



Monday 20th February 2023

Dear Customer,

It's been a blowy, branch-snapping week up here with debris everywhere. Still mild though and spring continues to push on through.

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

Broccoli and Potato Frittata

225g potatoes, peeled and cubed
1 tbs olive oil
1 tsp oregano
1 tsp thyme
¼ tsp black pepper
2 tbs milk

225g broccoli, roughly chopped
1 onion, roughly chopped
1 tsp rosemary
¾ tsp sea salt
8 Hen Nation eggs
2 or 3 tomatoes, thinly sliced

Boil the potatoes for 6-7 minutes or just until tender. Add the broccoli and cook for a further 2 minutes. Drain well and set aside. Heat the oil in a large ovenproof non-stick frying pan on a medium heat. Add the onion and cook for 5 minutes or until softened. Stir in the potatoes and broccoli. Reduce the heat to medium-low. Meanwhile, mix the herbs and some seasoning in a medium bowl. Add the eggs and milk and whisk until well blended. Pour the mixture into a frying pan. Cook without stirring for 5 minutes or until the eggs are just set on the bottom. Arrange the sliced tomatoes on top of the egg mixture. Sprinkle with the cheese and the remaining salt. Finish under the grill for 4-5 minutes until the eggs are set and the cheese is lightly browned.

Lemon Broccoli and Potato Smash

700g potatoes, scrubbed or peeled and chopped
thinly sliced
tsp finely grates lemon rind
1 garlic clove, crushed
1 small onion, thinly sliced

1 head broccoli, cut in florets, stems
1
2 tbsp milk, warmed

Place potato and broccoli stems in a large saucepan. Cover with water. Bring to the boil over high heat. Season with salt. Cook for 10 minutes. Add broccoli florets and cook for 6-8 minutes or until vegetables are tender. Drain. Return to the pan. Meanwhile, combine the butter/ margarine, lemon rind and garlic in a small bowl. Add half the lemon mixture to the potato mixture and mash until just combined. Add the milk and two-thirds of the spring onion. Season. Beat with a wooden spoon until combined. Transfer to a serving bowl and top with remaining butter mixture and spring onion.

Rainbow Chard and Carrot Dhal

2 tbs vegetable oil
2 inches fresh ginger, peeled and grated
1 tsp paprika
1 medium onion, sliced thinly
1 bunch rainbow chard, leaves torn, stems thinly sliced
100g red lentils

3 cloves garlic, minced
2 tsp ground cumin
1 tsp ground turmeric
3 large carrots, peeled and chopped
2 large potatoes, diced
600ml water or vegetable stock

Add oil to a large, deep, frying pan over medium heat. Add garlic, ginger, cumin, paprika, turmeric, some salt and pepper. Cook while stirring constantly until spices are fragrant, about 30-60 seconds. Add sliced onions and cook until soft and translucent, about 3-5 minutes, stirring occasionally. Add carrots and cook until starting to brown, about 5-7 minutes, stirring occasionally. Add the chard and cook until wilted, about 2 minutes, stirring occasionally. Add potatoes, red lentils, and water or stock.

Stir to combine. Bring to a boil, then stir constantly for 1 minute while continuing to cook. Reduce heat to medium-low and simmer for 20-25 minutes, or until potatoes are cooked through and lentils are very tender.

Another week. Leader of the democratic and free world, Liz Truss, our Liz, the cack-handed thicko who devastated our economy, has been to deliver her anti-China address in Japan. Arrogance, narcissism and idiocy, the dangerous cocktail flowing through her veins. While she does not represent our country, the people of China and Japan and Taiwan don't know that. For them, she speaks for us, was probably representing the British government.

China are considering supplying weapons to Russia, the US estimates that 188,000 Ukrainians have already died in combat, and doubtless similar numbers of Russians. At the Munich Security Conference, they discussed the urgent manufacturing of ammunition for Ukraine.....for as long as it takes. If China arms Russia, the ammunition will never run out on either side, all that will, are soldiers and civilians forced onto the front line. Do they keep killing until there's no one left to kill. Is that how wars end.

And yet Liz Truss chooses this delicate moment to go off to Asia, to Japan, to goad China. In office she'd wanted Britain to supply arms to Taiwan. We only have 2 days-worth of ammunition to defend ourselves. She's advocating: Britain helping to build a Pacific Defence Alliance against China; Taiwan being admitted to international organisations they'd been excluded from; tough economic sanctions on China. The effect of any of this, of course, just escalates tensions, pushes China more towards supporting Russia and makes a Taiwan invasion more likely not less. How on earth can she be allowed to meddle in delicate geopolitical affairs. And how does she think we can stop China from invading Taiwan when we can't even stop her from going to Tokyo. There are major hells on earth which need global strategies and solutions to resolve, and that takes pragmatism and diplomacy. From the war to climate change to pandemics present and future we have to cooperate or by one means or another, face oblivion. She should be tagged and have her passport taken off her.

On Saturday the Bedale Hunt killed a vixen on the banks of the river Swale where my sheep are. All the vixens will be in cub at this time of year, tired, with babies in their tummies, running in terror for miles by packs of baying hounds to then be ripped to pieces. It's happening all over the country. It's illegal but that law has never been enforced, fox hunting never ended.

Kind wishes and hope you have a good week.....Isobel