

Monday 11th August 2014

Dear Customer,

I hope you enjoyed your free copy of 'The Taster' last week. It is a fantastic new foodie magazine, brainchild of yet another brilliant Farmaround customer. If you missed it, be sure to call or email for your free copy of the Summer Issue.

Apart from Bertha passing by, the weather has been glorious, even the warm rain which has been needed for the crops and grass for the sheep.

Here are some tasty recipe ideas and recipes you could try this week:

You could slice your peaches and/or plums into a shallow dish, cover with whipped cream then a thick layer of Demerara sugar then place under the grill for a delicious fruit brulee. To make a soft fruit crumble you could halve and stone 700g mixed fruit into a shallow casserole dish sprinkled with 75g sugar, then rub together 75g of butter or margarine into 175g of self-raising flour. Stir in 50g of rolled oats and 125g sugar and put on top of the fruit. Bake in the oven for 3-40 minutes at 180C/ 350F/ Gas 4.

For a delicious, healthy choc-ice, cut some bananas into halves or thirds, put them on lolly sticks, roll them in runny honey, then in cocoa powder and chopped nuts and freeze until solid. To make a banana ice cream, cut into 2cm chunks then whiz in a food processor until creamy, swirl in a big spoonful of honey and some chocolate chips or chopped pecan nuts and freeze.

Pan Haggerty (Potato and Onion Cake)

1kg potatoes, peeled and roughly chopped
2 free-range eggs, lightly beaten
2 medium onion, halved and finely sliced

3-400g cavolo nero / kale, finely shredded
2 cloves garlic, peeled and crushed

Cook the potatoes in a large saucepan of lightly salted boiling water until just tender. Drain thoroughly and return to the pan. Blanch the cavolo nero in lightly salted water for 2-3 minutes, drain well and add to the potatoes. Allow the mixture to cool then add the eggs, garlic and onions. Season well and mix thoroughly. Preheat the oven to 180C/160C Fan/Gas 4. Oil a large oven proof pan and spoon the potato mixture into the pan, pressing down to form a smooth cake. Bake in the oven for 25-30 minutes. Serve while warm.

Caramelised Garlic and Tomato Tarte Tatin

For the Garlic:

3-4 whole bulbs garlic, cloves peeled but left whole
200ml water
1 dessert spoon of brown sugar
sprig thyme, finely chopped

olive oil
1 tbsp balsamic vinegar
sprig rosemary, finely chopped
1 tsp salt

For the Tomatoes:

olive oil
1 tbsp light brown sugar

250g cherry tomatoes

Pastry:

ready-rolled puff pastry sheet, cut to fit over a 20cm ovenproof frying pan
1 free-range egg, beaten (or vegan alternative)

Preheat the oven to 200C/ Fan 180C/ Gas 6. Put the garlic cloves in a small pan with water to cover and bring to the boil. Boil for 3 minutes then drain and dry the cloves and the pan. Return the garlic to the pan along with a glug of olive oil and fry for a further 3 minutes. Add the water and balsamic vinegar and boil for 10 minutes, or until most of the liquid has evaporated. In the meantime, prepare the tomatoes. Pour a glug of olive oil onto a large plate and mix in the brown sugar and plenty of salt and pepper. Place the tomatoes, cut side down, into the olive oil mixture and make sure each face is well covered. Heat a small glug of olive oil in the ovenproof frying pan and transfer the tomatoes, cut side down, into the frying pan. Fry for 5 minutes, until they go stick and remove from heat. Most of the liquid should have evaporated from the garlic cloves, so add the sugar, salt and herbs and continue to fry until the cloves begin to turn light brown. Remove from the heat then transfer the cloves to the frying pan and arrange around the tomatoes. Place the puff-pastry sheet over the tomatoes and garlic, tucking in the edges neatly into the pan. Brush with the beaten egg then place in the oven for about 25 minutes, or until golden brown. Remove from the oven, cool slightly, then place a plate over the pan and turn it over and lift the pan off using oven gloves. You could serve sprinkled with feta cheese and with a fresh salad.

Apple and Cheese Scone Loaf

115g wholemeal flour
3 tsp baking powder
2 apples, halved, cored and chopped
150ml semi-skimmed milk
2 tbsp whole grain mustard

115g plain white flour
85g Shreddies or equivalent crunchy cereal, crumbled
75g mature Cheddar, finely grated
1 free-range egg

Preheat the oven to 210C /425F / Gas 7. Place the flours, baking powder and crumbled cereal in a large bowl and mix together well. Stir in the apples and ¾ of the cheese. In a jug, whisk together the milk, egg and mustard. Add this to the dry ingredients and gently combine to form a sticky dough. Scrape the dough out onto the middle of a lightly floured, non-stick baking tray. With lightly floured hands, pat out the dough to an 8" round. Lightly flour the top and mark the round of dough into 8 triangles with a knife, taking care not to cut all the way through the dough. Sprinkle over the remaining cheese and bake in a pre-heated oven for 25 minutes. Best served warm and eaten on same day. Serve with soup or as a snack on own.

No room left to rant. "Hoorah" I hear you say. It's probably just as well as it's my birthday today, this Monday morning, and the one and only day of the year when I am prone to sulk. This dates back to childhood and never having a proper birthday party with my friends as I was always in the caravan somewhere. My lovely family tried their very best, my birthday cake would have been baked the third week of July, just before school broke up, just before we left for the entire summer, and would reside in a tin under one of the caravan seats with the stockpiles of butter and Vesta Chow Mein. I usually got to ride some poor pony which had to drag itself round a sandy enclosure in 100 degree heat for half an hour - that was the highlight. But, I could never get over not ever having had a flurry of friends arriving at my house for jelly and sandwiches, bearing cards, packs of bath cubes and pale blue eye shadow. Utter persecution 😊

Kind wishes,

Isobel