

7th Mar. 12

This is the moment when almost anything we have left in the field, husbanded under straw etc, has to come out to make way for the plough and the harrow. The big fields all round us have turned brown seemingly overnight last week.

So you will have in your Box, small **pink beetroot** and/or **celeriac**.

Mr Ottolenghi helped me out at the weekend by producing a surprisingly accessible celeriac recipe, included below.

Your **tatties** are **Red Robinta** mashers and as the **Purple Sprouting Broccoli** takes over from the **flower sprouts** and appears in profusion, you all have a helping of that. Still our favourite winter veg.



Then in the woodland garden the snowdrop carpet has been replaced with pungent **wild garlic** leaves and over the next few weeks you will all get bags of that. For garlic lovers its mild enough to go in salad, or to make pesto; for any purpose at all really...

Shimonitas (like big spring onions) are making green tops in the walled garden and you are likely to receive them next week with more **Oriental Greens**. Thanks to those of you who wrote in to say you liked them: they are very much a Phantassie thing, not reproduced much elsewhere, and we think quite good food value.

This weeks **apple** is **Fiesta**, surprisingly juicy still. Next weeks will be the opposite, some rusty drab green **Russets, nutty as can be**, to munch with some good cheddar. (Both available as an extra, £2.50 a kilo.)

Our Fairtrade offers continue:

Bananas from the Dominican Republic **£2.20 a kilo**

Pineapples from Finca Costicana in Costa Rica at **£2.50 each**



This week's offer:

Small bottles of Apple Juice (330ml)... £1 each or three for £2.50 - which means one litre of straight pressed apple juice for £2.52!

It's lovely juice – sharp and zingy! We gather together our own **apples** and also **apples** from gardens and small orchards throughout East Lothian, take them all to Thistly Cross Cider in Belhaven, Dunbar, who press and bottle it for us. Not certified organic, but definitely local!

On a very different note we are happy to release some of our hens to good homes. These are two years old, have minds of their own, are healthy and robust egg layers, but they need to move on to pastures new as after two years it is more difficult to achieve the shell quality demanded of a grade A egg. £3 each or 10 for £25. Please call the office for further info.

On Saturday we are at **Edinburgh Farmer's Market**, Castle Terrace, with fruit and veg and East Lothian daffodils for Mothers Day. And also at the **Out of the Blue Drill Hall in Dalmeny St**. We have been asked to take a table and as the Café is already a customer and some of you from Leith may might find it easier.. we said yes (11 a.m till 3 p.m).

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wet & wild garlic risotto

Preparation Time: 10 Mins

Cooking Time: 35 Mins

Serves: 4

Ingredients:

30g butter

1tbsp olive oil

3 wet garlic, sliced thinly

1 small onion, chopped finely

2 cloves garlic, chopped finely

250g risotto rice (arborio)

splash white wine or vermouth

1 litre veg or chicken stock (hot)

large handful wild garlic leaves, roughly chopped

50g parmesan, grated finely

wild garlic flowers to garnish

Instructions:

Cook garlic and onion slowly in some butter and oil for about 10 minutes without colouring. Add rice, turn up the heat and cook until the rice is coated with garlic mix, season and add alcohol. Stir until the wine has been absorbed. Next, add the stock until rice is just covered and turn down the heat. Maintain rice at a gentle simmer and keep adding stock once the last addition has been absorbed. After about 10 minutes add wild garlic leaves and stir into rice. Add more stock. After another 5 minutes, when rice is just cooked but has some bite, add the butter and cheese.

wild garlic soup

2 small onions, peeled and roughly chopped

A couple of handfuls of wild garlic leaves

A good knob of butter

1 medium potato, peeled and roughly chopped

1.5 litres vegetable stock

Salt and freshly ground black pepper

1 bunch of parsley, weighing about 50-60g, washed

2tbsp double cream to finish (optional)

Heat the butter in a pan and gently cook the onion and garlic for 4-5 minutes with a lid on, stirring every so often without colouring. Add the potato and stock, bring to the boil, season and simmer gently for 45 minutes. Add the parsley torn into smaller pieces (and wild garlic leaves if using) and continue to simmer for 5 minutes.

Blend in a liquidiser until smooth then re-season and adjust the consistency with a little water or more stock if necessary. Add cream if you wish and serve.

If you're not eating the soup immediately, cool it down over a bowl of iced water so that it keeps its green colour.

Wild Garlic Pesto

Put the blanched wild garlic into a blender. Pop in some walnuts, almonds or pine nuts which mellow the taste out. Now add a good slug of olive oil and some roughly chopped parmesan or cheddar and blitz it up. You can add this pesto to anything that needs a bit of peping up.

Beef meatballs with lemon and celeriac

From: <http://www.guardian.co.uk/lifeandstyle/2012/mar/02/meatballs-recipes-yotam-ottolenghi-jerusalem>

These are lemony sharp yet very comforting, and best served with plain rice or bulgar wheat. Makes 20 meatballs, or enough for four.

400g minced beef

1 medium onion, peeled and finely chopped

120g breadcrumbs

20g chopped flat-leaf parsley leaves, plus 1 tbsp extra, to garnish

1 egg, beaten

1/2 tsp ground allspice

Salt and black pepper

2 tbsp olive oil

1 small celeriac, cut into 5cm x 1.5cm batons

3 garlic cloves, peeled and crushed

1/2 tsp each ground turmeric, cumin and cinnamon

1 1/2 tsp fennel seeds, lightly crushed

3/4 tsp smoked paprika

500ml chicken stock

3 1/2 tbsp lemon juice

60g Greek yoghurt

In a large bowl, use your hands to mix the beef, onion, breadcrumbs, parsley, egg, allspice, half a teaspoon of salt and some black pepper. Form into 5cm x 3cm kebab-like shapes.

Heat the oil in a large sauté pan for which you have a lid, and sear the meatballs all over for about five minutes in total. Remove them and add celeriac, garlic and remaining spices to the pan. Cook on high heat, stirring, for two minutes, return the meatballs to the pan and add the stock, lemon juice, half a teaspoon of salt and some black pepper. Bring to a boil, turn down the heat, cover and simmer gently for 30 minutes. Remove the lid and leave to bubble away for 10 minutes more, until the sauce is quite thick.

Remove the pan from the heat and let it sit for a few minutes to settle. Taste, season as necessary and serve topped with a dollop of yoghurt and a sprinkling of parsley.

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