

Your Receipt...

30th March 2009

Fishing for something new?

Following your feedback, we've added smaller packs of your favourite fish (salmon, sea bass, mackerel and more...) to our range.



Don't forget that, if you haven't already, you can still get 25% off* on nearly all of our delicious food! It's a great opportunity to fill the freezer and put a few bottles of rosé away for summer....

* Offer valid on one order only placed by 10th April. Discount excludes fruit & veg and our Easter range.

Our new 300g packs of your favourite fish are the perfect size for two - here are some examples:

Mackerel fillets - only £3.69

Pollack fillets - only £4.76

Salmon Steaks - only £5.29

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
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Meaty issues...

The real price of cheap meat

Intensively reared meat may be cheap, but someone - or something - has to pay the price. According to Professor Tim Lang - the man who coined the term 'food miles' more than a decade ago - our water resources are currently taking the hit.



In a recent Daily Telegraph article, Professor Tim Lang, said the pressure to produce feed (most of which is genetically modified) for the meat industry is causing a huge strain on natural resources, in particular, water.

Lang, believes that overuse of water is the biggest threat facing Britain's food chain. 'Huge amounts of water is being used as irrigation or fed directly to animals,' he wrote. 'It is a nightmare. Water stress is huge across huge swathes of the globe.'

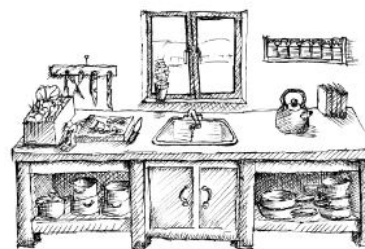
According to World Wildlife Fund, the production of a hamburger uses an astonishing 1,800 litres (3,168 pints) of water - the equivalent of running 19 full baths. "But it's important to note that this figure relates to intensively-farmed meat," says Jody Scheckter, the ex-Formula 1 racer-turned-biodynamic farmer, who supplies much of our beef, pork and lamb from Laverstoke Park in Hampshire.

"That is one reason why grass-fed meat is the way to go. Our animals are 90% fed on grass, which we don't have to water," he adds. "When you go away from nature, everything goes wrong."

"With intensively-farmed meat, you're getting lots of bulk but little nutrition. If you focus on quality you really only need very little because a small amount gives you so much."

So, spending just a little bit more on good quality meat is not only good for the planet, it's healthier for you.

Slow cook, fast cook...



Lamb with mint, olives and lemon

There are two ways to enjoy this tasty combo: as a slow Sunday roast, or as a quick weeknight supper.

For the fast version, you'll need:

4 lamb loin chops or cutlets
10g fresh mint, leaves only
50g Kalamata olives
1 large garlic clove, peeled
1 tbsp fresh breadcrumbs
1 tbsp olive oil, 1 lemon
25g Abergavenny goat's cheese

1. Preheat oven to 200C. Season lamb with black pepper. Finely grate lemon zest. Finely chop the mint and olives. Mix lemon, mint and olives with breadcrumbs.

2. Heat the oil in a frying pan. Cook the lamb on one side for 5 minutes. Flip. Pile the herb mixture over. Pop into the oven for 5 minutes.

3. Plate up. Crumble cheese on top. Pair with vine tomatoes. Serves 2.

For the slow version, you'll need:

800g boneless leg of lamb
2 lemons, 20g mint, 100g olives, 2 large garlic cloves, 2 tbsp breadcrumbs,
3 tbsp oil and 50g goat's cheese

1. Preheat the oven to 220C. Score lamb fat in a criss-cross pattern. Rub salt and pepper all over and inside cavity.

2 Mix zest, olives, etc. as in fast recipe. Spoon into the cavity of the lamb; press with back of a spoon to pack as much as possible.

3 Patch a piece of foil against open end to secure filling. Place on a lightly oiled tray; drizzle oil over.

4 Roast for 20 minutes; reduce heat to 190C then roast for 20 minutes per 500g for medium-cooked meat. Half an hour before the lamb is done, pour a splash of water into the pan, continue roasting. Check the lamb 15 minutes before it is ready by piercing the centre with a metal skewer. It should feel warm against your hand.

5 Remove from the oven and rest for 15 minutes before carving. Crumble cheese over lamb after sliced. Serves 3-4.

Next week we have a very quick and tasty way to eat Pollack - with a golden Parmesan crust. You'll need..

Pollack, Eggs, Flour, Parmesan,
Black pepper and Olive oil

order online at www.abelandcole.co.uk