

JUNE
2020



THIS MONTH OF JUNE is dedicated to love and happiness 🥰 Send your stories of things that have happened to you that have given you a warm glow. Send to the address below and quote 'BESTDAY' and your story could be featured in our next newsletter - lemouling@gmail.com

LMQ NEWSLETTER

Showcasing : Le Mans

Le Mans, a city in north western France, is not just a place to visit for its world famous 24 hour car race, it has a rich historical background, being the favourite home of the Plantagenet family, the counts of Anjou, Touraine and Maine. An ancient town with roman walls and the wonderfully preserved old quarter lies in the shadow of the magnificent cathedral.



Take the time to wander around the Galerie égyptienne in the Musée de Tessé. If you haven't yet been able to make the pilgrimage to see the burial chambers in the pyramids of Giza, Egypt, you will be awestruck by the replica here at the galerie. We can honestly say that this is the jewel in the crown of the museum.

source: france voyage

Lockdown Musings...

It is with wonderment that I realise just how much pasta my family have been getting through since this lockdown. We love the big, fat pasta 'conchiglioni' and linguine. When they were little, my kiddies loved using the fat pasta like pitta pockets on pasta bolognese night, which was always on a Monday (anyone else have 'set' meal days?) to scoop the bolognese into. *As an aside, I have a neighbour whose grandchildren refuse to eat anything other than penne pasta and it has to be white, go figure.*

Anyway, I digress slightly. This thought about eating so much pasta had come to me as I prepared dinner for my family last night. The weather outside had been glorious and although we didn't quite fancy just having a cold salad, I couldn't be bothered to stay in the kitchen for ages preparing a fancy dish either. We've also started trying to eat less meat so, thinking cap on - and with a fridge full of veggies - I decided to do a version of my 'garden linguine'. Because I'm such a nice person, lol, I'm going to share this recipe with you - I've called it 'garden linguine' as it uses lots of veggies (I know, not very imaginative but don't hate).

These are just approximate amounts and most of the items can be substituted for whatever you might have in your own cupboards. There's no wrong/right here so just go with it. The amounts I've listed will give 3 generous portions (and I must say here that this meal was preceded by a big plate of homemade Vietnamese summer rolls with a scrummy dipping sauce so we weren't starving hungry by the time I dished up. If you want that recipe too, just holler).

270g linguine
1 tbsp vegetable oil
1 large red onion, diced
2 cloves garlic, diced
1 large carrot, shredded
1 large broccoli, cut down into florets
1 red pepper, cut into strips
Salt and pepper

Sauce:
2tbsps oyster sauce
2tbsp hoisin sauce
2tbsp toasted sesame oil

Make the sauce by placing all the ingredients together in a small bowl and mix to combine. Put to one side.

You may also want to get your colander ready in the sink to drain the pasta once it's cooked.

Place a large pan of water with a tsp of salt on the hob and bring to the boil. Once boiling, add the linguine. Boil for around 10 minutes.

While the linguine is cooking: add the vegetable oil to a large wok and warm on a medium heat. Once the oil is warm, add the onion and garlic and cook for 6 mins, stirring so it doesn't burn.

At this point I should add that if you don't want squeaky broccoli - you know what I mean, it's in your mouth and you try to bite into it and it squeaks, uurrgh!! - then I would suggest you parboil/steam your broccoli for 2 minutes before adding to the final mix.

Once the onion and garlic are cooked, add the carrot and cook the mixture for another 1 minute, stirring occasionally.

Your pasta should be cooked now; drain and then put back into the pan and add the sauce. Toss the pasta in the sauce and cover with a lid.

Add your drained broccoli to your wok and then add the pasta. Toss everything so that all the veggies are also covered in the sauce.

Enjoy by slurping loudly as you eat 😊

FANCY 'LES VACANCES'?

While a lot of us in the UK are relishing a staycation (or at least a chance of looking at a different set of four walls), bear in mind that France is still a fantastic place to holiday and a mere 40 minutes away via the Eurotunnel. The Eurotunnel offers you travel without having to leave the confines of your vehicle and then, when you get to us at LMQ, you know that our idyllic rural location, with everything on site - gorgeous accommodation, a nice big garden with barbecue and pétanque, leisure complex with pool, jacuzzi, gym and games room - means you can have the equivalent of a 'staycation in France!! We'll even throw in a 5% discount if you quote 'staycation' when you book 😊