



**Monday 12<sup>th</sup> July 2021**

Dear Customer,

Good morning from the drizzly but mild Yorkshire Dales on this Monday morning. The morning after the night before. We got to the final, I think we won sufficiently. It was enough. I feel so sorry for the team, they played brilliantly. It was a big ask to get straight up from the bench to take a penalty in a Euros Final. They, like Southgate, will probably never get over it. For us it's a game, for them, it's their raison d'être and this was their moment. Where was the guy with the laser pen when we needed him. But the aftermath of the game has been marred by the vile racist abuse directed at these young players. It makes me feel physically sick.

And so, from football, back to the saucepan. Here are some tasty recipes you could try this week:

**Fennel and Lemon Risotto**

1 bulb fennel	1 tbsp butter
1 onion, finely chopped	1 garlic clove, finely chopped
140g risotto rice	175ml white wine
550ml hot vegetable stock	zest of 1 lemon
25g cheese, grated	

Cut off any fronds from the fennel and set aside. Finely chop the bulb and stalks of the fennel. Heat 1 tbsp butter in a frying pan and cook the onion, garlic and chopped fennel until soft but not coloured. Add the rice and stir for a minute. Pour over most of the wine and simmer until evaporated. Add 500ml of the hot stock, a ladleful at a time, stirring between each addition until absorbed. Meanwhile, slice the remaining fennel and fry in knob of butter until browned. Add the remaining stock and wine and cook until tender. When the rice is cooked, stir in the zest and cheese, and season. Serve topped with the fennel fronds and cooked fennel.

**Caramelised Fennel and Carrot Soup**

bulb of fennel	400g carrots
1 onion	2 cloves garlic
1 tsp fennel seeds	1 vegetable stock cube
1 tbsp olive oil	750ml boiling water

Preheat the oven to 200C/ Gas 6. Trim the fennel, saving any green fronds for later, and halve vertically. Cut into 1cm slices. Scrub the carrots and chop into chunks. Peel the onion and chop into wedges. Scatter the prepared vegetables on a large roasting tin, sprinkle with the fennel seeds and season with salt and pepper. Tuck in the garlic cloves. Drizzle over 1 tbsp of the oil and toss well. Roast for 25 minutes in the oven until everything is caramelised and tender. Pour 750ml boiling water into a jug and crumble in the stock cube. Whisk with a fork until well-combined. When the vegetables are cooked, transfer them to a pan and pour over the stock. Whizz with a blender into a smooth soup. Scatter with reserved fennel fronds to serve.

**Fennel and Broad Bean Salad**

250g brown basmati or wild rice	3 tbsp extra virgin olive oil
1 tbsp red wine vinegar	2 tsp ground cumin
200g fresh podded broad beans	1 bulb fennel, thinly sliced
4 tbsp chopped fresh mint	2 tbsp chopped flat leaf parsley
4 tbsp mixed seeds	

Cook the rice according to pack instructions then drain. Place the oil, vinegar, cumin and some seasoning together in a mixing bowl, and whisk to combine. Add the warm rice, stir to coat in the dressing and leave to cool. Cook the broad beans in boiling water for 2-3 minutes until just tender. Drain, pat dry and add to the rice with the fennel, mint, parsley and seeds.

**Courgette, Broad Bean and Pea Tortilla**

3 tbsp olive oil	350g new potatoes, scrubbed and thickly sliced
1 small onion, sliced	1 medium courgette, trimmed and cubed
300g frozen peas	200g podded broad beans
5 Hen Nation eggs	handful mint, chopped

Heat half the oil in a frying pan over a medium heat. Add the potatoes, onion and seasoning. Cook for 15 minutes, turning occasionally until tender. Add the courgette to the pan, increase the heat and cook for a further 3-5 minutes until the potatoes are golden. Meanwhile, cook the peas and broad beans in boiling water until just tender. Drain then add to the golden potatoes and cook a couple more minutes. Put the eggs, mint and seasoning in a large bowl and beat lightly with a fork. Add the vegetables from the pan and mix thoroughly. Warm the remaining oil in a frying pan until very hot. Pour in the egg mixture, stir with a fork, lifting the middle of the tortilla to let the runny egg down into the base. Cook for 4-5 minutes until set and the base is golden. Invert onto a plate, then slide back into the pan and cook for another 2-3 minutes, until thoroughly cooked and golden.

We are on the 7-day countdown to the easing of all restrictions, the start of another 'barmy Britain' experiment which has the WHO, scientists and commentators from across the world, aghast. We boldly go where no country has gone before. And meanwhile, on the other end of the spectrum, Australia has just had its first Covid death of 2021. It's been 1½ years now hasn't it, of this Covid time-warp, and we are no closer to knowing if we are at the beginning, the middle, or the end. Shuffling our way through it, a little step at a time.

There's nothing like the smell of a rose to get away from it all. I bought three pink Gertrude Jekyll ones online from David Austen roses. It's the quintessential English rose with the quintessential English rose fragrance. Bury your nose in the big dense flowers, close your eyes, and smell those halcyon days. I couldn't decide where to plant them so bought three pots at the local garden centre, reduced to half-price for being pale green. A green, the exact same green, as the roof tiles of my childhood home: a white 1920's house with a green roof. The roses, the pots, my sentiments: perfectly, nostalgically aligned.

Kind wishes and hope you have a good week,

Isobel