



Monday 30th August 2021

Dear Customer,

I hope you're well. Just popping you a few recipes this week:

Roasted Turnips with Honey and Ginger

450g turnips, peeled and cut into small cubes	1 tbsp olive oil
3 cloves garlic, minced	1 tbsp fresh grated ginger
½ tsp dried thyme	2 tbsp honey
1 tbsp white wine vinegar	ground black pepper

Preheat the oven to 220C / Gas 7. Toss the turnips with oil, garlic, ginger and thyme in a large bowl. Arrange in a single layer on a baking sheet. Roast until starting to brown on the bottom, about 15 minutes. Turn the turnips over and continue to roast until tender and golden, 15 minutes more. Whisk the honey and vinegar in a bowl. Add the turnips and toss, and season with black pepper.

Braised Onion

350g onions, peeled and quartered	2 tbsp olive oil
10g butter	1½ tsp tomato puree (dissolved in 100ml boiling water)
1 tbsp red wine vinegar	1 tbsp sugar

Put the onions in a large sauté pan with the olive oil and butter. Sauté the onions until golden, shaking the pan often. Add the diluted tomato purée, sugar, vinegar, and salt and pepper to taste. Cook, uncovered, for about 1 hour, adding a little more water if necessary. The onions are ready when they are a rich brown colour and can easily be pierced by a fork. Serve hot or cold.

Roasted Aubergine and Tomato Pasta

1 aubergine, cut into chunks	2 tbsp olive oil
2 garlic cloves	300g tomatoes, halved
1 tbsp balsamic vinegar	1 tsp caster sugar
fresh basil	pasta eg penne or fusilli

Heat the oven to 220C/ 200F/ Gas 7. Toss the aubergine chunks with the oil and whole garlic cloves in a roasting tin with some seasoning. Roast for 10 minutes then add the tomatoes, vinegar and sugar and cook for another 5 minutes. Meanwhile cook the pasta to packet instructions and drain. When the veg is tender remove the garlic cloves, snip off their ends and squeeze the roasted garlic onto a board. Mash with a fork then stir the garlic paste back into the vegetables with the basil leaves, squashing the tomatoes as you go. Tip in the cooked pasta, stir everything together in the roasting tin. Serve scattered with a few more basil leaves.

Satay Noodles with Broccoli and Grilled Aubergine

Satay Sauce:

½ tbsp vegetable oil	½ onion, finely chopped
1 clove garlic	1 chilli, chopped
1 lemongrass stalk, diced	1 tbsp palm sugar
4 tbs smooth peanut butter	2 tbsp lime juice
3 tbsp coconut cream	1 tbsp soy sauce
2cm piece ginger	

Grilled Aubergine:

1 aubergine, cut into 1cm rounds	1 tbsp soy sauce
½ tbsp rice vinegar	½ tbsp sesame oil

Noodles:

1 tbsp vegetable oil	500g noodles
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1 head broccoli, chopped into florets

To Serve:

2 tbsp toasted peanuts, chopped	2 tbsp coriander, chopped
1 lime, in wedges	

Heat the vegetable oil in a frying pan and cook the onion for a few minutes until soft. Add the garlic, chilli, lemongrass and palm sugar and cook for a further two minutes. Place in a small food processor with the rest of the satay ingredients and blend until smooth.

Place the sliced aubergine in a bowl with the soy sauce, rice vinegar and sesame oil. Toss to coat then cook on a hot griddle pan for several minutes on each side until it has dark golden griddle marks and is tender. Keep warm while you cook the noodles.

Heat the vegetable oil in a large wok and cook the broccoli for 4-5 minutes. Add the cooked noodles and satay sauce and cook for a few minutes. Serve topped with the aubergine slices and chopped peanuts, the coriander leaves and with a wedge of lime.

Re Terry:

Terry's family have been extremely moved by all the kind messages, and greatly comforted. They were beautiful, caring, funny and poignant. 'Woven into the fabric of our lives' as someone put it - there can be no greater tribute than that. 'A friend and a constant through the darkest days of the pandemic'.

I know some of you had asked to know the results of the post-mortem and any funeral details. We found out on thursday that it

had been a heart attack caused by a blood-clot. His funeral is at 2.15pm on the 15th September at West Norwood Crematorium and

anyone who wants to be there is very welcome. Flowers also welcome. I am going to speak to her about live-stream on Obitus.

Farmaround will be finding a special way to honour his memory in due course.

Kindest wishes, Isobel