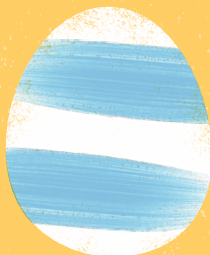




Abel & Cole



The Little Book of
EASTER

No. 9 | March 2017





BAKED FEASTER EGGS

Melt 50g butter in a pan. Add 300g blanched baby leaf spinach, a good grating of nutmeg and seasoning. Stir in 4 tbsp double cream. Spoon the spinach mix into 2 ramekins. Make shallow wells in centre. Crack an egg into each and pour 2 tbsp double cream over each egg. Place the ramekins in a deep sided tray filled with a little hot water. Bake in a preheated oven (200°C/Fan 180°C/Gas 4) for 12-16 mins till the egg whites are set.

Head to abelandcole.co.uk/recipes for the rest of our cracking collection





Time for Easter Feasting

Is that you, Spring? Oh how we've missed your bright, sunshine face and dashing floral bonnets. Now you're back we're putting the cold nights far behind us, throwing on our frilliest frocks and dreaming of a jolly good roast. The Easter Bunny is hopping this way and we're laying on quite the organic spread to celebrate, all courtesy of some of our very brightest farmers, makers and bakers.

In these pages you'll find inspirational recipes and everything else you need to throw a bank holiday banquet to amaze and delight. From tender joints for roasting to hot cross buns for toasting and oodles of organic chocolate in between.

SAY HELLO TO THE AUTHENTIC BREAD CO. p4

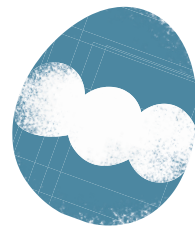
A little funny joke
about baking p5

Our top ten eats of Easter p10-12

THE WHOLE FEAST
MADE EASY p13

Our catch of the
day Fish Pie p16

EVERY WORD
PRINTED WITH
VEGETABLE INKS



TREATING YOU SWEETLY

Spend £25 on our Easter chocolate and get free Hot Cross Buns when you use the code **FREEBUNS** at checkout (valid on deliveries till March 24th)

DID YOU KNOW?

If you're going on your Easter jollies, or just need to skip a delivery, it's nice and easy. Pop over to **My Account > Manage Holidays** at abelandcole.co.uk

All illustrations are by Darling Clementine/Agent Molly & Co.
All the prices and info in this little book were correct at the time of print.





ALEX, SOPHIE
AND EMILY





Flour Power

Bakers born & bread.

We popped in on our old friends the Davis family and their Authentic Bread Co. The boffins baking our lovely loaves for the last 12 years

It all began in a garage in the Gloucestershire countryside in 1995. Now 22 years and a whole generation later, The Authentic Bread Co. are hard at work, baking tempting Easter tarts and crossing hot buns just for us.

Alan Davis; a telephone engineer for over twenty years loved to holiday with his family in France, where his passion for real bread was born in the boulangerie. It was there he set about changing not only his career, but the way we bake and eat back home. With this he took to his garage, where he'd combine top-notch organic ingredients with care and patience to craft an artisanal (authentic, you might say) alternative to what he saw as the mass produced, lifeless loaves found in supermarkets.

Fast forward to 2017 and the bakery is thriving in its new home a little way down the track on Strawberry Hill Farm. Alan is enjoying his retirement,

safe in the knowledge that three of his children; Emily, Sophie and Alex share his passion for sustainable baking with no added nasties.

“...sustainable baking with no added nasties”

“Bread's too often seen as just a way to get sandwich filling in your belly.” Alex tells us while we watch his team expertly knead and shape the latest batch of their delicious new bake at home breads by hand. “Our aim is to make bread the main event again.” and having tasted them dear reader, we think they may just have cracked it.

“Our aim is to make bread the main event again.”

Abel & Colers have been loving their loaves for over a decade now and this year they're putting on an Easter spread you won't find anywhere

else. There's spectacularly scrumptious Sticky Toffee Pudding Hot Cross Buns (and Chocolate Orange ones too) as well as the traditional sweet, hazelnutty Cozonac loaf, speciality of Chabba, the jolly Hungarian baker.

Most importantly, they work hard, keep their people happy and are always trying new things. No matter what time of year, The Authentic Bread Co. bake expertise and passion into every last bite.

Always Organic

“The organic standard is synonymous with the highest quality ingredients and allows us to know exactly what goes into everything we bake.”

Emily Crewe; General manager and big sister of the bunch, on why the Authentic Bread Co. has been 100% organic from the very first loaf.

Why do bakers go to work?
They knead the dough



Flour Power

Unique bakes

Fresh from the ovens of our brilliant bakers to your table this Easter.
Feast your eyes on our traditional breads and cakes from around the world



Simnel Cake, £16.49

Long Crichtel's traditional marzipan marvel. Organic and chock-full of currants, cinnamon and almonds.



Colomba di Pasqua, £13.99

Made with the finest organic olive oil; the dove shaped Colomba is a sweet brioche cake traditionally eaten in Italy at Easter time.



Cinnamon Sharing Bun, £5.29

A moist, fruitful currant loaf perfect for tearing, sharing and wolfing down warm with the family. Heavenly with a spot of organic cream or custard.



Cozonac, £4.49

A fragrant and liberally spiced Eastern European celebration bread. Soft and sweet, with a hazelnut swirl hand folded through the middle.





Bunny business

Ears to you

Hand marbled, organic milk and white chocolate all the way through and (almost) too cute to eat. Meet Cocoa Loco's little bun-dle of joy

WHAT'S UP
CHOC?



**Thumpingly Chocolatey Marbled
Rabbit, Cocoa Loco, £10.59**





1



2



5



6



7



8



9





Top of the chocs

Organic from the first nibble to the very last bite, our whole range is crafted (and rigorously taste tested) by champion chocolatiers at the top of their game. It's not Easter without the eggs, and we've got them by the dozen.

In no particular order:

1. Cocoa Loco Hot Cross Bun Truffles, **£6.45**
2. Montezuma Dark Chocolate Chunky Button Egg, **£9.99**
3. Abel & Cole Dark Chocolate and Cocoa Nibs Egg, **£7.99**
4. Abel & Cole Milk Chocolate and Butterscotch Egg, **£7.99**
5. Montezuma, Cheeky Milk, Dark or White Chocolate Bunnies, **(Pack of 8) £4.99**
6. Cocoa Loco Milk Chocolate Rabbit Lolly, **£1.69**
7. Cocoa Loco Milk, brand new White Chocolate & Raspberry and Dark Chocolate Mini Eggs, **£6.29**
8. Cocoa Loco Mr Funny Face Milk Chocolate Egg, **£12.69**
9. Booja Booja Fine de Champagne Truffle, Small Egg, **£9.99**
10. Cocoa Loco Massive Dark Chocolate & Cinder Toffee Egg, **£29.99**



Room for more chocolate?
Head to abelandcole.co.uk/easterchocolate



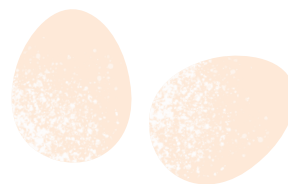
Our Easter top ten...

1 Organic, sticky, sweet and soft, The Authentic Bread Co. have mastered (and miniaturised) the Hot Cross Bun. You can only get these little beauts' right here, in your choice of Sticky Toffee Pudding or Chocolate Orange flavour.

Mini Hot Cross Buns
(Pack of 6), from £2.69



Not your average nut roast, but a sumptuous veggie main that's made to please. **Nut Roast, Clive's Pies, £5.25**



3 With their thick, bright orange yolks, our organic duck eggs are just the ticket to make that bank holiday brunch even more special.

Duck Eggs, Organic, Free Range, Puddle Lane (6), £3.49



Everything you need to turn up the flavour on the traditional lamb roast. Complete with Mint, Rosemary, Lemon, Garlic and Apple as well as recipe tips for a ravishing roast drizzle, and homemade mint sauce.

Easter Flavour Bundle, £4.00





5 Working on land which has never been treated with chemicals, Valencian vintners Vinedos & Bodegas Vegalfaro present our Easter Wine Club. A white, red and rosé all encapsulating the rebellious spirit of the grower. It's not just the labels they've flipped upside down, but also preconceptions of what classic wine varieties entail.

Monthly Wine Club, £29.99



6 Crumbly, creamy, Caerffili, with a lemony tang and a fitting tribute to Thelma; a legend of Welsh cheesemaking. She was famously towed through the town of Carmarthen, dressed as Cleopatra in a bath of milk to protest against governmental milk quotas in 1984.

Thelma's Original Caws Cenarth, £3.49

7 The classic roast

From free roaming lamb on the organic pastures of Dartmoor, matured for at least a week before being hand prepared by The Well Hung Meat Co. Succulent and full of flavour, it's a fitting centrepiece for every Easter Feast.

Whole Leg of Lamb, £39.99





8 Booja Booja are celebrating a triple win at this year's taste awards. Crack open this delicately hand painted wooden egg keepsake to reveal a treasure trove of their unmistakable chocolate truffles. Decadent to the last bite, they're flavoured with chewy, gooey sea salted caramel and roasted almonds. Organic, dairy, gluten, and soya free and absolutely guaranteed to delight anyone lucky enough to receive it.

Almond and Sea Salt Caramel Truffle Egg, Booja Booja, £24.99



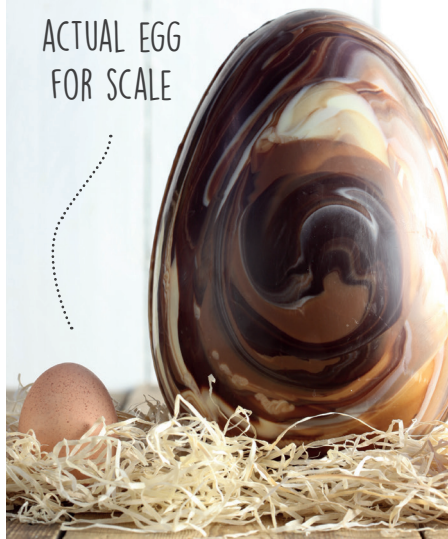
9 Smooth, creamy organic stout with a sweet chocolatey finish. Steeped in tradition from Yorkshire's oldest brewery.

Chocolate Stout, Sam Smiths £2.75

10 A whopping 1.25kg of Cocoa Loco's signature, single source organic chocolate. It's eggstra large.

Massive Marbled Chocolate Egg with Buttons, Cocoa Loco £29.99

ACTUAL EGG
FOR SCALE





Season's Eatings

ROAST CHICKEN
WITH A WILD
GARLIC BUTTER



Your Easter Feast Wrapped Up

Starring Chris Labdon's stellar slow-grown Devonshire chicken with all the organic trimmings (just in season purple sprouting broccoli anyone?), and a light, Sicilian white wine to bring it all together. **The Whole Roast Box (serves four), £30** (for deliveries from April 10th)





Season's Eatings

Spiced Carrot Tarte Tartin with Walnuts & Feta

Prep: 40 mins

Cook: 1 hr

Serves: 6

Ingredients:

75g butter

3 red onions

6 carrots

2 tbsp balsamic vinegar

1½ tbsp sugar

1 tbsp cumin seeds

A large pinch of chilli flakes

200g feta

A handful of thyme, leaves only

450g puff pastry

100g walnut halves

Method

1. Preheat your oven to 200°C/
Fan 180°C / Gas 6.

2. Peel and thinly slice the red onions. Melt a third of the butter in a 24cm ovenproof frying pan.

Add the onions with a pinch of salt. Gently cook for 15 mins.

3. While the onions cook, trim and halve the carrots lengthways (no need to peel).

4. Pour 2 tbsp balsamic vinegar into the onions. Add ½ tbsp sugar and bubble for 2-3 mins. Spoon into a bowl. Set aside.

5. Add the remaining butter, sugar and spices to the pan. Add the carrots. Pour in 200ml boiling water. Gently cook for 15 mins till the carrots are tender and the liquid has evaporated. Turn them over a few times.

6. Remove the pan from the heat. Make sure the carrots are in a single layer on the bottom of the pan. Top with the balsamic onions. Crumble over half the

feta and most of the thyme. If your pan isn't oven proof, lay the carrots on the bottom of a 24cm tart tin or dish and top with the onions, feta and thyme.

7. Roll out the pastry into a large circle—about 1-2cm bigger than your pan, tin or dish. Lay the pastry over the pan and tuck the edges in around the carrots.

8. Bake for 30 mins till the pastry is golden and firm.

9. While the tarte bakes, chop the walnuts and toast them for 2-3 mins in a dry frying pan. Tip into a bowl and set aside.

10. Remove the tarte tatin from the oven and let it rest for 5 mins. Place a plate on top and carefully flip the tart out. Scatter over the remaining feta and thyme leaves with the walnuts. Serve in generous slices with a crisp green salad.



Our recipe patch is in full bloom
at abelandcole.co.uk/recipes





Season's Eatings



Persian Herb & Beetroot Salad

Prep: 20 mins

Cook: 10 mins

Serves: 6

Ingredients

50g bulgar wheat

1 tbsp coriander seeds

½ orange

½ lemon

1 tbsp olive oil

Sea salt & ground pepper

1 beetroot (approx 200g)

1 apple

4 spring onions

100g mixed soft herbs, such as dill, flat leaf parsley, tarragon, mint or chervil

50g watercress

Method

1. Tip the bulgar wheat into a bowl. Pour over enough boiling

water to cover by 1cm. Set aside.

2. Toast the coriander seeds in a dry frying pan for 2 mins. Crush in a pestle and mortar.

3. Zest and juice half an orange and half a lemon into a large bowl. Whisk in the coriander seeds with 1 tbsp olive oil. Season generously.

4. Scrub and coarsely grate the beetroot. Quarter the apple and slice out the core. Coarsely grate it. Add them to the bowl and toss to mix in the citrus dressing.

5. Thinly slice the spring onions. Finely chop the herbs and watercress stalks. Roughly chop the watercress leaves.

6. Fluff the bulgar wheat if necessary, and fold into the dressed apple and beetroot.

7. Add the spring onions, herbs and watercress. Toss them through the ruby salad just before serving.

Balsamic Roasted Purple Sprouting Broccoli

Prep: 5 mins

Cook: 15 mins

Serves: 4-6

Ingredients

400g purple sprouting broccoli

1 garlic clove

2 tbsp balsamic vinegar

1 tbsp olive oil

Sea salt & ground pepper

50g pine nuts

Method

1. Preheat your oven to 200°C/Fan 180°C/Gas 6.
2. Trim the dry ends from the purple sprouting broccoli. Cut any thicker stalks in half. Place them on a baking tray.

3. Peel and grate the garlic clove. Whisk it with the balsamic vinegar, olive oil and plenty of salt and pepper

4. Pour the balsamic dressing over the broccoli and toss to coat the broccoli thoroughly. Scatter over the pine nuts.

5. Slide the baking tray into the oven and roast the broccoli for 10-15 mins. The broccoli stalks should be tender and the florets slightly charred.

6. Serve on a platter with any balsamic dressing from the baking tray drizzled over.

Our recipe patch is in full bloom
at abelandcole.co.uk/recipes



Season's Eatings

Golden Fish Pie

Prep: 20 mins

Cook: 50 mins

Serves: 4-6

Ingredients:

200ml white wine

350ml vegetable stock

1 bay leaf

A pinch of saffron

2 leeks

50g butter

2 tbsp plain flour

A large handful

of flat leaf parsley

1 lemon

100g baby leaf spinach

200g crème fraîche

Sea salt & ground pepper

8 scallops

2 x 375g fish pie mix

1 egg, beaten

450g puff pastry

Method

1. Preheat your oven to 180°C / Fan 170°C / Gas 4. Pour the wine and vegetable stock into a pan. Add the bay leaf and a pinch of saffron threads. Set on a very low heat to warm through.
2. Trim and slice the leeks. Melt the butter in a large frying pan. Add the leeks and gently fry for 10 mins. Add the flour and cook for 2 mins, stirring. Ladle in the warm wine and stock slowly, whisking constantly, and discarding the bay leaf. Keep adding till it is all used up and you have a smooth sauce. Set the heat to its lowest setting and simmer for 5 mins.
3. Finely chop the parsley, leaves and stalks. Finely grate the zest from the lemon. Roughly chop the spinach and add to the pan. Stir to wilt. Whisk

- in the crème fraîche, lemon zest and parsley. Season and remove from the heat. Add a squeeze of lemon juice to taste.
4. Halve the scallops. Put them and the fish pie mix in a pie dish.
 5. Pour over the saffron sauce and gently stir to mix.
 6. Brush a little egg on the edges of your dish. Roll the pastry out into the right shape to cover your dish, leaving a 2cm border. Lay over the dish and press the pastry onto the dish edges to seal it. Slice a small cut in the middle of the pastry to let steam out. Trim off any extra pastry. Brush the pastry lid with the beaten egg and crack over some pepper. Use any trimmings to decorate your pie if you like.
 7. Bake for 30 mins till the pastry is golden. Cool for 5 mins then serve with green vegetables.



Our recipe patch is in full bloom
at abelandcole.co.uk/recipes





Season's Eatings



Lemon, Cardamom & Olive Oil Bundt Cake

Prep: 20 mins + cooling

Cook: 30-40 mins

Serves: 8-12

Ingredients:

½ tbsp + 250ml olive oil

½ tbsp + 275g self-raising flour

3 eggs

300g caster sugar

16 cardamom pods

250g natural yogurt

Zest of 3 lemons

To decorate:

140g Rococo white

chocolate with cardamom

Icing sugar

Cocoa Loco mini eggs to decorate

Method

1. Preheat your oven to 180°C / Fan 170°C / Gas 4. Oil a 24cm bundt or 22cm cake tin with ½ tbsp oil. Dust it with the flour and shake out any excess flour.
2. Crack the eggs into a large bowl and beat well. Add the sugar and beat till the mixture is light, fluffy and pale.
3. Lightly crush the cardamom pods in a pestle and mortar. Discard the papery husks and crush the seeds till you have a fine powder.
4. Mix the yogurt, olive oil, lemon zest and cardamom powder together in a separate large bowl. Fold in the flour with a spatula till well combined.
5. Spoon the batter into your prepared tin and level the top.
6. Slide the cake into the oven.

Bake for 30-40 mins till the top is golden and the cake springs back when lightly pressed.

Insert a skewer into the cake – it should come out clean with no batter or crumbs attached. Bake the cake for a little longer if necessary. Leave the cake in the tin for 10 mins, then turn out onto a wire cooling rack to cool completely.

7. When the cake has cooled, chop the chocolate and pop it in a bowl set over a pan of gently simmering water. Don't let the bowl touch the water. Warm till the chocolate has melted.

8. Dust the cake with a little icing sugar. Drizzle over the white chocolate. Top with Cocoa Loco's adorable little chocolate eggs to finish and marvel at your creation.

Our recipe patch is in full bloom at abelandcole.co.uk/recipes



School of Veg

Mint, Rosemary & Apple Relish

A ravishing Easter relish that's herbaceous, nutritious and delicious



How?

Pour **200ml** cider vinegar into a pan. Add **225g** caster sugar, **2 tsp** English mustard, **3** rosemary sprigs and a pinch of sea salt. Bring to a simmer and heat till all the sugar has dissolved. Remove from the heat. Peel, core and finely chop **250g** apples. Peel and thinly slice **4** shallots. Finely chop the leaves from **1** rosemary sprig.

Shred the leaves from **40g** mint sprigs. Put everything in a large, sterilised jar. Pour over the warm vinegar mix, removing the rosemary sprigs. Gently stir and seal in your favourite jar. Marinate for at least 4 hours. To serve, shred around **10g** of fresh mint. This relish keeps in the fridge for 2 weeks. Delicious with roast lamb, pork chops or even a cheese sarnie.

Forever foraging

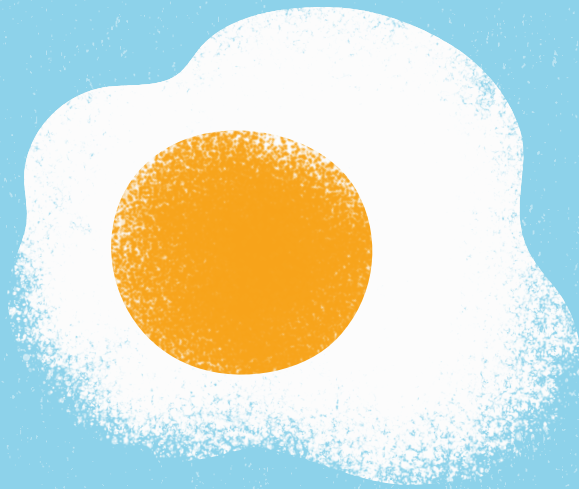
Our wild man Wross knows a thing or two about sustainable, seasonal eating and we're excited to be stocking up on some of his hand picked wonders for you to enjoy.

Wild Garlic: Appearing in our Whole Roast Box this Easter, and the ideal taste to make your garlic butter sing.

Sea Beet: A big bright leafy green for when you fancy something a little punchier than spinach or rainbow chard.

Sea Purslane: Plucked from the banks of the channel estuary in East Sussex, this salty little number makes a delicious raw garnish and seasons fish superbly.





REAL EGGS

not just the chocolate kind

Our organic eggs come from Andrew Jackson's farm in Wiltshire, where his hens cluck, peck and scratch about freely, enjoying the fresh air come rain or shine.

They're free as a bird should be, which is why their eggs are always sunny side up.





WHY DID THE
EASTER EGG HIDE?



'COS IT WAS A
LITTLE CHICKEN

Abel & Cole
abelandcole.co.uk

