



Monday 25th September 2023

Dear Customer,

I'm late, it's Monday morning already. It's quite a nice, mild, blustery and sunny day. I find it quite shocking how far into my new diary I am, there are barely any pages left. This has been the fastest year ever.

Here are a few tasty recipes you could try this week:

Vegetable Korma

100g almonds	2 garlic cloves, roughly chopped
2cm piece fresh ginger, peeled and roughly chopped	200ml water
2 tbsp oil	1 onion, chopped
5 cardamom pods	1 cinnamon stick, cut in half
½ tsp turmeric	¾ tsp garam masala
250ml cream	150g potatoes, peeled and diced
300g cauliflower florets	150g carrots, diced
fresh coriander, to serve	

Put the almonds in blender with the garlic, ginger and 1 tablespoon of water. Whiz to a paste. Heat the oil in a large pan. Add the onion and fry for 5 minutes or so until soft. Add the almond paste, stir and cook gently for 5 more minutes. Add the cardamom, cinnamon, turmeric and garam masala. Add the cream, remaining water and heat until boiling. Add the potatoes, reduce the heat, cover and simmer for 5 minutes. Add the cauliflower and carrots and simmer for 8 minutes or until all the vegetables are tender. Add a little more water if needed. Season with salt and pepper and garnish with fresh coriander. Serve with rice or naan bread.

Kale and Cauliflower Frittata

200g potatoes	300g cauliflower florets
2 tbsp plain flour	100ml milk
6 Hen Nation eggs	250g grated cheese
handful of chopped fresh parsley	olive oil
100g shredded kale	

Chop the potatoes into 2cm chunks, then steam for 6-8 minutes. Add the cauliflower florets and steam for 4 minutes more until both are just tender. Whisk together the flour, milk and eggs. Add half the cheese and a small handful of chopped parsley; whisk again. Heat a splash of olive oil in a 24-26cm non-stick (ovenproof) frying pan, then add the kale and the vegetables. Fry for 2-3 minutes until lightly golden. Pour in the egg mixture and cook gently over a low-medium heat until almost set but with a softness in the middle. Heat the grill to medium-hot. Sprinkle the rest of the grated cheese over the frittata, then grill until just set. Serve hot or cold.

Potato and Carrot Soup

1 tbs olive oil	1 onion, diced
2 large carrots chopped	2 cloves garlic, crushed
1 tsp oregano	1 tsp ground cumin
1 tsp ground coriander	2 medium potatoes, chopped
750 ml vegetable stock	salt and black pepper

Heat the olive oil in a large saucepan. Add the chopped onion and the carrots. Stir then reduce the heat to low and cover the pan with a lid. Cook the vegetables for 15-20 minutes until soft, stirring occasionally. When soft add the garlic, stir well and cook for a further minute. Add the oregano, ground cumin and ground coriander. Stir well, then add the chopped potatoes and vegetable stock. Bring to the boil, then lower the heat and cook gently until the potatoes are soft. Blend until smooth and season to taste.

I've been sucked into Strictly already. It feels ok on long dark nights, but not when it's still sunny outside. One eye on Angela Rippon and the other on the glorious sunset. That feels terrible. Well, they seem like a nice bunch don't they.

As for the sheep, I decided to keep them where they are for the moment. They are happy there and I will have to put up with the anxiety of them being on a flood plain for another winter. Mick had been concerned it would be colder at Hauxwell Hall and that they would start dropping dead. It isn't much higher up though. But it's always a risk moving them to new pastures where there might be worms and liver fluke lurking in the grasses from previous flocks – lying in wait for some new hosts. They have been a closed flock for many years, rotating around the same fields, and have been largely disease-free as a result. So that's that, no prancing about 'ewes of the manor' and scratching their backs on the obelisk just yet. The offer from the Daltons remains open, and I remain excruciatingly embarrassed for having wasted their time.

As for the other, where have Rishi's 5 pledges gone ? Failed and ditched for a new bucket list. 'The British baccalaureate' - tres moderne. Net-zero-not-net-zero-not. HS2, launched into the ether. Inheritance tax a gonner. That little lot should safely clinch him another term along with the next set of sleepless 3am bright ideas. He ain't in Silicon Valley now.

Nothing to report here. Just quietly getting on with my work. Got attacked by wasps yesterday on the grass verge opposite the house when I was talking to the woman who takes photos for the Richmondshire Landscape Trust. Lainey came bolting towards me in the usual wasp-sting panic that I am too familiar with. It was on her back. I got it off her with my foot, commiserated with her and went to finish the conversation then wasps started attacking me and three more appeared on Lainey's back. I whooshed them all off us and we ran back to the house. Got inside and one was still with us. We ran upstairs to the bedroom and shut the door. I don't now how many stings Lainey got but she was really miserable all day. I'm not sure about this rewilding in my garden and letting wasps rule. They are just everywhere. I've got a couple of raspberry bushes full of fruit but can't go near them as it's next to their nest. Oh for a lovely plastic lawn.

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