



Monday 18th April 2016

Dear Customer,

Things were looking encouraging last week, on Friday morning the sun came out for two hours. I thought we were having a breakthrough into spring as one of my daffodils came into flower. However, by evening it was snowing and hailing and I had to rush over to the sheep at Hornby to open the barns up to give them refuge.

The white cabbage is making its annual appearance in the bags this week. Here are some tasty recipes you could try:

Buttered White Cabbage with Caraway

350g white cabbage, cut in 1cm strips
½ tsp caraway seeds
sprinkling of paprika

50g butter or margarine
freshly ground black pepper
75g Cheddar cheese, optional

Cut the cabbage strips into squares and place them in a saucepan. Add 1 litre of boiling water, some salt and bring to the boil. Strain off the water then immediately add the butter or margarine, pepper and caraway seeds and continue cooking gently for 10 minutes, keeping the pan covered. Stir in the cheese if using, turning the cabbage over until all the cheese has melted and the cabbage coated. Turn into a warmed serving dish and sprinkle with paprika.

Colcannon

450g potatoes, sliced
125g onion, thinly sliced
freshly ground black pepper

225g cabbage, shredded
3 tbsp olive and sunflower oil
50g butter or 3 tbsp extra oil

Cook the potatoes in boiling salted water for 5-10 minutes, or until just tender. Put the cabbage in a pan with just enough water to cover, bring to the boil, then drain. Fry the onion in the oil until it is golden brown and just beginning to crisp. Add the drained cabbage and continue frying until it is also beginning to brown. Sprinkle with salt and pepper and keep hot. Fry the par-boiled potatoes in the butter or extra oil until they are brown and crisp. Add them to the cabbage and serve immediately.

Coleslaw

350g white cabbage, shredded in small pieces
1 tbsp wine or cider vinegar
salt
50g onion, finely chopped
125g dessert apple, peeled and shredded, sprinkled with 2 tbsp lemon juice

8 tbsp olive or sunflower oil
1 tbsp clear honey
black pepper
125g unroasted peanuts

Put the cabbage in a bowl. Whisk together the oil, vinegar, honey, salt and pepper. Pour over the cabbage and add the apple, lemon juice and onion. Work the peanuts in a blender or crush them coarsely with a pestle and mortar. Add them to the salad and mix thoroughly. Serve

Spicy Potato Wedges with Chilli Dip

900g big potatoes
4 garlic cloves, crushed
2 tsp ground coriander
salt and black pepper

4 tbsp olive oil
2 tsp ground allspice
2 tbsp paprika

For the Dip:

2 tbsp olive oil
2 garlic cloves, crushed
2 fresh chillies, seeded and finely chopped
2 tbsp fresh coriander, chopped

1 medium onion, finely chopped
400g tin chopped tomatoes
2 tbsp balsamic vinegar

Preheat the oven to 200 C/ 400F/ Gas 6. Wash the potatoes, cut in half, then into 8 wedges. Place the wedges in a saucepan of cold water, bring to the boil, lower heat and simmer gently for 10 minutes or until potatoes have softened slightly. Drain and pat dry on kitchen paper. Mix the oil, garlic, allspice, coriander and paprika in a roasting tin and season with salt and pepper. Add the potatoes and shake to coat thoroughly. Roast for 20 minutes, turning occasionally. Meanwhile make the chilli dip. Heat the oil in a saucepan, add the onion and garlic and cook for 5-10 minutes until soft and golden. Add the tomatoes with their juice and stir in the chilli and vinegar. Cook gently for 10 minutes until the mixture has reduced and thickened and season with salt and pepper. Stir in the fresh coriander and serve hot with the potato wedges. Garnish with salt, freshly ground black pepper and fresh coriander.

I'm particularly worried about the weather this week. I have my French friend arriving from the South of France with her two young daughters for a few days. There's absolutely nothing for children to do in Yorkshire except walk on the moors. I can't find any fun fairs, circuses, Punch and Judy shows, nothing. What do little girls like doing, I have no idea. They're about 4yrs and 7yrs. Bingo and chips in Redcar ? The Bowes Museum ? Somewhere pink ?

Last time they visited I took them up on the moors, the Arctic gale force winds nearly killed them. Then I took them to Lake Windermere and it poured with rain all day. They took such a battering. I need to find somewhere warm to take them. They have been crossing the days off on their calendar, crossing the days off until they will see Myfa and the guinea pigs again.

I hope you are having a good week,

Kind wishes,

Isobel