

Definitely Haggis weather, whatever you think of the bard, so its **swede** and **mashing tatties**. We like it all layered in shepherds pie style, which keeps the haggis moist and allows other experimental additions! We've not yet had time to test it yet but looks like there's a good vegetarian haggis recipe on today's Guardian website: <http://www.guardian.co.uk/lifeandstyle/wordofmouth/2012/jan/25/burns-night-supper-vegetarian-haggis> .

In complete contrast we thought we'd give you colour and cheer, with bright green **pakchoi**, (grown outside at Phantassie) with stirfry seasonings, jetblack **winter radish**, and red and orange in **radicchio** and **blood oranges**. These last two make a great pairing in a winter salad, **radicchio** makes a pasta filling/sauce and blood orange jelly is just the thing right now. See recipe's below.

Black radishes we refer to as Scottish water chestnuts to emphasize their crunchy cookability. Eat raw as spicy radish, put in veg sushi, or stirfry for crunch (peeled).

This month's bulk offers have been very popular so we'll carry on for a bit though as there's a transport strike in Italy we may run out of oranges!

JANUARY BULK BUY OFFERS:

Avocadoes	4 for £2
5k Carrots	£5.00
5k Baking Potatoes	£4.00
5k Blood or Navelina Oranges	£9.00
5k Marmalade Oranges	£14.00
5k Fairtrade Golden Granulated sugar	£12.50
Pullet Eggs	£1.20 ½ doz £5 Tray of 30
Apples (see below)	£2.50/kg
Pears	£3.00/kg

Having focused on fruit a little we are conscious that we have so many different **apple** varieties during the year that we should tell you about them.

Thus this week your **apples** will be **Adams Pearmain**, a quite complex nutty flavour with what wine folk would call a long finish, and it's a longnose **apple** come to that too!

Next week it will be **Laxtons Superb**, lovely late pippinish that grows well in Scotland.

"The definitive late Victorian **dessert apple**, firm, Coxstyle but sweeter, understated but very moreish" (from orangepippin.co.uk) We grow both of these here at Phantassie, (for those of you thinking of planting fruit trees) but these larger quantities come from the award winning orchard at Whitethorn Farm in Herefordshire, who are sending us lovely **apples**.

Your big **pears** by the way are **Worcestershire Triumph**.

All these mentioned **apple** varieties will be available as an extra at £2.50 a kilo. **Pears** £3.00 a kilo.

Well, we've made our New Year resolutions and taken the plunge. We're just preparing the ground for putting up new polytunnels – in a very sheltered spot (!) to grow more veg. Digging has revealed lots of lovely deep East Lothian loam top soil and enough stone through it for good drainage, so we're happy! We'll add pictures to our website so you can follow progress...

Recipes taken from the highly recommended "Food from Plenty by Diana Henry"

Blood orange and cardamom jellies

Serves 8 Serve in pretty glasses.

FOR THE JELLIES

4 blood oranges
950ml (1¾ pints) blood orange juice
Juice of ½ lemon
Ground seeds from 10 cardamom pods
75g (2½ oz) caster sugar
20g (¾oz) leaf gelatine [we use veggie alternative, VegSet]

FOR THE CANDIED PEEL

2 oranges (pref blood oranges)
225ml (8fl oz) blood orange juice
100g (3½ oz) caster sugar

TO SERVE

Sweetened whipped cream

1. To make the jellies, cut a thin slice off the top and bottom of each orange. Set on its base, and, with a very sharp knife, remove the peel and pith in strips, working from top to bottom. To remove the segments, cut between membrane and flesh with a fine, sharp knife and carefully slide each segment out.
2. Put the orange and lemon juices, cardamom and sugar in a saucepan and heat gently, stirring to help the sugar dissolve. Put the gelatine in a dish and cover with water. Leave to soak for 3-5 mins until soft. Squeeze out the excess liquid and add the gelatine to the warm juice, stirring to dissolve. Divide the orange segments between 8 glasses, then pour in the jelly. Leave to cool, then refrigerate.
3. For the candied peel, finely pare the zest of the oranges (avoid the white pith) and cut into fine julienne strips. Put in a saucepan with the orange juice and sugar. Heat gently until the sugar has dissolved, then simmer until the liquid has almost evaporated (about 30 mins). Scoop the zest out with a fork, gently separate and lay on baking parchment. Put somewhere warm to dry. Top the jellies with whipped cream and the candied peel.

Sausage, radicchio and red wine risotto

Serves 4

175g (6oz) spicy sausage (preferably Italian)
2 tbsp olive oil
1 small onion, finely chopped
2 garlic cloves, finely chopped
250g (7oz) Arborio rice
500ml (18fl oz) decent red wine
500ml (18fl oz) chicken stock
1 small head of radicchio (about 175g/6oz), halved, trimmed and sliced
Salt and pepper
25g (1oz) butter
30g (1¼ oz) Parmesan cheese, grated, plus more to serve.

1. Cut the sausage into chunks, about the size of a walnut, then roll them slightly into little balls. Heat the olive oil in a heavy pan, add the sausage and sauté until well browned. Add the onion and cook until just softening. Tip in the garlic and cook for 1 minute, then add the rice and stir it round to get it coated in the juices.
2. Heat both the wine and the stock separately to simmering point and keep them simmering. Add the wine a little at a time, stirring continuously and adding more only once the previous lot has been absorbed. Now add the stock a ladleful at a time, stirring continuously. It will take about 25 minutes to add all the liquid. About 10 mins before the end of cooking time, stir in the radicchio. It will wilt in the heat.
3. Taste for seasoning; both the wine and reduced stock are salty, so see how much salt you need to add. Season with pepper, too. Stir in the butter and the cheese and serve immediately, with extra Parmesan on the side.

veg@phantassie.co.uk 01620 861531