

Revised Fruit list as the season whizzes past. Fruit is scarce and jam fruit goes fast

**PHANTASSIE RASPS**

**OLD FASHIONED 200G 2.00**

**TULLAMEEN 150G 2.00**

**REDCURRANTS 200G 2.00 on strig**

**DESSERT RED GOOSEBERRIES 200G 2.50**

**STRAWBERRIES ENG OG OUTDOOR 220G 2.50**

**STRAWBERRIES PERTSHIRE UNSPRAYED 450G 2.00 SPECIAL OFFER**

**PLUMS coming...**

BROAD BEANS, love em or loathe them they have been one of the few success stories for veg so far. They are only good for so long so we have no compunction in putting them in the Boxes again while still beautiful and without being starchy, and at a very reasonable price of £2 a kilo. You can buy any amount you like at this price and sit podding in the long sunny evenings(!) to put in the freezer for little green bean slivers in winter. Just blanch without salt.

This weeks recipe comes from the Earthy chef Calum, who presides in the new restaurant at Canonmills, where this dish appears on the menu right now.

Your Box is entirely UK including green onions, beetroot and tomatoes and peppers which we bet you wouldn't find in the supermarket.

The spring onions just now are our favourite shimonita style with lots of fresh green that you can chop up all of

Some of you also have French beans which are really good and not airfreighted from Kenya, so Salad Nicoise is also on the cards though there are big spats about what is a true nicoise.. don't matter its still one of the best celebrations of a summer salad. We think potatoes are necessary as they soak up the dressing nicely along with the eggs.

It traditionally appears at working lunchtime as soon as broad beans and French beans appear together. Send us your favourite "chez nous" version and we'll pin them all up on the website..

Recipe.

To be a bit more current about telling you about Potato varieties we are going to write on your Box label so there will be a new line saying eg:

NEW charlotte waxyPH which would mean our own Charlotte not set skin, and their most distinguishing culinary characteristic VERY waxy.

Concurrently we aim to put something on the website listing varieties and properties.

So this week is

NEW Ostara boiler ENG or ( if we can get the lifter in the field)

NEW Maris Bard boiler PH

We are not going to Foodies at the Festival in Inverleith Park this year but the Gardeners Cottage chefs will be there demonstrating "How to cook your East Lothian VEGBOX" on Friday afternoon and then we will be at Edinburgh Farmers Market on Saturday with a bit of a cornucopia of produce we hope.

We think the small pulp containers for tomatoes and fruit are quite successful and they would be more so if you all gave them back for reuse. Thankyou.

## Ham Hock and Broad Bean Risotto

This dish is by no means a “30 minute meal” but totally worth the time you put into it and for me, with the beautiful freshness of the broad beans against the salty, smokey flavour of the ham, it is the definition of summer. For a shortcut try using pancetta or lardons instead. For this follow the steps for the risotto and in a separate pan fry off the meat until crispy and add to the risotto at the end.

### Ingredients.

For the Ham Hock:

2 Smoked Ham Hocks  
2 White Onions, roughly chopped.  
4 Carrots, roughly chopped.  
1 Leek, roughly chopped.  
Black Peppercorns  
Cloves  
100g Thyme

For the Risotto:

400g Arborio Rice  
1 large Onion, finely chopped  
2 Cloves of Garlic, finely chopped  
100g Butter  
300ml White Wine  
200g Shelled Broad Beans  
100g Grated Parmesan  
Pea Shoots

### Method:

First up is to cook off the hocks and make the stock. For this sweat of the onions, carrots and leeks in a deep pan until soft but not coloured. After 5-10 minutes place the ham hocks in the pan along with the thyme, a small handful of peppercorns and 5 or 6 cloves. Cover the hocks with water and bring to the boil, then turn down the heat down and leave it to simmer for 3 ½ hours. This first step should be done in the morning or even the night before as you will have to let the meat cool down before you can pick it. Once cool, strain the stock into a container and set aside. Picking the ham can be a laborious task but once you taste it I assure you you'll think it's worth it. Be careful to spate the meat from the fat and cartilage as this can be chewy and not very tasty.

Now for the risotto. Soften the finely chopped onions with a little oil in a wide frying pan, keep the heat low so as to avoid giving colour, after 10 minutes add the garlic and cook for a further 3 minutes. Put half the butter in the pan and add the rice. You want the rice to absorb the butter and after a few minutes you should see the edges of the grain turning slightly translucent. Now time for the wine, pour it into the pan and let it reduce almost completely. Keep this process going but using the stock from the ham hocks, adding a ladle at a time, stirring continuously. After about ten minutes or so, when the rice is beginning to soften, add the broad beans and picked ham. Keep stirring and adding stock when needed, the whole process should take about 20 minutes in total. When the rice is cooked but still has a slight bite to it take it off the heat and add the parmesan and the rest of the butter. Give it a final stir until the cheese and butter have melted. Season black pepper, it shouldn't really need salt as the stock and cheese are salty enough. Serve in deep wide bowls and garnish with pea shoots and olive oil.