



**Monday 1st May 2017**

Dear Customer,

I hope this finds you well and having a well-earned rest after successfully completing the marathon.....again. Unfortunately I couldn't join you this year. But, I've been making good progress in the garden. I had a flower bed which looked like a burial mound. It has finally been demolished, flattened and seeded with grass so thank heavens for that.

We have delicious cauliflowers in the bags this week full of vitamin C, B6 folate, protein and fibre, with lots of iron and minerals in the leaves. Caulis cook up well with Indian spices, with cheese of course, and also with mustard and lemon.

Here are some quick and easy recipes you could try this week:

#### **Indian-Style Roasted Cauliflower**

1 head cauliflower, broken into florets  
olive oil  
2 tsp cumin seeds  
1-2 dried chillies  
1 lemon, zest and juice

sea salt  
knob of butter or margarine  
2 tsp coriander seeds  
1 handful blanched almonds, smashed

*Preheat oven to 200C/ 400F/ Gas 6. Toss the cauliflower in olive oil and the butter or margarine. In a pestle and mortar grind up the spices and chillies with a pinch of salt then mix them with the almonds and put in a hot, dry ovenproof pan to slowly toast them, After a couple of minutes add the cauliflower. When it is nicely browned add the lemon zest and juice and mix around well. Fry for about a minute longer then pop the pan into the preheated oven for about 5 minutes to crisp up.*

#### **Cauliflower and Split Pea Soup**

250ml yellow split peas  
1 large onion, roughly chopped  
2 carrots, sliced  
water to cover  
dash chilli powder  
sea salt and pepper

1 head cauliflower, chopped  
4 cloves garlic, chopped  
1 tbsp dried rosemary  
2 tbsp apple cider vinegar  
olive oil  
squeeze of lemon

*Sweat the onion and garlic in a pan with a touch of olive oil. Add the rosemary and carrots and saute for a few more minutes. Then add the vinegar and let it boil away. Add the chopped cauliflower and yellow peas. Add enough water to cover the vegetables, add the chilli powder then season with salt and pepper. Bring to a boil and then turn down the heat to allow everything to cook for an hour on simmer. When all is tender blend with a whizzer. If too thick add a little more water then taste and adjust seasoning, adding a squeeze of lemon.*

#### **New Potato and Cauliflower Salad**

500g new potatoes  
3 Hen Nation eggs  
½ tsp crushed chillies  
4 tbsp natural yoghurt  
2 tbsp mango chutney

1 cauliflower  
1 tbsp vegetable oil  
juice of ½ lemon  
1 tsp curry paste  
3 tbsp chopped fresh parsley

*Cook the potatoes in lightly salted boiling water. Five minutes before end of cooking, add the cauliflower, drain and set aside. Meanwhile put the eggs in a pan of cold water and bring to the boil and simmer for 8 minutes. Drain, cool and chop coarsely. Drain the vegetables and place in a bowl. Whisk together the oil, chillies, lemon juice and seasoning and mix with the vegetables. Whisk together the yoghurt, curry paste and chutney, add the eggs and parsley and combine. Drizzle over the dressing and serve.*

#### **Beetroot Blinis**

100g buckwheat flour  
1 Hen Nation egg  
300ml milk ( dairy or dairy alternative )  
400g beetroot

1 tsp baking powder  
pinch salt  
1 tbsp olive oil

*Make the batter by putting the flour, baking powder and salt into a mixing bowl. Add the egg and whisk the milk in a little at a time into a smooth batter. Leave it to rest for about an hour. Grate the beetroot into the batter with the olive oil. Season and then lightly oil a frying pan. Heat the pan then put 3 tablespoons of the batter into the pan. Cook the blinis for about 2 minutes until crisp and then flip over and repeat until the batter is used up. Serve hot or cold.*

I wrote last week about my love of elections and desire to be in France for its, was worried about being overly interested. I was therefore encouraged that at least I wasn't alone. It's France and even their elections are sexy - apart from the US election I have never known another receive such wide coverage by our media. It looks like Macron doesn't it. I think the age gap between him and his wife is fantastic – so French ! And then came the announcement that we are back to the polls again... to completely destroy the Labour party no doubt. I like Jeremy Corbyn ! Exhausting times we live in.

No news here. Life goes on.

I hope you have a good week,

Kind wishes,

Isobel