

Your Receipt...

13th April 2009...

A wise man once said "all happiness depends on a leisurely breakfast." When you don't have time to linger we can help you get your morning fuel fast!

We've launched a **Rise & Shine** promotion, with **20% off*** quick breakfast fixes like muesli, jams and Dairy House yogurt. Dip inside for a taster...



Hail the humble spud. Keith Abel started out selling spuds over 20 years ago - and Abel & Cole was born. We still love 'em.

We're offering **25% off** all spuds (including baking and salad pots) until **3rd April**

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
08452 62 62 62

Breakfast special..

A bowl to behold

Our muesli man, Alex Smith, is a legend. He's a pioneer of the organic movement, and started his company Alara in 1975 from nothing. Literally nothing.

Alex and his wife had been living without any money in north London. Squatting in Tolmers Square and dining on leftovers from local food markets, everything changed when he found two pound notes in the gutter.

Borrowing a friend's Morris Minor and using the £2 to pay for entry to Covent Garden Market, he loaded up on discarded, but perfectly edible fruit and veg. He sold this to fellow squatters and bought flour with the proceeds. He made bread, then muesli. Alara was born.

His muesli mixing is now in the middle of a permaculture forest garden, full of nuts and berries, tall trees, shrubs and wee little plants, which are used to teach children about sustainable farming.

If you've yet to try his ingenious muesli blends, now's the time. We've got a special offer on our best-selling Apple & Sultana! Place your order by 26th April and you'll get 20% off.



5 Fast Organic Breakfasts...

***Apple oats** - tip a mug of our Apple & Sultana muesli into a bowl with a lid. Cover with apple juice. Soak over night. Add a dollop of yogurt on top in the morning.

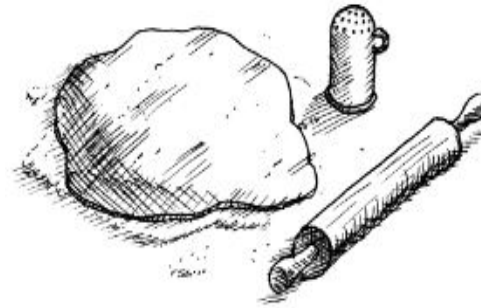
***Breakfast sundaes** - layer yogurt, fresh fruit, seeds, nuts, dried fruit and oats in an old-fashioned sundae cup (or a glass!) and finish with a drizzle of honey or dollop of jam.

***Jam sandwiches** - a certain retailer is selling them for 99p. Make your own, organic version for less! Wrap them up the night before and shove them in your bag in the morning!

***Hot Croissant on the hoof** - fill one of our croissants with ham and Somerset brie the night before. Wrap in parchment paper. In the morning, pop into a 200C oven for 5-10 minutes, while you rush about the house.

***Breakfast flapjacks** - turn our muesli into flapjacks. Use the muesli in place of the oats, seeds, dried fruit and nuts in your favourite recipe. Voila - you have your very own cereal bars!

A jammy tea-time treat...



Raspberry Ripple Roulade

This is so easy to make - and it's very quick. Promise! Give it a go... Serves 12.

1 tbsp butter, softened
125g plain flour, plus extra for dusting
4 eggs (or you can use 2 duck eggs)
125g caster sugar, plus extra for sprinkling
2 tbsp warm water
250ml Berkeley Farm luxury pouring cream
6 tbsp raspberry jam

1. Preheat the oven to 190C/gas 5. Measure a sheet of greaseproof paper large enough to cover a 25 x 38cm baking tray. Rub softened butter over the base and sides of the paper-lined tin. Dust with flour, shaking off any excess.

2. Whisk eggs and caster sugar until light and fluffy, about 5 minutes. Add the water and whisk again.

3. Sift in flour, one-third at a time, gently folding it in with a large spoon.

4. Gently spread mixture in baking tray. Bake for 10-12 minutes, or until centre is springy and edges lightly browned.

5. Place a fresh piece of greaseproof paper on a work surface. Sprinkle with caster sugar. Turn cake onto the sugared paper. Carefully remove tin and paper stuck to the bottom of the cake.

6. Place a slightly damp, clean tea towel over the cake. Leave to cool for 30 minutes to prevent it cracking when you roll it.

7. Whip the cream until stiff. Gently swirl in jam and then spread over the cake, leaving a 2-3cm border.

8. With the longest side facing you, roll up the cake, using the parchment paper to help hold the cake and keep it from cracking - it will also help you roll it up more tightly. It may crack a bit as you first roll it but keep rolling - and keep your confidence - as the final layer is not likely to crack and any inner cracks will be hidden away inside!

9. Dredge with caster sugar to finish. Will keep in the fridge for 2-3 days.

Next week we'll tell you how to make foolproof soufflés, with a leek and cheddar version to get you started! You'll need..

Butter, plain white flour, milk, eggs, cheddar cheese and leeks.

order online at www.abelandcole.co.uk