

# MELROSE <sup>AN<sup>D</sup></sup> MORGAN

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**Spring**

**2008**

## Hello

This time of the year is always exciting for us at Melrose and Morgan as the limited earthy offering of winter starts to give way to the tender bounties of spring. To help you take advantage of the new season we have significantly increased our range of products so that you can pack as much as possible into the lengthening days without compromising on eating delicious, seasonal, local food. Help yourself to the varied selection in the fridge and freezer, pre-order from the table up to one week in advance or for parties of 10 or more you can choose from our catering menu.

With the arrival of Spring and clocks going forward and the promise of lighter evenings, we are changing our Sunday opening hours to accommodate. We will now be open an extra hour on Sunday afternoons until 5pm.

## Seasonal Treats

- Outdoor rhubarb is lending its sour floral accent to our tarts, fools and yogurt pots.
- In April asparagus spears become available. The closer to picking the sweeter they are. Our asparagus is delivered fresh each morning.
- Sweet Isle of Wight tomatoes are back in our shop.
- Spring lamb is best enjoyed towards the end of spring when the weather becomes milder and the lambs have benefited from time spent outdoors. We source our organic lamb from Rhug Estate. Robust mint will have started to fill out by now so serve your lamb with a generous dollop of mint sauce. Or try your Spring lamb with Jersey Royals, rolled around in sweet butter and showered with a handful of chopped mint.
- The plight of farmed fish is joining the farmed chicken debate. Mackerel is a wild, local and sustainable alternative source for your Omega-3

requirements and the flavour is exceptional. We make a mackerel pate, full of fresh herbs and delicious spread on some toasted sourdough.

- The glossy broad leaves of wild garlic are a subtle way to introduce the flavour of garlic into food without being subjected to the bulb's usual pungency. The pretty white flowers are also edible and will lend a lovely visual accent to salads.

## Cheese of the month:

### Stichelton

Stichelton is an organic blue cheese made from the un-pasteurised milk of Friesian-Holstein cows. The primary difference between Stilton and Stichelton is the use of the raw milk. Joe Schneider and the founder of Neal's Yard Dairy were looking for a Stilton like cheese that could pack more of a punch, that's how they came up with this outstanding cheese. And they named it Stichelton, which is the old Saxon name for the town of Stilton.

The cheese is bumped, cracked, turned and poked with long hollowed out spikes to introduce oxygen into the cheese, which encourages the blue to start colonising.

All the careful attention to detail, from the Fresian cows, to the painstaking maturation process and even the strictly controlled 36 tons a year produced has made this an extremely popular cheese amongst discerning turophiles (cheese lovers).

**AN<sup>D</sup>...**

## Sir Hans Sloane Chocolates

We're introducing a delicious new range of chocolates to complement our existing suppliers. Sir Hans Sloane Chocolate and Champagne House believes it's secret to success lies in its own in-house "conching." The result is a chocolate with a satiny texture producing a sumptuous feeling in the mouth.

Conching is the flavour and texture development stage where the cocoa liquor is converted into couverture. A conching machine kneads and rolls the liquor over an extended period of time, while the chocolatier adds cocoa butter, sugar, milk and flavourings to achieve the desired taste and texture, raising and lowering the temperature to achieve optimum results.

Created by Master Chocolatier Bill McCarrick who received a Gold Award for best Organic Chocolate at the 2007 World Chocolate Awards. In the same way as a great Michelin-star Chef reduces his stock with diligent skill to coax from it shy but fabulous flavours, so they refine their chocolate particles to silky lava. Their ingredients are the best: for instance, they include Tahitian vanilla, cocoa beans from Orinoco and other exclusive estates, hazelnuts from Alba. Once you've tasted a Sir Hans Sloane chocolate creation, you will not be satisfied with anything else. We will be stocking their dark and milk bars and their range of lovingly hand crafted artisanal chocolates and pralines from his chocolate studio in Surrey.

Each bar and box come beautifully packaged and make an ideal gift. Prices start at £1.80 for a 30g bar whilst a small selection box is priced at £15.00.

Watch out for "Meet the Producer Saturdays" – details to be announced soon.

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### Join our Mailing List...

To receive our seasonal newsletter or if you want a copy of our daily menu sent to you each day email us at [info@melroseandmorgan.com](mailto:info@melroseandmorgan.com)

## Asparagus Soup with Poached Egg

Asparagus and eggs have an affinity for one another. We recommend the Fenton Farm eggs for this recipe that way when you cut into the egg the rich orange yolk will dramatically flood into the vibrant green soup.

### Ingredients

(Serves 4)

- 2 bundles asparagus, trimmed
- 1 leek, rinsed and trimmed
- 50g butter
- 400ml chicken or vegetable stock
- 1 tablespoon double cream or more to taste
- 1 tablespoon olive oil
- 4 eggs, poached

### Method

1. Cut the asparagus into 1½ inches. Reserve the tips for later. Halve the leeks lengthways and cut into 1cm slices.
2. Melt the butter in a large saucepan over medium heat. Add the leek and sauté for 5 minutes. Add the asparagus stems and sauté for a further 3 minutes. Add the stock and bring to the boil. Simmer for 10 minutes or until the asparagus is soft and cooked through.
3. Meanwhile, bring some salted water to the boil. Turn down so that it is simmering. Crack the eggs into ramekins, bring the ramekins close to the surface of the water and gently tip in. Poach for 5 minutes and drain on paper towel.
4. Blend the soup until smooth. You can do this either with a hand blender or in a food processor. Season to taste with salt and pepper. Add the double cream.
5. Heat a griddle pan. Toss the asparagus in olive oil and griddle for a couple of minutes. Ladle the soup into warmed bowls, top each with a poached egg and asparagus tips and serve with some lightly toasted sourdough bread for mopping up.