



Newsletter 26th April 2014

West Kirby Farmers' Market
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26th April Market Specials

Aunty's Kitchen - Tarka Daal - yellow lentils; Aloo Rassa - potato & pea curry; Punjabi home style chicken curry; and a seasonal vegetable dish.

Little Eye Bakery - Chelsea Buns with our own freshly ground spice mix.

Veggie Fayre - Wild Garlic, Mushroom & White Wine Pie, with fresh locally foraged wild garlic.

Veggie Fayre will be taking samples of their sensational Brownies down to Palms this Saturday. Ask there if you'd like to see them as a regular stock item.



Seasonal Recipe by Carol Wilson

ROAST LEG OF LAMB WITH GARLIC AND ROSEMARY

1.5kg leg of lamb
1 tbsp olive oil
salt
freshly ground black pepper
8 - 10 cloves garlic
2 onions, roughly chopped
3 sprigs rosemary
2 bay leaves
1 wineglass dry white wine
150 ml water
1 tbsp white wine vinegar
1/2 lemon, juice

Heat the oven to 220°C (200° fan) 425°F gas 7. Rub the lamb with the olive oil and season with salt and pepper.

Put the garlic cloves and onions into a roasting tin with 2 sprigs rosemary and the bay leaves. Put the white wine, water, vinegar and lemon juice into a pan and bring to a boil. Pour over the garlic and onions. Place the lamb on top and sprinkle with rosemary from the remaining sprig.

Cook for 15 minutes. Reduce the oven temperature to 180°C (160° fan) 350°F gas 4. Cook for a further 60-80 minutes, until the lamb is tender. If the onions and garlic become too dry during cooking add a little more water.

Farmers' Market dates

4th Saturday every month, 9am - 1pm

Saturday 24th May
Saturday 28th June
Saturday 26th July
Saturday 23rd August...

How to get there:

On foot or by bike: 400m 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 to 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.

We're delighted to have a set of lovely market drawings from the very talented West Kirby artist Jim Fleming to illustrate our newsletters. He's captured the essence of the farmers' market. It's all about supporting the local community and buying local food freshly produced for the market by people you know and trust.



jimtheartist

New Confections from Eponine

Chris & Natalie, who've been 'wow'ing us at the market with their exquisitely presented Eponine Patisserie, are expanding to produce a range of home made confectionery.



For this market they have made a range of a classical French confection - *Paté de Fruit*.

Not strictly a paté, but fruit jellies made with real fruit purées rather than just fruit juice, giving them a wonderful texture and strong fruit flavours. As with all their produce, these have been entirely hand made from the finest ingredients and natural 100%

fruit purées. They are also set with pectin rather than gelatin making them vegetarian and vegan friendly!

These will accompany some of Eponine's other patisserie and for this market, a few classic French Tarts.

From around 2pm on Saturday, right after the market, they will be doing a brief pop up in the new Whitmore & White food hall on Pensby Road in Heswall, which stocks their produce. They'll be giving out lots of free samples for anyone who drops in to see them.



Almost Zero Food Miles



Mike Morton, chief cook and bottle washer of Find Inspiration In Food, will be bringing a limited number of 340g Jars to the April Market in order to see if there is a demand for the larger jar. Priced at £4 they are even better value than the 227g jar selling at £3.

AZFM (Almost Zero Food Miles) products available this month include Rhubarb Chutney and the Rhubarb & Ginger Preserve. Both contain rhubarb grown on Claremont Farm in Bebington. Claremont Farm to Mike's kitchen in Hooton and on to WKFM is only 21.8 miles.

Find Inspiration In Food luxury preserves have always been suitable for vegetarians and vegans but now they are all gluten free too.

See their new website www.findinspirationinfood.co.uk where you can buy mail order, or follow on Facebook - facebook.com/fiifpreserves or Twitter @fiifpreserves

Clive Ransom, of Manna Foods is passionate about the provenance of food. He has scoured the north west (and further afield) for small independent food producers and the very best of local produce, with the idea of creating a genuine farmers market shop to support and stimulate a local and affordable sustainable food economy.

The Manna Foods Deli on New Chester Road, New Ferry (next to Edge Butchers) opened earlier this month, with a huge range of stunning local food. Of course, as it sources the best from the region, you'll find some of our market producers there, such as Wirral Countryside Bees, Find Inspiration in Food, Chocolate Cellar.

At the back of the Deli is a large, accredited catering kitchen. Clive wants to use this for education and to support new start-up local food businesses, but it's also where he himself cooks the fresh produce sold in the shop. All the meat he uses comes from Edge's next door - so you'll find a cold cut rib of beef using Longhorn Beef from Barnston, a Cheshire ham using Gloucester Old Spot pork from Ness. He makes a great range of Scotch Eggs (Smokey BBQ; Thai Green Curry; Birds Eye (chilli) Bomb...) plus Smoked (Ward's) Haddock Dragon's Eggs and lightly spiced Three Bean Veggie Delight, some with breadcrumb coating and some with a chopped nut coating for those with gluten intolerance.

Rather than fill this newsletter describing the great local produce that Clive has brought to the Manna Foods Deli - go along and have a look. There will be something there to tempt every palate, every diet and every budget.

CATERING SPECIALISTS MANNAFOODS

