



Monday 16th November 2015

Dear Customer,

I hope this finds you well. It's very mild and windy here today and the rivers are in flood. Next weekend we are to have snow apparently. I just can't keep up with it. We are going into winter mode with the vegetables. The last English lettuces are done as is the English celery. They are having weather problems in France and Spain, in that it is still like summer there. When I spoke to a friend in Perpignan last week, he told me it was 26 degrees, he'd lunched at an outdoor restaurant on the beach and thought he had sunstroke. It's causing problems with the citrus crops which need a day-time / night-time temperature differential to ripen, and there isn't one.

Here are a few delicious recipes you could try with this week's ingredients:

Pappardelle with Cavolo Nero, Orange, Chilli and Garlic

400g pappardelle or other pasta

40g hazelnuts, halved

3 cloves garlic, finely sliced

zest of ½ orange

grated Parmesan to serve (optional)

bag cavolo nero

6 tbsp olive oil

2 red chillies, deseeded and chopped

25g flat-leaf parsley, roughly chopped

Put the pasta in a large pan of boiling water and cook until al dente according to packet instructions. Meanwhile, remove the stems from the cavolo and wash the leaves. Plunge into boiling water and cook for 7 minutes. Drain well, squeeze out the excess water and chop it roughly. Toast the hazelnuts with a tablespoon of oil in a frying pan until golden. Tip into a bowl, along with the oil from the pan. When the pasta has about 4 minutes of cooking time left, heat the rest of the oil gently then add the garlic and chilli and cook until the garlic is pale gold. Add the zest and cavolo, season well and heat through. Drain the pasta, return to its pan and add the hazelnuts with the oil and the contents of the frying pan along with more seasoning and parsley. Serve with Parmesan, if using.

Leek and Cheese Macaroni

200g wholewheat macaroni

olive oil

20g flour

400ml milk

2 tbsp breadcrumbs

20g butter

200g shredded leeks

1 tsp Dijon mustard

100g strong cheddar

Boil the pasta in salted water according to packet instructions. Meanwhile gently saute the leeks in butter for 8 minutes. Drain the pasta and toss in a little olive oil. Add the flour to the leeks and stir for 2 minutes. Stir in the mustard, the gradually stir in the milk. Add the cheese and heat gently, stirring to thicken the sauce and season to taste. Transfer to a baking dish and sprinkle over a little more cheese then sprinkle with the breadcrumbs. Bake at 200 C for 20-30 minutes, until golden.

It's Sunday and of course it has been a weekend dominated by the grim events in Paris. All those beautiful and talented young people so randomly picked off. That they were dancing to the band in the Bataclan when the gunmen came is too poignant. The grief of the families and the trauma of the witnesses are unimaginable. I guess everything that could be said has been said, and in the end there are no words.

The soul of Paris was mortally injured on Friday night. I think our collective soul was too. The City of Light, for now, very dark.

"He who contemplates the depths of Paris is seized with vertigo. Nothing is more fantastic. Nothing is more tragic. Nothing is more sublime" *Victor Hugo*

Writer Kirsten Lobe said of it: "Paris is a heaven for all women's obsessions: hot men, great chocolates, scrumptious pastries, sexy lingerie, cool clothes.... a hotbed of fabulous shoes".

I don't think we can argue with that. But it is partly why it is despised by some. I'm sure Marianne would approve, symbol of the Republic, of liberty and democracy. Her heart will surely be bleeding over the massacre of her joyful youth.

Vive Paris, Vive la France, Vive les Francais !

Kind wishes,

Isobel