



## **Monday 2nd December 2019**

Dear Customer,

I hope this finds you well. The rain finally stopped and we have had a few beautiful, frosty, sunny days with clear blue skies. Uplifting for the spirit were it not for the looming election. I've been watching the leaders debates and interviews and it's not easy viewing. I'm struggling with all the aggression, the lies, the manipulation. But not long to go now to discover, and indeed, determine, our fate. One thing is for sure, half of us will wake up on Friday 13<sup>th</sup> terrified.

More cheerfully, we have delicious golden beetroot in the bags this week, full of nutrients – vitamin C, vitamin A, beta-carotene, potassium, folate, magnesium, iron, lycopene and more. You could roast it. Preheat the oven to 200C/ 400F/ Gas 6. Peel and cut into 1" cubes. Mix together in a bowl 2 tbsp olive oil, 3 cloves of minced garlic and a tsp of dried rosemary with some salt and pepper. Add the beetroot cubes to the bowl and mix thoroughly. Spread the coated beetroot in a single layer on a baking sheet lined with foil and roast for 35-40 minutes until tender and golden. Stir once or twice during roasting to ensure they cook evenly and serve hot or cold.

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

### **Beetroot Tagliatelle**

400g beetroot  
vegetable oil  
1 tbsp white wine

1 small onion, finely chopped  
handful sage, finely chopped  
100ml single cream

*Boil the beetroot until tender. When cool, peel, chop into cubes and set aside. Fry the onion until softened but not coloured. Add the beetroot, wine and seasoning then cook for a few minutes until softened. Cook the tagliatelle according to packet instructions. Add the cream to the beetroot sauce. Drain the pasta and add it to the beetroot pan and combine. Serve garnished with lots of chopped sage.*

### **Beetroot Risotto with Swiss Chard and Horseradish**

500g beetroot, peeled  
730ml vegetable stock  
small onion, finely chopped  
125ml dry white wine  
1 tsp hot horseradish

1 tbsp olive oil  
30g butter  
250g risotto rice  
100g swiss chard leaves, shredded  
4 tbsp hard cheese, finely grated

*Preheat the oven to 190°C / 375F / Gas 5. Halve the beetroots, toss with the oil, season and place on a baking sheet. Cover with foil and bake for 1 hour, or until tender. When cool cut into 1cm cubes. Purée 1/3 of the cubes with 30ml stock. Set aside. Put the remaining 700ml stock in a saucepan and bring to a simmer. Put 15g butter in a large saucepan on a medium heat. Stir in the onion and cook for 5 minutes until softened but not coloured. Add the rice and stir to coat. Cook for 1 minute until translucent, then add the wine, stirring until almost evaporated. Add a ladle of stock and bubble, stirring until it is almost absorbed. Keep adding stock, a ladle at a time, stirring until absorbed, for 15 minutes. Then stir in the beetroot purée and remaining cubes and cook for 1-2 minutes. Stir in the chard, cook for a few minutes then stir in the horseradish, cheese and remaining 15g butter.*

### **Swiss Chard, Chick Peas and Mint**

1 tbsp extra virgin olive oil, plus extra to drizzle  
2 garlic cloves, finely chopped  
1 pinch chilli flakes  
1½ tbsp tomato purée  
400g tin chick peas, drained

1 onion, finely chopped  
handful mint leaves  
bunch swiss chard, leaves torn, stems cut in 1cm length  
75ml dry white wine  
½ small lemon, juice

*Heat the oil then add the onions, garlic and chilli flakes. Season and sweat for 5 minutes then add the chard stems and cook for another 5 minutes. Stir in the tomato purée, cook for 1 minute and add the wine and bubble until reduced. Add the chick peas, chard leaves and 150ml water. Season, then cover and cook for 5 minutes. Add the lemon juice and all but a few mint leaves. Serve, with mint leaves, a splash more olive oil, and couscous, if desired.*

### **Swiss Chard with Raisins and Pine Nuts**

4 tbsp raisins  
2 small onions, finely sliced  
1 tbsp tomato purée  
1½ tbsp caster sugar  
3 tbsp pine nuts

4 tbsp extra virgin olive oil  
4 garlic cloves, finely sliced  
4 tbsp red wine vinegar  
bunch swiss chard, stems cut in 3cm lengths, leaves torn

*Put the raisins in a small bowl, cover with boiling water and leave for 10 minutes. Drain, reserving 5 tbsp of the liquid and set aside. Heat 2 tbsp olive oil in a large frying pan over a medium heat. Add the onion and garlic plus a pinch of salt, and sweat gently for 20 minutes, stirring often, until soft but not brown. Then stir in the tomato purée, vinegar, sugar, raisins and reserved liquid. Bubble for 3 minutes until the juices thicken. Remove from the heat, season generously, then put to one side. Meanwhile, cook the chard stems in a saucepan of boiling salted water for 5 minutes. Drain well and add to the onion mixture. Return to the heat with the chard leaves and pine nuts, stirring for 2-3 minutes. Splash with the remaining 2 tbsp olive oil before serving.*

Lack of space after the recipes spares you further of my rantings. But just a note to say that we are delivering almost as normal through the festive period. On weeks commencing 23<sup>rd</sup> December and 30<sup>th</sup> of December, if you are a Wednesday delivery your order will come to you on the day before, so on the Tuesday, Thursday deliveries will be delivered on Friday and Friday deliveries will be delivered on the Saturday. The Jumbo Christmas Vegetable Bag and Christmas Fruit Box are both available to order now, both at £29.50.

I hope you have a good week.

Kind wishes,

Isobel