

Week commencing 5th
January 2009

New Year's Resolutions

It may be one of the greyest months, but January is a time for new beginnings. It's natural, after weeks of overindulgence, to set some goals for the year ahead. It's a great time to breathe new life into neglected projects. We've been thinking about our hopes, plans, and goals for 2009. Here are just a few – keeping to a food theme, of course! We hope they inspire you.

1/ **Avoid wasting food.** If this is one of your resolutions, check out our Food Waste Manifesto in our newsletter archive.

2/ **“Eat more wholegrains and pulses, like lentils, pearl barley and wholegrain couscous,”** says Alexis Panayi, one of our customer service team leaders. “I also plan to take more of my leftover veg to the Llamas and Alpacas in Ashdown Forest!”

3/ **Make more soup!** Keith's cookbook offers some wonderful soup ideas. You can pick up a copy on our website for only £5 (down from £8.99).

4/ **“Invite friends round for dinner more instead of going out for meals,”** says Gabby Bignell, of customer services. She also plans to “make foodie presents for friends and family at birthdays.”

5/ **Start juicing!** We have a great selection of juicing boxes, intended especially for this purpose.

6/ **“I always resolve to say ‘no’ to naughty snack temptation 50% of the time,”** says Caroline Owers, another member of our friendly customer service team. She explains: “This means I'm cutting my calories in half whilst still being able to have a treat from time to time!”

7/ **Opt for healthier snacks.** Rather than chocolate or biscuits, try houmous with veggies, pâté with oatcakes or a handful of our dried apricots.

8/ **“Cook from scratch more,”** says Jon Bleeze, who looks after our website.

9/ **Bake more bread.** There's a great, 30-minute soda bread recipe overleaf.

10/ **“To gain the courage to try haggis,”** says our Aussie colleague, Daniel Schaumann. He also wants to be more experimental with his cooking... “and to try cooking up some British classics,” he adds.

What are your resolutions for 2009? If they have a food theme and you fancy a helping hand to achieve them, email our foodie@abelandcole.co.uk.

A very happy and prosperous New Year to you and your family, from everyone at Abel & Cole.

This week's bags

Vegetable

Carrots
Kale-Green
Cucumber
Swede
White Onions

Combi

Carrots
cucumber
Fairtrade Bananas
Oranges
White Onions

Fruit

Apples
Fairtrade Bananas
Kiwi
Oranges

Please note that the planned bag contents shown may vary through the week due to unforeseen changes in weather and availability. If we do have to change the contents we will replace unavailable items with something of equal value.

Turkey Pie with Cheddar Buttermilk Crust

Also great with parsnips or swede. Serves 6

1 medium **onion**, coarsely chopped
4 large **carrots**, cut into chunky slices
1/2 teaspoon **dried thyme**
3 tablespoons **butter**
200g **mushrooms**, quartered
25g **plain flour**, plus 200g
900ml chicken or turkey **stock**
500g **cooked turkey** or chicken meat, shredded or chopped
300g **frozen peas**, thawed
2 teaspoons **baking powder**
1 teaspoon **soda bicarbonate**
1/2 teaspoon **salt**
1/2 teaspoon **black pepper**
150g grated **cheddar cheese**
80g **cold unsalted butter**, cut into small pieces
300ml **buttermilk**

Cook the onion, carrots, and thyme in the butter in a large shallow pot, covered, over medium heat, stirring occasionally, until vegetables are almost tender, about 10 minutes. Add mushrooms and cook uncovered, stirring, until tender, 5-7 minutes. Sprinkle with 25g flour and cook, stirring constantly, 2 minutes. Stir in the stock, scraping up any brown bits, and bring to a boil; lower the heat and simmer until slightly thickened, about 5 minutes. Stir in the turkey, peas, and a little salt and pepper if needed, to taste. (Filling can be made ahead of time - reheat over low heat just before topping with the crust). Preheat the oven to 200C/400F/gas6, placing the rack in the middle. Pour the meat filling into a large baking or pie dish. Stir together the remaining 200g flour, baking powder, soda bicarbonate, salt, and pepper in a medium bowl. Add cheese and toss to coat. Blend in the butter with a pastry blender or your fingertips until the mixture resembles coarse breadcrumbs. Add the buttermilk and stir just until a dough forms. Drop the dough onto the filling in large mounds, leaving a little space between. Bake until the crust is puffed and golden brown and the filling is bubbling, about 35 minutes. Let stand for 10 minutes before serving.

Tips

Avoid aluminium pots, pans and utensils when cooking **tomatoes**. The acid in the tomatoes reacts with the aluminium, possibly making the food bitter and fading the colour - as well as colouring your cookware!

Quick Cauliflower Soup

Top with a bit of blue or cheddar cheese, and serve with crusty bread. Feel free to add potatoes to bulk out the recipe. Serves 4

2 tablespoons **olive oil** or butter
1 medium **onion**, finely chopped
1 medium head **cauliflower**
500ml vegetable or chicken **stock**
240ml **milk**

In a large saucepan, heat the oil or butter. Add the onion and cook over medium-high heat until lightly browned, about 7 minutes. Add the cauliflower, stock, and milk. Bring to the boil, reduce to a simmer, cover, and simmer on low heat until the cauliflower is tender, about 15 minutes. Strain the stock through a sieve or colander. Transfer the vegetables to a blender with 240ml of the stock; puree until very smooth. Return the stock to the saucepan and stir in the puree. Season to taste with salt and pepper.

Kids' Cookery

Sweet Vanilla & Date Smoothie

A slurpingly good breakfast for 2.

- 240ml **natural yoghurt**
- 240ml **milk** or milk alternative
- About 250g **Medjool dates**
- 1/2 teaspoon **vanilla extract** (or just use vanilla yoghurt instead of natural yoghurt)
- 1/2 **banana**
- 4 handfuls **ice cubes**

Make sure that the dates don't have any stones in the centres. In a blender, puree the yoghurt, milk, dates, vanilla, and banana until smooth. Add the ice cubes and puree until thickened.