



**Monday 7<sup>th</sup> December 2015**

Dear Customer,

I hope this finds you well and that you haven't been adversely affected by the wild weather. Here are some delicious and easy recipes you could try with your caulis and leeks this week:

**Sicilian Cauliflower Pasta with Currants and Pine Nuts**

1 cauliflower	50g currants
4 tbsp olive oil	5 garlic cloves, finely chopped
½ tsp chilli flakes	3 tbsp sun-dried tomato paste
225g penne pasta	5 plum tomatoes (tinned), roughly chopped
50g pine nuts	2 tbsp flat leaf parsley, chopped

Break the cauliflower into small florets and set aside. In a bowl, cover the currants with hot water and set aside. Heat the oil in a large, deep frying pan over a medium heat, add the cauliflower florets and fry for 5 minutes, stirring occasionally until softening and coloured. Sprinkle over the garlic and chilli, then cook for 1 minute more, stirring. Mix the tomato paste with 100ml warm water, stir in to the cauliflower, cover, then cook gently for 10 minutes until the cauliflower is just tender. Meanwhile cook the pasta according to packet instructions to al dente. Drain the currants and add to the cauliflower. Add the tomatoes and 4 tablespoons of water, turn up the heat a little and cook for 3-4 minutes until the sauce thickens slightly. Season to taste then stir in the pine nuts and parsley. Drain the pasta, add to the cauliflower sauce, toss together and serve.

**Cauliflower and Macaroni Cheese**

300g dried macaroni	300g cauliflower, in florets
50g butter	50g plain flour
600ml milk	50g Cheddar cheese
1 tbsp Dijon mustard	25g Parmesan
1 leeks, grated	400g plum tomatoes, thickly sliced
75g fresh breadcrumbs	2 tbsp olive oil
2 sprigs fresh thyme, leaves picked	

Preheat the oven to 200C/ 180C Fan/Gas 6. Cook the pasta in boiling water for 3 minutes then add the cauliflower and cook for a further 3 minutes. Drain and return to the pan. Melt the butter in a medium pan and beat in the flour to a smooth paste. Remove from the heat and gradually beat in the milk until smooth. Return to the heat and gradually beat in the milk until smooth. Return to the heat and bring to a simmer, stirring, until thick enough to coat the back of a wooden spoon. Stir the Cheddar, mustard and half the Parmesan into the sauce and season well. Pour over the macaroni and cauliflower and fold in the grated leek. Spoon into a 2-litre ovenproof dish and arrange the tomatoes over the top. Mix the breadcrumbs with the thyme and remaining Parmesan. Sprinkle over the top and drizzle with olive oil. Bake for 20-25 minutes until the top is golden and crusty and the filling is bubbling. Stand for 5 minutes before serving.

**Roasted Leeks and Carrots in Thyme and Honey**

450g carrots	450g leeks
15 butter or margarine	100ml dry white wine
1 tbsp honey	4 sprigs fresh thyme
salt and pepper	

Preheat the oven to 180C/ 350F/ Gas 4. Peel the carrots and leeks then cut into big chunks and place in a baking tray. Cut the butter or margarine into small pieces and scatter over the vegetables. Add the dry white wine, honey and sprigs of fresh thyme. Season with salt and pepper and stir well to combine. Roast for 40 minutes, stirring occasionally, until the vegetables are tender and charred around the edges.

Thankfully no-one has had to sail into work this morning, we took a battering from the wind but we aren't particularly flooded, not like up the road. Carlisle looks horrendous, like Venice. Is the government to blame or is it an 'Act of God'. I was talking to someone from the Highways Agency who said that if the massive old tree in the lay-by opposite my house crashed through my roof, that they would not be liable as it would have been an Act of God, it would have been God's fault. That feels very 17<sup>th</sup> Century for our technological age. Poor God, he gets blamed for everything, thank heavens they can't get their hands on him – the lawsuits would be eye-watering. Maybe it's time to update it to an 'Act of Nature'. I'm just grateful that we manage to cling on at all to this planet spinning about in the universe.

The X Factor final is looming meaning Christmas is imminent. Louisa has to win doesn't she, she's a 'superstar'. She tampers too much with the songs and it jars. To make a song 'your own' isn't to change the well-worn paths that are the critical melodies of some of the greatest songs ever written. To go up when they went down.....it's an affront. You can't mess with Bridge Over Troubled Water and not pay the price. It would be like a Wordsworth poetry recital .... "....I wandered lonely as a cloud, that floats on high o'er vales and hills, when all at once I saw a crowd, a host of red tulips...."

Kind wishes,

Isobel

**PS IMPORTANT NOTE: On Christmas week commencing 21<sup>st</sup> December, the deliveries will all be coming out a day early. So Tuesdays' will come on Monday, Wednesdays' will come on Tuesday, Thursdays' will come on Wednesday and Fridays' will come on Thursday.**