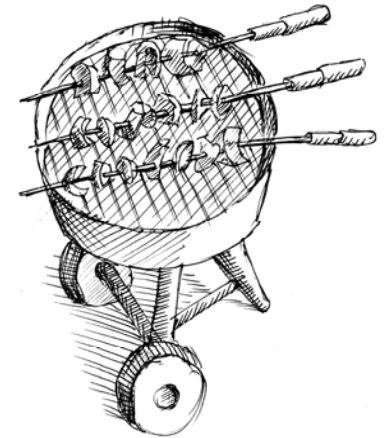


**Your Receipt...**

**25<sup>th</sup> May 2009**

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# Organic on a budget...

'Organic' doesn't have to mean expensive!

Rose Prince, the Telegraph's food writer, recently wrote an article entitled 'Is Organic Food Too Posh For Its Own Good'.

The piece was inspired by Rachel's dairy, which is scrapping the word 'organic' from its brand name. Their yogurts are still organic but the producers felt including organic in their name was a barrier because people perceive organic as being more expensive.

Organic products do cost more to produce but so do many non-organic artisan foods. A well-made yogurt from a small English dairy is likely to cost the same or more as a Rachel's organic one.

## Breakfasts:

Cornflakes & OJ, Eggs & Soldiers, Mushrooms on Toast

## Dinners:

Fishcakes with box veg  
Tagliatelle with tomato sauce  
Chicken tagine with couscous

Rose believes the organic movement must become more egalitarian, but she says: "Organic food does not have to be an elite option. It is easy when you know how to find good-value organic produce."

We've illustrated it. You can feed 4 people 2 meals each day for 5 days for under £50 - that's less than £2.50 a day. You'd be hard-pressed to buy 2 non-organic fast food meals for that!

Orange Juice, Grove Fresh (1 litre) £2.49  
4 Salmon Fishcakes £6.80  
Medium Basic Organic Veg Box £11.95  
½ dozen Eggs £1.99  
1 box Cornflakes, Doves Farm £1.99  
Milk, Semi-skimmed (2 litre) £1.87  
4 Chicken Legs £5.58  
6 Pork Sausages £3.16  
Beef Mince, Lean (500g) £4.49  
Mushrooms - White (250g) £1.09  
Wholemeal Couscous (500g) £1.59  
Tagliatelle, Biodynamic (500g) 99p  
Chopped Tinned Tomatoes (400g) £1.78  
White Bloomer Bread (400g) £1.00  
Green's Farmhouse Cheddar (325g) £3.45  
Unsalted Butter (250g) £1.32  
20 items in basket Total = £49.94

# 10 easy ideas...



## Jersey Royal potatoes

Indulge in this seasonal delight and keep it exciting with 10 easy suggestions.

### Pesto potatoes

Boil until tender. Then toss in fresh pesto. Add a little bit of freshly chopped mint in there as well.

### Salmon Royals

Mix cooled, boiled Jerseys with crème fraîche and cold roast salmon flakes and finish with a tangle of chervil or rocket.

### Pancetta hash

Quarter Jerseys and boil until just tender. Drain and cool. Snip pancetta or streaky bacon into lardons, gently fry. Add potatoes and glug of olive oil or butter. Fry until golden. Top with poached egg.

### Jersey curry

Use gently boiled Jerseys as the main feature (instead of chicken or fish) of a veggie curry.

### Niçoise with an English twist

Pair boiled Jerseys with tinned Fish4Ever tuna, Kalamata olives, boiled eggs, cherry tomatoes and steamed asparagus spears.

### Greek potato salad

Mix cold boiled Jerseys with a tub of Carol's fabulous Greek yogurt, cucumber, lemon, garlic and mint tzatziki for an instant potato salad.

### Horseradish spiked

Mix a bit of our new horseradish sauce with crème fraîche and freshly chopped parsley and stir through a bowl of cold, boiled potatoes.

### Crabby potatoes

Toss boiled Jerseys with white crab, a bit of melted butter, lemon juice and fresh red chilli, if you want it spicy.

### Jersey chorizo tortilla

Mix boiled Jerseys with slivers of chorizo, finely chopped onion and parsley. Mix with whisked eggs, pour into an oiled pan and bake until set.

### Ginger basil potatoes

Gently fry boiled Jerseys with a bit of butter and freshly grated ginger root. Season and garnish with fresh, torn basil leaves.

### English strawberries

will be available next week! Order now to make our Strawberries & Cream Pavlova recipe. Beyond the berries, you'll need: eggs, sugar and cream.

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