



Monday 25th October 2021

Dear Customer,

I hope this finds you well. It's Sunday morning. Weather not too bad again. Still mild. Wind getting up. Here are a few tasty recipes you could try this week:

Roasted Cauliflower and Garlic Soup

1 cauliflower	1 small onion, quartered
1½ tbsp olive oil	1½ tsp cumin seeds
8 garlic cloves, 6 unpeeled, 2 finely sliced	20g sunflower seeds
400g tin cannellini beans, drained and rinsed	500ml hot vegetable stock
1 tbsp cider vinegar	

Preheat the oven to 200°C/ Gas 6. Trim the cauliflower. Cut off the leaves and set aside, halving any thick stems. Roughly chop the cauliflower curd and put in a roasting tin with the onion. Toss with 1 tbsp olive oil and 1 tsp cumin seeds then season. Add the unpeeled garlic cloves and roast for 10 minutes. Add the reserved cauliflower leaves and roast for 20-25 minutes more, until golden. Toast the sunflower seeds in a small frying pan on a medium heat then tip onto a plate. Heat the remaining ½ tbsp oil in the same pan and fry the sliced garlic and ½ tsp cumin seeds for 1 minute then set aside. Remove the garlic and cauliflower leaves from the roasting tin. Tip everything else into a blender. Squeeze in the garlic from its skins, then add the beans, stock, cider vinegar and 200ml water. Whizz until smooth and season. Serve topped with the cauliflower leaves, sunflower seeds and garlic oil.

Cauliflower Cheese and Spring Green Pasta Bake

1 medium cauliflower, leaves and core trimmed	1 tbsp olive oil
1 small onion, sliced	2 cloves garlic, sliced
250ml organic milk	200g penne pasta
1 tsp Dijon mustard	150g spring greens, stalks cut out and leaves shredded
½ lemon, juice	50g Cheddar cheese grated

Preheat the oven to 200°C/ Gas 6. Finely slice ½ the cauliflower and cut the other ½ into small florets. Heat the oil in a large saucepan over a medium heat and fry the onion and garlic for 2 minutes. Add the sliced cauliflower to the pan. Cover and cook for 10 minutes, stirring occasionally. Uncover, add the milk and simmer for 5 minutes. Meanwhile cook the pasta in a large pan of boiling water for 3 minutes, then add the cauliflower florets. Simmer for a further 3 minutes. Add the spring greens and simmer for a final minute. Scoop out a mugful of the cooking liquid, then drain. Tip the cauliflower and milk mixture into a blender with the mustard, lemon juice and 200ml pasta cooking liquid. Whizz until smooth and season. Toss with the pasta, cauliflower florets and greens, plus 35g Cheddar. Tip into a baking dish. Scatter the remaining cheese on top and bake for 15-20 minutes until golden.

Roasted Red Pepper and Aubergine Gnocchi

2 red peppers, quartered and deseeded	2½ tbsp extra virgin olive oil
2 garlic cloves, unpeeled and bashed	1 aubergine, cubed
handful basil leaves	1 red chilli, deseeded
50g cheese dairy or non-dairy, grated	500g fresh gnocchi

Preheat the oven to 220°C/ Gas 7. Toss the peppers in 1 tsp olive oil, season and put skin-side up on a baking tray with the garlic. Brush a second baking tray with 2 tsp oil, then add the aubergine. Put both trays in the oven to roast for 20-25 minutes (peppers on the top shelf), turning the aubergine occasionally. Meanwhile, put the basil leaves, chilli and cheese into a food processor then whizz until it resembles breadcrumbs. Remove the trays from the oven then peel and discard the skin from the peppers and garlic. Add the garlic and half the peppers to the food processor with the remaining 1½ tbsp oil; and whizz to a semi-smooth paste. Tip into a large pan with the aubergine. Cut the remaining peppers into strips and add to the pan. Cook the gnocchi in boiling water. Meanwhile, heat the pepper and aubergine sauce. Drain the gnocchi, then tip into the sauce. Toss through and serve.

Why do we have to take 'living with Covid' literally. The Government were brainwashed by the scientists in the early days who said we had to live with it forever. I'm sure they aren't saying that in Beijing. So here we are in this self-fulfilling prophecy, living with it forever. I've had the fury again this week. You take one look at the Covid map of the world and there we are, highest per capita rates....still ...or yet again. Great Britain coloured in black where most of Europe is barely a pale yellow.

One can imagine the COP26 delegates packing their cases, cursing us – shirts, ties, PPE - getting ready for Glasgow. ' they bring us to their cesspit.... 'plague island' they call it..... should have been moved to Lyon..... think they're so clever..... foul petri dish of new variants...bloody arrogance...danger to the rest of the worldpoor inhabitants..... they'll be turning up on our shores in kayaks and on lilos searching for a better life....the pandemic refugees'. Once it was known (a long time ago) that that vaccines didn't stop transmission, then there was never going to be any possibility of herd immunity even if it did kill half a million to attain it. There can be no herd immunity. There can only be outwitting it, and suppression.

I long for normal life. This pretend normal life doesn't fool anyone. To have any hope of ever getting back there, we first have to acknowledge that we are still in the pandemic, and with the highest Covid rates in the world. Vaccination always had to be in conjunction with other measures. Something clearly understood in the pale yellow lands on the other side of the Channel.

Budget next week – the results of the Postcode 'levelling-up' Lottery. And we'll see who's paying off the £2 trill.

Kind regards, Isobel