

Your Receipt...

2nd March 2009

**Organic house
wines for less
than £5 - the
perfect way to
start spring!**



We've nicknamed our house wines 'The three Macatelas'. They come from La Mancha, Spain, and are full of luscious, sundrenched fruit. The Delgado Brothers make them - and they're keen for you to give their wines a swirl, a sniff and a sip. So, they've knocked £1 off each bottle for the next two weeks:

**Macatela Rosado Tempranillo
2007 - a stunning rosé - just £3.99**

**Macatela Roble Tierra de Castilla
2006 - a Rioja-style red - just £4.99**

**Macatela Blanco 2007 - a light,
fruity white - just £4.49**

* offer on orders placed by 22nd March

March means...

**Purple sprouting
broccoli**, but this year it nearly didn't! February's blanket of snow destroyed the crop in some places. Phil le Maitre's crop on the Channel Island of Jersey survived. Our first boxes of the regal-hued tender stems are due to arrive next week. So, put your orders in now.

If you'd like to get in touch, please feel free, but make sure you include your account number or postcode!

VAT number 918 0962 09
VAT is charged at 15%
on standard rated goods.



Abel & Cole
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News and views...

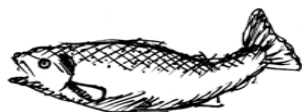
Pollack paints our plates

Pollack is cheaper than cod and some people even say it is greener. Though our fish man, Jamie at Edwards in Cornwall, assures us that our cod stocks are healthy "there's more cod off the Cornish coast than ever before." However, we must create a balance with what we eat and pollack is a great choice when you want to try an alternative!

Phil MacMullen, head of environmental responsibility for Seafish, said: "Choosing alternative species helps to ease the pressure on stocks of more traditional fish."

Jamie says, "I actually prefer pollack to cod. I think it has more flavour." Jamie has an interesting way of cooking it. He pan-fries it in a bit of olive oil and then grates a bit of nutmeg over the top. He also says it makes a mean beer battered fish for chips. "A lot of time pollack is what you get in a chippie - you just don't know it. If it doesn't say cod or haddock, it's likely to be pollack."

If you fancy giving it a go, now's the time. It's in peak season and Jamie has it in abundance - so, he's kindly trimmed **20% off** orders placed by 29th March.



Why buy organic wine?

It's more reflective of "terroir"...

"If you drink an organic Sancerre, for instance, you can tell if it's come from a chalky or a clay soil," says Sommelier Luke Richardson at the wonderful Three Chimneys on the Isle of Skye. 60% of his wine list is organic. "Chemicals in conventional wines mask a wine's true identity," adds Nick Mason, our wine buyer.

Fewer headaches...

"I used to get a lot of migraines," says Mason. "Then I started drinking organic wine and they went away." Richardson experienced the same thing. He explains: "the fungicides, pesticides and other chemicals in non-organic wine tend to dehydrate you. So, organic means you're less likely to get a hangover."

Made by hand, not machines...

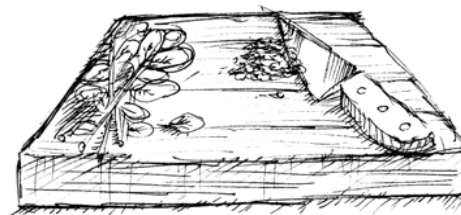
"The organic wine I source is made by hand," says Mason. "This means more jobs for the local community, and no heavy machinery used - better for the environment."



Flying the flag...

Supermarkets have been accused of selling products emblazoned with the Union Jack and the word 'British', yet they can contain meat from sources as far away as Thailand and Brazil. **All of our meat is from the UK.** That includes everything from our prepared meals to roasting joints. Visit our meat pages to learn more...

This week's recipe...



Beetroot Consommé with Parsley Potato Dumplings

The consommé takes minutes to make, and the dumplings are much easier than they sound. Serves 2 - add mini meatballs to make it more substantial.

- 2 medium-sized potatoes, peeled
- 2 tbsp butter, melted
- 1 egg yolk
- 50g Parmesan, freshly grated (optional)
- 150g plain white flour
- 10g parsley, finely chopped
- 1 litre of chicken or vegetable stock
- 1 beetroot
- 3 tbsp olive oil
- Black pepper
- Sea salt

1. Cut potatoes into 2cm cubes. Place in saucepan. Cover with water. Simmer until tender, about 20 minutes. Drain potatoes in a sieve or colander and let stand to fully cool at room temperature to help drive the moisture out. Force warm potatoes through ricer or mash well.

2. Place potatoes, a pinch of salt, butter and yolk in bowl. Sift in flour. Add

parsley and Parmesan (if using). Bring together to form a soft dough. Roll into a 3cm-diameter sausage-shape. Dust with flour. Cut into 1½cm-thick rounds. Lay on flour-dusted tray or cutting board.

3. Bring large pot of water to the boil. Drop 6 to 8 dumplings in the pot at a time. Poach until they rise to the surface. Remove with slotted spoon. Return to floured tray/board. Repeat until all the dumplings are cooked.

4. Make consommé as dumplings cool. Bring stock to the boil. Reduce to simmer. Peel beetroot. Cut into ½ cm thick slices. Slice into matchsticks. Place in stock. Switch heat off. Set aside while you fry the dumplings.

5. Place olive oil in frying pan over medium heat. When hot, fry dumplings for 1-2 minutes on each side, until golden. Warm broth. Pour into bowls and rest a handful of dumplings on top.

Next week's recipe is one of our 15-minute wonders: an original brunch dish. Here's what you'll need...

Eggs	Garlic
Spinach or rocket	Lemon
Bread	Olive oil
Oranges	Abergavenny Goat's Cheese

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