



July, 2008

Dear Food Club members,

In keeping with the great summer weather we're enjoying at the moment, and prior to the launch of the game season, this Food Club period we hope you enjoy fantastic BBQ meat, an exceptional cheeseboard, and a couple of must haves for your pantry.

As usual, we have selected products from across the food categories, giving you three products from the Meat, Fish & Game; three cheeses; one product from the British Deli, and three products from the Pantry.

Once again, we include a recipe on which your thoughts are appreciated.
Tuck in & enjoy!

MEAT, FISH & GAME

Organic Rib-Eye Steaks approx 520g from Welsh Farm Organics

Two fabulous Rib-eye Steaks from premium quality Welsh Black cattle. Perfect for the BBQ.

Organic Lamb burgers approx 110g from Welsh Farm Organics

Top quality organic lamb from Welsh Farm Organics. Run by husband and wife team Jonathan & Sally Rees Welsh Farm Organics obtained organic status in 2001 and have won numerous awards at the True Taste of Wales from 2005-2007, including the Gold Award in 2007 for their lamb.

Whole Rabbit from Yorkshire Game

Rabbit can be cooked in much the same way as chicken, and many chicken recipes can be adapted for rabbit. Sourced from Yorkshire Game, suppliers to Mark Hix & Giorgio Locatelli, and winners of the Taste of Britain Gold Award 2007.

THE DELI:

Smoked Salmon 100g by Inverawe Smokehouses

Inverawe Smokehouses ensure their salmon are sea reared from small independent farms where fish husbandry and low density stocking is paramount. The smoking process takes place in traditional slow curing brick kilns over real oak log fires with no additives or preservatives and definitely no shortcuts. Inverawe Smokehouses holds a Royal Warrant for supplying the Queen.

DAIRY & CHEESE:

Isle of Wight Blue, Isle of Wight Cheese Company

A naturally rinded soft blue cheese made with unpasteurised Guernsey cows' milk. Winner of Best English Cheese at the World Cheese Awards 2007. Simply outstanding! Made by Rich Hodgson on The Isle of Wight this cheese is a 3 Gold winner at the Great Taste Awards. Lock the doors & do not share!*

PAXTON & WHITFIELD'S SMOKED CEODRE

Wrapped in purple wax for presentation Paxton & Whitfield's Smoked Ceodre is an ideal size and a perfect way to enjoy a well made naturally smoked Cheddar. The Ceodre in the name refers to the rock formation at Cheddar Gorge as named in the will of Alfred the Great (according to Paxton's).

Paxton & Whitfield was established in the 18th century earning their first Royal Warrant in 1850 for supplying cheese to Queen Victoria. Paxton's today hold Royal Warrants for supplying the Queen and The Prince of Wales.



HERB & GARLIC SLIPCOTE FROM THE HIGH WEALD DAIRY

Organic Sussex Slipcote soft sheep milk cheese. Sussex Slipcote is a truly delicious soft cheese with a light, creamy and fluffy texture and a slightly sharp refreshing flavour. The name "Slipcote" is an old English word meaning little (slip) piece of cottage (cote) cheese.

High Weald Dairy is a family run business, making high quality artisan cheeses from Organic Cow's milk, and both organic and conventional sheep milk. All cheeses are made using vegetable rennet and all the milk is pasteurised. The Dairy is a regular award winner at both the Great Taste Awards, and The World Cheese Awards.

THE PANTRY

Gilly's Balsamic Dressing

Made by Christian Gilmour in the Vale of the White Horse this concentrated oil free dressing is incredibly versatile: ideal with all salads and as a marinade for chicken and steak. As a general rule- little and often on everything!

McKenzie's Oval Alberts- Celery

These light textured savoury biscuits are made from a unique and award winning recipe developed by the McKenzie family since their bakery was established over 50 years ago. These biscuits are delicious eaten on their own or try them with cheese and pate. Gold Award winner at the Great Taste Awards.

Atkins & Potts Rhubarb & Ginger Chutney

A fantastic combination of traditional food partners, rhubarb and ginger, to accompany your favourite cheeses, cold meats & pies.

RECIPE

Rabbit with garlic and rosemary served with bruschetta

by Gennaro Contaldo from Saturday Kitchen

Serves 4

Preparation time less than 30 mins

Cooking time 30 mins to 1 hour

Ingredients

1 rabbit, chopped into medium-sized chunks on the bone or use ready prepared boneless chunks of rabbit

plain flour, for dusting

150ml/5fl oz extra virgin olive oil

1 garlic head, cloves separated and kept whole with skin on

large bunch rosemary, broken in half

150ml/5fl oz white wine

salt and freshly ground black pepper

For the bruschetta:

a few slices of bread

a few garlic cloves, peeled but left whole

Method

1. Season the rabbit with salt and pepper and dust with the flour

2. Heat the extra virgin olive oil in a large, heavy-based frying pan. When hot add the floured rabbit chunks and seal well on all sides until golden brown and quite crisp. Reduce the heat, add the garlic and rosemary cover with a lid and cook gently for 30 minutes, turning the pieces of rabbit from time to time. Raise the heat to high, remove the lid, add the wine and simmer until it has evaporated.

3. When the rabbit is ready, make the bruschetta. Toast some slices of bread, immediately rub them with the garlic and then drizzle with some of the olive oil that will have risen to the top of the rabbit sauce. Serve the rabbit accompanied by the bruschetta.