

# Newsletter 22nd December 2012

West Kirby Farmers' Market  
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## New at the market this week

- Manna Foods - Rare-breed hog roast, with apple sauce & stuffing.
- Miffed Squirrel - Xmas cakes, cupcakes and Xmas-tree biscuits.
- Souperlicious - Homemade seasonal vegetable soups.
- Flaming Bean Coffee Roastery - Handpicked & ethically sourced.
- Crosslea Farm - Free range eggs all the way from West Kirby.
- Weatheroak Farm - Ostrich meat & home produced fruit cordials.

### Christmas Pudding Truffles

- 225g Christmas Pudding
- 55g ground almonds
- 2 tablespoons Amaretto or other liqueur
- 110g good quality plain chocolate, (70% cocoa solids)

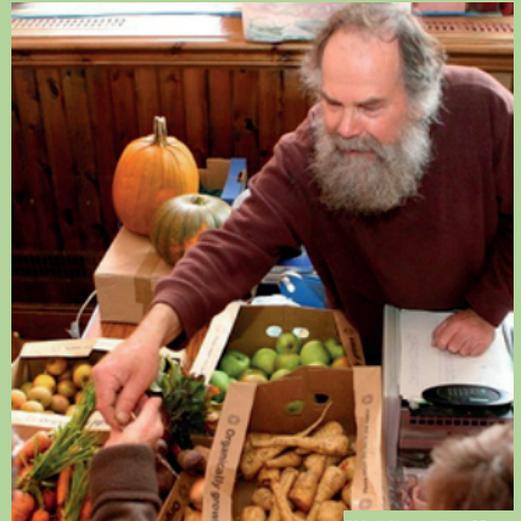
Crumble the Christmas pudding into a bowl, add the ground almonds and liqueur then mix thoroughly. Take teaspoons and roll into 16-18 smooth balls. Break the chocolate into a small bowl and melt over a pan of simmering water. Stir until smooth. When cool take each truffle on a fork and dip into the chocolate, place on a piece of non-stick paper to set.

*Alternatively roll in grated chocolate or use white chocolate instead of plain.*

## About our local producers

West Kirby Farmers' Market is committed to supporting local food. All our stall holders are selected against the strict selling criteria of traditional farmers' markets. This is your guarantee that the produce sold at the market will have been grown, reared, caught, brewed, pickled, baked, smoked or processed locally, and is sold to you either by the producer or someone directly involved with production.

## Local Producer Profile



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### Bryn Cocyn Organics

Patrick Noble farms the oldest organic farm in Wales - a small, upland mixed farm looking out into the Vale of Clwyd.

He rears Black Beef and lamb, which are fed on grass and clover, with home grown hay and silage in the Winter. The farm is self-sufficient in animal feed and buys in no fertilisers. Animals are slaughtered in Denbigh, only 10 minutes from the farm.

Everything sold is produced at Bryn Cocyn - potatoes, carrots, onions, leeks and parsnips in Winter, with a wider range in Summer and Autumn - roots, salads, spinach, chard, squashes, etc. He sells cooking apples and eaters and some apple juice from a small established orchard and has newly planted two acres.

In the long Winter nights he writes books.

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.

## 22nd December Market Specials

Freshly cooked, dressed lobster	Derimon Smokery
Christmas Stollen	Little Eye Bakery
Veggie Christmas dinner options	Nourish & Veggie Fayre
Gifts-choc salami, mulled wine kits...	Yasmin Limbert
Cranberry and rosemary stuffed saddle of lamb, £2 off all joints	Friarspark Jacobs
Christmas baked ham by the slice	A.I. Roberts
Seasonal flavoured Jersey ice cream	Backford Belles
Xmas spiced sausages & meatballs	Pen y Lan
Mince pies & Christmas puddings	Mary's Homemade Cakes

### Gravlax

*A delicately flavoured dish of salmon marinated with dill - a speciality of Sweden and other Scandinavian countries.*

675g middle cut of salmon, filleted with central bone removed and skin left on  
1 small bunch fresh dill

**Curing mixture:** 2 tablespoons coarse sea salt  
2 tablespoons light muscovado sugar  
2 teaspoons cracked peppercorns  
Mustard and dill sauce to serve

Rinse the salmon fillets and pat dry with kitchen paper. Remove any remaining small bones. Separate the dill sprigs and twist off the coarse stalks. Combine sea salt, Muscovado sugar and cracked pepper for the curing mixture. Place one half of the fish, skin side down, in a shallow dish. Sprinkle with half the curing mixture and rub into the flesh. Top with a good layer of dill sprigs. Rub the other half of the fish with the remaining mixture and place it, skin side up, on the first fillet forming a sandwich. Cover with a plate and a heavy weight. Refrigerate for 3 days, turning the fish every 24 hours. Lots of juices form during the curing time, and the flesh of the salmon is compressed and deepens to the colour of smoked salmon. Scrape off any curing mixture, slice at a low diagonal very thinly and serve with the mustard and dill sauce.

**SAUCE:** Combine 2 tablesp white wine vinegar, 2 level tablesp Dijon mustard, salt and milled pepper and 2 tablesp clear honey and mix well. Stir in 100ml light olive oil and 3 tablesp chopped dill.

## Market dates

4th Saturday of every month  
9am - 1pm

Saturday 22nd December 2012  
Saturday 26th January 2013  
Saturday 23rd February 2013  
Saturday 23rd March 2013  
Saturday 27th April 2013  
Saturday 25th May 2013  
Saturday 22nd June 2013  
Saturday 27th July 2013  
Saturday 24th August 2013  
Saturday 28th September 2013  
Saturday 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 railway station.

By car: Parking on Meols Drive and in town centre; and blue badge parking in the Church Hall car park.



You can also buy H.S.Bourne's handmade, award-winning Cheshire cheeses from Little Deli in Hoylake, Wirral Farmers' Market, or from Chatsworth Farm Shop Selfridges, or Borough Market, London!

WKFM recipes written by Wirral food writer, Carol Wilson