



## Monday 7th November 2022

Dear Customer,

I hope you are well. Into November already and still no frost. January and February might make up for it of course – our climate usually attempts to regulate and compensate. That despite human opposition and meddling. Great to see that Rishi did make COP in the end and his first entrance on the international stage. He seemed to hit it off with Macron..” alors Rrrrheeshee” .

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

### Roasted Cauliflower and Tomato Dhal

250g yellow split peas, rinsed well	2 garlic cloves, crushed
1 tbsp freshly grated ginger	1 tsp turmeric
2 bay leaves	1 head cauliflower, broken into florets
300g tomatoes, quartered	1 tbsp vegetable oil
½ tsp each cumin seeds and chilli powder	1 onion, sliced

Boil 1 litre water and add the split peas, garlic, ginger, turmeric and bay leaves. Return to the boil, skim off any scum, then cover with a lid and simmer for 45 mins-1 hr, stirring now and then, until it thickens. Heat the oven to 200C/ Gas 6. Toss the cauliflower and tomatoes with the oil, cumin, chilli powder, onion and seasoning on a baking tray. Roast for 20 mins. Check the consistency of the dhal. If it's a bit runny, remove the pan lid and increase the heat to reduce, stirring well. Once the split peas are soft and fairly smooth, season well with salt. Serve in bowls with the cauliflower and tomatoes spooned on top.

### Parsnip, Apple and Hazelnut Soup

100g blanched hazelnuts, roughly chopped	20g sage, leaves picked
450g parsnips, peeled and cut into 1cm chunks	2 apples, peeled and cut into 1cm chunks
4 tbsp vegetable oil	1 litre hot vegetable stock
4 tbsp crème fraîche, or non-dairy alternative	

Preheat the oven to 220°C/ Gas 7. Reserve a small handful of the nuts and sage leaves. Toss the rest on a baking tray with the parsnips, apples and 1 tbsp oil; season. Spread out then roast for about 30 minutes, until just tender. Discard the sage then transfer the tray contents to a blender (or use a stick blender). Blend with most of the stock. Add the remaining stock to the tray to lift off any remaining caramelised morsels, adding these to the blender as well. Blend until smooth, loosening with a little water if needed and then season. Heat the remaining 3 tbsp oil in a small pan. Add the reserved sage and hazelnuts; fry for 1 minute on a medium heat, until golden and crisp. Serve with a dollop of crème fraiche topped with crispy sage and nuts.

### Sticky Orange and Potato Cake

350g potatoes, peeled and quartered	200g butter or margarine, softened
155g caster sugar	1 tsp vanilla extract
4 Hen Nation eggs	175g ground almonds
2 tbs baking powder	finely grated zest and juice of 2 oranges
finely grated zest of 1 lemon	3 tbs granulated sugar

Cook the potatoes in a steamer set over boiling water for 15-20 minutes, until tender then press through a potato ricer or mash well, then set aside to cool. Preheat the oven to 180°C/ Gas 4, then grease and line a 20cm deep round cake tin. Beat together the butter or margarine, sugar and vanilla extract until light and creamy. Gradually beat in the eggs, then mix in the ground almonds, baking powder, cooled mashed potatoes, orange and lemon zest. Spoon into the cake tin, smoothing over the surface and baking in the oven for 45-50 minutes. While the cake is cooking put the orange juice in a small saucepan and bring to the boil, reducing by half. Cool, then stir in the sugar.

When cake is just firm and a skewer inserted into the middle comes out clean remove from the oven and leave in the tin for 15 minutes then turn out onto a wire rack to cool. Spoon or pour the orange juice mixture over the cake and allow to cool before slicing.

Sometimes I am just lost for words, as I am today. I look for positives out there, yet it's such a hopeless mess of endless problems with no solutions. Old ones escalating, new ones coming thick and fast, a world where everything we have always feared is materialising. I want to think and write about something nice but there isn't anything.

Stuck in this sinister, dystopian loop we are now faced with the horror of the return of Trump. And if Bolsonaro doesn't have Lula bumped off in the coming months ( he's being disconcertingly quiet ), he will be back anyway won't he. Such people are committed to haunting us for life. Like Putin and Xi Jinping, they despise democracy, their egos can't take it. And as we know, world leaders are everything to everybody, determining our fate, that of the planet, and of all the creatures on it.

Domestic life / work life, they are easier to focus on. My first Smart Meter is being installed this afternoon which is very exciting. I will finally be able to cost up every kettle boil and bath 😊. My dual energy bill has just trebled so I'm trying to reduce consumption by two thirds. So far I've only put the heating on for an hour some mornings and a couple in the evening. Easy, given how mild it is. It won't be so easy when the temperatures plummet.

Richmond Council have just approved planning for a massive solar farm on the outskirts of the town. It will generate enough energy for 11,000 homes and will be one of the biggest in the country. It's been welcomed by most, just not the people who'll be living next to it. There will be so much green technology to come, and there, there really is some hope. If we last that long, the world will most definitely be fuelled by renewables eventually. It's just how we get through until then.

Sorry for another boring letter. I hope you have a good week,

Kind wishes,

Isobel