



**Monday 29<sup>th</sup> March 2021**

Dear Customer,

It's Monday morning and there's a howling wind. Tomorrow, just as a one-off, we are promised a taste of summer. Just a day thrown in out-of-season for good behaviour. Somewhat like the £50 cheque I just got in the post from HSBC apologising for I have no idea what. I'm not even their customer.

So, all to play for tomorrow with a lot of blooming and blossoming going on. I think the daffodils after a tentative start might decide it's time to definitively open up.

On top of this, we have an extra hour of afternoon light. It feels justifiable watching Tipping Point at the end of a long day and in the 4pm darkness of a winter's lockdown. But to watch it in broad daylight seems almost criminal. But it's very soothing and meditational, like staring into a flickering fire - no gory medical scenes, no murders - although the ads in between do make up for it, drawing our attention to our own mortality as they do. We will be dragged kicking and screaming into our new post-lockdown dawn of tennis and picnics.

For sure, the last year has taken a lot out of us all. But if we made it through this Suez Canal and are truly through the worst, then a year in a life isn't that much of a penalty for a lifetime of freedom. We will bounce back. And to coin a cliché, 'build back better'.

We have collard greens in the bags this week. You can use them in most recipes where you would use kale or spring greens. Best to remove the thick stems before using. We also have tasty, nutty, farty Jerusalem artichokes - the little knobby roots. Called 'topinambours' in France, they make a delicious salad. Boil them in their skins until tender, slip the skins off, slice them up and mix with a mustard vinaigrette.

Here are a few tasty recipes you could try with them this week:

#### Lemony Collard Greens

1 bunch collard greens	1½ tbsp olive oil
2 garlic cloves, minced	pinch red pepper flakes
lemon wedges	

Cut out the thick rib from each collard green. Stack the rib-less greens and roll them up into a cigar-like shape. Slice as thinly as possible (⅛" to ¼") to make long strands. Shake up the greens and give them a few chops so the strands aren't too long. Heat a large frying pan over medium-high heat, then add the olive oil. Once the oil is hot, add the greens and the salt. Stir until the greens are lightly coated in oil, then let them cook for about 30 seconds before stirring again. Continue stirring in 30-second intervals until the greens are wilted, dark green, and some are starting to turn browns on the edges. This will take between 3 to 6 minutes. Once just about done, add the garlic and red pepper flakes (if using). Stir to break up the garlic and cook until fragrant, about 30 seconds. Remove the pan from the heat. Serve with lemon wedges.

#### Jerusalem Artichoke, Pear and Brazil Nut Salad

3 tbsp olive oil	400g jerusalem artichokes, scrubbed clean
75g shelled brazil nuts, roughly chopped	2 or 3 pears, cored and quartered
6 fresh sage leaves	white balsamic vinegar
sea salt	zest and juice of 1 lemon

Heat the oven to 200C/ Gas 6. Heat a little of the oil in a small frying pan and toast the brazils until golden, tossing occasionally, then set aside. Scrub clean the Jerusalem artichokes. Chop into 2cm pieces if large and keep whole if small. Put them in a large roasting tin and toss with the quartered (reserving a couple of quarters), the sage leaves, a dash of balsamic vinegar, the oil and some sea salt. Roast for 45 minutes shaking the pan halfway through. The artichokes should be lightly golden and chewy. Remove from the oven, squeeze over the lemon juice and leave to cool slightly. Transfer them with the pears to a large serving dish using a slotted spoon then toss through the lemon zest and nuts. Finely slice the remaining fresh pear pieces and mix through the salad.

#### Collard Green and Ricotta Tagliatelle

300g tagliatelle	200g collard greens, thick stems removed, finely shredded
3 tbsp olive	1 large red chilli, seeded and finely chopped
2 cloves garlic, finely chopped	25g fresh basil, leaves roughly torn
125g ricotta	1 tbsp toasted pine nuts

Cook the tagliatelle and greens in a pan of boiling water according to pasta packet instructions. Meanwhile, heat the oil in a small pan and add the chilli and garlic. Cook gently for 3 minutes. Drain the tagliatelle and greens and return to the pan. Stir in the garlic mixture and most of the basil. Gently fold through the ricotta. Serve scattered with the pine nuts, remaining basil and a grinding of coarse black pepper.

Pepper, Aubergine and Chickpea Curry

500g potatoes, peeled and diced

1 onion, chopped

1 red pepper, diced

400g tin chopped tomatoes

1 tbsp oil

1 aubergine, diced

1 tbsp medium Madras curry powder

400g tin chickpeas, drained and rinsed

Cook the potatoes in boiling water for 5–8 minutes until just tender, then drain. Meanwhile, heat the oil in a frying pan and stir-fry the onion, aubergine and pepper for 8–10 minutes. Add the curry powder and cook for 1 minute more. Stir in the chopped tomatoes, 300ml water, chickpeas and reserved potatoes, and cook for 10 minutes. Season to taste and garnish with chopped coriander (optional). Serve with cooked rice or warm naan breads.

I hope you have a good week.

Kind wishes,

Isobel