



Monday 9th April 2018

Dear Customer,

Still no sign of spring. It is officially already three weeks late now up here. It won't stop raining, there is a serious problem. I think we've seen the sun three times since last November. There's barely a daffodil out. God's own county? I think he'd run out of paint by the time he got here, painted vivid colours across the world, got past Sheffield and just did a big grey smudge.

Minestrone Soup

1 tbsp vegetable oil	200g onion
200g carrot	2 sticks celery
2 garlic cloves	850ml water
vegetable stock cube	200g tin chopped tomatoes
1 tbsp tomato puree	50g green cabbage
30g pasta	

Peel the onion and garlic then chop. Wash the carrot, celery and cabbage and finely slice. Heat the oil in a large pan then add the onion and garlic and cook for 2 minutes. Add the carrot and celery and cook for a further 2 minutes. Dissolve the stock cube in boiling water and add to the pan along with the tomato puree and chopped tomatoes. Bring to the boil then cook for 15 minutes on a low heat. Add the cabbage and pasta and cook for a further 10 minutes. Serve when pasta cooked and vegetables are tender.

Roasted Sweetheart Cabbage

1 cabbage, cut into 8 wedges, core intact	olive oil
1 lemon, cut into wedges	coarse sea salt and freshly ground black pepper

Preheat the oven to 220C/ 450F Gas 8. Arrange the cabbage on a rimmed baking tray. Brush both sides of the wedges with olive oil. Season with salt and pepper. Roast in the oven, flipping halfway through until the edges are brown and crisp, for about 30 minutes.

You could try 'Onion Dijon Sauce' on your roasted cabbage:

3 tbsp butter	2 tbsp fresh minced onion
½ tsp minced garlic	1 tbsp Dijon mustard
salt and pepper	chopped chives or parsley to serve

Add all the ingredients to a small saucepan and cook over a medium heat until the butter is melted. Place the cabbage wedges on a plate and drizzle with the sauce, topping with chives or parsley if using.

Braised Sweetheart Cabbage

1 cabbage, cut in half lengthways	2 tsp olive oil
2 tsp maple syrup	salt and black pepper
2 tbsp water	chilli flakes, optional

Preheat the oven to 200C/ 400F/ Gas 6. Place the cabbage halves in an ovenproof dish. Sprinkle and drizzle the rest of the ingredients on top. Cover with foil tucking in the sides. Put in the oven for about 20 minutes until cabbage is tender. Remove the foil and continue to cook for another 5-10 minutes until the juices are thickened and caramelised.

Honey-Roasted, Balsamic Cabbage Slices

Sweetheart cabbage, cut into 1/2 " thick rounds	3 tbsp olive oil
¼ tsp coarse salt	½ tsp ground white pepper
2 tbsp balsamic vinegar	2 tsp honey
1 sprig fresh thyme	

Preheat the oven to 200C/ 400F/ Gas 6. Brush a baking sheet with a table spoon of olive oil. In a bowl combine the olive oil, balsamic vinegar and honey. Arrange the cabbage slices in a single layer and brush them with the honey balsamic vinaigrette. Season with the salt and pepper and sprinkle with the thyme. Roast until the cabbage slices are tender and the edges are golden, 25-30 minutes.

Hope you have a good week,

Kind wishes,

Isobel