ -1 tsp chilli powder (according to taste)	½ tsp salt
¾ tsp turmeric	1 tbsp cumin seeds
2 tbsp vegetable oil	head of broccoli, in florets

Place the lentils in a medium-large saucepan, add the broccoli and water then bring to the boil before turning down to a simmer. Add half the garlic, half the onion and a few of the cumin seeds and the rest of the spices. Cook for 20-40 minutes until all tender, mixing occasionally. At the end of the cooking time, fry the other half of the onion with the remaining garlic and cumin seeds in the oil until they turn golden. Stir this into the lentils, then serve garnished with fresh coriander and with rice or naan bread and a dollop of yoghurt.

Leek and Potato Soup

2 carrots	2 medium onions
2 sticks celery (optional)	2 cloves garlic
400g potatoes	olive oil
2 vegetable stock cubes	sea salt
freshly ground black pepper	

Peel and roughly slice the carrots, slice the celery and peel and roughly chop the onions. Trim the leeks, quarter them lengthways, wash to remove any dirt and cut into 1cm slices. Peel and slice the garlic. Place a large pan on a high heat and add 2 tbsp olive oil. Add all the chopped and sliced ingredients and mix together with a wooden spoon. Cook for about 10 minutes with the lid askew until the carrots have softened but are still holding their shape, and the onion and leeks are lightly golden. Peel the potatoes and cut into 1cm dice. Put the stock cubes into a jug or pan and pour in 1.8 litres of boiling water from the kettle. Stir until the cubes are dissolved, then add the vegetables. Add the potatoes. Give the soup a good stir and bring to the boil. Reduce heat and simmer for 10 minutes with the lid on. Remove the pan from the heat. Season with salt and pepper. Serve as is or pulse until smooth using a blender. Serve.

Beetroot and Butterbean Hummus

250g beetroot, cooked and dipped in vinegar (not pickled)	400g tin butterbeans, drained and rinsed
1-2 cloves garlic, crushed	small bunch chopped fresh chives
3 tbsp olive oil	salt and black pepper

Chop the beetroot into small cubes and set aside in a medium bowl. In a food processor, blitz the butterbeans with the garlic, chives and olive oil. Season to taste with salt and black pepper. Transfer into the bowl with the beetroot and gently fold through to mix. Spoon into a serving bowl, drizzle with a little extra oil and garnish with a few snipped chives. Serve with pitta bread or as part of a salad spread.

I have nothing much to report other than a continuing lurgy. I have been trying to keep warm and well-stoked with food. I've been going to bed very early and getting up very late. I just about manage to get Myfa out for small walks and feed the baby Wensleydales in the adjacent paddock. I went to Bunny Burrows rescue centre and have taken in two more guinea pigs –so total four as Coco and Kiki were looking a bit morose. Now they are all very happy. I think, like sheep, they like to be part of a herd. These endless dark, damp days don't help. The weather affects one much more in the countryside than in the city. That is my experience anyway. Roll on some sun and blue skies.

Hope this finds you well,

Kind wishes,

Isobel