



May 2009

Dear Food Club Member,

We hope you are well and looking forward to this month's Food Club which will be delivered Friday 8th May.

This month we are very excited to introduce two more Award-Winning Producers:

'Great Farm', our new Free-Range Poultry supplier from the Cotswolds who are not only 'Great Taste Award Winners' but have also won Cotswold Life Food and Drink 'Best Food Producer of The Year' in 2008.

Our second new supplier is Cold Pie and Sausage producer Michael Kirk from Wolverhampton. Michael Kirk has won so many food awards that last year he stepped down from entering and was a judge instead!

We also have a wonderful selection of the finest British food for you and would like you to accept the ultimate British traditional 'Spotted Dick' pudding with our compliments.

NEXT MONTH'S FOOD CLUB WILL BE DELIVERED ON THURSDAY JUNE 4th 2009

Tuck in & enjoy,  
Andrew & Pam

## The Butchers

### [Whole Free Range Chicken from Great Farm \(Serves 4\)](#)

*Great Farm is a traditional Cotswold mixed farm. Birds are kept in small flocks and hand reared in the traditional way.*

*They are fed on organic poultry feed which is supplemented by grain from the farm. Great Farm chickens are robust and bred to range over a wide area. They grow slowly and as a result their meat has a firm texture and great taste.*

### [Dukeshill Mini Wiltshire Ham \(Serves 6\)](#)

*Produced to satisfy customer requests for the delicious taste and quality synonymous with Dukeshill but in a smaller amount these hams will feed 6 people or 2 people for 3 meals. The Wiltshire is cured by immersion in brine for several days giving it a moist (but never wet!) texture. The addition of un-refined brown sugar to the recipe adds a subtle sweetness to this mild & delicious ham. Awarded the Royal Warrant in 2003 to supply hams to the Queen.*

### [Pork Pear & Stilton Sausages \(pack of 6\)](#)

*A great combination of flavours led this sausage to be the 2007 winner of the West Midlands Tastiest Sausage Competition. In 2002 Michael Kirk was the Campaign for Real Food's Speciality Producer of the Year and also UK 'Champion of Champions' Sausage Maker. In 2008 Michael stepped back from awards to become a judge but has resumed his winning ways in 2009 with 9 awards so far this year.*



## The Deli

### Pork & Leek Pie 1lb

*GOLD AWARD WINNER AT THE GREAT TASTE AWARDS! In 2002 Michael Kirk was the Campaign for Real Food's Speciality Producer of the Year. In 2008 Michael stepped back from awards to become a judge but has resumed his winning ways in 2009 with 9 awards so far this year.*

## The Cheese Shop

### Swaledale Goats' Milk Cheese 220g

*BEST SPECIALITY FROM YORKSHIRE & HUMBER AT THE 2008 GREAT TASTE AWARDS*

*White in colour with a soft moist open texture. Smooth and tangy with a much milder flavour to its goaty peers. Founded more than 20 years ago by husband and wife team David and Mandy Reed the Swaledale Cheese Company is based in the picturesque town of Richmond in the Yorkshire Dales. It started very simply with the couple making cheese in the family kitchen but has now progressed to become one of the country's most sought-after quality regional cheese producers.*

### Bath Soft 250g

*GOLD MEDAL WINNER AT THE BRITISH CHEESE AWARDS! Dating back to the time of Lord Nelson Bath Soft is packed in parchment paper with a red wax seal. Bath Soft is white mould ripened and square in shape. Made by the Padfields in Kelston outside Bath this attractively packaged square shaped cheese has a white bloomy rind and a soft paste. Now made with organic milk. made with vegetarian rennet.*

## The Pantry

### Tracklements Strong English Mustard 140g

*A corking Strong English Mustard. An ideal partner for good Wiltshire Ham. Following the Victorian tradition this strong hot mustard is tempered by the judicious use of spices and vinegar.*

### Lemon Honey & Cardamom Curd 227g

*GOLD WINNER AT THE 2008 GREAT TASTE AWARDS! A really special lemon curd with attitude! Made from the freshest free range eggs from a Holmansbridge Farm near the kitchens with local Sussex Downs sweet butter and local honey from a plum orchard nearby.*

### Steamed Spotted Dick Sponge Pudding, Serves 1-2

*The Gentleman's Favourite! Steamed sponge pudding lightly flavoured with mixed spice and liberally studded with currants. This pudding can be reheated equally well by steaming or in the microwave. Serve with custard or cream.*



## Recipe of the month...

### Roasted Chicken with vegetable infused Puy Lentils

Serves 4

#### Ingredients

1 Chicken

1 Lemon, juice and zest

1 Lime, juice and zest

3 tbsp Olive Oil

4 Generous sprigs of Thyme

2 tsp Caraway Seeds

2 tsp Cracked Black Pepper

2 Whole Blanched Garlic Bulbs (prepared by placing in cold water and brought to the boil. Strained and allowed to cool)

200g Puy Lentils, washed

½ Celeriac, fine dice

1 Leek, fine dice

½ Swede, fine dice

1 Parsnip, fine dice

1 tsp Tewkesbury Mustard

½ Finely chopped Onion

1 Garlic clove, Crushed

1 Star Anise

1 Cinnamon Stick or leaf

5 tbsp Natural Yoghurt

2 Cloves

Generous amount of Chopped Fresh Coriander

1 Orange Juiced

570ml Vegetable Stock or Water

2 tbsp Olive Oil

1 Bunch Watercress

## Method

1. Cut each of your garlic in half and place into the centre of your baking tray. Place chicken, breast side up onto the garlic.
2. Pour the citrus juices over the bird then drizzle with the olive oil and sprinkle over the thyme, caraway seeds, pepper and zests. Place in a pre-heated oven at 200°C and roast until the juices are clear.
3. For the lentils: In a warm saucepan heat the olive oil then add the spices and cook for about 30 seconds then add the onion and garlic and sweat gently.
4. Once the onions and garlic have softened add the diced vegetables and sweat for a further minute before adding the lentils and mustard.
5. Add the juice and stock bring to the boil then reduce heat to a simmer and cook slowly until most of the liquid has been absorbed and the lentils are Al dente.
6. Just before serving add the yoghurt and coriander and a splash of stock if needed.