



**Monday 5<sup>th</sup> March 2018**

Dear Customer,

I hope this finds you well and that you managed to weather the horrible weather. It's thick fog here this morning and after a week of being completely snowed in I can hear a bit of dripping so hope the thaw has started. We really need it. Spring had just been starting to take hold, the aconites were blooming on the verges, the daffodils were in bud, then this happened. I hope spring will get back on track soon but the forecast seems to show a deluge now in the coming week and that added to the thaw water is likely to cause flooding. My sheep have taken a hammering, it has been so bitter. I feel sorry for all the heavily pregnant and lambing ewes as well as the tiny lambs that were born before it started.

Here are a few recipes you could try with this week's ingredients:

**Roasted Broccoli with Lemon, Garlic and Chilli**

head of broccoli  
1 small red chilli, finely chopped  
zest and juice of ½ lemon  
2 garlic cloves, finely chopped

Heat the oven to 220C/ Gas 8. Split the broccoli into bite-sized florets. Make sure each floret has some stalk attached. Put the broccoli into a shallow oven tray, toss in some olive oil and season with salt. Roast for 4 minutes. Add the chilli, garlic and lemon zest, mix well, then put back in the oven and continue roasting for a further 3-4 minutes or until the broccoli is done. Finish with a dash of lemon juice and more salt if needed.

**Broccoli and Potato au Gratin**

2 tbsp butter  
2-3 potatoes, peeled and diced  
235ml milk  
3 tbsp plain flour  
1 onion, chopped  
250g broccoli  
2 Hen nation eggs  
salt and freshly ground black pepper

Preheat the oven to 190C/ Gas 5. Melt the butter in a frying pan over a medium heat. Add the onions and cook and stir until soft and translucent, about 6 minutes. Bring a saucepan of water to the boil and add the potatoes. Cook until tender, about 10-12 minutes. Trim the broccoli and separate into florets. Add them to the potatoes to cook for the last 5-7 minutes until tender. Drain, then chop and add it to the onion. Combine the milk with the eggs and flour. Add salt and pepper and add to the potato mixture. Mix well. Spoon the mixture into individual ovenproof dishes such as ramekins lined with aluminium foil. Bake in the preheated oven for 20-25 minutes until golden brown. Remove from the oven and invert over a serving plate. Remove the dish and foil and serve immediately.

**Carrot, Broccoli and Peas in Coconut Sauce**

head of broccoli  
200g peas, frozen  
3 cloves garlic  
200ml vegetable stock ( yeast-free)  
2 tbsp coconut oil  
salt and freshly ground black pepper  
400g carrots  
2 medium onion  
200ml coconut milk  
1 lemon  
2 tsp curry powder

Pell the onions and cut into small pieces. Peel the garlic cloves and chop into fine pieces. Wash and drain the broccoli and carrots. Separate the broccoli florets and cut the carrots into thin slices. Heat 2 tbsp of the oil in a large frying pan. Gently fry the onion, garlic and curry powder and shortly roast. Add the broccoli and carrots, season with a little salt and briefly fry. Pour in the coconut milk and stock, season with ½ tsp grated lemon peel and cover the pan with a lid. Gently cook for about 12 minutes. Season the curry with salt, pepper, lemon juice and curry powder. Quickly bring back to the boil and then serve.

**Soy Noodles with Soy, Lime and Chilli Dressing**

250g fresh noodles  
2 carrots, cut into julienne strips  
Dressing:  
4 tbsp soy sauce  
2 red chillis, deseeded and thinly sliced  
2.5cm piece ginger, chopped  
1 tbsp rice vinegar  
head broccoli, cut in small pieces  
4 tbsp roasted peanuts, chopped  
3 tbsp soft brown sugar  
1 garlic clove, finely chopped  
juice of 2 limes

*Mix the dressing ingredients in a bowl. Cook the noodles according to pack instructions. Drain and tip into a large bowl. Add the dressing and mix well. Steam the broccoli with the carrots to al dente. Toss the veg through the noodles and scatter with the peanuts.*

I hope you have a good week,

Kind wishes,

Isobel