

Welcome to a New Year and our third market report. As we start 2014, January is a time for setting resolutions, but, in the middle of winter, we can't overlook the old-fashioned comfort foods like your Mom used to make.

Fruits and Vegetables

January is the season for blood oranges, along with pomegranates, and both add vibrant colors on long, grey winter days.

Winter parsnips are great for a hearty gratin and warming soup.

Curly kale is great sauteed with butter and nutmeg or just steamed simply

Try Jerusalem artichokes as an alternative to potatoes, as well as swede puree, which will give you a filling vegetable offering.

The first crop of forced rhubarb is great for pies and fruit crumble, but don't forget the custard!

Meats and Game

As wild duck and pheasant come to the end of their season in the middle of January, geese and venison are readily available – and not just the premium cuts! Why not try leg of venison in a rich port wine and chestnut casserole?

Also, January 25 is "Burns Night," when Scottish people celebrate the life of poet Robert Burns with that ever-so-Scottish dish, "Haggis."

Fish and Shellfish

Still at their best in the cold UK waters are native oysters and Scottish mussels. Oysters are great to eat raw, or even better grilled with garlic and herb crumbs.

Try steamed mussels with tomatoes, shallots, and sauteed chorizo sausage for a warming winter supper.

Sea bass is still at its finest, steamed with ginger and Asian greens and a chili soy dressing.

For another, lighter meal, try native UK clams with parsley and lemon simply mixed with spaghetti.

Cheese

At this time of the year, the best cheeses, such as the nutty Gruyere and the silky soft Vacherin and Raclette, come from the Alpine and Swiss regions. All of those cheeses are perfect served warm with crusty bread after a day's skiing.

If you are celebrating Burns Night, why not end your meal with some wonderful Scottish cheese, such as Dunsyre Blue, Mull of Kintyre, or rich Lanarkshire, made from ewe's milk? All are perfect with oat cakes, homemade chutney, and a single malt whiskey.

Our Chef's Suggestions

Venison and Redcurrant Hot Pot

With root vegetables and redcurrant sauce, topped off with parsnips, and served with buttered kale

Lemongrass Steamed Mussels

With bok choy, sesame oil, and Asian ketchup

Burns Night Mussels

With cream and whiskey

Tartiflette

Potatoes baked with onions, bacon, cream, and Reblochon cheese

Fregola con Arselle

Sardinian pasta and clam soup

Rhubarb and Vanilla Charfouts

For any information on the above, please contact London@airculinaire.com. As well as Burns night on the 25th, don't forget Chinese New Year on the January 31.

Next month, we will discuss purple broccoli, fiery horseradish, and, of course, St. Valentine's Day.

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