

Monday 26th June 2017

Dear Customer,

I hope this finds you well. I am now trapped in the South of France in this freak weather. Wednesday was the hottest day in France since 1945. It was 38C yesterday. While most of the country has cooled back to normal, the heat is now concentrated here in the south east, and the 'arriere pays' is even hotter than here so we can't get out. Even with air conditioning in the car it is still unbearable to drive in, especially with Myfa in the car. Temperatures are due to drop but first we have to endure the storms. Given the extreme heat I am expecting extreme storms so we are staying put until things settle down. According to the forecasts, once we leave, later this week, the weather reverts to normal, a beautiful 25-26C. It has been 10 degrees above that the whole time we've been here and not a cloud.

But more importantly, here are a few recipes you could try. Squash and cauliflowers in the bags this week:

Butternut and Bean Stew with Cauliflower Rice

<i>1 squash, peeled and cut into 1cm dice</i>	<i>1 cauliflower, quartered</i>
<i>olive oil</i>	<i>2 onions, finely sliced</i>
<i>1 tbsp clear honey</i>	<i>2 tbsp Worcestershire sauce</i>
<i>2 x 400g tins chopped tomatoes</i>	<i>½ tsp Tabasco sauce</i>
<i>400g tin red kidney beans, drained and rinsed</i>	<i>bunch flat leaf parsley, roughly chopped leaves</i>

Bring a large pan of water to the boil and cook the squash over a medium heat for 15 minutes. Remove with a slotted spoon and pat dry on kitchen paper., Add the cauliflower to the water and boil for 10 minutes until just tender then drain dry. Meanwhile in a large, deep frying pan heat a glug of oil and add the onions. Fry for 5 minutes then add the honey, Worcestershire sauce and chopped tomatoes. Turn up the heat and bubble the tomato sauce for 10 minutes then stir in the butternut squash, Tabasco and kidney beans. Gently simmer until ready to serve. If you have a food processor whizz the cauliflower to a crumb texture or chop it very finely. Put in a medium bowl and stir in the parsley, a glug of oil and plenty of salt and pepper. Serve with the bean stew.

Roast Squash, Sage and Hazelnut Pasta

<i>1 squash</i>	<i>olive oil</i>
<i>small bunch sage leaves</i>	<i>75g roughly chopped hazelnuts</i>
<i>400g orecchiette or other small pasta shape</i>	<i>2-3 tbsp balsamic vinegar</i>
<i>grated Parmesan or other cheese (optional)</i>	

Heat the oven to 200C/ 180C Fan/ Gas 6. Chop and deseed the squash, cut into small chunks, then toss with a good glug of olive oil in a large baking tray and season. Roast for 40 minutes or until browned and tender, adding the sage leaves and hazelnuts for the last 5-6 minutes. Around 10 minutes before the end of cooking time, put the pasta on to boil in salted water. When the pasta is al dente, drain and transfer to a large mixing bowl. Toss the squash mixture through the pasta along with the balsamic vinegar and a generous amount of seasoning. Stir through a glug of olive oil, divide among the bowls then top with cheese if using and serve.

Butternut Squash and Tomato Soup

<i>50g butter or margarine</i>	<i>2 large onions, roughly chopped</i>
<i>2 x 400g tins chopped tomatoes</i>	<i>500g butternut squash, deseeded and diced</i>
<i>300ml vegetable stock, hot</i>	<i>140ml cream (optional)</i>

Melt the butter in a large saucepan over a medium heat. Cook the onions for 5 minutes, stirring occasionally, until starting to soften. Stir in the tomatoes, squash and stock and bring to the boil. Turn down the heat and simmer for 30-35 minutes until the squash is very tender. Allow to cool a little then blitz with a stick blender or food processor until smooth.

Gently reheat, stirring in the cream until just simmering. Remove from the heat and season to taste.

I should be home by next newsletter, all being well, where today is 13C, grey and rainy.....bliss.....initially.

I hope you have a good week,

Kind wishes,

Isobel