

# Your Receipt...

## 11<sup>th</sup> May 2009

**Eating healthy  
and organic  
food on a  
budget is a  
piece of cake!**



**Crumbly Greek Feta,  
Elsa's Devonshire duck  
eggs, Grove Fresh apple  
juice, fresh Cornish  
mackerel and  
sustainably-sourced  
tinned tuna. This week,  
you can get **20% off** all  
these weekly staples.  
Check out our **Special  
Offers page** to see how  
you can save even more  
pennies!**

**Kai's pastel-frosted fairy  
cakes are beautiful and all  
natural. Organic cocoa,  
lemon curd, strawberry  
jam, and vanilla extract  
lend their pretty hues and  
vibrant, clean flavours.  
They're the perfect excuse  
for a garden party!**

**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**  
[www.abelandcole.co.uk](http://www.abelandcole.co.uk)  
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# Seasonal inspiration...

## Name that food

It's nice to sit down to dinner and name the people who've made the food on your plate. Jody Scheckter's sausages washed down with the hoppy, amber beer from his Hampshire farm, Laverstoke Park. Purple sprouting broccoli and Jersey Royals from Phillip Le Maistre's farm. To round it all off: homemade rhubarb compote made with ruby stalks from Jono Smales farm in the New Forest and yogurt from Colin Andrew's Herefordshire dairy cows. Now, that's dining locally!

The British season is now getting into full swing - we're just waiting for those first English strawberries to ripen and then the countryside will be well and truly alive with home grown foods.

This year we've really taken a look at the best a British summer has to offer and we've paired it with artisanal treats...such as Carol and Simon's fluffy, large meringue nest - the most gorgeous platter on which to pile summer fruits - don't forget a generous layer of Susie's Devonshire clotted cream!

There are plenty of other gorgeous British food pairings that make the most of the season and celebrate all those unsung heroes - all those small producers who toil away making delicious food with local ingredients, as well as care, love and respect for the environment.



Here are a few of our favourite, simple yet elegant, early summer British feasts:

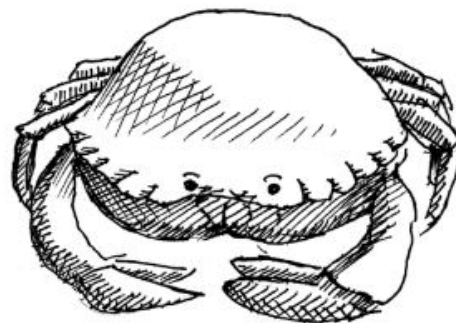
\* Elsa's Devonshire Duck Eggs + Phillip's purple sprouting broccoli + tender spears from the sandy soils of Inkersall Grange Farm in Nottinghamshire

\* Richard and Neville's potted Cornish crab + crusty bread from one of our local bakers, such as the award-winning Authentic in Gloucestershire, + a tangle of chervil or rocket Simon Weir's New Forest herb patch!

\* Old-fashioned, thick slices of organic ham from Gary and Pauline Stiles + Lloyd Green's organic West Country Farmhouse Cheddar + our tangy, sweet tomato & onion snap relish made in a little Devonshire village. A bottle of our new Berkshire Barbus Ale washes this Ploughman's plate down beautifully!

This is just a little taster of an Abel & Cole summer!

# This week's recipe...



## Fiona's crab gratin

Delicious, takes minutes to make and always wins compliments, says Fiona!  
Serves 2 (generously)

250g crab meat, mixed  
25g butter, melted  
½ lemon, squeezed  
Heaped tsp English mustard  
Grated nutmeg  
Good pinch cayenne

**Topping:**  
15g breadcrumbs  
1 tbsp melted butter  
25g grated cheese, such as Green's Farmhouse Cheddar or Parmesan

1. Preheat oven grill to medium-high/or oven to 190C.
2. Mix the crab, melted butter, lemon juice, mustard, nutmeg and cayenne gently.
3. Divide the mixture between two ramekins.
4. Mix the breadcrumbs with the cheese and 1 tbsp melted butter.
5. Sprinkle on top of each ramekin.
6. Place on a baking tray and grill approx 10 mins until bubbling and browned.
7. Serve with toast, Melba toast, wedge of lemon, black pepper... you get the gist. That's it! Enjoy with a glass of wine.

Next week's recipe is a simple, summery Greek Feta wrap. Here's what you'll need:

10" square white tortillas and Greek feta (both 20% off), tomatoes, cucumber, red onion, Kalamata olives, fresh mint and olive oil

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