



Monday 28th November 2016

Dear Customer,

I hope this finds you well. Now that winter is upon us here are some great ways you could roast your veg. For a hearty, healthy meal you could also add some tinned pulses towards the end of the cooking time – butter beans, chickpeas or kidney beans for example.

Roast Beetroot

Peel and cut into wedges and toss in olive oil. Cover with foil to prevent drying out. You could also roast them in their skins with a little oil and water in a covered dish. When cooked the skins should slip off easily. Cut the warm beetroot into chunks and dress with a mix of balsamic vinegar, honey (G) and orange juice.

Roast Potatoes

Parboil potato wedges, drain and shake in a colander. Season and sprinkle with a little semolina flour. Tip into a tray with hot oil and you could also squeeze over a good dollop of Marmite. Toss together and roast.

Roast Cabbage

Cut into chunks and toss in melted butter or margarine, olive oil, salt and pepper. Put in a roasting pan with a little water and roast at 200C/ 400F/ Gas 6 under foil for 20-40 minutes. You could grate cheese on before serving.

Roast Parsnips

Mix a little melted butter or margarine, maple syrup and mustard in a large bowl. Cut the parsnips into batons and coat them in the mix before roasting.

Roast Carrots

Mix with honey (you say ?), ground cumin and olive oil. Season well and roast. You could serve at room temperature sprinkled with feta pine nuts and mint.

Roast Cauliflower

Roast florets of cauliflower tossed in olive oil in the hottest oven for about 30 minutes until they are tender with brown crispy butts on the outside. You could sprinkle them with turmeric to give them a yellow colour, and added health benefit.

Spicy Dressing for Roast Roots

<i>50ml lime juice</i>	<i>150ml sunflower or rape oil</i>
<i>3 green chillies, chopped</i>	<i>2 tbsp chopped coriander</i>
<i>1 clove garlic, chopped</i>	<i>½ tsp ground cumin</i>

Mix all the ingredients together, season with salt and pepper, blend until smooth and drizzle over veg.

Yoghurt and Date Dressing for Roast Carrots and Parsnips

<i>1 clove garlic, crushed</i>	<i>zest and juice of 1 orange</i>
<i>pinch of ground cumin</i>	<i>pinch ground cardamom</i>
<i>75g pitted dates, finely chopped</i>	<i>1 red chilli, chopped</i>
<i>200ml plain yoghurt</i>	<i>1 tsp honey ?</i>
<i>handful chopped mint</i>	

Mix together and drizzle over the veg.

Cauliflower, Parsnip and Garlic Soup

<i>4 or 5 large cloves garlic</i>	<i>1 tsp olive oil plus some for frying</i>
<i>1 onion</i>	<i>500g cauliflower</i>
<i>450g parsnips</i>	<i>water</i>
<i>1 tsp tamari or soy sauce</i>	<i>fresh herbs or pesto, to garnish</i>

Preheat the oven to 200C. 400F. Place the unpeeled garlic cloves on a baking tray lined with non-stick baking paper, drizzle them with olive oil, sprinkle with some salt then place in the oven for about 10 minutes or until their skin is crispy but not burnt and the insides soft. Let them cool, remove the skins and set aside. Peel and dice the onion, wash the cauliflower and cut into smallish dices. Wash and peel the parsnips then cut into small dice too. In a large pan over a medium heat fry the onion in some oil and add a good pinch of salt. When the onion is translucent add the cauliflower, parsnips and water and bring to the boil. Cover, reduce the heat and simmer for about 15 minutes until tender. Remove from the heat and add the garlic and tamari or soy sauce. Blend the soup in blender. Taste and season to taste. Reheat then serve garnished with fresh herbs or pesto.

When we moved out of the café/ farm shop, getting on for a year ago now, we moved all the stuff into two storage containers which we have been trying to empty ever since. Paying pointless rent, yesterday we consolidated down to one container. This meant bringing 10 dining tables and 50 chairs – they had been collected from across the country - to my house to photograph to put on ebay. With dread I had covered my house in sheets to lay them on awaiting their arrival, then the driver rang and suggested I put them outside with a tarpaulin over them. I hadn't thought of that, it was a great idea, the notion of them being in my house was making me feel ill. I went off to Wickes in Northallerton to buy the tarpaulin.

I thought I'd pop into M & S while I was there but it had gone – culled out in this latest restructure presumably. I drove back into Richmond, the Coop had closed its doors for the last time. The Christmas tree had gone up in the Market Place, it looked like the Leaning Tower of Pisa, far worse than the one in Leicester. The linear way the lights had been strung across it accentuated the lean. I burst out laughing. I got home to the huge furniture mountain outside my back door which I now have to deconstruct to start photographing, uploading to ebay, and flooding the market with Kofud Larsen for G Plan. They are a stunning design actually.

Kind wishes,

Isobel