



**Monday 2<sup>nd</sup> May 2016**

Dear Customer,

Just when the daffodils had finally come out, the weather turns on us. It has been horrendous – chilling cold winds, snow and hail. One tries to remain upbeat and optimistic but it has brought me down with a nasty, chesty, sneezy bug cold thing. I feel gutted for the baby lambs – they can't even have a little warmth from the sun during their fleeting lives. Our new spectacle, the 'Tour de Yorkshire' has had to skid through blizzards this weekend. I guess they thought winter might be over by now. They hadn't factored in the laws of the ice age which has no respect for seasons or outdoor events. It won't be long before the freeze-induced Yorkshire housing crash and migrant crisis. We'll be coming shivering down the A1 in our thousands to try and squeeze into southern England. Or more likely, be happily displaced into Southern Europe. There are baby turnips in the bags this week. No great consolation perhaps, but they are delicious roasted. Just preheat the oven to 375F/ 190C/ Gas 5. Trim them and chop up any larger ones into bite-sized pieces. Toss in enough olive oil to coat them and season with sea salt flakes and freshly ground black pepper. Place on a baking sheet and roast for about 25 minutes or until tender and beginning to caramelize and serve. You could also peel them and cut into 2cm cubes then steam for about 3 minutes sprinkled with a little salt, then saute in melted butter or margarine, tossing them around for about 10 minutes until tender. You could try one of these fab recipes. The hot Cos lettuce recipe is for our Northern customers only of course. I know it won't be necessary to heat it up in London. Please spare us a thought as you lunch on your terraces, popping olives with your 'salade verte':

#### **Potato and Turnip Dauphinoise**

600g potatoes  
2 cloves garlic, peeled and crushed  
500ml cream

450g turnips  
sea salt and black pepper  
50g Gruyere or Cheddar cheese, grated (optional)

*In a small pan over a medium heat, bring the cream to a simmer then add salt and pepper and the crushed garlic, then set aside. Preheat the oven to 180C/ 160C Fan/ Gas 4. Peel the potatoes and turnips, pat dry and cut into fine 2mm slices, using a mandolin. Layer half the potato and turnip slices in a large gratin dish then pour on half of the warm cream. Layer the remaining vegetable slices on top, making sure you finish with a layer of potatoes only. Pour the remaining cream over and press the potato slices gently with the back of a spoon to ensure the cream is evenly distributed. Cover with foil and bake on a baking sheet in the oven for 40 minutes. Remove the foil and sprinkle with the grated cheese, if using, evenly over the surface. Bake, uncovered, for a further 30 minutes or until the top is golden brown and the vegetables are just cooked through. Leave to stand for 5 minutes before serving.*

#### **Courgette and Lentil Bake**

250g green lentils  
3 tbsp olive oil  
2 garlic cloves, finely chopped  
450g courgettes, finely chopped  
pinch dried chilli flakes  
100g Cheddar cheese (optional)  
handful black olives

450ml vegetable stock  
1 onion, peeled and finely sliced  
4 large carrots, peeled and finely chopped  
2 tsp paprika  
2 x 400g tins chopped tomatoes  
salt and pepper

*Preheat oven to Gas 5/ 190C/ 170C Fan. Cook the lentils in the vegetable stock until al dente then drain, reserving the stock. Heat the oil in a casserole and cook the onion, garlic, carrots and courgettes until softened. Stir in the lentils, paprika and chilli, then add the tomatoes. If mixture looks a little dry, add some of the reserved stock. Season, then sprinkle with grated cheese if using and bake in the oven for 20 minutes or until the cheese is golden. Scatter with olives and serve.*

#### **Crunchy Roasted Broccoli**

1 head broccoli, trimmed and cut into medium florets  
1 clove garlic, finely chopped  
balsamic vinegar

olive oil  
½ red chilli, deseeded and finely chopped

*Preheat the oven to 200C/ 180C Fan/ Gas 6. In a roasting tin, toss the broccoli in some oil with the garlic and chilli and lots of seasoning. Roast for 12-15 minutes until just beginning to soften ( it should still have a crunch). Drizzle over some balsamic vinegar, toss gently to coat then serve immediately.*

#### **Sauteed Cos Lettuce ( for North Customers)**

3 tbsp olive oil  
pinch red pepper flakes  
coarse salt and freshly ground black pepper

1 clove garlic, crushed  
2 heads Cos Lettuce, trimmed and cut into 1"-wide strips

*Heat the oil in a frying pan over a medium heat. Add the garlic and red pepper flakes and saute for a few minutes. Add the lettuce, pressing it down to fit. Season with salt and pepper, cover, tossing occasionally until the lettuce is completely wilted and the liquid evaporated, 10 to 12 minutes.*

I hope you have a good week,

Kind wishes,

Isobel

**PS** Our full new grocery selection is coming very soon !