



Monday 23rd January 2023

Dear Customer,

I hope this finds you well. This last week has been beautiful, with clear skies and wall-to-wall sunshine....freezing though, of course. The snowdrops are pushing up and I've even spied some daffodils in bud. I love the approach of spring, even though it's some months off.

And here are a few tasty recipes you could try with this week's ingredients:

Beetroot Soup

2 tbsp olive oil	1 onion, chopped
1 potato, peeled and diced	2.5cm fresh ginger, grated or finely chopped
grated zest of 1 orange	juice of 2 oranges
450g beetroot, cooked and cut into small dice	1.2 litres water

Heat the oil in a large pan, add the onion and saute until soft but not coloured. Add the potato and ginger and fry for 3 minutes. Add the orange zest and juice, plus the beetroot and water, then bring to the boil and simmer for 20 minutes until the potato is tender. Blend until smooth. Reheat gently and season to taste. Serve garnished, with a dollop of non-dairy yoghurt and a little grated orange zest.

Miso-Glazed Aubergine

1½ tbsp miso sugar)	3 tbsp mirin (or rice vinegar or white wine mixed with a tsp
aubergine(s)	1 tbsp sesame seeds, lightly toasted

Preheat your oven to 200°C/ Gas 6. Cut the aubergines in half, lengthways. Score the flesh in a criss-cross pattern. Drizzle generously with oil and season with salt. Roast flesh side up for about 30-40 minutes until soft to the core and nicely coloured. Mix the miso, mirin and 1 tablespoon of water in a mug. Put the roasted aubergine halves flesh side up on a baking sheet and smear with the miso mixture. Grill under a medium grill until the miso is golden. Scatter with the toasted sesame seeds.

Aubergine Rogan Josh

aubergine	300-400g tomatoes
30g shelled pistachios	fresh coriander
olive oil	2 tsp rogan josh spice paste

Preheat the oven to 180°C/ Gas 4. Cut off the core then cut the aubergine in half lengthways. Score a criss-cross pattern in the flesh of each half. Pour ½ a wine glass of water into a lidded pan on a medium-low heat. Put the aubergine into the pan, skin-side down, and put the lid on. Leave to steam for about 8 minutes until the aubergine is starting to open up. Chop your tomatoes into halves or quarters. Pound the pistachios to a crumb in a pestle and mortar. Chop the coriander stalks reserving the leaves. When the aubergine water has almost gone, add a little oil to the pan and push the aubergines flat with a spatula to crisp up the skin. Add the spice paste to one side of the pan, fry it off a little, then add the coriander stalks and tomatoes, gently turning to coat in the paste. Turn the aubergine halves over and give the pan a shake. Scatter over the pistachios, then transfer to the oven, uncovered, for 20 to 25 minutes until bubbling and golden. Serve scattered with the coriander leaves.

Life in Britain today, and then there's this weird Prime Minister, and never the twain shall meet. Boris Johnson for all his many sins at least looked like he was Prime Minister of Britain – an anarchic, dishevelled, and chaotic, mess. Uber-sincere in his insincerity. Rishi is suave, with the look of a graphic designer from St Germain en Laye - purple cashmere sweater carefully slung around his shoulders, soft loafers.

He is impeccable, pristine. His social media ads, like slick after-shave ads. 'SUNAK pour homme'. He needs to rough himself up a bit, look a bit more haggard, a bit more Sadiq Khan. I don't know why he's putting himself through this when he and his family could be living their best lives at home on Silicon Beach. A new designer village is under construction at Scotch Corner on the A1M, a few miles from here. On the perimeter fence someone has daubed, in massive letters, RISHI SUNAK IS A ****. This, here in his constituency. It's Sunday morning and the politics shows are full of the same old tax dodging and corruption stories. Two more years of it to go. Two years of it with this lot anyway.

It was fantastic to see the thousands of people marching on Dartmoor, rising up, protesting the ban on wild camping in the last place it was permissible. How can it be that a hedge fund manager can buy up 4000 acres of one of our National Parks in the first place. The National Parks need to return to the purpose for which they were intended in those post-war years - for nature, wildlife and for people to explore and enjoy. If they (we !) can compulsory purchase for HS2, then why can't we compulsory purchase all our moorlands and return them to nature, to the wild, to us. For how long are we going to allow them to be managed by gamekeepers. It's a disgrace. On the National Parks website, their big heading is 'For over 70 years, National Parks have been breathtakingly beautiful areas for the nation'. Lies and more lies. They are places where all wildlife is destroyed to protect the raising of grouse. I know I keep saying it, but there is nowhere for wildlife to exist in this country.

I hope you have a good week,

Kind wishes, Isobel