



Monday 2nd January 2023

Dear Customer,

It's 2023, it must be time to get up. 'Happy New Year', and I hope you had a good festive period whatever you were doing.

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

Leek and Parsnip Korma

oil for frying, e.g. vegetable or sunflower	1 leek, finely shredded
300g parsnips, cut into batons	1 tbsp mild curry powder
½ tsp ground cumin	½ tsp ground coriander
2 garlic cloves, finely chopped	5cm fresh ginger, peeled and grated
50g ground almonds	450g organic yoghurt, or non-dairy
1 tin chickpeas, rinsed and drained	1 lime, juice to taste
handful fresh coriander leaves	handful flaked almonds, toasted

Heat 2 tablespoons of oil in a large, heavy-based saucepan. Add the leek and fry on a low heat for 5 minutes, stirring now and then to stop it catching. Add the parsnip and cook for a further 5 minutes. Add the curry powder, cumin, coriander, garlic and ginger. Stir for 1 minute. Reduce the heat, add the almonds and half the pot of yoghurt. Stir, then add 150ml water and half the chickpeas. Season with salt. Bring to a simmer. Cook for about 10-12 minutes, until the parsnips are just tender. Add a good squeeze of lime juice and stir in the fresh coriander leaves to serve. Sprinkle with toasted flaked almonds.

Carrot and Leek Soup

450g leeks	450g carrots
1 medium onion	vegetable oil
1 clove garlic, crushed	1½ litres vegetable stock
dash soy sauce	

Trim the leeks leaving as much green as possible, then half lengthways, chop and wash in plenty of cold water. Peel or scrub the carrots and cut them into smallish pieces. Chop the onion into small pieces. Put some oil in a large saucepan, heat, and add all the prepared vegetables along with the crushed garlic. Stir them around a bit, then cover and 'sweat' them for 10 minutes over a low heat, shaking the pan from time to time. Next pour in the stock, add some seasoning, cover and simmer until tender. Liquidise the soup, then return it to the pan. Taste to check the seasoning, add a dash of soy sauce and reheat.

Potato and Leek Tortilla

25g flaked almonds	1 leek
oil for frying	400g potatoes
6 Hen Nation eggs	1 tbsp dried dill
1 tbsp wholegrain mustard	head broccoli, to serve (optional)

Put a large pan of salted water on to boil. Toast the almonds in a dry frying pan until golden and set aside. Halve the leek lengthways and finely shred each half. Wash well to remove any grit. Heat 2 tablespoons of oil in a deep frying pan. Add the leek and fry on a low heat for 10 minutes, stirring now and then. Peel the potatoes, slice into half cm rounds and cook in the pan of boiling water until tender. Drain the potatoes into a colander. Refill the pan with water, then put it back on the heat. Crack the eggs into a bowl and whisk together with a fork then add the dill and mustard and season with salt and pepper. Once the leek has cooked, add the drained potatoes and gently turn them so they're roughly mixed together, flattening the potatoes down a little. Pour in the egg mixture.

Tip the pan from side to side so the egg covers the veg evenly. Cook on your lowest heat for a few minutes, just enough to set the bottom half. Put your grill on a medium heat. Once the bottom half of the frittata is cooked, transfer to the grill and cook until the top is just set. Cut the tortilla into wedges and serve sprinkled with the toasted almonds and steamed broccoli

I've been asleep most of the time since Christmas Eve. I was so tired. And of course, the more you sleep, the more tired you get and the more you need to sleep. I don't think I missed much. The weather was lousy, it wasn't nice walking weather, and we were dished up the same rubbish TV, treated like morons as ever with Mrs Brown's Boys in the prime spot. Even BBC4 and Sky Arts couldn't muster more than old Top of the Pops and rock concerts. As if we have a different set of interests during holidays and weekends. I found myself watching a documentary about Des O'Connor, that's how bad it was.

My brother called to see me. I knew he and his partner had been ill for a number of weeks with 'not Covid'. I answered the door in a mask and said I hoped he didn't mind. I then took him through into the sitting area next to the bi-fold doors and pulled them wide open. It was absolutely freezing, windy and pouring with rain. It was excruciating. I wanted to spend time with him warm and cosy, and chatting with tea and biscuits. 'How long are you going to go on like this?' he said.

It's Monday morning, New Year's day plus one. I wish it felt like a blank canvas, like a new start. God help us !

I hope you have a good week, and a very happy and healthy 2023,

Kind wishes, Isobel