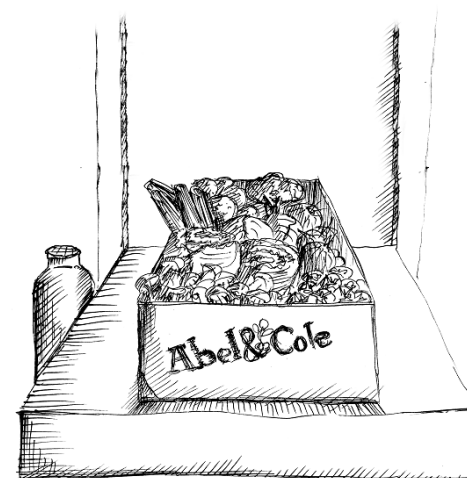


# Your Receipt...

# January...

Healthy eating is the perfect, painless way to get 2009 off to a good start!

If you haven't already taken advantage of our New Year offer, there's still a chance to enjoy **25% off\***



Welcome to our new-look weekly newsletter. This is the place to find news, recipes and great offers.

For New Year, we're concentrating on getting back into the habit of good eating, and on making your food go further. See inside how you can feed your children for 99p and news about new additions!

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.



\* valid for one delivery between 12th - 23rd Jan - excludes fruit & veg. See online for full terms or give us a call.

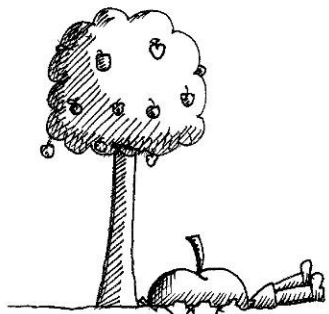
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# Seasonal news...

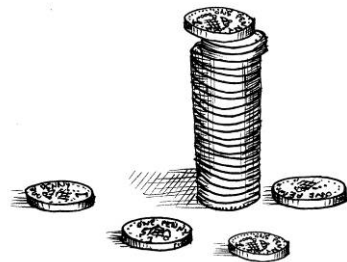
## Comfort food for winter

Our new pudding range certainly beats a hot water bottle! Try our gooey sticky toffee pud! It may taste as sinful as they come but a hearty helping of organic dates is part of its sweet success!



## Start spreading Seville...

This week marks the start of the Seville orange season. It only lasts for a few weeks! So, get those jam jars out, snap up a pack of our unrefined, organic sugar and start stirring! The most marvellous marmalade recipe (with the simplest of instructions) can be found in our online recipe treasury under 'oranges'.



If you're feeling the pinch - and who isn't at the moment? - check out our new 'Budget Organic Meal Plans'. This new section can be found online under recipes and it includes:

- Children's tea recipes for 99p a head!
- Fast suppers (that take less than 30 minutes to prepare) which cost less than £2 per serving!
- A menu and recipes for a Traditional Sunday lunch for just £4.99 a head!
- Dinner, a glass of wine and dessert for £9.29!

## Mamma Mia!

We now have the finest fresh pasta sauces this side of Italy. They're made in a sunny patch of Devon, with wonderful Italian plum tomatoes! Try the wine-rich Bolognese!

# This week's recipe...



## Moroccan Chicken Tagine

This is a great way to make the most of the flavourful meat on a chicken's thighs and legs. It serves 2 generously, but can be eked out to serve a couple of kids.

**2 chicken quarters (leg and thigh); separate if serving more than two**

**Sea salt and freshly ground black pepper**

**1 onion**

**1 tbsp unsalted butter**

**A pinch of saffron**

**1/2 tsp ground cinnamon**

**2 tsp grated fresh ginger**

**2 handfuls of roughly chopped fresh parsley or coriander**

**8 whole Medjool dates, stones removed**

**A handful of toasted almonds, roughly chopped**

**Wholemeal couscous (to serve)**

1. Melt the butter in a casserole pot or tagine. Peel and grate the onion and add to the pan with saffron, cinnamon, ginger and a handful of parsley or coriander. Season with salt and stir over a high heat for 2 minutes.
2. Season the chicken with salt and pepper and add to the casserole, cooking for 5 minutes to allow the spices to penetrate the skin.
3. Cover with water. Bring to a boil, reduce heat and simmer until tender (about 45 minutes). Check often to ensure the chicken doesn't stick, adding more water if necessary.
4. Once the chicken is cooked, remove it from the pot so you can make the sauce. Skim the fat from the liquid and season. Add the dates and simmer for 15 minutes, stirring occasionally.
5. Return the chicken to the pot and cook for 5-10 minutes, long enough to reheat.
6. Place each chicken quarter on a bed of couscous. Pour the sauce over the meat and finish with fresh parsley coriander and toasted almonds.

## next week's recipe is venison stew. Here's what you'll need..

500g diced venison

1 onion & 2 carrots

125g streaky bacon

- from fruit & veg box

200g Portobello mushrooms

1 tin chopped tomatoes

Fresh rosemary

order online at

500ml red wine

[www.abelandcole.co.uk](http://www.abelandcole.co.uk)