



**Monday 15<sup>th</sup> January 2018**

Dear Customer,

Weather uneventful just very grey and murky, the perfect accompaniment to the winter blues and bugs. Roll on spring. But at least the snowdrops are coming up and the days are lengthening.

We have pretty chioggia beetroot in the bags this week – they taste a little sweeter than normal beet, a bit like artichoke hearts. They cook more quickly than the red variety but you can cook them using the same – steam, boil, saute, roast - or eat raw.

Here are a few recipes you could try this week – with a French flavour:

### **Root Vegetable Cassoulet**

900g mix of carrots, potatoes and parsnips, peeled and cubed  
400g tin chopped tomatoes  
300g cooked haricot beans  
1 tbsp olive oil  
1 bouquet garni  
50ml white wine  
25g breadcrumbs

2 small onions, peeled and cut in 8 wedges  
2 garlic cloves, crushed  
½ tbsp tomato puree  
black pepper  
175ml vegetable stock

*Fry the onions and garlic in a casserole in the oil for a couple of minutes. Add all the remaining ingredients, except the breadcrumbs, and stir well. Bring to the boil, cover and simmer for 5 minutes. Sprinkle the breadcrumbs on top, cover and bake in a preheated oven for one hour at 170C/ 325F/ Gas 3. Stir the breadcrumbs into the casserole, cover and return to the oven for 15 minutes. Serve with warm crusty bread.*

### **Breton Onion Soup**

450g onions, peeled and sliced  
25g margarine  
black pepper  
4 slices of garlic bread

225g potato, peeled and diced  
750ml vegetable stock  
1 bay leaf  
grated cheese

*Fry the onions in the margarine for 20 minutes. Add the potato, stock and bay leaf and season with black pepper. Stir well and bring to the boil. Cover and simmer for about 15 minutes until the potatoes are tender. Ladle the soup into bowls and top each with a slice of garlic bread. Sprinkle with grated cheese and place under a hot grill until it starts to melt.*

### **Chioggia Beetroot and Sultana Salad**

350g beetroot, grated  
2 tbsp fresh orange juice  
1 tsp red wine vinegar  
finely grated orange peel

25g sultanas  
1 tbs olive oil  
black pepper

*Put the beetroot, sultanas and orange juice in a saucepan and cook over a medium heat for 5 minutes, stirring regularly. Mix the olive oil with the vinegar and add to the beetroot. Season with black pepper and toss well. Put the salad in a serving bowl, cover and refrigerate until cold. Garnish with grated orange peel when serving.*

### **Grated Carrot and Sesame Seed Salad**

450g carrots, grated  
15g sesame seeds, toasted  
1 tbsp white wine vinegar  
black pepper

1 garlic clove, crushed  
2 tbsp olive oil  
½ tbsp. lemon juice

*Mix the olive oil with the garlic, vinegar and lemon juice. Put the carrots and sesame seeds in a large bowl and add the dressing, season with black pepper, then toss well.*

The New Year hasn't really kicked off for me yet. It's been like the twilight zone here with Myfa poorly. The vet thinks she has had a bad bug, but she's not really showing much sign of recovery despite the antibiotics and her fever coming down. She is very weak and doesn't want to get up. It's completely knocked the spirit out of her and destroyed her confidence. It's painful to see her like this, so unhappy. The next step is blood samples.

Hopefully things will improve soon. I hope you have a good week,

Kind wishes,

Isobel