

Dhaling Swede

Aside from perhaps soup and stew, there's not much that warms the cockles more than a good dhal. It combines all the creaminess of a soup, body of a stew, and spice of a curry: lush! You can have it as part of a curry meal, on its own, or on the side with a jacket potato or other wintery treat. This recipe works well with the squash from last week's boxes, artichokes or carrot; and don't forget that we sell all these ingredients in the farm shop!

Serves 4

500g diced swede

1 small onion, peeled & finely diced

4 garlic cloves, peeled & chopped

glug olive/coconut oil

400g red lentils/yellow split peas, rinsed

2 bay leaves

1 red chilli/pinch chilli flakes

1tbsp freshly grated ginger

2tsp cumin seeds

1 tsp each ground cinnamon & ground coriander

400ml coconut milk

1 lime, zest and juice

handful of fresh coriander, roughly chopped



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Heat the oil in a hot pan, then sauté the swede and season well, stirring until starting to soften. Add the bay leaves, sliced chilli or flakes, spices, lentils, onion and garlic, and stir in the coconut milk, along with three times as much water as the milk. Cover and simmer for around 45 minutes, stirring well every 10 minutes and adding more water if it's sticking to the pan, until all the liquid has been absorbed. Check the seasoning, and serve with the chopped coriander and zest and juice of the lime sprinkled on top.



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This Week We Love... Curry Night!

Brr, it's time for a homemade curry night to keep out the winter blues! In what's becoming an annual special offer, for the rest of January we're offering 10% off all our curry sauces, naan breads, pickles, chutneys and Rosemary's mint sauce (makes fantastic raita mixed into natural yoghurt with diced cucumber). So pop in and choose from our wide range in the shop, or ask for these specials in your box next week.

Newbury Phillips

Naan Bread (plain/coriander) ~~£1.61~~ **£1.49**

Tracklements

Bengal Pickle ~~£3.15~~ **£2.84**

Indian Mango Chutney ~~£3.25~~ **£2.93**

Hot Mango Chutney ~~£3.50~~ **£3.15**

Chilli Jam ~~£3.60~~ **£3.24**

Wiltshire Chilli Farm

Sweet/Chipotle Chilli Sauces ~~£3.50~~ **£3.15**

Hellmouth Chilli Sauce (v. hot!) ~~£4.50~~ **£4.05**

Cranberry/Fireside/Habenero Jam ~~£3.85~~ **£3.47**

Biona Curry Sauces

Korma/Tikka/Madras ~~£2.19~~ **£1.97**

Thai Green/Red Sauces ~~£2.49~~ **£2.24**

Essential

Organic Coconut Milk ~~£1.55~~ **£1.40**

Organic Spice Packets ~~£1.09~~ **£0.98**



Purton

Farm Shop



From our land to your hand

Farm shop open Tues-Sun

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