



Monday 25th March 2019

Dear Customer,

I hope this finds you well and enjoying the fantastic weather. It is definitely spring now, whatever the weather does next, there is no way back. The birds are singing, the verges are a mass of golden daffodils, the magnolia buds are popping open, lawnmowers being oiled up.

Here are a few tasty recipes you could try this week:

Roasted Cauliflower Dhal

1 cauliflower, chopped in bite-size pieces
1 large onion, sliced
1 tbsp black mustard seeds
30g root ginger, grated
250g red lentils

3 tbsp vegetable oil
3 garlic cloves, thinly sliced
1 tbsp cumin seeds
400g tin chopped tomatoes
bunch fresh coriander, roughly chopped

Heat the oven to 220C/ 200C Fan/ Gas 7. Toss the cauliflower in 2 tbsp of the oil, season well and put in a single layer in a large roasting tin. Roast for 15-20 minutes on the top shelf of the oven until golden brown and tender. Set aside. Meanwhile heat the rest of the oil in a large deep saute pan or large saucepan over a low-medium heat. Add the onion and cook for 5 minutes then add the garlic and cook for a further 3 minutes or until the onion is soft. Add the mustard seeds, cumin seeds and ginger. Cook for 2 minutes. Add the tinned tomatoes, stir well, cook for a few minutes, then add the lentils and 500ml cold water. Bring to a simmer and cook, stirring often, for 20-25 minutes until the lentils have started to break down and create a thick dhal. Season well then stir in the roasted cauliflower and half the chopped coriander. Serve the cauliflower dhal scattered with the remaining coriander leaves. Serve with lemon wedges.

Whole Roasted Cauliflower

1 cauliflower with outer leaves
15g fresh thyme
1 lemon
4 tbsp dry sherry
40g flaked almonds

1 tsp smoked paprika
olive oil
4 cloves garlic
1 x 400g tin plum tomatoes
15g flat leaf parsley

Preheat the oven to 180C/ 350F/ Gas 4. Peel the garlic and add to a pestle and mortar with the paprika and half the thyme leaves. Bash into a rough paste then stir in 2 tbsp olive oil and season. Zest the lemon into a separate bowl and set aside. Trim the outer leaves and some of the stalk so the cauliflower can sit flat then cut a cross in the base. Rub the paprika paste all over the cauliflower then place in a medium casserole pan. Drizzle over the sherry and squeeze the lemon juice on top. Cover and put in the oven for about 80 minutes, or until tender, removing the lid for the final 20 minutes. Remove the pan from the oven then pour in the tomatoes, slicing them into chunks. Sprinkle over the lemon zest and any remaining thyme leaves. Return the pan to the oven for a further 10 minutes or until the cauliflower is golden. Meanwhile toast the almonds in a dry frying pan over a medium-low heat until golden, then leave to cool. Once ready take the pan out of the oven. Scatter the almonds over the cauliflower then scatter with chopped parsley. Drizzle with olive oil then carve up and serve with rice.

Baked Gnocchi with Purple Sprouting Broccoli, Cheese and Walnuts

500g gnocchi
150g blue or other cheese, crumbled
handful walnuts

bunch of purple sprouting broccoli
150g pot single cream

Heat the oven to 190C/ 170C Fan/ Gas 5. Heat a large pan of salted water to boiling and cook the gnocchi to packet instructions. Scoop out the gnocchi and cook the broccoli in the same water until just tender then drain. Put the gnocchi, broccoli, cheese and cream in a bowl. Season well then tip into a greased ovenproof dish. Bake for 15-20 minutes until golden and bubbling, scattering with walnuts for the last 5 minutes, Serve with a salad.

It's Sunday today and seems likely we won't have a Prime Minister by the end of the week, maybe even by tomorrow. If her reign ends this week and she sets off on one of her famous walking holidays, she'll certainly have to go some miles to walk the last three years out of her head. Despite the calm exterior, the interior must be a complete mess. I wouldn't like to be in her hiking boots. But one thing we can be assured of..... another leader, a different face, another name....the misery will continue quite nicely without her.

Put Sky News on, we are no longer are we treated to ad breaks selling 'My Little Pony' and Cadburys Milk Tray, we are now told we have probably have cancer or heart disease and then cheerfully offered a range of funerals plans...every 5 minutes. Forced to contemplate our mortality when we just want to catch up with the news. Thank heavens for the BBC.

I'm sorry this is brief, I am just recovering from a bad migraine.

Kind wishes,

Isobel