



Monday 16th March 2020

Dear Customer,

I hope you're well and staying safe. Bit of blue sky out there this Monday morning !

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

Parsnip Rostis

400g parsnips	1 Hen Nation egg
2 tbsp cornflour	vegetable oil
sea salt	crème fraiche

Peel and coarsely grate the parsnips and put into a large bowl. Add the egg, cornflour and a couple of good pinches of salt. Mix well to combine. Heat a frying pan over a medium heat and add some oil to the pan. Put some dollops of the parsnip mixture into the pan, squash them down a little. They should be no more than 2cm thick, or they won't cook through. Allow the rösti to cook for a few minutes and then check the underside by lifting it up with a palette knife. If the underneath is deep golden brown, turn the rösti over to cook the other side. Serve the rösti straight away, topped with a knob of butter or margarine or a dollop of crème fraiche.

Courgette and Aubergine Agrodolce

2 aubergines	2 courgettes
4 tbsp olive oil	2 cloves garlic, peeled and sliced
1 tbsp caster sugar	4 tbsp red wine vinegar
½ pack fresh mint, chopped	½ pack fresh parsley, chopped
salt	freshly ground black pepper

Trim the ends of the aubergines and courgettes then cut them into 1cm thick slices lengthways. Brush the slices lightly on both sides with ½ tbsp olive oil and season. Cook the aubergine and courgette slices, for 6-8 minutes, on a preheated griddle pan turning once until they are just tender and golden brown. Transfer the griddled vegetables to a serving platter, overlapping the slices. Heat the remaining olive oil in a small pan, add the garlic and fry gently until tinged a light brown. Add the sugar, vinegar and seasoning, bring to the boil, stirring to dissolve the sugar, then pour the dressing over the vegetables. Scatter the mint and parsley and serve with some nice bread.

Courgette, Aubergine and Tomato Stacks

2 courgettes, cut in half, sliced lengthways	1 aubergine, sliced
3 tbsp sundried tomato paste	3 tomatoes, sliced
20g fresh basil, finely chopped	100 ml olive oil
4 tbsp cheese, grated	1 teaspoon lemon juice

Preheat the oven to 200 C / Gas 6. Place the courgette and aubergine slices on a baking tray and brush with the tomato paste. Top the aubergine with tomato slices. Bake for 15 minutes. Mix together the rest of the ingredients along with 2 tbsp cold water to make a pesto. Season. Layer the cooked vegetable slices into 2 stacks and then drizzle with some pesto.

Roasted Parsnip and Carrot Soup

500g parsnips	300g carrots
1 tbsp maple syrup	3 tbsp olive oil
2 onions, roughly chopped	2 garlic cloves, crushed
2 tsp ground cumin	500ml fresh vegetable stock
1-2 tbsp lemon juice	4 tbsp non-dairy or dairy yogurt

Preheat the oven to 200°C / Gas 6. Trim and peel the parsnips and carrots, then cut into 3cm chunks. Toss with the maple syrup and 1 tbsp oil, then spread out on a parchment-lined baking tray. Season and roast for 20 minutes. Meanwhile, heat another 1 tbsp oil in a large pan and add the onions, garlic and a pinch of salt. Cover with a lid and cook gently for 12 minutes, stirring occasionally. Remove the lid, add the cumin and cook, uncovered, for another 3 minutes. Tip in the roasted parsnips and carrots, stock and 750ml water; bring to the boil, then simmer for 10 minutes. Meanwhile, turn the oven down to 160°C / Gas 3. In a blender, whizz the soup with 1 tbsp lemon juice until smooth. Add a splash of water to loosen if needed, then reheat. To serve, swirl in a dollop of non-dairy yogurt alternative.

I don't know what to say ! One minute the world is normal, then it feels like it's falling to pieces around us. Normal trials and tribulations pale into insignificance. I made the mistake of spending too much time online and on social media, I turned myself into a furious nervous wreck, gave myself a double migraine from which I'm trying to recover. Before it started kicking off here, a friend in Milan said she was spending all day, every day, meditating with her online Indian master. Its not a bad way to get through it. Alas, we have no option but to live through it. But it will end, and maybe we can make a better world and a more united world after it. At least we're not on the precipice of nuclear war with Russia for a change.

If you are housebound it might be time to try and learn mindfulness, to read all those unread books, start writing that book, learn a new language, start an online Open University degree, take up online poker.

We will get through this,

Very best wishes,

Isobel