



Newsletter 24th November 2012

West Kirby Farmers' Market
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Welcome to WKFM's first e-newsletter. We hope to publish this monthly, to give 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 your details on or use them for any other purpose.

HONEY CAKE

Try using different types of honey available at WKFM to subtly change the flavour of this deliciously moist cake

300ml honey
75g butter
350g wholemeal flour
2 teaspoons mixed spice
1 teaspoon bicarbonate of soda
50g candied orange peel, chopped finely
3 eggs
3 tablespoons milk
finely grated zest of 1 unwaxed orange

Heat the oven to 160°C (140° fan) 325°F gas 3. Grease a 20cm square tin and line the base with non-stick baking paper. Spoon out 4 tablespoons honey and set aside. Put the rest of the honey into a small pan with the butter and heat gently until just melted. Sift the flour, spice and bicarbonate of soda into a mixing bowl and stir in the candied peel. Beat together the eggs, milk and orange zest and add to the dry ingredients with the cooled honey mixture. Beat until well mixed and pour into the tin. Bake for 1- 1 ¼ hours until cooked through. Prick the top of the cake with a skewer or fork and brush with the reserved honey while the cake is still warm. Leave to cool in the tin, then turn out onto a wire rack. When cold, wrap in greaseproof paper or non-stick baking paper and keep in an airtight tin. Keep for a few days before eating to allow the flavours to develop.

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



David McCreddie, owner of Derimôn Smokery, is a really genuine, lovely man. Go and chat to him. Here's one of his exploits.

"I came across a Mum, Dad and 4 little boys on a busy Saturday night, walking along the road to Moelfre - the kids were obviously exhausted. So I stopped to help.

"They had been on the low water at Moelfre catching crabs in pools and the dad had put his bunch of keys down. They went to see the lifeboat, etc and at 5pm returned to their car - no keys!

"I took them to their static at Lligwy, got another key from the site owner and came home for my diving gear.

"I picked the dad up and I swam out - now at high tide at 20.30hrs.

"Left a bit, right a bit, out a bit - and I found the keys - car, house and security key to his workplace! If they had got a taxi, I would never have met them."

24th November Market Specials

Stilton & Walnut Loaf
Chilli & Cheddar Loaf

Traditional sourdough baking from
Little Eye Bakery

Chestnut & Horseradish Rissoles
with Cranberry & Orange Sauce

Vegetarian treats from Veggie Fayre

Chocolate Truffles

Hot Toddy (whiskey & lemon),
Christmas Pudding, Santa's Pie,
Heartwarmer (mulled wine spices),
Gingerbread and Marzipan.

Handmade in Wirral by The
Chocolate Cellar.

Old-fashioned Apple Pie

From West Kirby's own GBBO star,
Yasmin Limbert.

Christmas Baked Ham
Traditional Pickled Brisket
Black Pudding Scotch Eggs

From A.I. Roberts, using our WKFM
Baked Ham recipe, below.

Market dates

4th Saturday of every month
9am - 1pm

Saturday 24th November 2012
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.

CHRISTMAS BAKED HAM

Both Finland and Sweden have a festive smörgåsbord (voileipäpöytä in Finnish) of beautifully prepared foods. The centrepiece is a succulently moist baked ham.

- 1 x 2 kg boned and rolled gammon joint
- 2 onions, quartered
- 6 peppercorns
- 1 carrot
- 4 parsley sprigs
- 4 bay leaves
- 15g fresh thyme
- 100ml dry cider or beer
- 110g light muscovado sugar
- 2 teaspoons ground allspice
- 1 teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 2 teaspoons fresh rosemary
- 1 teaspoon ground bay leaves

Soak the gammon in cold water for 12-24 hours if needed. (This isn't always necessary so check the directions on the pack). Place in large pan, cover with cold water and bring to the boil. Skim off any scum. Add the onions, peppercorns, carrot, parsley, bay leaves and thyme.

Cover the pan and simmer slowly for 1½ hours. Heat the oven to 200°C (180° fan) 400°F gas 6. Place the gammon in a roasting tin with the cider or beer and remove the skin, leaving the fat intact. Mix the sugar with the spices, rosemary and bay and rub all over the ham. Bake for 30 minutes, basting frequently with the cider or beer. When the fat is golden and crisp, transfer to a plate and leave until cold.

WKFM recipes written by Wirral food writer, Carol Wilson



Tiresford Guernsey Gold
Cheshire Brie beat both
the French and Somerset
Brie at the Bath and West
Agricultural Show