



Harvest Souffle

From Nel's kitchen

A delicious dinner dish which celebrates the best of the harvest - and great for showing off the fruits of your allotment or vegetable patch.

Don't be put off by the thought of making "soufflé" – just make sure you have a deep enough dish, and that it is well greased.

- 450g courgettes, peeled and diced
- 450ml milk
- salt and pepper
- pinch of grated nutmeg
- 3 eggs

- about 1kg of a mix of your favourite root vegetables and/or squashes – carrot, swede, sweet potato, squash, peeled and chopped into 2-3cm chunks
 - 3-4 oz pearl barley, soaked and cooked according to the instructions on the packet
 - 2 vegetable stock cubes
- Pre-heat oven to gas mark 6, 200 electric or 190 fan)

First, prepare the pearl barley – it usually needs soaking and cooking for at least an hour and a half.

Lightly cook the vegetables for around 10 minutes, and then place with the barley in the bottom of the soufflé dish. Warm 150 ml of the milk and melt the stock cubes into it – pour over the vegetables

Cook the courgettes in half a pint of milk with salt, pepper and nutmeg over a low heat until very soft, and then pour off half the remaining milk in the pan. Puree the courgettes with a whisk, blender or by mashing it and then pushing it through a sieve with a spoon. Allow to cool and check the seasoning – it often needs a little extra salt and pepper.

Separate the eggs and stir the yolks into the courgette puree. Whisk the egg whites until they are firm, and stir a tablespoon or two into the puree. Then add the rest of the whites and fold them in with a figure of eight shape (don't beat them as the air will come out and you will get scrambled eggs!)

Pile the mix on top of the vegetables and reduce oven heat to 170 (150 fan) or gas mark 3, and bake for around 40 minutes. Do try not to peep! You can keep it longer in the oven if it still seems a little runny - just cover the top with some greaseproof paper to prevent it burning.

Say you saw it in the Aire Valley Mag!



Do you ever wish you could turn up the volume of speech when in background noise? Are you finding that people seem to mumble more nowadays?

If the answer to either of these questions is yes, then you probably need your hearing checked.

Digital Hearing Care, is a trusted local independent company with lots of experience and a host of satisfied customers. The company is registered with the Hearing Aid Council and prides itself on professionalism and integrity.

Paul Minikin, owner and MD explains, "It is very important to us that the customer feels completely confident and understands that we are completely focused on improving their hearing. We can call to see them in the comfort of their own home; there is no charge for the initial consultation and absolutely no obligation."

All dispensers employed by Digital Hearing Care are registered Hearing Aid Dispensers and follow a number of important steps. *They will:*

1. Ask you some questions about your ears and have a look in your ears to enable them to determine whether they should refer you to your doctor.
2. Make sure they properly understand how your hearing problem affects you.
3. Conduct a comprehensive

hearing test including a speech test to determine your suitability (or otherwise) for hearing aids.

4. Explain their findings and answer any questions that you may have.

5. Provide you with information on what types and sizes of hearing instruments are suitable for you and how much they cost.

6. Give you a realistic assessment of what can be achieved with the different types of hearing instrument they recommend.

If you decide you want to purchase hearing aids the next stage is to take impressions of your ears so they can build to the exact shape of your ear, enabling a comfortable, whistle-free fit.

'We excel at looking after our customers properly and like to go the

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Turn up the volume and you will soon turn up the enjoyment in your life!

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