

**Monday 10<sup>th</sup> April 2023**

Dear Customer,

It's a lazy Easter Sunday morning. After a glorious Saturday there were great expectations for Sunday, however, the forecast was wrong and we are back at our default setting – cold, grey, wet and foggy.

Here are a few 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	6 tbsp grated cheese, optional
fresh basil	

Cook the onion for 3-4 minutes in a pan with some oil 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. Drain and return to the pan. Add the courgette sauce, season, and toss well together with the basil and cheese, if using.

**Broad Bean and Potato Cakes**

400g potatoes	150g podded broad beans
2 tbsp chopped fresh mint	1 tsp ground coriander
150g pot natural yogurt	2 tbsp oil

Cook the potatoes in boiling water until tender, drain and cool. Meanwhile cook the broad beans until tender, drain and cool. Place the beans in a food processor and blend to a coarse paste. Crush the potatoes and stir in the beans, 1 tbsp of the mint, the coriander, 1 tbsp of the yogurt and some seasoning. Shape into 4 cakes. Heat the oil in a large frying pan and fry the cakes for 3 minutes on each side until golden. Mix the remaining yogurt and mint together and serve with the potato cakes.

**Okonomiyaki ( Japanese Cabbage Pancakes )**

100g plain flour	2 Hen Nation eggs
70ml water	100g shredded pointed cabbage
1 tbsp dark soy sauce	1 tsp hot sauce ( or marmite, miso or tamari )

Whisk the flour, water and eggs together to form a pancake batter. Add the cabbage, soy sauce and hot sauce and stir together. In a non-stick frying pan, heat some of the oil and pour in half the batter. Fry for roughly 5 minutes on each side, until browned. Remove from pan and do the same with the rest of the batter. Serve with the toppings of your choice.

**Roast Pointed Cabbage with Herb Yoghurt**

pointed cabbage	olive oil
vegetable oil	good squeeze lemon juice, to taste
big handful fresh herbs - parsley, mint, coriander	6 heaped tbsp yoghurt

Heat the oven to 220C / Gas 7. Cut the cabbage into wedges, then remove most of the stalk, but leave enough so the pieces stay intact. Put some olive oil in a large frying pan over a high heat, then lay in the cabbage wedges and season with salt. Leave to cook until browned on one side, then flip over, transfer the pan to the oven and roast for 10-15 minutes, until the cabbage is soft.

Meanwhile, in a blender, blitz the herbs, yoghurt, lemon juice and a tablespoon of olive oil until smooth, then season to taste with flaky salt. To serve, spoon a pool of the yoghurt mix on to each plate and lay a cabbage wedge on top.

On Facebook someone posted a photo of a mouse who comes to her garden every morning for breakfast. I remembered all the mice I had here and how I used to catch them in humane traps and take them up to Ernest's barn at the end of the lane with a small bag of guinea pig food and some fruit to keep them going. I remembered Ronald the beautiful rat who was so shiny he gleamed in the sun. I would see him every day on the fence. In the house when I was watching TV one evening, he walked nonchalantly out from under the kitchen island and into the utility room where the guinea pigs lived. I'd for some time been mystified as to why the guinea pigs were suddenly cleaning up their food bowls, including the corn which they hated. Then one day he disappeared, and was found dead in my neighbour's garage, poisoned. That was years ago and I haven't seen a rat or a mouse around here since. The lack of habitat ( my house not being an option ), the cats, the poison – it's impossible for them. Then, in the middle of these musings, as if by magic, I looked outside and under the bird table was a mouse. She had huge eyes and was scuttling about after the crumbs the birds had dropped.

The dog from Lebanon still hasn't arrived with me. She was intercepted by the couple who went to collect her. Kidnapped. Every day I was waiting for the call to go and get her. I kept messaging them to see what was happening. ....'We'll just keep her for a couple more days'.....'We absolutely love this dog'. So, she is still with them. It was never my intention to keep her, just to find a loving home for her. However, I had started preparing myself that I would likely end up with her, even though I maintain that I couldn't cope with two dogs. Lainey is very laid-back and life is easy with her. As I write this she's lying across the sofa with her elbow on the cushioned armrest, like a romantic poet, watching the dogs passing by on their morning walk. And of course, looking out for squirrel.

I hope you're enjoying your Easter break,

Kind wishes, Isobel