

Sat 23<sup>rd</sup> Jan – Game Day – Recipes, Tasting – Old Dairy from 10am



# JAN 2010

## Week 3

### Newsletter

The contents of your box this week will be made up of the following:

<b>Name</b>	<b>Method</b>	<b>Source</b>
Potatoes	No Spray	Faversham
Parsnips	No Spray	Ash
Kale	No Spray	Ash
Swede	No Spray	Ash
Turnips	No Spray	Faversham
Apples		Maidstone

A quick apology this week, I should have kept something back last week that was green, as the box this week is very rooty. I do have plans for some more greens next week; Alistair at Mallards farm thinks that his spinach has survived the cold snap...hopefully he is right.

This Saturday we have a tasting day at The Old Dairy, covering game. I shall be cooking up some venison, wild birds and rabbit so if you fancy trying out this lean meat then come along. We should be ready from 10 am.

Turnips. They are new in the box, I do not think we have had turnips before. Apparently they were cultivated by the Romans and are easy to grow, even in poor soil. They are in fact not a root, but a swollen stalk, just so you know. I guess swede are the same? I generally peel them and roast together with the other roots in oil and herbs.

We are also issuing the first fish boxes this week, thanks for all of you that ordered. I have to say the fish looks really good and remember it can be frozen as it is all fresh. Looking forward The supplier is saying that we will have some more obscure fish, such as John Dory and turbot so I hope to get them in the box in the next few months.

01622 861113 **Please return your bags & boxes!!!** [www.kentvegbox.co.uk](http://www.kentvegbox.co.uk)

This is a recipe for using the root veg in a Chilli Non Carne (sorry)

## Ingredients

Serves 4

- 100g Puy lentils or green lentils
- 1 medium onion, peeled and chopped
- 2 cloves garlic, peeled and crushed
- 1 parsnip / turnip peeled & grated 1 medium carrot, grated
- 1 tablespoon vegetable oil
- 1 tin tomatoes
- 1 tablespoon tomato puree, 1 tablespoon balsamic vinegar
- 200g kidney beans
- 1 fresh or dried chilli, deseeded and finely chopped
- adjust to suit your taste
- teaspoon ground cumin teaspoon ground coriander
- 1 teaspoon yeast extract or 1 stock cube
- Handful fresh coriander leaves, chopped

## Method

1. Put the lentils in a pan of cold water and bring to the boil. Simmer for 20 minutes, not allowing them to boil dry. They should be almost cooked after this time.
2. Heat the oil in a deep frying pan and saut? the onion, garlic, carrot and parsnip / turnip for 10 minutes.
3. Add the chilli, ground coriander seeds and cumin. Cook for 2 minutes.
4. Roughly chop the tinned tomatoes and add to the frying pan with the tomato puree, balsamic vinegar and yeast extract / stock cube. Mix well.
5. Add the lentils and stir well. Cover and simmer on a low heat for 15 minutes.
6. Add the kidney beans and heat through. Finally add the chopped coriander leaves