

Cooking up some warmth...

Still harvesting veg or wondering what to do with stored produce? Try these inexpensive and healthy recipes from the wonderful *Boxing Clever Cookbook* by Jacqui Jones and Joan Wilmot <http://www.theboxingclevercookbook.co.uk>

Beetroot and Carrot Soup

2 tbsp vegetable oil

1 onion, chopped

1 medium potato, peeled and sliced

450g beetroot, peeled and diced

450g carrots, scrubbed and sliced

1 litre vegetable stock

Pinch nutmeg
(optional)

small tub sour cream to garnish

Fry the onions and potato in the oil for 10 minutes, stirring occasionally. Add the beetroot and carrots and cook gently, covered, for 20 minutes. Add the stock and nutmeg and bring to the boil then reduce the heat and simmer for a further 10 minutes. Liquidise and add salt and pepper to taste. Ladle into bowls and add a swirl of sour cream.

This would be good served at your winter barbeque!



Have you thought about:

Having a bonfire to burn garden leaves (if you have permission). Then cook marshmallows on sticks in the embers

Cabbage and Leeks in a Creamy Sauce

50g butter

½ cabbage

3 medium leeks

2 garlic cloves

2 tbsp dry white wine

For the sauce: 25g butter

25g plain flour

300ml milk

pinch grated nutmeg

1 tsp grainy mustard

Gently fry cleaned and chopped cabbage, leeks and garlic in the butter for 10 to 15 minutes until soft. Add wine and cook for a further 2 minutes.

To make the sauce, melt the butter in a pan, blend in the flour and cook over a low heat for 2-3 minutes stirring continuously with a wooden spoon. Gradually add the milk stirring all the time. When it has all been added, cook the sauce for 2 minutes continuing to stir. Season to taste with nutmeg, salt and pepper.

Pour the sauce over the veg, stir and serve. Good served with meat. Or sprinkle a generous helping of grated cheese on top for a veggie main course.



Happy eating.



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