



Monday 10th August 2020

Dear Customer,

I hope this finds you well. It's a grizzly, drizzly, humid monday morning. The insects love it.... good biting weather. A bit of heat wafts up from the south to be trapped in the thick North cloud belt. The sun has popped through once or twice but we don't see much of it, usually just when there are gale force winds to heave the cloud out the way. We might not get the solar heat from the south but we do still get the side effects, the thunderstorms and floods, forecast for the rest of the week. As summer ebbs away the two-week forecast is viewed with added gravitas – desperate for sun before we enter our autumn of the end of furlough, the economic aftermath, the resurgence of the monster and who knows what. But exactly ! Noone knows what. We might breeze through it with renewed vigour, a good U-shaped recovery, Trump might be gone, Covid might slope off, the world might be back on its rails.

But in the meantime, here are some tasty recipes you could try with this week's vegetables:

Griddled Cabbage with Tahini Dressing

75ml tahini	75ml Greek yogurt
1 small garlic clove, crushed	1 lemon, juice
1 tsp ground cumin	½ tsp salt, plus extra to sprinkle
1 pointed cabbage	1-2 tbsp olive oil

Put the tahini, yogurt, garlic, lemon juice and cumin in a small mixing bowl. Add the salt and 90ml water and whisk together. Check the seasoning and set aside. Heat a griddle pan over a high heat. Cut the cabbage lengthways into eighths, leaving the core attached so the pieces hold together. Splash a little oil over the cabbage pieces and sprinkle them with salt, then lay on the griddle pan, cut-side down, and cook for about 3-4 minutes, until charred and starting to crisp. Using tongs, turn over and give them the same time on the other side. Finally, stand them on end in the pan for a couple of minutes. Arrange the cabbage on a serving dish and splash over some of the dressing.

Stir-Fried Aubergine and Cabbage with Noodles

20g unsalted peanuts	3 tbsp vegetable oil
1 aubergine, diced	4 garlic cloves, roughly chopped
¼ tsp chilli flakes	1 cabbage, core removed and leaves shredded
2 tbsp reduced salt soy sauce	2 tsp rice vinegar
2 tsp caster sugar	3 nests (about 190g) dried fine egg noodles
1 tsp sesame oil	

Toast the peanuts in a dry frying pan until golden, then set aside. Heat 1 tbsp oil in a wok over a high heat. Stir-fry the diced aubergine for 5 minutes until golden, then tip on to a plate and set aside. Return the pan to the heat with the remaining 2 tbsp oil. Add the garlic and chilli. Stir, then tip in the cabbage and stir-fry for 3-4 minutes until softened and charred in places. Mix the soy, vinegar and sugar with 1 tbsp water and add to the pan. Combine, then toss in the aubergine, stir-frying until hot. Take the pan off the heat and set aside. Meanwhile, cook the noodles according to packet instructions. Drain, toss with the sesame oil and then add to the wok with the stir-fried vegetables. Scatter over the peanuts.

Aubergine and Courgettes with Sweet and Sour Chickpeas

2 green courgettes, cut lengthways into strips	1 aubergine, cut into 1cm thick slices
juice of ½ lemon	125g feta cheese, cubed (optional)
fresh basil leaves, shredded	2 tbsp extra virgin olive oil
salt and freshly ground black pepper	

For the Sweet and Sour Chickpeas:

clove garlic, chopped	1 tbsp extra virgin olive oil
400g can chopped tomatoes	1 tbsp caster sugar
1 tbsp balsamic or red wine vinegar	400g can chickpeas, drained

Lay the courgette and aubergine pieces on a tray. Make the sweet and sour chickpeas. Heat the olive oil and fry the garlic until golden brown, then add the tomatoes, sugar, vinegar and seasoning. Simmer for about 10 minutes, or until very thick. Add the chickpeas and simmer for a few more minutes. Remove from the heat and simply reheat them when needed. Barbecue or griddle the courgette and aubergine pieces for 4-5 minutes each side, or until they are tender and mottled brown. Arrange heaps of the courgettes and aubergines on plates, spoon over the sweet and sour chickpeas. Scatter with the feta cheese and shredded basil.

Macaroni Cheese with Leeks

300g dried macaroni	2 leeks
45g butter	45g flour
600ml organic milk	1 tsp mustard
dash vegetarian Worcestershire sauce	200g Cheddar, grated
60g breadcrumbs	salt and freshly ground black pepper

Preheat the oven to 200C /180C fan /Gas 6. Bring a large pan of salted water to the boil and add the macaroni. Cook for 5 minutes then drain. Meanwhile trim the leeks and then thinly slice. Melt the butter in a large saucepan, add the leeks and cook gently for 5 minutes, or until soft. Add the flour and cook for 2 minutes, stirring constantly. Add the milk little by little, stirring constantly, then cook gently for 5 minutes, stirring all the time until the sauce is thickened. Add the mustard and Worcestershire sauce then remove from the heat. Stir in the grated cheese and season with salt and pepper. Add the pasta to the sauce, stir to combine then pour into a 2-litre ovenproof dish. Sprinkle over the breadcrumbs and bake for 25 minutes until golden-brown.

I've nearly recipeed myself off the page. I hope you have a good week.

Kind wishes

Isobel