



Monday 17th February 2020

Dear Customer,

What horrible weather, it must be very tempting to call work and declare 14 days of self-isolation - 14 duvet days, days of hot water bottles, pizzas and Netflix. It's Saturday afternoon and Storm Dennis is just starting to bear down on us. You just know with a name like that it's coming straight for Yorkshire. I wish they could apply a bit more imagination - Storm Red Cox Pippin, Storm Ethelred the Unready. Dennis, as if we aren't already miserable enough. The wet and the wind seem to be getting everyone down, especially when we were so excited to see the first daffodils in bloom, foolhardy though they may be.

The farmers have managed to fish out a few cauliflowers, still growing against the odds, and here are some tasty recipes you could try this week:

Roasted Cauliflower with Garlic and Coriander

1 cauliflower
1 tsp coriander seeds, coarsely crushed
2 tbsp olive oil
2 garlic cloves, peeled and crushed

Preheat the oven to 200C/ Gas 6. Chop the cauliflower into florets about 2.5cm diameter and place in a mixing bowl. Add the crushed garlic, the crushed coriander seeds and the oil. Toss well together making sure the cauliflower pieces are well coated. Arrange on a roasting tray and season with salt and pepper. Bake for 25-35 minutes or until slightly charred and tender.

Cauliflower Rarebit Toasts

1 small cauliflower
100g Cheddar cheese, finely grated
4 tbsp mascarpone
2 tsp Dijon mustard

Break off the cauliflower florets and roughly chop, reserving the rest of the cauliflower greens for another recipe. Cook the florets for 4 minutes, or until tender with some bite, then drain. Mix the mascarpone, Cheddar and mustard to a paste and mix with the cauliflower. Toast the bread then pile on the cauliflower and grill until browned and bubbling. Serve with a green salad.

Mushroom, Cauliflower and Coconut Curry

2 tbsp coconut oil
1 onion, chopped
3cm fresh ginger, grated
1 tsp ground turmeric
1 tsp curry powder
½ cauliflower, in florets
2 handfuls greens eg chard or kale, shredded
50g toasted almonds, roughly chopped
1 tsp cumin seeds
2 garlic cloves, finely chopped
2 red chillies, finely chopped
1 tsp ground cumin
200g chestnut mushrooms, sliced
300g tomatoes, finely chopped
handful fresh coriander, to garnish
brown rice, to serve

Melt the coconut oil in a large saucepan over a medium heat and add the cumin seeds. Fry until the seeds begin to pop and become fragrant then quickly add the onion, garlic, ginger and red chillies and fry for 1-2 minutes. Add all the ground spices and cook for 5-7 minutes, or until the onion is translucent. Add the mushrooms, cauliflower, tomatoes, greens, coconut milk and 400ml water and cook for a further 10-15 minutes or until the vegetables are tender. Serve over brown rice and garnish with the chopped coriander and toasted almonds.

Scrambled Eggs with Garlic Mushrooms and Chard

1 tbsp olive oil
2 cloves garlic, finely chopped
knob of butter or margarine
200g chard leaves
200g mushrooms, sliced
pinch of paprika
6 Hen Nation eggs, lightly beaten

Heat the oil in a frying pan, add the mushrooms and garlic, season and add the paprika. Cook gently for 2-3 minutes until softened. Finely shred the chard leaves, reserving the stems for another dish, add to the mushrooms and cook for a few more minutes until chard is tender then transfer to a bowl. Wipe out the pan and add the butter or margarine. When melted, add the eggs, season well, stir until well combined and cooked. Stir through the mushrooms and chard. Serve with crusty bread.

I'm not feeling too great. It might be a bug is trying to take hold. I've come to my bedroom with a cup of tea to self-isolate and watch a Doris Day film.

I don't know what to think about Rishi Sunak becoming Chancellor. It was a shock...ish. I knew he'd get promotion but didn't expect that. He is suddenly much more remote from our small constituency. He probably won't have time to read my grouse shooting, and brilliant ideas, letters anymore. A friend and I met him for a coffee in the Kings Head when he was first elected 5yrs ago. It was evident he would rise to the top quickly, he is very, very bright, very nice, and also very funny. He was aware of the website I was, and am back on with, developing, I said I needed to find a techy mentor, he offered to organise a tour of California for us taking in visiting his 'friends' in Silicon Beach. I don't like flying and my friend showed no interest so we never grasped at it but it was very kind of him. I doubt the offer is still open ! He was going to come and officially open my organic farm shop / café but I shut it down before the opening.
With Rishi up here and Dominic Cummings family farm 10 miles up the road, there's a lot of power oop North at this moment.

Hope you have a good week,

Kind wishes,

Isobel