



**Monday 28<sup>th</sup> December 2015**

Dear Customer,

I hope you have had a lovely Christmas. It's a wet old Yorkshire as you will have seen on the news. We aren't flooded here though. The river Swale, fastest river in England, gathers momentum as all the water from the Dales pours down into it. It rushes straight through Richmond, down the waterfall, joins forces with the river Ure and heads for York.

Here are some lovely cauli recipes you could try this week:

**Cheese, Onion, Potato and Cauliflower Bake**

2 large potatoes, peeled and cut in 1/2" slices  
1 medium onion, peeled and cut into 1/2" slices  
2 tsp dried thyme  
80ml stock

small cauliflower, trimmed and cut into 1/2" slices  
8oz grated strong Cheddar  
salt and pepper

Place the potatoes in a saucepan of slightly salted water and bring to the boil. Add the onion and cauliflower and cook at a fast simmer for 8-10 minutes, until potatoes are tender. Drain and set aside. Preheat the oven to 220C /425F /Gas 6. Grease a shallow casserole dish. Layer half the potatoes in the bottom, all of the onion and half the cauliflower. Season with a good grinding of black pepper and half of the thyme. Top with half of the cheese. Top with the remaining potatoes and cauliflower. Grind some more pepper over the top and the remainder of the thyme. Pour the stock over the top, cover with the remaining cheese and dot with butter. Bake in the heated oven for 20-25 minutes until golden brown and bubbling. Serve hot.

**Cauliflower and Butternut Squash Curry**

1 tbsp olive oil  
300g cauliflower, in florets  
2 tbsp korma paste  
50g flaked almonds  
fresh coriander, chopped

1 onion, roughly chopped  
250g butternut squash, in 1" cubes  
400g tin coconut milk  
100ml natural yoghurt

Heat the oil in a large pan over a medium heat and fry the onion for 10 minutes until softened. Stir in the cauliflower, fry for 3 minutes, then add the butternut squash and curry paste and fry for 2 minutes. Stir through the coconut milk and 100ml water. Bring to the boil and simmer for 15 minutes, until the veg is cooked through. Stir through the almonds, natural yoghurt and most of the coriander. Garnish with the extra almonds and coriander. Serve with rice and mango chutney or nan bread.

**Caramelised Cauliflower Soup**

1 cauliflower  
1/2 tsp fresh grated nutmeg

olive oil  
salt and pepper

**For the broth:**

2 tsp olive oil  
1 garlic clove, chopped  
1 tsp dried thyme

1/2 small onion, chopped  
750ml vegetable stock  
1 tbsp balsamic vinegar

**For the topping:**

1 tsp olive oil  
black pepper  
fresh thyme leaves

50g bread, torn in 2.5cm pieces  
60g hazelnuts  
shaved Parmesan (optional)

Preheat the oven to 220C/450F/Gas 8. Cut the cauliflower into florets and spread them on a rimmed baking sheet. Drizzle with olive oil, sprinkle with fresh nutmeg and a good pinch of salt and grind of pepper, and toss everything to coat. Bake for 35-45 minutes, tossing halfway through, until the florets are fully roasted and slightly browned. Remove and cool. While the cauliflower roasts, start the broth. Heat the oil in a saucepan and saute the onion and garlic for about 5 minutes to soften. Add the stock, thyme and vinegar and warm through. When the cauliflower is cool to touch, add it to the broth and blend until smooth. Season to taste and return to the pan to keep warm. For the croutons, heat the remaining oil in a small pan, add the torn bread and a pinch of pepper and stir for 5-6 minutes until crisp with browned edges. Serve each portion with a few croutons, chopped hazelnuts and a pinch of thyme leaves ( and Parmesan shavings if using ).

Kind regards,

Isobel

To our northern Farmarrounders – we sincerely hope noone has been badly affected by the flooding.