



**Monday 14<sup>th</sup> December 2015**

Dear Customer,

There's a red cabbage in your bag this week. Don't panic you haven't lost a week, it's not Christmas on Friday, but we thought we'd get it in early in case you might want to squirrel it away for one of your festive meals, and braised cabbage recipes are much better maturing for a few days before eating. One dish you can get under your belt. Assuming you are celebrating in the traditional way that is. Otherwise please ignore all references to 'it' and they are nice red cabbage recipes anyway.

#### **Festive Red Cabbage**

50g butter or margarine	1 onion, finely chopped
¼ tsp ground cloves	¼ tsp ground nutmeg
1 red cabbage, cored and chopped	1 apple, sliced
3 tbsp muscovado sugar	150ml balsamic vinegar
1 cinnamon stick	2 tbsp cranberry sauce

Melt the butter or margarine in a large pan over a medium heat and add the onion. Soften for a few minutes, then stir in the spices and cook for one minute. Tip in the cabbage and saute until shiny and well coated. Add the apple, sugar and vinegar, reduce the heat to low, stir well, cover and cook for 45 minutes, stirring occasionally to ensure it doesn't stick. Stir in the cranberry sauce and cook for a further 25 minutes. Season well and stir through a knob of butter or margarine before serving. This can be made a days before serving as it improves with age ( within reason ) adding the butter or margarine on reheating.

#### **Orange and Port Red Cabbage**

20g butter or margarine	400g red cabbage, sliced
2 tbsp brown sugar	juice and zest of 1 orange
100ml orange juice	150ml port
60g raisins	1 apple, cored and roughly chopped into small pieces

In a large saucepan melt the butter, add the cabbage and gently cook for 5 minutes. Add the sugar, the orange zest and juice and the port then simmer for another 10 minutes. Add the raisins, orange zest and apple and simmer for 30 minutes until the cabbage is tender. Keeps well in the fridge or freezes well too, so can be made in advance.

#### **Maple Sweet Potato Brownies**

1 large sweet potato, peeled and cubed	150g dark chocolate, chopped
50g coconut oil, melted	100ml maple syrup
2 free-range eggs	100g ground almonds
½ tsp baking powder	2 tbsp cocoa powder
½ tsp salt	½ tsp cinnamon

Cook sweet potato cubes in boiling water until tender then drain well, mash until smooth and set aside to cool. Preheat oven to 160C/325F/Gas 3. Put the chopped chocolate in a glass bowl over a pan of simmering water then gently melt. Take off the heat then stir the melted coconut oil and maple syrup into the chocolate. Stir the chocolate mixture into the sweet potato, add the eggs, then fold in the ground almonds, baking powder, cocoa powder, salt and cinnamon. Spoon the mixture into the tin then bake for 30-35 minutes, until the brownie is crusted on the outside and squidgy in the middle. Cool, then cut into squares.

#### **Sweet Potato and Lavender Steamed Puddings**

100g butter	150g self-raising flour
75g caster sugar	50ml vegetable oil
2 free-range eggs, beaten	½ tsp lavender (optional)
200g sweet potatoes, grated	crème fraiche

Grease 6 pudding basins and dust with flour shaking out any excess. Beat together the butter, sugars and oil. Add the eggs, one at a time, beating after each addition. Fold in the flour and lavender. Add the sweet potatoes and combine. Pour the mixture into the prepared pudding basins. Cover each pudding with aluminium foil and cook in a steamer for about 40-45 minutes or until cooked. Remove puddings from the moulds and swerve with a dollop of crème fraiche. (If you don't have a steamer, cover the bottom of a deep roasting tray with kitchen paper, place the puddings on the paper and fill the tray with water halfway up the pudding moulds. Cover the tray with foil and place in a preheated oven at 180C/350F/Gas 4 for 40-45 minutes.)

The gales have stopped for the time being. God didn't push that tree through my roof thankfully, too busy drowning people in Cumbria\*. And we are now knee-deep in snow. Momentous scenes from the Climate Change Conference in Paris weren't they – how heartening seeing the world come together in harmony. I hope the advisors will go home and scrutinise their factory farming of animals and meat consumption. A cow produces 100kg methane each year and with methane being so much more potent than CO2, this is the equivalent to 2300kg of CO2. That is the equivalent to burning 1000 litres of petrol ( 7800 miles per year of car use ). So each farmed cow is the equivalent to a car. Livestock are one of the most significant contributors of greenhouse gases. There are 1.5 billion cows on the planet. Livestock now uses 30 per cent of the entire earth's surface. Global meat production is set to double from 229 million tons per year at last count, to 465 million tons in 2050. As a lay person, I don't

know if our gases are causing global warming but I do understand the logic. Whether it is or not I am very happy about the outcome in Paris and the united reflection of how we live on this planet.

We need another source of protein but what is it about eating insects ! You can't switch the TV on at the moment without a reporter biting into a deep-fried locust. What's wrong with a bean as an alternative to meat. Maybe someone should try hybridising a butter bean with a fly so the bean has eyes and legs and antennae to make it more palatable.

Kind wishes, Isobel

**PS IMPORTANT NOTE: On Christmas week commencing 21<sup>st</sup> December and the week commencing 28<sup>th</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.**

**\*only joking !**