

Spelt & Mixed Veg Salad

Square Food Foundation cookery school teacher Barney Haughton cooked this yummy dish for Rowie & Talia; now they are addicted! You can use almost any vegetables for this salad; we like a seasonal mixture of roots of greens. Instead of coriander you can use mint or parsley too. www.squarefoodfoundation.co.uk

Serves 6

200g spelt grain
1 carrot, 1 stick celery, 1 bay leaf
300g parsnips/swede/beetroot
peeled & diced
200g PSB/other greens, shredded
2tsp cumin seeds + 1 tsp chilli flakes
2 cloves garlic & 2 onions
big bunch coriander
20ml red wine vinegar
4 tbsp + 60ml olive oil



Place the spelt in a pan with the carrot, celery, one halved onion and bay leaf, just cover with cold water, bring to the boil and simmer for 20 minutes until just soft. Drain and remove the bay leaf and vegetables. Mix the spelt with a little olive oil and season; set aside. Toss the root veg in a few tablespoons of olive oil, cumin seeds, chilli flakes and season; spread evenly in a roasting tray and roast in a very hot oven (220C) until just brown but still firm. Steam the PSB or greens in a little salted water for a minute or two. Mix with the root veg and spelt. Finely slice the other onion and garlic, and fry until nutty brown. Coarsely chop the the herbs and add to the salad. Toss everything together with the rest of the oil and vinegar whisked together, and top with the fried onions and perhaps feta cheese too.



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This Week We Love... Bread Making!

The new fresh yeast from Hobbs House has already proven (!) popular, so we thought it's time to do a promotion for all you home bakers! For two weeks (while stocks last), we are offering 10% off all Shipton Mill flours. Here's a sample of our current stock list; check out the shop for more varieties or please ask.

Organic Traditional White 1kg ~~£1.60~~ **£1.41**; 2.5kg ~~£3.50~~ **£3.15**

A rare variety of English wheat blended with top quality organic wheat from Europe which gives outstanding baking results every time

Stoneground Organic Wholewheat 1kg ~~£1.60~~ **£1.41** 2.5kg ~~£3.50~~ **£3.15**

A blend of Canadian and English organic wheat makes this flour a good all-purpose bakers bread flour

Untreated Organic White #4 1kg ~~£1.60~~ **£1.41**

Popular with Master Bakers, the high protein content makes it an excellent base for mixing with wholemeal flours or herby savoury breads

Organic Light Malthouse 1kg ~~£1.60~~ **£1.41**

A delicious blend of three malts and wheat flour give texture, flavour and colour to bread. Follow a wholemeal bread recipe

Organic Spelt 1kg bags white spelt ~~£2.60~~ **£2.34** wholemeal spelt ~~£2.70~~ **£2.48**

Spelt is an ancient grain with a wonderful nutty flavour, it is easily absorbed by the body and rich in essential minerals. We are lucky to have some in stock at the moment as it is in very short supply now until next harvest.

If you have a favourite bread making recipe, please let us know and we'll share it!

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