



Monday 20th June 2016

Dear Customer,

I hope this finds you well. I am short and sweet on this biggest of weeks. Delicious broad beans in the bags for you to pod as we decide our fate:

Broad Bean and Ricotta Tagliatelle

*500g fresh tagliatelle
3 tbsp olive oil
lemon
250g ricotta, crumbled*

*250g podded broad beans
finely grated zest and juice of 1 large
lemon
handful fresh mint leaves, chopped*

Cook the pasta and beans in boiling water for 4-5 minutes until tender. Drain, reserving 60ml of the water, then return to the pan with half of the oil. Stir through the lemon zest and juice, ricotta, reserved cooking water and mint. Season and serve drizzled with the remaining olive oil.

Summer Broad Bean Couscous

*225g couscous
225g podded broad beans
4 tomatoes, finely chopped*

*4 tbsp olive oil
225g frozen peas
4 tbsp fresh mint, chopped*

Put the couscous into a large bowl and gradually stir in 300ml warm water until it is all absorbed. Leave to stand for 10-15 minutes until the grains are tender and plump. Stir in one tablespoon of olive oil and rub the grains between your fingers to break up any lumps. Cook the broad beans and peas in boiling water for 4-5 minutes until just tender. Refresh under cold running water. Drain well. Stir the beans and peas into the couscous. Stir in the tomatoes and mint. Season the remaining olive oil well and pour over the couscous and mix in with a fork. Serve

Broad Bean Burgers

*1 tsp coriander seeds
4 tbsp sunflower oil
2 garlic cloves, peeled and crushed
40g dried breadcrumbs
1 free-range egg
salt and pepper*

*1 tsp fennel seeds
350g potatoes, peeled and diced
3 tbsp fresh coriander, chopped
50g plain flour
120ml sunflower oil*

Put the seeds in a pan and dry-roast until they release their aromas, then grind. Boil the potatoes in salted water for 5 minutes, then add the beans and simmer for 8 minutes. Drain and transfer to a bowl and add the ground spices, garlic, 2 tablespoons of olive oil, salt and pepper. Mash roughly. Add the fresh coriander, breadcrumbs and egg and stir. Fry a tiny bit of the mix in sunflower oil, taste and adjust the seasoning. Wet your hands and shape into fat patties, coat in flour and chill for half an hour. Heat the sunflower oil and fry the burgers on a high setting for 5 minutes a side until golden brown.

Broad Bean Houmous

*250g broad beans, podded and lightly cooked
1 tsp cumin
glug of olive oil*

*1 clove garlic, crushed
handful of fresh chives, chopped
half a lemon*

Blend all the ingredients together until smooth. Add lemon juice to taste and a little water to thin to the desired thickness. You could also add a tablespoon of plain yoghurt if desired. Serve with crudites or small triangles of toasted pitta bread.

By this time next week...we will be 'in, or we will be 'out'. We can't know the consequences of either. But whatever the outcome.

Kind wishes,

Isobel