

Monday 16th March 2015

Dear Customer,

The sky has been thick and grey and sunless for the whole week since the last newsletter. Spring is no closer – all is in suspension with not a daffodil in sight – and its freezing. However, we have got little nutty Jerusalem artichokes in the bags this week. You could scrub and roast them whole like a mini jacket potato, then split them open and drizzle with oil or a knob of butter. You could peel, boil and then slice them into a bowl and mix with a mustardy vinaigrette for a delicious warm or cold salad. Here are some other simple and delicious recipes you could try this week;

Sauteed Jerusalem Artichokes with Garlic and Bay Leaves

500g Jerusalem artichokes	olive oil
a few bay leaves	2 cloves garlic
splash white wine vinegar	salt and pepper

Peel the Jerusalem artichokes then cut them into chunks. Place them in an oiled frying pan and fry on a medium heat until golden on both sides, then add a few bay leaves, 2 cloves garlic, finely sliced, a splash of white wine vinegar, some salt and pepper, and place a lid on top. After 20-25 minutes they will have softened up nicely and you can remove the lid and the bay leaves. Continue cooking for a couple of minutes to crisp the artichokes up one last time then serve immediately.

Jerusalem Artichoke Soup with Caraway

450g Jerusalem Artichokes	½ butter or margarine
1 celery stick, chopped	1 small onion, chopped
1 garlic clove, chopped	1 litre vegetable stock
1 tsp caraway seeds	150ml milk
salt and pepper	

Peel and slice the artichokes. Melt the butter in a large saucepan and add the artichokes with the celery, onion, carrots and garlic. Cover the pan and sweat the vegetables gently for 10 minutes or until softened. Stir in the stock and caraway seeds. Bring to the boil, then reduce the heat and cover the pan. Simmer for about 20 minutes or until the vegetables are tender. Cool the soup slightly, then puree it in a blender until smooth. Return the soup to the pan, stir in the milk and season to taste with salt and pepper. Garnish with a little fresh chopped parsley.

Spanish Crisp Cauliflower

½ cauliflower, broken in small florets	2 tbsp gram flour
1 tsp paprika	sunflower oil for deep-frying
1 dessertspoon red wine vinegar	1 tbsp capers, soaked in cold water for 20 minutes, then squeezed dry and
chopped	
1 tbsp chopped parsley	
salt and black pepper	

Cook the florets in boiling salted water for a few minutes, until just tender. Drain the cauliflower well and, while it's still hot, put in a bowl with the flour, paprika and some salt and pepper. Mix it all together until the cauliflower is coated with flour. Heat the sunflower oil to 190C in a deep-fat fryer or a deep heavy-based saucepan. Fry the cauliflower florets in batches until crisp and golden, then remove from the oil and drain on kitchen paper. Sprinkle with the vinegar, chopped capers and parsley and serve.

Cauliflower Omelette (Persian tortilla delicious served hot or cold)

½ large cauliflower	1 medium onion
oil for frying	1 tsp turmeric
60g parsley	1½ dessertspoons plain flour
¾ tsp baking powder	5 medium eggs
pickles and fresh herbs or baby salad leaves	

Wash the cauliflower and cook in salted water. Mash and leave to cool. Chop the onions and fry in a little oil until soft and golden. Stir in the turmeric and put aside to cool. Wash and chop the parsley. When all the ingredients are cool, mix the cauliflower, flour, baking powder, onion and parsley. Heat enough oil to cover the base of a large frying pan. While the oil heats, beat the eggs until frothy, then stir in the cauliflower mixture. Pour into the hot oil then immediately reduce the heat, cover and cook over a gentle heat until firm, about 20 minutes. Turn over and cook for a further 5-10 minutes. Serve immediately with mixed pickles and fresh herbs or salad leaves.

Someone tweeted “ I do my best proofreading after I hit send”. Well likewise, and that’s when I do my best spellchecking – when driving along hours after hitting send, or as I’m falling asleep, I suddenly see a misspelled word in my head. I think Tuesday customers got ‘palette’ instead of ‘palate’, so I apologise for that. I’m too used to importing ‘les palettes’ (pallets) from France. Given that it was to do with food, it came as no surprise to hear that the Jeremy Clarkson fracas happened just up the road from here at Simonstone Hall. Already a gloomy place on the edge of a bleak moor and then Top Gear, the biggest show on the road, turns up to stay with some of the best known faces in the worldand the chef goes home leaving them soup and a cold plate of meat. It’s all so Viking.

I still haven’t signed the lease on the Garden Centre. My solicitor has gone back to them on various points and has been met with a silence. I know there were queues of people behind me who wanted the premises so I’m concerned. I have ebay acquired catering

equipment the length and breadth of Britain which needs collecting. Thank heavens there's a 14 day cool of period if I don't 'win' the lease. Oh well – it's in the lap of the Gods now. I 'won' the bull-shaped blackboard for £25.69 and have been to rescue him already. My brother has been telling me off - his last word on the matter "I don't think you should do it". I'm playing the waiting game now.

I hope this finds you well,

Kind wishes,

Isobel

PS your lovely complimentary Easter copy of the Taster magazine is in your bag this week