



Monday 30th January 2023

Dear Customer,

It's Sunday and very, very windy. I had a brief walk on the moors and almost couldn't get back to the car. My coat filled with wind, puffed into a balloon and I nearly blew away.

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

Satay Sweet Potato Curry

1 tbsp vegetable oil	1 onion, chopped
1 garlic clove, crushed	2 tsp grated fresh root ginger
1 tbsp mild curry powder	½ tsp turmeric
1 tbsp tomato purée	1 tbsp light soy sauce
2 tbsp smooth peanut butter	400ml tin coconut milk
400g sweet potato, peeled and cut into chunks	100g chard, roughly chopped
1 lime, juice only	salt and freshly ground black pepper
2 tbsp roasted peanuts, to garnish	1 chilli, sliced, to garnish

Heat the oil in a saucepan and fry the onion, with the lid on, until softened. Stir in the garlic and ginger and leave uncovered to fry for another 2 minutes. Stir in the spices. Boil the kettle. Add the tomato purée, soy sauce, peanut butter, coconut milk and 200ml boiling water. Whisk while bringing to the boil and then add the sweet potato chunks. Turn down the heat and cook uncovered for 15–20 minutes until the potato is soft and the sauce has thickened. If the sauce has reduced enough but the potato is not tender yet, partly cover with the lid. Stir in the chard and cook for a few more minutes. Taste and season with lime juice, salt and pepper. Serve on rice garnished with the roasted peanuts, and chilli, if you like it spicy.

Thyme and Lemon Braised Leeks

400g leeks	1 clove garlic
1 lemon	thyme leaves
salt and pepper	1 tbsp olive oil

Trim the leeks and halve it lengthways. Rinse out any grit under a cold tap, then slice the leek into thin strips. Peel and crush the garlic. Pick the thyme leaves off their sprigs. Pour 1 tbsp olive oil into a pan and warm it to a medium-low heat. Add the garlic and thyme to the pan and cook for 1 min. Stir in the leeks and season with salt and pepper. Put a lid on the pan and cook gently for 10-15 mins, stirring occasionally, until the leek is soft and sweet. Squeeze the lemon juice into the pan and stir to mix.

Sauteed Chard, Potatoes and Olives

450g potatoes	100g stoned green olives
5 tbsp olive oil	juice of ½ lemon
pinch dried chilli flakes	2 tsp capers
flat leaf parsley	handful chard

Wash, thickly slice, and boil the potatoes until just tender, then drain. Finely chop the olives and put in a bowl with 2 tbsp olive oil, the lemon juice, the chilli flakes and capers. Roughly chop the parsley and stir into the olives. Cut up the chard: leaves into large pieces and stems into short lengths. Warm 3 tbsp of olive oil in a shallow pan then add the potatoes, leaving them to cook and crisp lightly, turning them over every now and again. As they are crisping, add the chard and cook until tender. Scatter the olive and parsley mixture over the chard and potatoes to serve.

Nothing else to do in these parts but go for dog walks. Yesterday after chores, I thought I'd go and walk round Thornton Steward reservoir. It's not far and it's not very big. En route was the ominous sight of 4 x 4's parked on grass verges all over the place, groups of people standing next to them. I looked across the fields, it was the hunt. I could have done without it, but I had to go and check it out, make sure no fox was in mortal peril. Foxhunting is illegal but they ignore it and have done ever since the ban. I pulled over near where the hounds and riders were and sat to keep an eye on them. There was a kerfuffle. One of the hounds had collapsed and couldn't get back up. I got out the car to go and try and do something. The guys from the hunt were in a panic, "just put it in the boot and take it back the kennels, quick, the sabs are here". They bundled it into the boot of a lime green Corsa. 'The sabs are here ? ' Thank God for that, I thought.

A man and young woman were rushing up the road. I went towards them and asked if they were sabs. The woman shot past me in a hurry, saying stuff I couldn't understand – probably 'get stuffed you murdering bitch'. The bloke was further behind so I told him I was on their side. I could have been on either side, my look was hybrid – dressed in black, but with short Hunter wellies and a black lab on the passenger seat. I told him about the hound for their report. The horn sounded, the hounds had picked up a scent and were on the move. The two of them ran off after them.

Poor hound will probably be taken back and shot. There are no retirement homes for them. I carried on to the reservoir, perturbed.

On my way back, I had to find them again. They were in roughly the same place as earlier. I saw the sabs, I gave them my number.

When I got home, I googled all the local hunts trying to glean something about hound welfare. This lot were the Bedale Hunt. All of them offered a service of taking ill and dying farm animals and 'dispatching' them, as well as taking dead ones. Those dogs, fed on sheep that have been dipped in organophosphates to treat scab and ticks: cypermethrin formulations poured down their spine to protect against flystrike: antibiotics, worm and fluke treatments; routine running through footbaths of formaldehyde to toughen their feet. I know these things that farmers do. Poor sheep, and poor hounds having to eat that little lot, it must have a terrible impact on their health. Then I remembered that's exactly what humans eat !

I hope you have a good week..... Kind wishes, Isobel