

Your Receipt...

January...

Share your secrets to getting dinner on the table quickly! We'll publish the best on our website...



Pasta is one of our favourite staples for a super-fast supper. So, to help you turn around easy meals in no time, we're offering our Sicilian, biodynamic penne and tagliatelle for a mere

99p*

* offer runs from 19th Jan - 15th Feb. See online for full terms or give us a call.

We have another great way to help you at dinner-time. We have a team of food hunters who sniff around the countryside - a bit like truffle dogs - for great food finds. One of their latest is an organic, Aberdeen Angus beef cottage pie made by farmers in Worcestershire. Details inside...

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
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on standard rated goods.

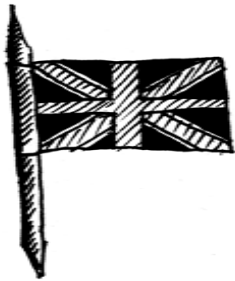


Abel & Cole
www.abelandcole.co.uk
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Seasonal news...

New from Pegoty Hedge Farm...

Oliver Surman not only knows about rearing top-notch organic Aberdeen Angus, he can also whip up a mean cottage pie. Now, he's sharing his secret recipe or, at least the results, with you! His pie and other dishes, like Braised Beef Goulash, are slow-cooked, to order, on his family's farm, near the Malvern Hills, using their own meat. Visit our website or phone to order!



Proud to be British!

Britain is only about 25% self-sufficient in bacon and 70% in pork, meaning large quantities are imported. Our pork has always been British. Visit our pork page for details on our lovely farmers!



Juicing boxes

There's nothing like a glass of freshly-squeezed orange juice, especially now when citrus fruits are at their best. This week we're launching 2 new juicing boxes:

- Blood Orange Juicing Box - for sweet, crimson-hued juice. Just £9.29 for 5kg of fruit!
- Breakfast Juicing Box - blood oranges, grapefruit and juicing oranges - the perfect combo!

And, we have 20% off our classic Orange Juicing Box!

15-minute wonders!

What do you whip up for supper when time is short? Email your recipes and/or any time-saving tips to foodie@abelandcole.co.uk. The sender of our favourite entry will win a bottle of organic wine!

This week's recipe...



Slow-cooked Wild Venison Stew

This is soul-warming at its finest. Serve with Dauphinoise potatoes and Savoy cabbage. Serves 4.

- 3 tbsp olive oil
- 500g diced venison
- 1 large carrot
- 1 large onion
- 2 Portobello mushrooms
- 1 large rosemary sprig
- 400g tin of chopped tomatoes
- 500ml red wine

Snip the bacon with kitchen scissors into 1cm-thick lardons. Cut the carrot into 1cm dice and finely chop the onion. Slice the mushrooms into 1cm-thick slices. Finely chop the rosemary leaves.

Heat the oil in a large, heavy-based, flameproof casserole dish over a high heat. Fry the lardons until crisp and golden. Remove with slotted spoon and set aside. Leave the fat in the pan.

Season venison and fry half of it in the dish for 5 minutes, turning once or twice until the meat is well browned. Transfer to a plate; repeat with remaining meat. Set venison to one side.

Place carrot, onion and rosemary in the pan; cook for 3 minutes, or until the vegetables begin to soften. Add rosemary and tinned tomatoes; cook for a further 5 minutes, stirring from time to time.

Return meat to pan, add wine and bring to the boil. Reduce to a simmer, throw the mushrooms in; cover and cook for 1 hour and a half, stirring occasionally. Remove the lid and simmer for a further 30 minutes until the sauce is reduced.

Using the back of a spoon, roughly break up the diced venison. Check the seasoning. Serve.

Next week's recipe is roast ginger pork for Chinese New Year. Here's what you'll need..

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| Boned and rolled pork leg (sized to suit your family) | Fresh ginger root |
| Demerara sugar | Apples |
| Cornish sea salt | Carrots |
| Egg noodles | Broccoli |
| Onion | order online at www.abelandcole.co.uk |

See this week's box contents online at www.abelandcole.co.uk