

## Monday 3rd October 2011

Dear Customer

We have delicious Romanesco cauliflowers in the bags from the John in Fadmoor this week and cavolo nero from Jonnie Watson. We also have John's leeks and Jonnie's potatoes and John's onions and carrots and Jonnie's salad packs and spring onions.

What remarkable weather. Wouldn't it be lovely if the jet stream became permanently lodged where it is now. I could live happily live without seasons for a few years.

John has been pulling onions. He said the weather couldn't be better, they have dried off well and he is putting them into boxes and into store. He's also been busy harvesting his Amarosa potatoes. They are having to go slowly with the harvester to avoid the patches where there is blight. Just after they were topped there came a great thunderstorm and some blight set in. The fine weather has brought the pheasants out of the woods and wandering onto the fields where they've been 'scratting about'. Scratting dust onto some of the lettuces which he has then had to throw out. Cabbage white caterpillars have been eating some cauliflower leaves. Apart from that all is well at Fadmoor. Here are a few recipes you could try including a recipe for Toffee Apples – delicious using the English Worcesters and Coxes which are in the bags at the moment:

### **Carrots with Nutty Buttered Crumbs**

*500g carrots, peeled or scrubbed and cut into 1cm slices*

*salt and freshly ground black pepper*

*50g butter*

*15g hazelnuts, finely chopped*

*15g flaked almonds*

*110g coarse, fresh breadcrumbs*

*25g Gruyere cheese, finely grated*

*1 tbsp roughly chopped parsley*

*Bring a large saucepan of water to the boil with 1 teaspoon of salt. Add the carrots and bring back to the boil. Reduce heat and simmer for 8-10 minutes until just tender. To make the nutty topping, first melt the butter in a frying pan and once frothing, pour a third of it into a large bowl to reserve for carrots. Add the almonds and hazelnuts to the remaining butter in the pan and fry on a low heat for 2-3 minutes or until turning golden. Tip the breadcrumbs in, season with salt and pepper and cook for 2-3 minutes, stirring occasionally until toasted and crisp. Remove from*

*heat and stir in the Gruyere and parsley. Drain carrots really well and toss with the reserved melted butter. . Spoon them into a serving bowl and scatter with the crumbs. Serve immediately.*

### **Sauteed Potatoes with Caramelised Onions**

*800g potatoes, peeled and cut into 2cm cubes*

*4 tbsp olive oil*

*25g butter or margarine*

*salt and freshly ground black pepper*

*1 large onion, peeled and finely sliced*

*2 cloves garlic, peeled and finely chopped*

*2 tsp finely chopped thyme or rosemary leaves*

*Dry the potatoes well. Pour 3 tablespoons of the olive oil into a large, heavy-based frying pan on a high heat and add the potatoes. Turn the heat down to low-medium and sauté the potatoes for 30-35 minutes, tossing regularly, until softened, crisp and golden and season well with salt and pepper. In the meantime, add the butter and remaining oil to a separate frying pan and add the onion. Cook on a medium-low heat for roughly 30-35 minutes to until softened and caramelized to a golden colour. Add the garlic and thyme or rosemary to the onions for the last 5 minutes of cooking and season. Tip the caramelized onions into the pan with the sautéed potatoes, toss together and serve immediately.*

### **Toffee Apples**

*225g soft light brown sugar*

*2 tbsp golden syrup*

*25g butter or margarine*

*6 small eating apples*

*Place the sugar, golden syrup and butter in a saucepan and pour over 100ml water. Bring to the boil, stirring to dissolve the sugar and melt the butter. Reduce the heat and leave to simmer, without stirring, for 30-35 until it reaches the 'soft-crack' stage. That is when a tiny amount of syrup dropped into a bowl of very cold water, solidifies into flexible threads that bend a little before breaking.*

*Meanwhile prepare the apples. Push a lollypop stick or wooden skewer about halfway in the top or bottom of each of the apples and line a baking sheet with parchment. Remove toffee mixture from the heat and tilt the pan a little so the mixture pools in one corner. Dip the apples in, one at a time, holding them by the sticks and spinning round to completely coat in the toffee. Allow any excess to drip off over the pan before standing the apple on the lined baking sheet. Repeat with the remaining apples and leave to cool and harden before serving.*

I'm in Teddington at the moment staying with my brother and catching up with some bits and bobs in London. Hope all well with you.

Kind wishes,

A handwritten signature in blue ink, appearing to read 'Isobel', with a horizontal line extending to the right.

Isobel Davies ([isobel@farmaround.co.uk](mailto:isobel@farmaround.co.uk))