



Monday 23rd October 2017

Dear Customer,

I hope this finds you well. We have so much nutrition to offer you in the bags this week with superfoods cavolo nero and beetroot and here are a few tasty recipes you could try:

Beetroot and Lemon Houmous with Poppy Seeds and Honey Crispbreads

450g tin chick peas	360g beetroot, cooked and peeled
3 lemons	2 cloves garlic
olive oil	2 tbsp natural yoghurt (optional)
Crispbreads (or buy some !)	
100g rye flour	100g white spelt flour
¼ tsp baking powder	olive oil
1 tbsp clear runny honey	1 tbsp mixed white and blue poppy seeds

Preheat the oven to 180C/350F/ Gas 4. In a bowl mix together the flours, baking powder, 3 tbsp olive oil, the honey and 4 tbsp of water. Season lightly with sea salt and black pepper, then knead until smooth (3 minutes roughly). Lightly flour your work surface before dividing the dough into two. Roll out each half to form a rectangle, about 30 x 12cm and 1mm thick – or as thin as you can get it. Cut into even rectangles, about 3cm wide, then transfer to floured baking sheets. Brush with a little water and scatter over the poppy seeds. Bake in the oven for about 10 minutes or until golden and crisp then leave to cool before serving with the houmous. Meanwhile make the houmous. Drain the chick peas then combine with the chopped beetroot and the zest and juice of 2 lemons in a food processor. Blitz on a high speed for 1 minute. Peel and mince the garlic then add to the processor with a little seasoning and add 4 tbsp olive oil. Blitz again until smooth, taste and tweak with extra lemon juice if required. To serve, tip into a shallow bowl, then swirl through the yoghurt if using then a grating of lemon zest and extra drizzle of olive oil.

Cavolo Nero with Garlic and Lemon

bag cavolo nero	2 cloves garlic
1 lemon	100ml olive oil
sea salt and freshly ground black pepper	

Bring a large pan of salted water to boil. Strip the cavolo leaves from any tough stems and wash thoroughly. Cut into quarters and blanch in the boiling water, scooping out after a few minutes and squeeze dry. For the sauce, peel and finely slice the garlic. Heat the olive oil gently and add the garlic. Cook over a low heat until golden. Zest and separately juice the lemon, add the zest to the garlic and when fragrant add the lemon juice. Warm the dry cavolo nero through until hot, season with salt and pepper and serve with the garlic and lemon oil drizzled over.

Cavolo Nero Pasta Sauce

4 tbsp olive oil	2 large cloves garlic
juice of a large lemon	100g hard cheese, grated
150g nuts, chopped	1 large onion, finely chopped
bag cavolo nero leaves, stalks removed, finely shredded	salt and pepper
2 tsp chilli flakes	

Cook the nuts in a dry frying pan over a medium heat, keep them moving so they don't burn. Remove from the heat when they start to brown and set aside. Warm the oil and cook the onion and garlic for a couple of minutes before adding the cavolo nero. Cook together for 5 minutes. Add the lemon juice, nuts, seasoning and cheese and combine together. Stir into the cooked pasta and serve with a scattering of chilli flakes, a drizzle of oil and a grating of cheese. Serve piled on your pasta.

Beetroot Fritters with Soured Cream

3 tbsp oil	1 small onion, finely chopped
1 garlic clove, crushed	250g potatoes
500g beetroot	2 Hen nation eggs, lightly beaten

Heat ½ tbsp. oil in a large frying pan. Gently fry the onion until soft but not coloured. Add the garlic, cook for 1 minute, then set aside. Peel and grate the potatoes and beetroot. Put the grated flesh in some cloth and squeeze out the moisture then put them in a bowl and add the cooked onions, the eggs and a good amount of seasoning. Heat more in the frying pan and spoon in about 1/6th of the mixture per fritter. Cook until crusts have formed on one side then flip over. Once they're golden on both sides, turn down the heat and continue to cook until soft all the way through, flipping them from time to time (about 5 minutes each side). Be careful to not get the outside too dark before the inside is cooked, and add more oil as you need it. Keep the fritters warm in a low oven while you finish the rest. Serve warm with a dollop of soured cream.

Well my Airbnb visitors did arrive thankfully and I am now 5 miles away staying with a friend. I was cleaning, sorting, getting keys cut, up to the last second. I piled the car full of all the rubbish, my laptop, a few clothes, put their keys under a wellington boot and left. I have never been so happy to drive away – albeit that there a few things I'd missed as I ran out of time. Today, Sunday, I am exhausted but at least it's over. Now to catch up on the rest of my work.

Blissful normality and routine will resume next week,

Kind wishes,

Isobel