



**Monday 19<sup>th</sup> July 2021**

Dear Customer,

I hope this finds you well. It's a very hot and sultry Yorkshire Dales. They aren't sultry very often. It's siesta weather, 29C with 60% humidity.

And here are some tasty recipes you could try this week:

**Lemon and Basil Courgette Pasta**

1 tbsp olive oil	½ small onion, finely chopped
4-500g courgettes	2 cloves garlic, finely chopped
finely grated zest 1 lemon	pinch chilli flakes
150ml dry white wine	150ml vegetable stock
450g pasta eg tagliatelle fresh basil, leaves only	6 tbsp grated cheese, optional

Warm the oil in a large saucepan over a medium heat and cook the onion for 3-4 minutes until starting to soften. Use a vegetable peeler to peel long ribbons of the courgettes. Add the garlic, lemon zest and chilli flakes to the pan and cook for just 1 minute, then add the courgettes and cook for 5 minutes. Increase the heat and add the white wine and stock. Simmer for 2-3 minutes until reduced. Meanwhile, cook the tagliatelle in a pan according to pack instructions. Drain and return to the pan. Add the courgette sauce, season, and toss well together with the basil and cheese, if using.

**Courgette Agro Dolce**

3 tbsp extra virgin olive oil	400-500g courgettes, thickly sliced
1 small onion, finely sliced	2 tbsp pine nuts
1 garlic clove, sliced	2 tbsp sherry or red wine vinegar
1 tbsp light brown soft sugar	2 tbsp raisins
3 fresh oregano sprigs, leaves picked	

Put 2 tbsp of the oil in a large frying pan over a medium-high heat. Add the courgettes and cook briskly, stirring occasionally, for about 10 minutes until sizzling and golden. Spoon the courgettes onto a plate, leaving as much oil as possible in the pan. Turn the heat down a little and add the onion. Cook for 5 minutes, stirring often. Stir in the pine nuts and garlic, then cook for 2 minutes, until the pine nuts begin to colour. Add the vinegar, sugar and raisins and simmer for a minute or so to form a syrupy glaze. Return the browned courgettes to the pan with the oregano and heat through for a further 2 minutes, tossing now and then to coat the vegetables. Season and serve drizzled with some extra olive oil.

**Swiss Chard Tart**

300g shortcrust pastry	3 tbsp olive oil
2 medium onions, finely sliced	250g Swiss chard
2 Hen Nation eggs plus 1 egg yolk	200ml crème fraîche
salt and freshly ground black pepper	50g finely grated Gruyère

Roll out the pastry on a lightly floured surface. Loosely wrap around the rolling pin and unroll over a 25cm, round tart dish. Press the pastry into the dish and prick the bottom with a fork. Line with greaseproof paper and fill with baking beans. Chill for 30 minutes. Preheat the oven to 180°C/ Gas 4. Put in the centre of the oven and bake blind for 20 minutes. Remove from the oven, remove the paper and beans and return to the oven for 5 minutes to dry out. Remove from the oven but keep the oven on. Meanwhile, heat the oil in a frying pan over a low heat and fry the onion until soft. Prepare the chard by ripping the green leaves away from the white stems. Finely slice both and add the stems to the onions. Fry gently until they begin to soften then add the sliced leaves and fry until soft. Season to taste and tip the mixture into the pastry case. Beat together the eggs, egg yolk and crème fraîche, mix in the Gruyère, season to taste and pour into the tart, making sure that it seeps through the chard filling to the base. Bake for 25 minutes until golden and slightly risen.

I went down to the river yesterday planning to walk the several miles of the Easby Abbey circuit alongside the river Swale. Halfway along, sun beating down and dripping with perspiration I followed Lainey into the river. I had shorts and Crocs on, and for the first time I could see a route across which wouldn't see me being swept away. I waded to the other side, clambered up the bank and onto the footpath coming back the other way, conveniently halving the distance. I'll be wild-swimming next.

It's Sunday. Sajid David has just tested positive. They can't keep themselves safe, let alone us. Anyway, as of tomorrow it's 'freedom day', they wash their hands of us, we're on our own. By the time they're out of isolation, they'll be off to Cornwall on their holidays, leaving us to it - us, the care homes, the NHS, and all. Que sera, sera. The Alpha variant seems but a distant memory, Beta is salivating in Calais, but for now, we are set to spend our summer, stewing in the Delta variant. Neil Ferguson has just said cases could get as high as 200,000 a day. One in 95 currently have the virus. In China they had 29 cases yesterday, so one in 51 million or thereabouts. They know how to cause a pandemic and they know how to stop one. They lock down to zero and shut borders, shut outbreaks down. Our problem is that we can only do the Blue Peter version, we lock down to 80% leaving sufficient virus in the community for it to start spreading again as soon as we're out. We let it spread again until it reaches a critical point, then we lockdown again, and again. We need to learn how to go the whole hog.

Roll on the day when Covid has turned into just a cold. Really ? This novel, blood-clotting, organ-destroying killer virus of which we know so little will end up just a snotty nose. I would like to see that calculation.

I hope you're enjoying the beautiful summer weather and have a good week,

Kind wishes

Isobel