

MELROSE ^{AN^D} MORGAN

GROCCER
42 GLOUCESTER AVENUE
LONDON NW1 8JD
020 7722 0011

August

2008

At last...

...the long days of summer are providing us with delicious and abundant fruit and vegetables from Britain! Our table is brimming with colourful salads, grilled fish and meats, whilst our fridge is stocked with a wonderful range of chilled desserts and marinated meats for barbeques.

And picnics!

Nothing puts you in that summer-time frame of mind like a delicious meal, enjoyed in the outdoors. If you're off to Glynebourn, or going to watch the cricket, or cheering on the boat crews, or maybe you want to treat a friend or two, or impress the boss or staff or just sit back and relax in the park then we have a range of picnics to suit the occasion. The Evening Standard recently awarded us the only '5 out of 5' rating against people like Fortnum and Mason! Orders can be collected from our Primrose Hill shop, or we can arrange delivery within London. Each picnic is packed in our very collectable PICNIC canvas bag, with eco-friendly plates, cutlery, cups and napkins. Bespoke picnics can be arranged for larger groups of people. For further information please call the shop on 0207 722 0011 or visit our website on www.melroseandmorgan.com



In season:

Plums, Lettuce, Tomatoes

Plums were brought to Britain from Syria and Persia. The stones of plums are like a fingerprint, with each one being unique to a variety. Victoria plums are the most popular variety, with their deep purple hue and green flesh. Greengages are as their name would imply, green and delicious. They have a short season so pounce on them when you see them. Towards the end of the summer you

will see a small purple variety by the name of Damson. These are too tart to eat on their own but make wonderful jams and 'cheese' – similar to a quince paste and a perfect match for a mature cheddar.

Lettuce in all its forms is abundant. We always have bags of mixed baby leaves directly from Secrets farm in the fridge along with our homemade mustard or balsamic dressing.

You don't have to trek down to Borough Market for your weekly fix of Isle of Wight tomatoes. You will see the red and orange orbs in the shop everywhere except the fridge where they are sapped of their smell and taste.



Cheese of the month:

Tymsboro

Tymsboro is an unpasteurised cheese using goat's milk. Shaped like a pyramid with the uppermost tip lobbed off and coated with a mixture of charcoal and salt. As with all our cheeses there is a charming story to go with it. The maker of this cheese, Mary Holbrook trained as an archeologist before turning her attention to cheese making. She keeps three different breeds of goats, a total of 90, which she milks only when she has allowed them outdoors in the spring. During the colder months, the goats congregate indoors and are not milked. Once outdoors, they are partial to thistles, nettles and various weeds. The consumption of a wholly fresh outdoor diet and the respite they have from milking produces milk with unique flavors, which transfers nicely to the finished cheese. The summer cheese has less fat and protein than the autumn one so will keep better. As they are an artisan cheese, they will vary in flavour, but all the cheeses will have an 'almondy lemony' flavour.

Supplier of the month:

Regent's Park Honey

This honey is the most local product we stock. It is produced in nearby Regent's Park by the bees of Toby Mason. The bees arrive by post every year from New Zealand, something that unnerves the postman who delivers the buzzing packet. The worker bees are sired by Queens and they have a very calm and gentle nature, which makes them ideal for busy Regent's Park. The honey is available from June to August and changes hue and flavour from light at the beginning of the season to darker and stronger by the end. The June 2008 Editions are redolent of elderflowers.

AND...

New Canvas Shopping Bags

We have four new Melrose and Morgan shopping bags; **NUTS, PICKLE, HONEY** and **APPLES**. And we have added a long handled version. All priced at £3.95 each.

Fabric Awards 2008

Melrose and Morgan has been short listed for best food store along with Waitrose and Wholefoods. Help us win two years in a row by logging on to www.fabricmagazine.co.uk and voting for us. Thank you!

Opening Hours

A little reminder—our opening hours have changed slightly.

Monday to Friday 8am–8pm

Saturday 8am–6pm

Sunday 9am–5pm

Salad Cream

Salad cream is one of those culinary mysteries. Is it a mayonnaise? Is it just cream, vinegar and oil? In fact, it is a cooked sauce of eggs, flour, sugar, mustard and salt with cream added to it. It's a very simple thing to make and will keep for up to two weeks.

Ingredients

1 tablespoon plain flour
4 teaspoons caster sugar
1½ teaspoons powdered English mustard
Pinch of salt
2 eggs
100 ml white-wine vinegar
150 ml double cream
Squeeze of lemon juice

Method

1. Put a pan with some water to simmer on the hob. Make sure you can snugly fit a bowl on top without it touching the water.
2. Mix together the flour, sugar, salt and mustard.
3. Beat in the eggs and white-wine vinegar.
4. Add the sauce to the bain marie (your suspended bowl) and stir until the sauce becomes thick in consistency. This should take around 5 minutes. Allow to cool.
5. Add the cream and taste. How much cream you add is a matter of personal taste. Add a squeeze of lemon, again to taste.