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VEG BOX CONTENTS & RECIPES FOR WEEK COMMENCING 18th NOVEMBER 2019



E A T L O C A L ⋅ L I V E B E T T E R

VEG BOX CONTENTS

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| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  | | **BOX SIZE &**  **CONTENTS** | **SMALL**  **BOX** | **MEDIUM**  **BOX** | **LARGE**  **BOX** | **WHERE IT IS GROWN** | **STORAGE INSTRUCTIONS** | | **LOCAL GALA APPLES** | **√** | **√** | **√** | Coxheath | Room temperature | | **SATSUMAS** | **√** | **√** | **√** | Spain | Room temperature | | **BANANAS** | **√** | **√** | **√** | Costa Rica | Room temperature | | **LOCAL KING EDWARD POTATOES** | **√** | **√** | **√** | Birchington | Cool, dark place | | **LOCAL COURGETTES** | **√** | **√** | **√** | Thanet | Refrigerate | | **LOCAL BRUSSEL TOPS** | **√** | **√** | **√** | Canterbury | Refrigerate | | **LOCAL LEEKS** | **√** | **√** | **√** | Herne | Refrigerate | | **LOCAL CARROTS** | **√** | **√** | **√** | Dartford | Refrigerate | | **AUBERGINES** | X | **√** | **√** | Spain | Refrigerate | | **LOCAL VINE TOMATOES** | X | **√** | **√** | Thanet | Refrigerate, eat at room temperature | | **LOCAL BUTTERNUT SQUASH** | X | X | **√** | Boughton Monchelsea | Refrigerate | | **LOCAL RED ONIONS** | X | X | **√** | Dover | Cool, dark place | |

**This week’s savoury recipe**

LEEK, POTATO & BACON SOUP WITH CROUTONS

Ingredients – Serves 4

Knob of butter  
2 Large leeks cleaned and sliced  
400g potatoes peeled and cut into chunks  
1 litre vegetable stock  
Vegetable oil  
1 piece white bread cut into squares

2 rashers of bacon

Instructions

In a heavy saucepan melt the butter over a medium heat.  Once melted add the slices of leeks and sauté for about 5 minutes until soft.  Add the potatoes and stock and give it a good stir.  Bring to the boil and then reduce to simmer.

Cover with a lid and leave to simmer for around 20 minutes, stirring occasionally until the potatoes are soft. Test them with a fork.

Meanwhile, heat some oil in a shallow frying pan.  Putting in enough glugs to have the oil at about 1cm deep. Heat the oil over a medium heat, when ready add the squares of bread, stirring with a spatula and fry until golden. When ready remove with a slotted spoon and leave to dry on some kitchen paper until ready to serve.

Once the soup is ready, remove from the heat and blend with a hand blender. Return to the heat to keep warm.

Pop the bacon under a medium grill, turning once, and cook until crispy. Then cut or tear into pieces.

When ready to serve, ladle the soup into bowls and top with the croutons and bacon.

Serve with crusty bread.

This week’s sweet recipe

OAT, GINGER & SATSUMA SCONES

Ingredients – 8 servings

1½ cups plain white or whole flour

¼ cup sugar

1 teaspoon baking powder

½ teaspoon baking soda

½ teaspoon salt

zest of two satsuma mandarins

zest of one lemon

4 ounces cold butter cut into ¼ dice

1 cup rolled oats

5 tablespoons minced, candied ginger

¼ cup milk

**For the glaze:**

½ cup icing sugar

pinch salt

2 tablespoons satsuma juice

Instructions

Position a rack in the middle of the oven and preheat to 425º. Line a baking sheet with parchment paper.

Combine the dry ingredients and zests in a large bowl. Work in the butter with your fingertips until the mixture resembles coarse sand with some pea-sized butter bits remaining. Toss in the oats. Add the milk little by little, tossing with a rubber spatula, until the dough just comes together.

Turn out onto a lightly floured surface and pat into a 1' high round, about 6" in diameter. Cut the round into 8 wedges (they will look small, but will grow a lot as they bake). Place on the baking sheet and bake for 15-20 minutes until golden, rotating once or twice. Let them cool for a few minutes.

Whisk together the icing sugar, salt, and enough juice to make a thick pourable glaze. Drizzle over scones. Sprinkle with 1 tablespoon minced ginger. Best served warm.