



Newsletter 27th April 2013

West Kirby Farmers' Market
St Andrew's Church Hall, Graham Road, CH48 5DE
admin@westkirbyfarmersmarket.co.uk
www.westkirbyfarmersmarket.co.uk
Twitter @wkbfarmersmarket
0151 625 0608



Salmon with Watercress Wrapped in Pastry

A seasonal recipe from local food writer
Carol Wilson

80 g watercress, leaves only
55 g butter
salt and pepper
4 skinless salmon fillets
500 g puff pastry
flour
1 egg, beaten

1 Heat the oven to 190°C (170° fan) gas 5.
Line a large baking tray with non-stick
baking paper.

2 Put the watercress, butter and salt
and pepper to taste in a food processor
and blend to a rough paste.

3 Roll out the pastry on a lightly floured
surface into a large square and
cut into 4 equal squares.

4 Put a salmon fillet on each pastry square
and spread with a layer of the watercress.
Brush the edges of the pastry with egg, then
fold over and press well to seal. Trim off any
excess pastry. Use the pastry trimmings to
make leaves and attach to the parcels with a
little beaten egg. Place on the baking tray.

5 Brush the parcels with egg and bake for
20-25 minutes until golden brown and crisp.

Buy fresh fish just up the road at Hoylake
Fisheries, 106 Market St, Hoylake CH47
3BE (They also sell local duck eggs)

News from producers

Anju's Indian Cuisine

A new stall at West Kirby Farmers' Market this week will be Anju's Indian Cuisine.

Brought up in northern India, with a rich heritage of traditional family cooking, Anju will be offering authentic, home-cooked Indian food as well as a range of fresh, home-blended spice mixes for you to recreate the authentic flavours in your own kitchen.



Souperlicious

As the weather improves we have been busy in the Souperlicious kitchen creating our range of spring soups, these are lighter than the more traditional Winter Warmers and hopefully will appeal to our customers both old and new. We do taster samples, so you can try before buying.

This month we have Watercress and New Potato. The Watercress has been sourced locally from Peter Jones down the road at Wirral Watercress. The soup has strong peppery taste and we are sure it will go down well hot or cold.

All our soups will freeze, are made with fresh local ingredients and are free from artificial colourings, preservatives and flavourings.

Flaming Bean Coffee Roastery

Based in Neston, we've recently taken delivery of a new batch of single estate coffees including Bolivia Caranavi Valley (Fairtrade, Organic and Rainforest Alliance), Columbia Bucaramanga and Brazil Santos which we will be roasting fresh for the market this Saturday.

We will also have for sale the much sought after Australian Basalt Blue. Grown and harvested in the natural eco-friendly rainforest environment of tropical Australia, this coffee has its own single origin unique character. This coffee is so exclusive even the Australians don't know it exists!



WKFM's monthly e-newsletter, gives you news from producers, seasonal recipes, special offers (from the market and local retailers) and details of other local food events that we're organising.

Email us at admin@westkirbyfarmersmarket.co.uk if you'd like to be added to the circulation list. We promise not to pass on your details or use them for any other purpose.

27th April Market Specials

G&T, black sesame, fig & orange and Sambuca truffles	Choc Cellar
Savoury muffins and chickpea burgers	Veggie Fayre
Watercress & new potato soup	Souperlicious
New Fairtrade, Organic & Rainforest Alliance coffees	Flaming Bean
Gloucester Old Spot chorizo in a bun with oregano onions	Manna Foods
Sourdough linseed baguettes	Little Eye Bakery
Sticky Toffee Pudding and Sticky Ginger Pudding	Yasmin Limbert

Buy local - cook local

Sharpen up your skills
or offer a local cookery course as a great present.

Start It Up - Sourdough Breadmaking

Courses with Malcolm of Little Eye Bakery:
Tuesday May 28th at St Bridget's Centre, W Kirby
June 30th at Claremont Farm, Bebington
0151 625 9221, email: info@littleeye.org.uk

Chocolate workshops

With Bala of The Chocolate Cellar
At Claremont Farm, Bebington
0151 200 2202
email: chocshop@thechocolatecellar.co.uk



The Basics of North Indian Cuisine
Workshops with Anju of Anju's Indian Cuisine
18th May & 15th June St Bridget's Centre, WK
May 26th, June 9th, July 14th, Aug 4th at
Claremont Farm, Bebington
07816 148 623
email: anjusindiancuisine@gmail.com

Julian's Restaurant, Hoylake

Prepare a three course meal including home made bread and spun sugar with
Head Chef Julian at his restaurant on Market Street, Hoylake
On Sunday mornings from 10am to 2.30pm, maximum 2 people.
0151 632 6241, email: julianshoylake@btconnect.com

Claremont Farm

A huge variety of cooking and other courses offered here - making cheese,
sausages, gluten-free baking, sushi, vegetarian, mexican, pizza, cakes and more.
07780 943 938, email: thefamily@claremontfarm.co.uk

Market dates

4th Saturday every month
9am - 1pm

Saturday 27th April 2013
Saturday 25th May 2013
Saturday 22nd June 2013
Saturday 27th July 2013
Saturday 24th August 2013
Sat 8th September 2013
Sat 26th October 2013

How to get there:

On foot or by bike: 400 metres
from West Kirby railway station,
on Meols Drive (towards Hoylake),
then right into Graham Road.

By bus: Services 22, 24, 38, 39,
77, 77A, 83, 83A, 437 to West
Kirby

By train: Services every 15 minutes
into West Kirby station.

By car: Parking for the market is
not easy. Park on Meols Drive and
in the town centre; and for blue
badge parking only, in the Church
Hall car park.

Visit West Kirby Community Cycling Hub at the market 10am-12noon



*Whatever your interest in
cycling, come and see what
we have to offer. Bring your
bike and we'll show you a
basic bike maintenance
check. Free maps, guided
rides, tuition, racing,
security marking & more.
**We'll be in front of the
Concourse 4th & 11th May***

20% off anything on the Wro breakfast menu

THE WRO
Bar Loft Lounge

Voucher valid
Saturday 27th April
10am - 12.30pm
at The Wro Lounge
Grange Rd, West Kirby
CH48 4DY