



Dear Food Club member,

We hope you are well and full of the joys as the daffodils are flowering and Spring is on it's way! This month's Food Club is full of flavour and variety. As we always introduce you to our new suppliers first, this month we have some fabulous new East Sussex cheeses for you to try and a fabulous Rosemary Jelly from another new supplier of ours called Ouse Valley in West Sussex, plus a delicious recipe for you to try...

For your information all the produce is fresh so if you would like to freeze any of the produce it is fine to do so.

We hope you get much enjoyment out of this fabulous Award-winning British food.

Tuck in and enjoy!

Andrew & Pam

The Butchers

Free-Range Lamb Chump Chops

Serves 2. 400g

Premium Quality Free-Range Boneless Lamb Chump Chops. These are a fantastic mid-week treat, that do not take an age to cook and deliver brilliantly on taste. Delicious with this months Ouse Valley Rosemary Jelly.

If not consumed within 5 days please pop in the freezer.

Organic Best Braising Steak

Serves 2. Average weight 500g

Highest Quality Organic Sussex Best Braising Steak, perfect for casseroles and pies.

See our Braised Beef with Guinness recipe - it's a favourite of ours and wonderful with a beer or glass of red wine!

Free-Range Suffolk Chicken Breasts, Diaper Farm, Suffolk

Serves 4

Hand plucked succulent chicken breast fillets - use within 5 days or pop them in the freezer!

The Fish Shop

Salar Flaky Smoked Salmon, Salar Smokehouse

Serves 3-4. 200-300g

Served at the gala dinner at the opening of the Scottish Parliament Salar Smokehouse is one of Rick Stein's 'Food Heroes'. In 2007 Salar Smokehouse won the prestigious Glenfiddich Spirit of Scotland Award for Food. To make Salar Flaky Smoked Salmon fresh fish are harvested regularly then prepared and smoked by a special process which uses a variety of wood shavings for subtly different results to bring out the best possible flavour and texture. The salmon used are grown off the North-West coast of Scotland and are RSPCA Freedom Foods approved which ensures high standards of fish welfare and husbandry



The Deli

2 x Chicken and Tarragon Pies with Potatoes, Simple Simon's Perfect Pies

Serves 2

Divine strips of succulent chicken breast, sautéed in butter along with chopped onion, fresh tarragon and white wine, then finished with cream for a flavour wow. A favourite with Simple Simon's chums, so why not join them now!?

Just simply follow the heating instructions to enjoy this tasty pie.

Ramsay's Really Garlicky and Cracked Pepper Bacon, Ramsay's of Carluke

Serves 2-4. 200g

A mouth-watering twist on an award-winning bacon. Ramsays take full bodied back bacon then rub it with crushed garlic and cracked black pepper and leave it to mature. One of Rick Stein's food heroes Ramsays of Carluke have won 23 Gold Great Taste Awards over the last few years.

The Cheese Shop

BESTbier Camembert, BESTbier, 200g

A traditional hand made camembert style; soft and creamy with a beautiful mildness, the producers favourite way to eat this is spread it on a chocolate wholemeal biscuit and a glass of red wine. He believes, chocolate and cheese are partners.

Eddie Bestbier travelled the world for 20 years making cheese, whilst doing this he developed his own techniques and cheeses and has shared his secrets with Arthur Alsop.

Bestbier in East Sussex aims to produce a complete cheese board of hand made cheese that will do everything from introducing the youngest in our family to satisfying the adults.

You will always find that our cheeses have their own special flavour texture and character.

BESTbier Sussex Blue, BESTbier 200g

A hand made cheese from the Bestbier Cheese Factory in East Sussex. Smooth and creamy hard cheese with small blue veins and a natural rind giving a mild creamy blue flavour to this hard cheese. Was selected for the cheese board at Brighton Race Course for a dinner attended by HRH the Queen and Prince Phillip. This cheese is hugely popular with children and adults seeking a mild blue cheese.

The Pantry

Rosemary Jelly, Ouse Valley Foods 227g

Ouse Valley Foods offers you a unique collection of impossibly irresistible jellies with a taste to match their stunning appearance. The jellies are based on a fruit stock mainly derived from Bramley apples and then infused with relevant fruits, herbs and spices. Many of them have the ingredients suspended in the jewel coloured jellies. The range has a seasonal feel to it and stock varies according to availability.

Jellies are delicious with meat, fish, game and many other savoury dishes not forgetting how good they are on toast and crumpets! We thought this Rosemary Jelly would be wonderful with the lamb this food club!



Braising Steak and Guinness Casserole

Serves 3-4

(500g) braising steak
2 large onions
4 oz (115 g) small mushroom caps
4 large carrots
4 sticks celery
1/2 teaspoon dried mixed herbs
1 bay leaf
1 tablespoon tomato puree
1 teaspoon brown sugar
1 pint (570 ml) beef stock
1/2 pint (285ml) Guinness
1 tablespoon cornflour
Salt and freshly ground black pepper
Parsley for garnish

Method

1. Cut the steak into 1 1/2 in (40 mm) cubes.
2. Quarter the onions and halve the mushroom caps.
3. Quarter the carrots and celery crossways.
4. Place the meat and vegetables in an ovenproof casserole, along with the mixed herbs, bay leaf, tomato puree, sugar, beef stock and Guinness. Stir to mix thoroughly.
5. Gently bring the stew to the boil, then cover and transfer to the preheated oven. Cook very gently for 3 hours until the meat is really tender.
6. Mix the cornflour with 1 tablespoon of water until smooth, then stir into the casserole. Bring to the boil, stirring until thickened. Adjust seasoning to taste.
7. Transfer to a serving dish, garnish with freshly chopped parsley and serve immediately

This dish is fantastic with a good dollop of mashed potato!