

Gosh its cold and going to be worse. Thank heavens for comfort food and good veg for soup...

Graham has dressed out(this is the correct term and means grading out a big box of tatties just as they were lifted in the field) a box of our **Ambo potatoes** which are in this week's box. They are a King Edward type and one of our favourites as like Maris Piper they chip and roast and mash. They will be your all purpose potatoes in the Xmas Box.

We are giving you winter veg of the beetroot and cauli type and then some **pumpkin pieces for soup**. Every year we store pumpkins and help them to keep warm, however they did not have the best harvesting conditions and some of our beautiful big Crown Prince are not going to last so this week they get cut up and offered as soup and curry pumpkin at a value price in the Box. So this is us helping you help us or something like that.... Your pieces will keep in the fridge for at least a week.

Really big beautiful CPS will be available whole as a Christmas order. They make a great feasting centrepiece, not just for vegetarians as a stuffing of rich venison stew, prawn curry or freerange chicken livers and bacon would work well and feed lots of people.



Last week we had customers asking us about **Jerusalem Artichokes**. They are one of the more interesting winter veg and we forget that some of you will not have bumped into them before. Whatever the recipe the crucial thing to remember is their starch content needs reducing by parboiling and then throwing away the water and (easier than peeling to then pop each tuber out of its skin) or roasting and changing the ratio otherwise you may be artichoke propelled later. The taste is quite unique and they like the trad cream and bacon combo or partnering carrots in a soup

More exotically you may get imported but not airfreighted **beans** to lighten the mood and some of you the first **Flower sprouts** (just the tops) which were such a success last year.

More daringly we are giving you all a **Quince** which is definitely seasonal and aromatic.

You can do savoury or sweet recipes as attached or do as we have done and make Quince cheese. Plenty available from here in rounds at £12 a kilo.



Apart from **mincemeat** as usual two sorts we have some packs of **Amys brownies** and **mince pies** to order or small tubs of **Phantassie Plum Wine Jellies** as delicious sophisticated chocolate alternative with coffee or like **Quince** to have with cheese..

Fancy packaging you will have to do yourselves....

Extras

Avocadoes small 3 for £2

Toms Classic Vine 350g £2.00

Valor AP tatties 5k for 4.50

Crown Prince Pumpkin at £2.80 kilo

Quince Cheese at £12 kilo

Juicing carrots 5k 4.00

Plum Wine Jellies 100g £2

QUINCHE POACHED IN POMEGRANADE JUICE

2 large quinces, peeled and quartered
800ml pomegranate juice
70g caster sugar
1 vanilla pod, cut in half lengthways and seeds scraped out
The shaved peel of 1 large orange, plus 50ml juice
2 whole star anise
65g pomegranate seeds
120g clotted cream
2 tsp fresh mint leaves (optional)

Core the eight quince quarters. Discard four cores and tie the others into a bundle with an old tea towel or muslin. Put the cored quince quarters into a heavy-based pan and add the wrapped-up cores, pomegranate juice, sugar, vanilla pod and seeds, orange peel and juice, and star anise. Bring to a boil, turn down to a gentle simmer, cover and cook for 15-25 minutes, until the quince is soft.

Remove the quince quarters with a slotted spoon and set aside. Simmer the sauce for 20 minutes or so, until it's thick, syrupy and reduced to about 75ml. Just before serving, squeeze all the thick juices out of the core bundle into the sauce, then discard along with the orange peel, star anise and vanilla. Return the quince to the syrup and gently warm through. Place two quarters of quince on each plate, pour over some syrup and serve with clotted cream and a sprinkle of pomegranate seeds and shredded mint (if using).

TURKISH QUINCE DESSERT

Ingredients (4 servings)

2 large quinces
150 g light brown sugar
8 cloves
1 tsp cinnamon powder
clotted cream or fat vanilla ice-cream

Prepare quinces: Wash and peel them, then halve to get two parts sitting firmly on their underside. Now carve in a hollow that would keep about 2-3 tsp liquid in. Put a clove in each quince's hollow, mix cinnamon and sugar and add 3-4 tbs mixture onto each quince.

Pick up a right pan: Pick up a pan that would be wide enough for the 4 quinces halves. Pour a glass of water into the pan – it would be rather critical that the water goes up to the cuts of the quinces' halves sitting next to each other. I've picked up a pan that was too wide and the edges of the quinces got slightly burnt. Add some quince seeds and several peelings of quince skin to the water to deepen the color.

Send to oven and attend hourly: Cover the pan with a lid or foil and bake in the center of a very low oven (110C/230F) for six or more hours until quinces are deep red and the syrup is thick. Check them out every hour to make sure there is enough syrup and add water if necessary. There is no drama if you keep quinces baking for less than 6 hours: I kept mine for 3 hours and they still turned wonderful. 6 hours would produce a perfection, though.

Cool and serve: Let quinces cool in the syrup. Serve them with some syrup and topped with clotted cream or with fat vanilla ice-cream on the side. In Turkey they also serve it with ground nuts – walnuts go particularly well.

SAUTED JERUSALEM ARTICHOKE WITH GARLIC AND BAY LEAVES

Jerusalem artichokes are sweet and almost garlicky and mushroomy and gorgeous. Although called artichokes they're actually tubers – like rough and ready potatoes. You can scrub and roast them whole like mini jacket potatoes and split them open, drizzled with a little chilli oil. You can even use them in a salad with smoky bacon. A Jerusalem artichoke's best friends are sage, thyme, butter, bacon, bay, cream, breadcrumbs, cheese and anything smoked.

To serve 4, you will need 600g/1lb 6oz of **Jerusalem artichokes**. Peel them, then cut them into chunks. Place them in an oiled frying pan and fry on a medium heat until golden on both sides, then add a few **bay leaves**, 2 cloves of **garlic**, finely sliced, a splash of **white wine vinegar**, some **salt and pepper**, and place a lid on top. After about 20 to 25 minutes they will have softened up nicely and you can remove the lid and the bay leaves. Continue cooking for a couple of minutes to crisp the artichoke slices up one last time, then serve straight away. They go well with both meat and fish and are particularly good in a plate of antipasti, or in soups or warm salads.

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