

**Monday 27<sup>th</sup> August 2018**

Dear Customer,

I hope this finds you well and that you've had a lovely Bank Holiday. Reverting to type it has been raining and cold up here serving a definitive confirmation to my young French guests that our climate is uninhabitable. I dished out my big, insulated, impermeable winter coats to them when we ventured out and had to have the heating on 24/7. They go home today to 30C, 'la rentree' and to prepare for the new school term. Summer has flown.

We have lovely fresh bunched kale in the bags this week – one of the most nutrient-dense foods on the planet containing vast amounts of vitamin A and K, vitamins C, B vitamins, manganese, calcium, potassium, magnesium, iron and much more. Here are a few recipes you could try with it:

### **Lentil Curry with Kale and Red Peppers**

400g tin coconut milk	3 cloves garlic, finely chopped
2.5cm piece ginger, finely grated	1 red chilli, deseeded and finely chopped ( optional )
½ - 1 tsp ground turmeric	1 tsp garam masala, or curry powder
1 tsp ground cumin	230g red lentils, washed
480ml boiling water	1 red pepper, deseeded and roughly chopped
3 handfuls kale, thick stems removed, roughly chopped	1 tbsp plus 1 tsp olive oil
1 large onion, thinly sliced	salt, to taste

Gently heat 3 tablespoons of the coconut milk in a large heavy-based pan. Add the garlic, ginger, chilli ( if using ) and dry spices. Cook for a couple of minutes. Add a splash of water if they start to stick to the pan. Add the lentils to the pan and stir through. Add the boiling water, coconut milk and red pepper to the pan. Bring to the boil then reduce the heat, cover with a lid and simmer for 15 minutes. Once the lentils are soft add the kale and stir through. Add a little more water if desired. Continue cooking for 5 minutes or until the kale is cooked through. Remove from the heat and leave to rest for 5 minutes before serving. Season with salt to taste. While the curry is cooking prepare the onions but frying in oil on a medium heat until soft and starting to brown. Serve the curry scattered with fried onions and with chapatis or brown rice.

### **Kale Macaroni Cheese**

350g fusilli pasta	1 tbsp vegetable oil
2 tbsp butter	3 cloves garlic, minced
1 tsp mustard powder	3 tbsp plain flour
250ml whole milk	250ml single cream
250g mature Cheddar	
large handful kale, chopped	

Preheat the oven to 200C/ 400F/ Gas 6. Cook the pasta according to packet instructions but less 3 minutes. Melt the butter in a small pan over a medium heat then add the garlic and mustard powder and cook for 1 minute. Stir in the flour and cook for 1 minute, mixing all the time. Add the milk and cream and whisk until the sauce is smooth and lump-free. Continue to whisk until the sauce thickens. Take the pan off the heat, add the grated Cheddar and leave it to melt, stirring occasionally. Tip the pasta and kale into an ovenproof dish and pour over the sauce. Bake for 20 minutes until the top is crisp and golden.

### **Kale Salad with Roasted Red Peppers, Raisins and Toasted Walnuts**

bunch kale, stems removed	1 or 2 red peppers, roasted
half a small onion	handful raisins
handful walnut pieces, toasted	juice of half lemon
3 tbsp olive oil	2 cloves garlic, finely diced

Shred the kale leaves very finely and put in a large bowl. Remove any remaining seeds from the peppers, cut into ribbons and then into 1" lengths. Add them to the kale. Plump up the raisins by soaking them in boiling water for 10 minutes, drain and add to the salad with the toasted walnuts. Whisk the vinaigrette ingredients together along with the garlic and onion. Mix the dressing thoroughly with the salad.

### **Pasta with Kale, Garlic and Chilli**

200g spaghetti	150g kale, chopped
2 cloves garlic, finely sliced	1 red chilli, finely sliced

Cook the pasta according to packet instructions. Put the kale in a colander and pour over a kettleful of water. Leave to drain. Heat 3 tablespoons of olive oil in a pan, add the garlic and chilli and cook gently for 3 minutes without browning. Add the kale and cook for 3-4 minutes until tender. Drain the pasta and add to the pan with 2 tablespoons of the cooking water. Toss everything well then serve.

Barney died on Saturday aged 12. It was out of the blue. He took ill and died in my car when I was bringing him home. He was my orphan lamb, I bottle fed him, he lived in my garden for the first 6 months of his life. I was always his mum, I don't think he ever wanted to be a sheep. He must have been one of the most film and photographed sheep ever – always willing for a biscuit. He was my lovely boy.

After a lazy, carefree summer thoughts are slowly turning back to Brexit - 'Deal' or 'No Deal'. The latter is looking increasingly likely which is a terrifying prospect. Possibly the worst, most inept government we have ever had dealing with the most critical issue of our time. As much as I love Macron, he, the new master of Europe will need us to fail to consolidate it. Last minute desperate attempts to sip rose with him at his summer retreat on the Cote 'd'Azur just look desperate. He is made of steel. Our moments of truth are coming.

Kind wishes,

Isobel