



Monday 30th January 2017

Dear Customer,

I hope this finds you well. Month 2, 2017 already. It is moderately cold and murky up here at the moment but at least the days are extending, getting lighter by 2 minutes a day. I think by February all any creature wants is for spring to break.

We have cauliflower in the bags this week. Despite being white they rank in the top 30 of powerhouse vegetables in the Centre for Disease Control and Prevention's Aggregate Nutrient Density Index – the ANDI – an index created by a Dr Joel Fuhrman which ranks foods based on nutrient content in relation to calorie amount. The Index rates on a score of 1-1000. At the top of the list comes kale at 1000, with chard at 895, spinach at 707, brussel sprouts 490, carrots 458, cabbage 434, broccoli 340, cauliflower 315, pepper 265. Mushrooms 238, tomatoes 186, sweet potatoes 181, cucumber 87 etc. But back to cauliflower, they are a great source of vitamin C, folate, fibre, vitamin K, calcium, manganese, iron and Omega-3 fatty acids.

Here are a few tasty recipes you could try this week:

Roasted Cauliflower Dahl

<i>1 cauliflower, cut in bite-sized pieces</i>	<i>3 tbsp vegetable oil</i>
<i>1 onion, sliced</i>	<i>3 garlic cloves, thinly sliced</i>
<i>1 tbsp black mustard seeds</i>	<i>30g fresh ginger, grated</i>
<i>400g tin chopped tomatoes</i>	<i>250g split red lentils</i>
<i>bunch fresh coriander, roughly chopped</i>	

Heat the oven to 220C/ 200F/ Gas 7. Toss the cauliflower in 2 tbsp of the oil, season well and put in a single layer in a large roasting tin. Roast for 15-20 minutes on the top shelf of the oven until golden brown and tender. Set aside. Meanwhile heat the rest of the oil in a large saucepan over a low-medium heat. Add the onion and cook for 5 minutes then add the garlic and cook for a further 3 minutes or until the onion is soft. Add the mustard seeds, cumin seeds and ginger. Cook for 2 minutes. Add the tinned tomatoes, stir well, cook for a few more minutes then add the lentils and 500ml cold water. Bring to a simmer and cook, stirring often, for 20-25 minutes until the lentils have started to break down and create a thick dahl. Season well then stir in the roasted cauliflower and half the chopped coriander. Serve the dahl scattered with the remaining coriander leaves, lemon wedges on the side and naan bread.

Light Cauliflower Soup

<i>cauliflower, in florets</i>	<i>1 onion, chopped</i>
<i>200g potatoes, peeled and diced</i>	<i>1 bay leaf</i>
<i>1 tbsp margarine</i>	<i>1 clove garlic, crushed</i>
<i>fresh coriander</i>	<i>720ml vegetable stock or water</i>

Heat the margarine in a large saucepan, add the bay leaf and the onion and saute on a gentle heat for about 5 minutes until the onion is translucent. Add the potatoes, cauliflower and garlic and cook, stirring, on a medium heat for about 5 minutes. Add the stock or water and bring to the boil. Cover and cook until the vegetables are tender. When cooked, puree in a blender. Return to the pan, reheat and season with salt and pepper. Ladle into bowls, top with fresh coriander.

Spicy Leek and White Bean Stew

<i>olive oil</i>	<i>1 large onion, finely sliced</i>
<i>2 garlic cloves, crushed</i>	<i>450g leeks, cut into large chunks</i>
<i>2 tbsp harissa paste</i>	<i>400g tin chopped tomatoes</i>
<i>300ml vegetable stock</i>	<i>2 x 400g tins cannellini beans, drained and rinsed</i>
<i>1 x 400g tin chopped tomatoes</i>	<i>juice of a lemon</i>
<i>handful chopped fresh parsley</i>	<i>fresh crusty bread to serve</i>

Heat a little olive oil in a saucepan. Fry the onion gently over a low heat for 5 minutes until softened. Meanwhile add the garlic and leeks to the pan and cook for a further minute. Stir in the harissa paste, chopped tomatoes and the vegetable stock. Bring to a simmer, season, then cook for 20 minutes. Add the cannellini beans then simmer for a couple of minutes. Taste and adjust the seasoning then stir in the juice of a lemon and a handful of chopped fresh parsley. Serve with fresh crusty bread.

Hope you have a good week,

Kind wishes, Isobel