

Carruthers seasonal news

Suppliers of fresh fruit and vegetables



OUR ETHOS

The majority of the UK population grow up in urban areas, with little or no awareness of when and where various foods are produced. Imports from around the world ensure that supermarket shelves look the same week in week out. There are many reasons why you should aim to eat local and seasonal food; to reduce the energy needed to grow and transport the food we eat, to avoid paying a premium for food that has travelled a long way and to support the local economy. But most importantly, because seasonal food is fresher and tastes SO much better!

We at Carruthers aim to promote an understanding of food seasons. Each month we will focus on the fruit and/or Veg, which is currently in season, and share enlightening facts, useful tips and enticing recipe ideas picked from the web and our favourite publications. When a food is in season its quality can vary dramatically. Food produced locally, e.g. bought from a farmers' market, is likely to be a lot fresher than its supermarket equivalent. Each fruit or vegetable has a prime time when it's at its seasonal best. Some are great for over half of the year; others only hit their peak for a month.

Now that we are in the dark winter months and busy christmas period it's important to realise that a healthy diet can improve your mood and can help prevent the symptoms of lethargy and irritability that many of us experience. The festive period has become synonymous with over-indulgence, which in turn prompts a pressing desire for many of us to lose weight in the New Year. So through-out the holidays (where possible) try to make healthy choices and include plenty of fruit and vegetables in your diet. At this time of year our home grown fruit selection has somewhat depleted yet our colourful vegetables are still abundant. Why not brighten up your meals with some curly kale or red cabbage ? Boost your vitamin intake by snacking on local staples such as apples and pears even seasonal imports like pomegranate, and don't forget to be adventurous with how you cook your vegetables and more importantly **DONT OVER COOK YOUR SPROUTS !**

IN SEASON NOW



Also

beetroot, butternut squash, cauliflower, celeriac, celery, chicory, horseradish, jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes (maincrop), pumpkin, salsify, shallots, swede, truffles (black) [i], truffles (white) [i], turnips, wild mushrooms

apples, clementines [i], cranberries [i], passion fruit [i], pears, pomegranate [i], quince, satsumas [i], tangerines [i]

almonds [i], brazil nuts [i], chestnuts, hazelnuts ,
sage, walnuts (i - imports)

Pass the sprouts please!

Brussels sprouts are a somewhat divisive food, although most people who claim to hate them have probably been scarred by encounters with horrible overcooked monstrosities in their formative years. This powerful defender of the immune system easily punches above its weight in nutrients thanks to its high levels of antioxidants and deserves a place on the menu far more often than a measly once a year outing. So this Christmas, remember that the standard British habit of boiling vegetables severely damages their health properties. If you want to get the

maximum benefit from your Christmas sprouts then boiling is out. You need to consider stir-frying, steaming or microwaving.

So what are Brussels Sprouts are good for?

Anti-cancer – Brussels sprouts are crammed with phytonutrients such as sulforaphane, a glucosinolates which triggers the release of detoxifying and anti-carcinogenic enzymes.

Immunity boosting – Sprouts are a good source of vitamin B5, an immune stimulant that triggers the production of antibodies. With their high vitamin and mineral content, Brussels sprouts are especially effective in supporting the immune system during the winter months when infections are most likely to strike.

Prevention of eye disease – They contain lots of immunity-building vitamin C, which keeps us youthful by preventing eye disease and protecting the memory

Ensure good reproductive health – Sprouts are also a good source of folic acid which plays an important role in reproductive health and fights heart disease

Help lower cholesterol – Dense in fibre, Brussels sprouts keep the digestive system working efficiently and cholesterol low

Maintain healthy skin – They are good for the skin too, giving it a healthy, lustrous glow.

Seasonal Canapés

Pears With Blue Cheese and Prosciutto

2 pears each cut into wedges
2 teaspoons fresh lemon juice
1 cup arugula or rocket
blue cheese, cut into small pieces
6 slices of prosciutto



In a large bowl, toss the pears and lemon juice.

Layer a slice of pear, an arugula leaf, and a piece of cheese on a piece of prosciutto and roll up.

Chicory boats with Spicy Crab and Almonds

2 small heads chicory
250-300g cooked white crab meat
meat
½ tsp finely chopped red chilli
½ tsp finely chopped fresh ginger
1 tsp chopped basil leaves
30g chopped salted almonds
Zest and juice of 1 lime
Olive oil, to serve



Cut the root off each chicory, then separate them into individual leaves.

Mix the crab with the chilli, ginger, basil and nuts, then stir in the lime zest and juice. Spoon a little crab mix on to the wide end of each chicory leaf, leaving the root end free: this acts as a handy handle with which to pick them up. Dribble a dash of olive oil over each one, and serve.

Mushroom and spinach puff pastry canapés



INGREDIENTS /METHOD

- 170g Greek Yoghurt
- 1 sheet puff pastry
- 1 egg, beaten
- 1 tbsp, sesame seeds
- 1 bag baby spinach, wilted
- 100g mushrooms, diced

100g puy lentils, ready cooked
1 clove garlic, crushed
1 red chilli, finely chopped
¼ tsp five spice
Knob of butter

Cut 12 discs from the pastry sheet, brush with beaten egg and sprinkle with sesame seeds.

Bake the discs in a heated oven 180°C / 360°F / Gas Mark 4 for approximately 10 -15 minutes until golden. Leave to cool.

In a pan gently melt the butter and sauté the mushrooms with the garlic, chilli, five spice, spinach and add the lentils and Greek yoghurt and spoon a small amount onto the pastry discs.

SEASONAL SIDES

Brussels Sprouts with bacon and chestnuts



4 bacon rashers (optional)
400g/14oz Brussels sprouts trimmed
400g/14oz chestnuts cooked or vacuum packed
25g/1oz butter
Salt and black pepper

Grill the bacon if using and cut into strips
Steam the sprouts until cooked but still crunchy
Add the chestnuts, butter and bacon strips
Season and serve immediately

Celeriac and Apple Remoulade.

Ingredients

½ celeriac head
1 red-skinned apple
Juice of 1 lemon
2 tbsp mayonnaise
6 tbsp 0% Greek yogurt
1 tbsp wholegrain
mustard
Small handful fresh
parsley, chopped



Method

Peel and slice the celeriac into thin matchsticks. Slice the apple into thin matchsticks (leave skin on). Alternatively use a food processor. Put in a large bowl with the lemon juice and toss to coat. Add the other ingredients and garnish with fresh parsley.

Red cabbage braised with apple, bacon and balsamic vinegar.

Ingredients

olive oil

2 rasher smoked streaky bacon ,
finely sliced

1 tablespoon fennel seeds ,
bashed

1 onion, peeled and sliced

2 good eating apples, peeled and
chopped into 2.5cm pieces

1 red cabbage, outer leaves and
core removed, chopped into
irregular chunks

sea salt

freshly ground black pepper

150 ml balsamic vinegar

1 small knob butter

1 handful fresh flat-leaf parsley leaves, chopped



Method

The classic combo of braised red cabbage and smoky bacon with juicy apple is an absolute winner.

Pour a tablespoon of olive oil into a saucepan, get it hot and add the bacon and fennel seeds. Cook until golden then add the onion and continue to cook, with the lid on, for a few more minutes until golden and sticky. Add the apple, followed by the cabbage chunks, salt and pepper and the vinegar, and stir everything together well.

Put the lid back on and continue to cook on a low heat for an hour, checking and stirring every so often. You will end up with a gorgeously sticky-sweet cabbage dish that you'll want to eat immediately, straight out of the pan! Or, if you can wait long enough, scoop it into a serving dish, pop the butter on top and sprinkle over the parsley.



How to make a hanging orange slice decoration



Materials

Oranges

Cloves

Ribbon or twine

Scissors

Knife

Chopping board

Oven

Steps



Carefully slice your oranges width ways, allowing up to around 1cm in width for each slice.

Take each slice in turn and lie flat on a chopping board or baking tray. Decorate the slice with cloves. Push each clove through the orange flesh with your fingers, with the star facing upwards. You could create a ring of cloves on the outer or inner edge of your slice, or get creative by adding a cinnamon stick and berries.

Make an incision at one end of the slice. This is where your ribbon or twine will go through once your slices have dried. You're ready to get baking. Put your orange slices with the



design face up in your oven at the lowest setting, around 65 degrees centigrade, for four hours. They will dry more quickly on a wire rack, but you could also pop them on to baking parchment and a baking tray.

Remove your slices from the oven and leave to cool. Don't worry if they feel a bit tacky at first, they will soon dry out on the tree. Feed your preferred length of ribbon or twine through the hole you have made in your orange slice and tie the end. Now all you need to do is hang them and enjoy the Christmas scent!



Tip: If you've got a few oranges and cloves left over, why not make a pomander? Just tie ribbon around whole oranges and pop cloves through the skin in a pattern. They make a great table centrepiece grouped together in a bowl and the cloves help the oranges to stay fresh for longer.



And best wishes for 2016 from all at Carruthers