



Dear Food Club members,

Now the leaves are down it's time to enjoy some good hearty cooking! This period, we have as ever selected products from across the food categories, giving you three products from the Meat, Fish & Game category; one fantastic cheese new to our site, and a product from the Pantry. As always, the top priority is quality. Once again, we include a recipe on which your thoughts are appreciated.

Tuck in & enjoy!

Meat, Fish & Game

Fore-Rib of Organic Welsh Black beef from Welsh Farm Organics approx 1.5kg

The quintessential Roast Beef on-the-Bone! This is a very special flavoursome roasting joint, with a good balance of lean meat to fat. Bone in for flavour, this joint will take pride of place on any table in the land.

Lamb Shanks x2 from Welsh Farm Organics approx 600g

Perfect as the nights grow longer, these organic Lamb shanks are perfect for our recipe below.

Ayrshire Streaky Bacon from Ramseys of Carluke. This Ayrshire Streaky Bacon has won a Gold Taste Award. Ramseys of Carluke are one of Rick Stein's Food heroes.

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Dairy & Cheese

Snowdonia Cheese Company Bouncing Berry 200g

Perfect for the time of year! A fantastic mature white cheddar truckle with cranberries in a red wax.

Quickes Mature Cheddar 250g

By slowly maturing a muslin-wrapped truckle for a year on traditional wooden racks Quickes Mature Cheddar is allowed to breathe producing a beautiful rinded cheese with a unique and complex flavour. The cheeses are turned daily, to give a uniform texture throughout the cheese.

The Pantry

Port Jelly 230g

The ultimate luxury condiment for your beef, lamb, venison or other red meat. Try as a glaze or dolloping into a jus or gravy.

Mackenzie's Plain Oval Alberts 150g

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!



RECIPE

Braised Lamb Shanks with White (Flageolet) Beans

For lamb shanks

- 2 lamb shanks
- 2 tablespoons olive oil
- 1 medium onion, roughly chopped
- 1 medium carrot, roughly chopped
- 1 stick of celery, roughly chopped
- 8 garlic cloves, roughly chopped
- 3 1/2 glasses full-bodied red wine
- 1-1 1/2 pints chicken stock
- 1 tablespoon tomato paste
- 2 fresh thyme sprigs

For gremolata...

- 3 tablespoons chopped fresh parsley leaves (preferably flat-leafed)
- 1 teaspoon freshly grated lemon zest (about 1 lemon)
- 3 garlic cloves, minced

For beans...

- 2 tablespoons extra-virgin olive oil
- 2 small onions, chopped fine
- 2 small carrots, chopped fine
- 2 sticks of celery, chopped fine
- 3 garlic cloves, minced
- 1 tin of cooked white (flageolet) beans
- 1 pint cups chicken stock
- 2 tablespoons unsalted butter
- 1 bay leaf
- 1 tablespoon unsalted butter
- 3 fresh tarragon sprigs

Preparation

Make lamb shanks:

Pat lamb shanks dry and season with salt and pepper. In a heavy flameproof casserole dish heat oil over a moderately high heat until hot but not smoking and brown lamb shanks well, transferring to a plate when browned. Add onion, carrot, celery, and garlic to the casserole dish and sauté until onion is softened. Add wine and simmer mixture, stirring occasionally, until liquid is reduced to about 1 pint. Return lamb shanks to casserole and stir in stock, tomato paste, and thyme. Bring liquid to a boil and simmer, covered, stirring and turning lamb shanks occasionally, 1 1/2 hours. Simmer mixture, uncovered, stirring occasionally, 1 hour more, or until lamb shanks are tender.

Make the gremolata while lamb is cooking:

In a small bowl stir together gremolata ingredients.

Make beans while lamb is cooking:

In a saucepan heat oil over moderately high heat until hot but not smoking and cook onions, carrots, celery, and garlic, stirring, 2 or 3 minutes, or until softened. Add beans, 2 cups of stock, butter, and bay leaf and cook over moderate heat, stirring occasionally and adding enough remaining broth to keep beans moist and to reach a creamy consistency, about 30 minutes. Discard bay leaf and add half of gremolata and salt and pepper to taste.

Transfer lamb shanks to a plate and keep warm, covered with foil. Strain braising liquid through a sieve into a saucepan, discarding solids, and stir in butter and tarragon. Boil sauce, stirring occasionally, until thickened slightly. Strain sauce through sieve into a bowl and season with salt and freshly ground black pepper. Sprinkle lamb shanks with remaining gremolata and serve with beans and sauce.