



Monday 9th August 2021

Dear Customer,

I hope this finds you well whatever you are up to. Coming and going from your holidays, staying at home.

Here are some tasty recipes you could try this week with the bunched beetroot:

Beetroot Potato and Horseradish Gratin

500g beetroot	500g potatoes
250ml double cream	250ml organic milk
2 garlic cloves, crushed	6 thyme sprigs, picked
3 tbsp grated horseradish	1½ tsp salt

Preheat the oven to 200C/ Gas 6. Peel the beetroot and potatoes and slice both separately as thin as possible. Put the cream, milk, garlic and thyme in a saucepan and bring to a simmer. Remove from the heat and stir in the horseradish, salt and a few grinds of pepper. Put a thin layer of cream mixture in the bottom of a gratin dish and layer the potato, beetroot and cream on top until everything is used, finishing with an overlapping layer of beetroot. Press the vegetables down into the liquid with the back of a spoon. Cover tightly with foil and bake for 45 minutes. Then remove the foil and push the top layer of beetroot under the liquid again. Cook uncovered for 30 minutes more until the top is browning at the edges and the vegetables are tender.

Thyme and Honey Roasted Beetroot

500g raw beetroot	4 garlic cloves, peeled and lightly bashed
8 sprigs thyme	3 tbsp clear honey
4 tbsp extra virgin olive oil	3 tbsp balsamic vinegar

Preheat the oven to 180°C/ Gas 4. Wash, top and tail the beetroots then cut them into quarters (or eighths, if large) and put on a baking tray. Add the garlic and thyme. Drizzle over the honey, oil and vinegar. Season with salt and give everything a good mix. Cover with foil and roast for 20 minutes, then uncover, toss everything, and roast for another 20 minutes until cooked through.

Roast Beetroot with Ginger and Tahini Dressing

500g beetroot	4 tbsp olive oil
4 thyme sprigs	2 tbsp tahini, well stirred
½ large lemon, juice	1 tsp honey or maple syrup
1 tsp finely grated ginger	1 small garlic clove, crushed
¼ tsp ground turmeric	

Preheat the oven to 190°C/ Gas 5. Trim and cut the beetroot into wedges, mix with 2 tbsp olive oil, season and spread out in a roasting tin. Roast for 20 minutes. Stir in the thyme and roast for 20-25 minutes, until the beetroot is tender. Put the remaining 2 tbsp oil in a blender with the tahini, lemon juice, honey or maple syrup, ginger, garlic and turmeric. Add 100ml lukewarm water, season and blend until smooth. This makes a thick dressing, so loosen it with a little extra water, if liked. Spoon the dressing over the roast beets.

Mushroom and Lentil Stroganoff

1 tbsp olive oil	1 onion, sliced
250g mushrooms, cut into 1 cm slices	½-1 tsp paprika
1 tsp vegetarian Worcestershire sauce	150ml vegetable stock
250g ready-to-eat Puy lentils	2 tbsp soured cream or non-dairy alternative
flat leaf parsley, roughly chopped	

Heat the oil in a large frying pan over a high heat. Fry the onion and a pinch of salt for 1 minute, then add the mushrooms and plenty of ground black pepper. Add 2 tbsp water to the pan and fry for 10 minutes, stirring regularly, until all the liquid has evaporated and the vegetables are starting to turn golden. Add the paprika and Worcestershire sauce and fry for a minute then stir in the stock, followed by the lentils. Simmer for 2-3 minutes until everything is heated through. Take off the heat, check the seasoning, then stir through the soured cream and scatter with the parsley. Serve with a baked potato or brown rice perhaps.

I'm going to Windermere tomorrow with a friend for a few days for my birthday. The last time I was there, some years ago, I went on a boat trip around the lake. The boat was full of Japanese tourists. They were all wearing masks on the lake in the fresh air and I remember thinking 'you're completely mad'. They don't look so mad now, this year I will be joining them.

It's been a frustrating week. Facebook suspended my account saying I wasn't old enough to be on there. They think I am 4-yrs old. I now have to send a copy of my driving licence or passport to prove I'm old enough. That's what happens when you try to tamper with your settings. I just didn't want the birthday notification being sent around to all my contacts and the dutiful 'Happy Birthdays' coming back at me. Like the 'congratulations on your works anniversary' on LinkedIn. I've never liked my birthday, I've always felt time was running out. Now I really feel like it's running out.

The wildfires across the globe are terrifying. There's a lot of hoo-ha about bosses wanting their staff back in the office - 'I'm not coming back' - is the resounding answer to that. People have reorganised their lives blending homeworking into their domestic routines and are enjoying the benefits. They don't want a return to the gruesome, crushed, time-wasting, money-wasting commute. The pandemic and the climate crisis have changed everything forever. We will see in due course what teeth COP26 has and the impact on our lives. If not much, then it will have failed. We need to live quieter, more modest, less materialistic lives- a revolution in our lifestyles and values. Homeworking surely fits the brief. The Kim Kardashians should be banned from their social media channels, promoting hedonistic, jet-set lifestyles which are unattainable for their hundreds of millions of followers, yet it is what they aspire to. They just do a mimicked cheaper but equally planet-damaging version. A celebrity culture of Gretas, Monbiots and Attenboroughs does sound dull though. Dull but necessary. Not sure they'd be that entertaining on Strictly.

Kind wishes and hope you have a good week,

Isobel