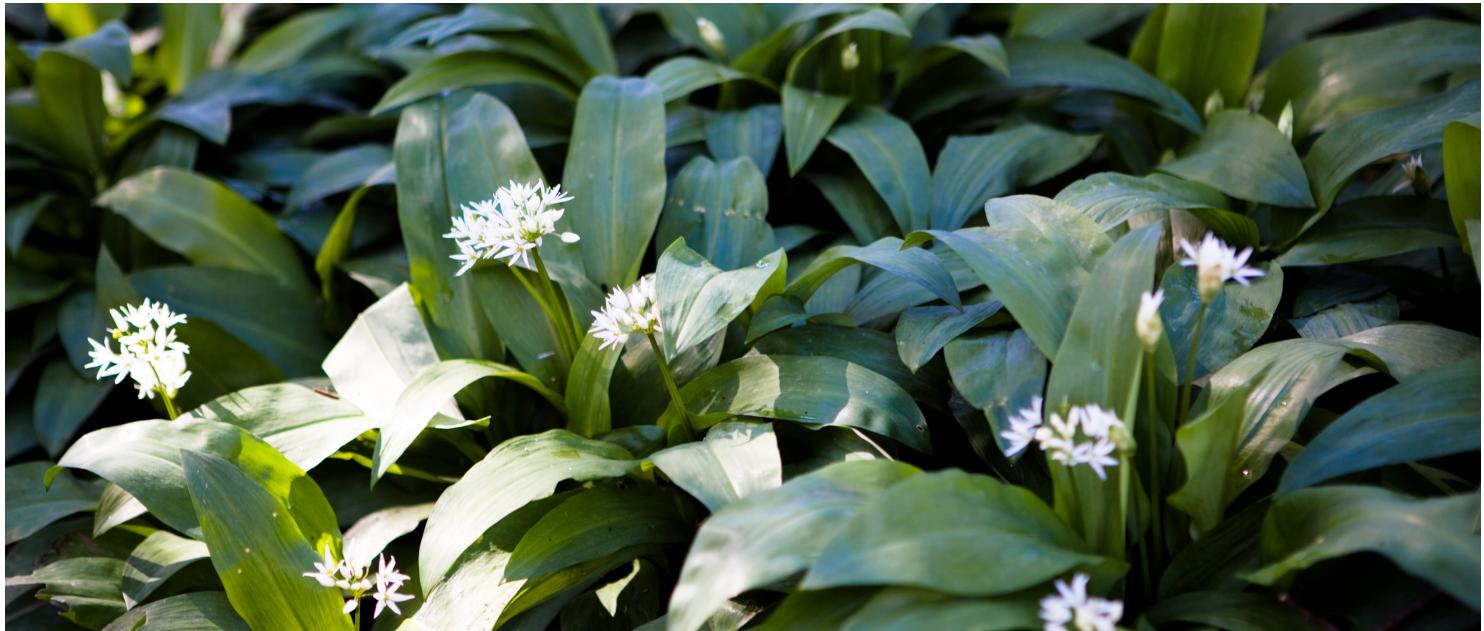


# chef PAUL COLLINS

Private Dining In The Luxury of Your Home

March 2013



Welcome to March. As I write this I am longing for the first signs of spring to arrive, but the reality is that today it is minus 1 and I still feel like cooking hearty warming food! No doubt the weather will turn and then we will see an abundance of shoots start to appear and our style of cooking will be transformed.

I have seriously considered turning vegetarian these last few weeks on account of all the scandal that seems to be prevalent in our food production, from the horsemeat fiasco that still rumbles on, to the fish fight campaign over the farming of prawns and the reality of the way that our food is produced and sold, how it was handled in the butchery? Do we then do it justice in the kitchen by not wasting any of it? When I eat meat I try to source locally or look for the Soil Association logo so I know that the highest standards have been met.

I am always seeking new interesting small growers or people that take a very genuine interest in the welfare of our animals and am pleased to say over the past few weeks I have visited a number of local farmers markets and bought food for my family, engaging in conversation with the people that produce or make the food to find out how they do it. I believe that we should support them in whatever small part we can or they will disappear.

I am a keen forager and there is nothing like returning from a family walk with bags full of wild garlic or young nettles, all for free! I make soups and pesto with these and keep them in the freezer. So for later on in the month my food stars are **wild garlic**, **nettles** and looking ahead, can't wait for the first **morels** and **asparagus**.

Get in touch if you are planning a dinner at home for which you might like me to cook. If you want my advice about a recipe or have any culinary questions don't hesitate to email or call. Good Eating!

*Paul*

Just A Thought ...

SINCE 1985, 15,000 BUTCHERS HAVE GONE OUT OF BUSINESS AND 80% OF ALL MEAT SOLD IN THE UK IS NOW SOLD THROUGH THE SUPERMARKETS. SUPPORT SMALL LOCAL PRODUCERS BY BUYING LOCALLY.