

**Eating In versus Out** by Rachel de Thample

Given the current climate and the need to watch the pennies, we've been dreaming up some organic main courses for £2.50 a head, to help you plan your week. Sounds cheap, doesn't it? I've been amazed at how many options I've managed to rustle up at this price.

As well as the way I cook main meals at home, I also started to think about my other eating and drinking habits, and ways to economise. It's definitely time to start making wholesome organic soups or sandwiches for lunch, rather than buying the overpackaged option from the sandwich chain down the road. And what about your morning coffee?

A 200ml measure of milk is what I'd normally get in my £1.80 café latte on my way in to work – and this is made with non-organic milk (not our wonderful unhomogenised version) and possibly non-Fairtrade coffee, I hate to admit. I started doing some maths.

Abel & Cole's new Fairtrade, organic dark Italian coffee is £3.05 for 250g. To make an espresso, you need roughly 30g of coffee. This works out to 37p a shot. Warm a 22p plug of milk into it and you have the most ethically sourced, organic, traditional, Fairtrade cup of coffee for 59p!

Moving to main courses, the financial contrasts are even greater. Pretend you are in a gastropub. You glance up at the Special's Board and see 'Organic slow-cooked belly of pork with caramelised apples and creamy mash'. How much would you pay for that dish? You can make four portions of this dish at home for less than you'd pay for one if you were eating out. This is one of my £2.50 mains.

The thing about sourcing really good ingredients is that you don't need to add much to them: a pinch of salt and pepper, a few herbs and a slick of butter or oil to keep it from sticking. That's it, really.

I plan to devise more of these £2.50 mains to help you enjoy more dinners at home that are as exciting and as good as ones you'd find in a restaurant. Eating IN vs OUT means you can have your organic cake, and eat it too. Look out on the website and get ready to cook organically and save money!

## Variety is the spice of life

One of the smallest and sweetest of the orange family, the Clementine is from Spain where it has been developed since the 1920's to the beautiful juicy fruit we love today.

Clementines are the ideal convenience food and great for lunch boxes– they come with their own biodegradable wrapper, are easy to peel, have no seeds and are packed with vitamin C!

## Fresh Tips

As the nights draw in it's time to start making warming stews with those winter root veg. Swede especially adds texture and flavour to a hearty stew or try roasting with parsnips and potatoes. Swede keeps well in a cool cupboard but pop it in the fridge once cut.

# Abel & Cole



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

08452 62 62 62

[organics@abelandcole.co.uk](mailto:organics@abelandcole.co.uk)

# This Week's Boxes

## Deluxe Veg

Broccoli  
Carrots Bunch  
Courgettes  
Pak Choi  
Potatoes - Axona  
Red Onions  
Romanesco Cauliflower  
Tomato Oval  
Yellow Pepper

## Small Deluxe Veg

Carrots Bunch  
Courgettes  
Pak Choi  
Potatoes - Axona  
Radish  
Red Onions  
Tomato Oval  
Yellow Pepper

## Essential Veg

Baking potatoes  
Butternut Squash  
Carrots  
Leeks  
Mushrooms  
Red Cabbage  
Romanesco Cauliflower  
White Onions

## Small Mixed Box

Apples  
Bananas (Fairtrade)  
Carrots  
Leeks  
Mushrooms  
Oranges  
Potatoes  
Spring Greens

## Family Box

Apples  
Bananas (Fairtrade)  
Butternut Squash Small  
Carrots  
Clementines  
Courgettes  
Leeks  
Mushrooms  
Potatoes  
Ramiro Pepper  
Red Cabbage  
Tomatoes  
White Onions  
Yellow Pepper

## Mixed Box

Apples  
Bananas (Fairtrade)  
Carrots  
Leeks  
Mushrooms  
Oranges  
Potatoes  
Red Cabbage  
Red Onions  
Red Pepper

## Seasonal Salad Box

Carrots  
Celery  
Pea Shoots (punnet)  
Red Pepper  
Salad Pack  
Salad Potatoes  
Tomatoes

## Baby Box

Apples  
Bananas (Fairtrade)  
Broccoli  
Butternut Squash  
Carrots  
Courgettes  
Mango

## Essential Fruit

Apples  
Bananas (Fairtrade)  
Clementines  
Oranges  
Pineapple

## Essential Fruit Plus

Apples  
Bananas (Fairtrade)  
Clementines  
Kiwi Fruit  
Mango  
Pears  
Pineapple

Box contents may vary due to availability and road strikes. Our website will always show the most up to date information.

If your box doesn't match the contents shown here, please count the items in the box, as a replacement may have been made.

**If you're not peeling them, please wash your fruit and veg before eating them.**

## Time for an organic chocolate Advent Calendar!

...make sure you order your organic chocolate Advent Calendar (£11.95)!

Let the anticipation build and count down the days with the magnificent organic advent calendar from Montezuma's. Stalwarts of the organic chocolate scene, they've placed whopping great chunks of milk and white organic chocolate in a stylish and contemporary advent calendar.

## YOUR RECEIPT

Please include your name and either your account number or postcode in all correspondence!  
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## Slow-cooked pork belly with caramelised apples and creamy mash *Serves 4 for £9.75\**

4 **pork belly slices** - £5.83, 4 baking **potatoes** - £1.08  
5g fresh **thyme** - 24p, 4 **garlic cloves** - 42p  
2tbsp (25g) demerara **sugar** - 6p,  
4 (roughly 400g) eating **apples** - £1  
200ml **milk** - 22p, 4tbsp unsalted **butter** - 42p  
10g fresh flat leaf **parsley** - 48p

*\*The only extra you'll need is sea salt, which should cost less than 25p!*

Pierce the pork all over with the tip of a knife, through the fat but not into the meat, to make 50 or so slits. Transfer to a wire rack over the sink. Pour boiling water over the pork to open up the holes you've just made. Dry with kitchen paper and leave for an hour.

When ready to cook, crush 2 tsp sea salt in a pestle and mortar along with the leaves from the thyme sprigs - to release their flavour. Rub into the pork, concentrating mainly on the fat that will crisp into crackling. Preheat oven to 190°C, gas mark 5. Put the pork, on its wire rack, on a roasting tray. Roast for 1 hr. Turn down the oven to 140°C, gas mark 2 and roast for 3 hrs more, until the fat is dark brown and crackled.

Clean, dry and prick the baking potatoes all over. Sprinkle a thin layer of sea salt over the bottom of the roasting tin and place the potatoes on top. They'll need to roast for 1½ to 2 hrs at the 140C temperature of the pork - so pop into the oven when the pork's on its second hour of cooking. During the final hour, add the apples - leaving them whole, but cutting the core out by twisting a skinny pairing knife from the bottom and yanking just the bottom half of the core out - i.e. leaving the stem. Place on a baking tray and sprinkle over the sugar. The apple will need to cook for about 30 mins, until quite tender but still holding its shape.

Once the spuds are cooked through, scoop the flesh out and place in a sauce pan. While steaming hot, add the butter and milk, warm over a low heat and mash into the potatoes. Roughly chop your parsley while the pork rests and then assemble the dish by placing the pork on top of a mound of mash, place an apple next to it and finish the dish with a healthy sprinkle of green parsley.