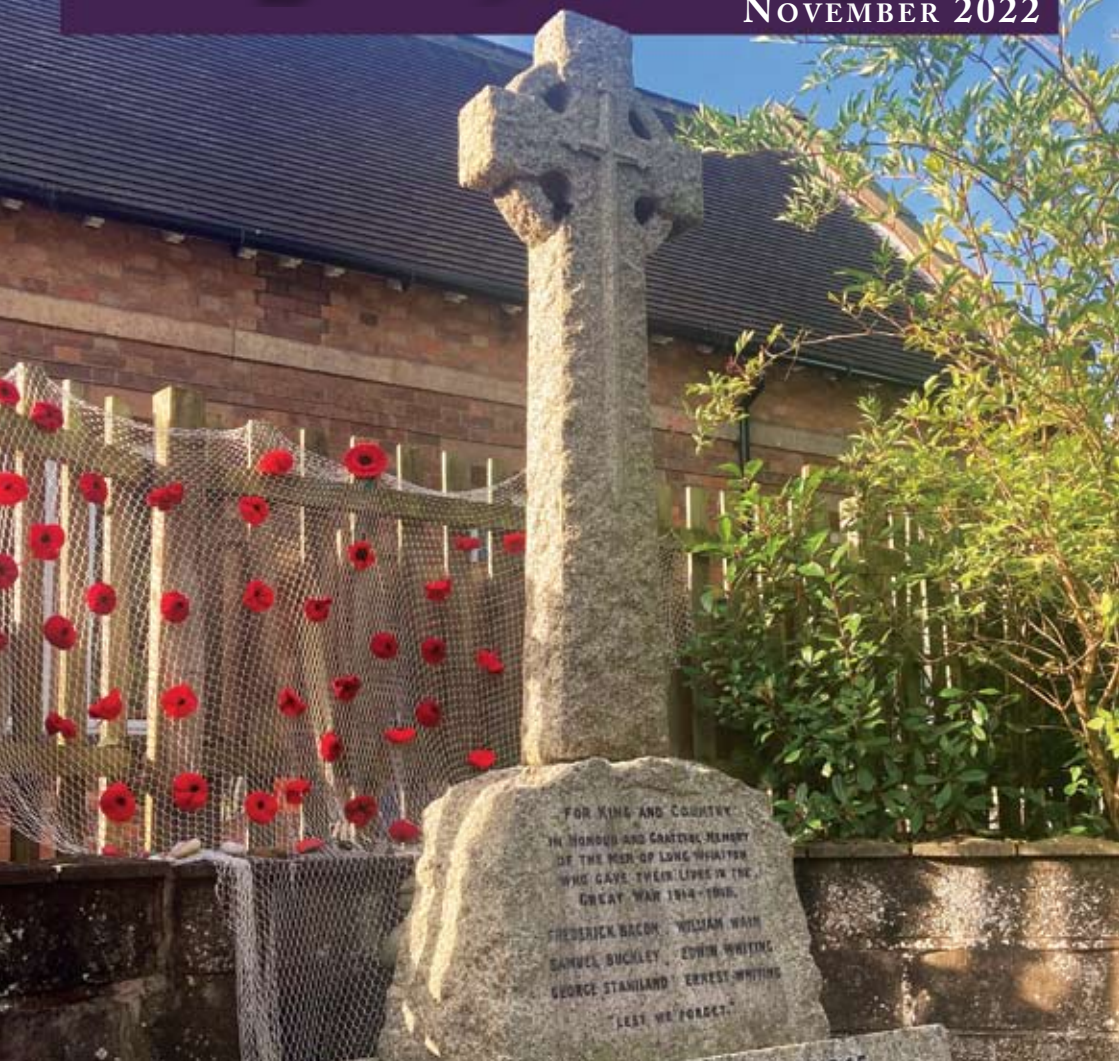


Long Whetton News

NOVEMBER 2022



FOR KING AND COUNTRY
IN HONOUR AND CATERING MEMORY
OF THE MEN OF LONG WHETTON
WHO GAVE THEIR LIVES IN THE
GREAT WAR 1914-1918.

FREDERICK BACON · WILLIAM WAIN
SAMUEL BUCKLEY · EDWIN WHITING
GEORGE STANILAND · ERNEST WHITING
"LET US NOT FORGET"

At the eleventh hour

on the eleventh day of the eleventh month
– we will remember them.

The village memorial has stood for one
hundred and one Remembrance days.

At the time the first world war was
thought to be the war to end all wars, but
twenty one years later the unthinkable
happened and more names had to be
added to the village memorial.

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EDITORS NOTES *and a big thank you!*

Congratulations to Long Whatton Primary School for topping the charts for year 6 SATs results in Leicestershire. This is an amazing achievement considering there are 311 primary schools in the county serving 89,100 students.

Are you a keen gardener? Would you be prepared to write a few paragraphs of tips and advice about gardening through the seasons? The magazine would love to hear from you if you can help.

Here at the magazine we love a good photograph, so we would love to see your best shots; landscapes, events, anything in the village. You could make the front cover.

Email us at longwhattonnews@gmail.com.

Lastly, thank you to all those that helped out with the deliveries of the October magazine. Apologies for the late delivery which was due to problems with the delivery company

COFFEE AND CHRISTMAS, KITTING AND NATTERING

The Knit and Natter group are hosting a coffee morning with a difference on Saturday 19th November 10-12pm at the Friendship Centre.

There will be plenty of knitted goods for sale that would make excellent Christmas presents including tree decorations, hat and scarf sets and blankets. Tea and coffee and a selection of homemade cakes will be available.

All proceeds to the MacMillan Cancer

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Meanwhile, the group have been busy knitting the amazing Witch and Black Cat adorning the post box at the village shop,

as well as decorating the memorial ready for Remembrance day.

LONG WHATTON NEWS *Advertising rates*

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Quarter page 63mm wide x 94mm deep.

Design: We can provide a design and artwork service for your advert, if required. Prices are subject to sight. Email us at longwhattonnews@gmail.com

THE LONG WHATTON NEWS

The Long Whatton News is produced twelve times a year and is delivered free of charge to every home in the village every month.

We aim to distribute each month's magazine around the 1st of each month.

It is produced by volunteers and depends entirely on voluntary contributions, advertising revenue and fund raising events.

The online version can be found on: www.longwhattonnews.co.uk

WE WANT YOUR NEWS

We would like to hear from you about your club, event or absolutely anything news-worthy about the village and its people.

Text us, WhatsApp us or email us longwhattonnews@gmail.com

THE TEAM

Penny de Kock 07393 407896
Neil Bamford 07921 855607

COPY DEADLINE

The copy deadline for articles for the December issue is 18th November.

THE MEMORIAL – *village history*

The beginning of the end of the first world war began with the Armistice - an agreement to end the fighting as a prelude to peace negotiations, began at 11am on 11 November 1918.

Seventy-three men from Long Whatton joined up to fight in the 1914 -1918 Great War and six never returned.

In February 1921, one hundred and one years ago, a Celtic cross of grey Cornish granite bearing the crusaders sword in relief on the shaft was erected in the school grounds, opposite the church in memory of the six men.



The unveiling ceremony

It stands 8ft 6 ins in height and bears the inscription 'For King and Country. In honoured and grateful memory of the men of Long Whatton who gave their lives in the Great War, 1914-1918. Lest we Forget'

A committee of parishioners was formed, with the rector as chairman and Mr Wheatley as treasurer and secretary, to make the arrangements for the memorial's construction.

G Maile and Sons, Monumantal Sculptors of 367 Euston Road, London, were tasked with supplying the memorial and Messrs Hobbs and Sons of Long Whatton installed it.

On 24th February 1921 a large gathering

attended the Sunday afternoon dedication service at All Saints church, which was a multi-denominational affair.

After marching across the road to the hymn 'Onward Christian Soldiers' the memorial was unveiled by the Right Honourable Lord Crawshaw. His Lordship said he 'considered it a great privilege to speak of those who by their patriotism saved the good name of England and made us safe in our hearths and homes. They were proud of the contingent that went out from Long Whatton. They knew the names of all and they wished

they could know their deeds of bravery and self sacrifice. Deeds, which in many cases meant giving life itself for a friend. These deeds they would know some day, but not now. Well was it that England had such worthy sons to fall back on in her dire distress. They honoured those who went from Long Whatton and what more would those men have desired than that simple, solemn, peaceful service under a glorious sky and attended by all their friends and neighbours round.' He thought it was 'a good thing this memorial cross was



Some of the dedication ceremony attendees

in a public place and he hoped as they passed they would look at it, not with tears, but with a smile of reverence, of pride and of appreciation the debt owed to their fallen friends.'

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NEW CLASS: SILVER SWANS BALLET FOR ADULTS

From 7th September

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LONG WHATTON SHOTOKAN KARATE CLUB

Congratulations to our September award winners!

On 25th September, the club was delighted that three of its members were successful in achieving their next belts at the third grading opportunity of the year at Nottingham Trent University. Congratulations to Grace Harlow (now 9th Kyu - orange belt), Isabella Taylor (now 7th Kyu - yellow belt) and Sophia Taylor (now 2nd Kyu - brown and white stripe belt).

We had fewer students grading this time due to a disrupted training schedule over the summer. However, we are really looking forward to the final grading opportunity of the year as we expect a large number of our students will be ready to try for their next belts in December. Everyone is working really hard, so we hope to be able to report good news in a couple of months' time.

At the start of October, we were delighted to present our latest monthly awards to students who have demonstrated exceptional commitment to their training in a number of categories. Congratulations to the following:

Karateka of the month:

Junior class: Isabella Taylor
Senior class: Lily Bradshaw

Attitude and spirit:

Junior class: Logan Dodoo

Senior class: Alex Coles

Most improved karateka:

Junior class: Cataleya Dodoo

Senior class: Summer Thornley

Zanshin (Focus):

Junior class: Tommy Fisher

Senior class: Noah Darby

Determination and energy:

Junior class: Charlotte Thompson

Senior class: Jack Clark

Best grading:

Junior class: Grace Harlow

Senior class: Sophia Taylor

On 23rd October, the next Central Region Kata Squad training is taking place. Sensei Ben, along with the rest of the squad were again undergoing intense training in Repton under the instruction of Sensei Frank Brennan, 8th Dan.

We've also been delighted to have more new starters join us recently.

Are you inspired to give karate a try? We run a junior class (5 years and above) from 5:45pm and a second session from 6:45pm for our slightly older children and adults every Thursday at the Long Whatton Village Hall. Get in touch via our Facebook Page @longwhattonkarate, e-mail the club at longwhattonkarate@gmail.com, or contact the club secretary on 07714335598

THE REGIMENTAL SONG *a poem by David Griffiths*

The carter led his team to field

The day that Jim was born

As he strode he whistled loud

"The Lark is in the Corn"

His mother held him to her breast

At dusk and then at dawn

She hummed a tuneful lullaby

"The Lark is in the Corn"

Down country lanes Jim strolled to school

A penance to be borne

A bird song high above his head

"The Lark is in the Corn"

Troops marching through the nearby town

The War a threatening storm

The band played loud with fife and drum

"The Lark is in the Corn"

The General looked him in the eye

And 'though his heart was torn

He followed where the trumpets led

"The Lark is in the Corn"

Jim's name is on the monument

His parents stand forlorn,

The drums play slow with muffled blow

"The Lark is in the Corn"

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LONG WHATTON SCHOOL *comes out on top*

The staff and pupils of Long Whatton Primary School returned after the summer holidays to the amazing news that the school is the highest performing school in North West Leicestershire for year 6 SATs results.

community including a visit from the Long Whatton Postman who inspired them to write their own letters and subsequently walk to the village shop to post them in the village post-box.



All credit to the past year 6 cohort and the management and teaching team at the School that give the children the best start to their secondary education and their future careers. Children and parents celebrated Harvest at All Saints Church, as usual, again this year. Pupils recited poems, performed songs and displayed their talents playing musical instruments at the first church service of the academic year. The school would like to thank parents for their contributions to Shepshed Foodbank.

For some parents the time has come around to be thinking about their first school for their child for next September. Contact Mrs Axon in the office on: 01509 842239 to arrange to pop in and meet both the class teacher, Miss Sharp and head teacher, Mrs Gray for a tour of the school.



Seventeen new children have been welcomed into the Hedgehogs class this year – the class for children who have turned 5 as they begin school. They started by meeting people from the local



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LONG WHATTON COMMUNITY ASSOCIATION

In partnership with the Parish Council the Long Whatton Community Association is looking to purchase the Methodist Church for use as a community building. The current thinking is that the Parish Council will purchase the building using a Public Loan (similar to a mortgage from the government, being paid back via the council tax). The Community Association then provides funds and physical help to re-furbish and upkeep the building and manages the day to day running.

The Parish Council has until November 14th to submit their bid under the Asset of Community Value to the estate agent. There is no obligation to the church to accept the bid, so until we know of their decision it is unclear whether we will have a community building or not.

To raise funds for this and promote community values the Community Association organises events and you will see notices appearing in the village advertising what is on. Our most recent event was the sell-out Cheese and Wine evening in partnership with Marie from Nibbles & Cheddar. The Friendship centre was laid out with 2 long tables for all the guests to sit and relax while savouring the cheese, chutney, honey (have you ever tried cheese and honey?), biscuits and wine. During the evening we tasted 5 very different cheeses, then had a bonus of a goat's cheese to try. To each cheese Marie gave some background information and tasting notes. Altogether an evening of perfect food, wine and good company.

Next is Megson

in Concert on Friday 11th November from 7.30 in the Community Centre. This folk band has been nominated 4 times for the BBC Radio 2 Folk Award. An evening of good music and hospitality.

Other dates are:

Santa's Sleigh Friday 16th December from Turvey Lane to the Cricket Club – if you would like to help on the night, can you please get in touch?

Tuesday January 10th, Community Association Meeting, 7.30pm Community Centre.

Saturday February 11th, Folk band Kelly Oliver at the Community Centre.

Friday February 24th, Whatton Laughs comedy night as part of the Leicester Comedy Festival.

Tuesday March 14th, Community Association AGM, 7.30pm Community Centre.

Saturday April 15th, Blair Dunlop at the Community Centre.

What other events would you like to see in the village? Can you help on one of the nights? Do you have any questions or would you like tickets, to any of the events, contact Silke Walker on 07964 824 108 or Viv Matravers on 07780 097997 at the Farm Shop.



WHATTON HOUSE GARDENS: *Divide and conquer by William Stanger*

Traditionally Autumn and Spring have been considered the best times of year to undertake new planting, including the transplanting of existing material. However, there has been a trend over recent years where Spring has been dry and not good for successful planting and establishment. Consequently, we are advocating as much autumn planting as possible. This is also the approach that Kew Botanic Gardens are taking along with Monty Don.

There are some exceptions, however. I have some young shrubby salvias that once established will prove hardy. But as small youngsters I am inclined to grow them on and plant them out next April when normally the worst of the frosts have finished. As a guide to dividing perennials, spring flowering types are divided in the autumn while late summer ones are divided in the Spring. This is partly to avoid dividing them when they are in full flower. As I write this in October the Michaelmas-daisies are in full flower, so they will be left alone, the likes of hardy geraniums on the other hand, are fair game. There are occasions when you simply need to get things done. If we really had to, we could divide a

Dividing existing plants has the advantage of making what you have go further. It is possible to turn 1m2 of say a geranium into 3m2

Michaelmas-daisy in full flower. To give the plant the best chance we would have to cut it right back to reduce the shock and focus its energy into re-establishing rather than trying to continue flowering. In the case of ornamental grasses, it is best to divide them in the Spring once they are in active growth. If



The Paradise Garden planted for this year. The long-term aim is to have more areas looking this good or better.

you divide them in the autumn when they are going dormant, there is a chance they will rot and die. Being in active growth means any cuts and wounds made will heal fast with the plant quickly re-establishing.

At the moment we have some areas that are left bare and are liable to become a carpet of weeds. To get the ground covered up and stop weed seed germinating we are attempting the momentous task of dividing and transplanting as much ground cover as possible. Geranium macrorrhizum and Phlomis



Geranium rhizomes lined out in mini trenches waiting to be covered up.

russeliana are well established in the garden and are tolerant of dry and shady conditions. This makes them useful for underplanting shrubs. To keep things simple, we will tend to plant in groups of seven or more to form drifts. This makes things easier for those with less plant knowledge. If the plants were more mixed up it would be harder for them to know what should and what should not be there. It is also easier to maintain. A whole drift can be cut back in one go and saves having to hunt down individual specimens. Large drifts can be made more interesting by using dot plants. Dot plants tend to be the larger species in the mix with a more architectural shape.

Dividing existing plants has the advantage of making what you have go further. It also saves having to buy in new stock. In some cases, it is possible to turn 1m2 of say a geranium into 3m2 by lifting and diving into smaller chunks. For a viable plant each division should have at least three to seven shoots compete with a section of the crown and roots. For quicker establishment I tend to make the divisions about the same width as my spades blade. In some cases, plants tend to fall apart into individual rhizomes. With the Geranium macrorrhizum, I have dug over the new planting site then made shallow trenches, laid out the Geranium rhizomes along the length of the trench, then back filled with soil covering the rhizomes with the leaves still protruding.

To increase the variety of plants we grow at Whatton House and to extend the season of interest we are planning to buy in some new material. But mostly we intend to work with what we already have. The result of this should better presentation and something that is easier to manage. As an added benefit of all this digging there is little need for us to go to the gym.

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THE SPACE BETWEEN *Rev. Louise Corke*

I'm a regular Radio Four listener, catching snippets of programmes more than whole ones, and occasionally hearing things so important I make a note of them. Back in March 2021, I heard Jenny Hill broadcasting from Dortmund in Germany, visiting the city's philharmonic orchestra rehearsal. She said,

"I sat in a dark auditorium as the string section, masked and distanced, picked up their bows to rehearse. It's been some time since I was at a concert; the sound was so rich, so warm, that I looked in astonishment at the orchestra manager. He, brandishing his collapsible 2m ruler had suggested that I sit two seats away from him. The sound? Yes, he whispered, smiling. It's because of the space between the players; the wood of the stage resonates more."

The autumn months of October and November have much about remembrance in them: there is Baby Loss Awareness week in

October, All Hallows Eve (Halloween), All Saints Day, All Souls Day, an annual service in our churches held for those who have been recently bereaved, Remembrance Day, to name some.

I wonder if there is a profound link between how we mark these events and the insight Jenny Hill gives us? When we gather to remember, there is often a measured distance between us: a resonance of shared experience, unanswered questions, precarious pain, unique perspective. It's because of the space between the players, the wood of the stage resonates more.

It seems to me that the act of remembering, however it is done, is nearly always an occasion of great resonance. We 'players' gather with all our uniqueness, and our presence together creates particular resonance. You may be part of those gatherings; may you find your good place alongside others.

ALL SAINTS CHURCH *news and services*

Thank you to everyone who contributed to cleaning and decorating the church for the village harvest festival on 2nd October and the school harvest festival service on Thursday 6th October. The church really did look wonderful.

If you would like to help decorate or clean the church for any of our services on a one off or occasional basis please let me know.
v@manororganicfarm.co.uk

This month there will be 3 services at All Saints church

Sunday 6th November - Inside /outside church at 10.30

Sunday 13th November - Remembrance Service 10.50 starting at the war memorial.

Sunday 20th November 10.30 - Benefice Holy Communion service

The service on Sunday 27th November will be at 10.30 at Hathern and will be a benefice Holy Communion service.

Another service I would like to make you aware of is on Sunday 6th November at St. Andrew's church, Kegworth at 6pm. This is a special service to remember those we have loved and lost and we especially invite those who have been bereaved during the last year. If there are names of loved ones you would like to be included so we can read them out and light a candle for, please let Sarah our parish administrator know pa.ljw@outlook.com

Want to get in touch?

Penny 07393 407896

Neil 07921 855607

longwhattonnews@gmail.com

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***SUBJECT TO AVAILABILITY**

YOGHURTS AND THEIR BENEFITS *by Liz Jarrom*

In the last few years, there has been an increasing interest in the health benefits of fermented foods. There is good reason for this, as fermented foods contain live microbes that have multiple health benefits, including assisting in the making of vitamins within the body, and increasing their availability to the cells. These live microbes play an important role in train itself to fight against invading viruses and bacteria.

Other benefits of eating these live microbes, is that they have a positive action on some of the foods we eat, that improves their taste, texture and digestibility.

For example, by reducing the lactose, (milk sugar), in dairy products. Unfortunately, many of these foods containing live microbes, such as kefir, kimchi and sauerkraut, are something of an acquired taste. Also, to gain all the health

benefits, it's necessary to eat the ones that have to be stored in the fridge, to preserve the live microbes, and these often have a very strong, and sometimes bitter taste.

Jars that claim to contain fermented foods, but are found alongside everything else in the grocer aisles, and don't advise refrigeration, will have been pasteurized, which kills off all the live microbes. Lots of well known foods are created using microbes, and are classed as fermented, but can't boast great health benefits from this process. Amongst them are cheese, coffee, olives, soy sauce, vinegar, alcohol and chocolate. There is though, one fermented food, that is readily available and very versatile, that brings us all the benefits of fermentation

and is much more palatable. This food is natural yogurt.

A study in Wageningen University in the Netherlands, found that people who ate natural yogurt regularly, were likely to be a healthy weight. Another study, in the American Journal of Clinical Nutrition, found that those who consumed 80 grams of natural yogurt daily had a 14% lower risk of developing type 2 diabetes when compared to those who never ate natural yogurt. These positive health benefits from eating natural yogurt occur because firstly, the live microbes

'Yoghurts contain live microbes that have multiple health benefits, including assisting in the making of vitamins within the body, and increasing their availability to the cells... inactivating harmful toxins and helping the immune system.'

break down the lactose in the milk, converting it to lactic acid. This acid gives yogurt its sour taste, but it also stops bad microbes from turning the milk bad, and its presence seems to boost the absorption of nutrients. Lactic acid also acts as an antioxidant.

Secondly, the microbes transform some of the milk proteins and fats into anti-inflammatory compounds, which are similar in action to ACE inhibitors, a drug, who's action is to lower blood pressure. Finally, other compounds in yogurt may act as appetite suppressants. However, it's necessary to eat the right kind of yogurt to gain all these benefits. All yogurt is made using 3 types of bacteria, namely Bifidobacterium, Lactobacillus acidophilus and Streptococcus thermophilus. These live cultures turn the milk into yogurt, but they still keep working slowly while the pots sit in the supermarket fridges. This can mean a short use by date, so many manufacturers heat treat their yogurts to extend their shelf life. This process kills off the



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YOGHURTS *continued*

live bacteria, so negating much of the yogurt's health benefits. Check the label to ensure it says on the pot that it contains "live" cultures of the aforementioned bacteria, or at least 2 of them.

The best yogurt is just milk and microbes. You can check this on the label. Some yogurts in supermarkets claim to have live cultures, but have been pasteurized, and they may contain additives such as sweeteners and thickeners. These added substances can affect our gut microbes, leading to raised blood sugar, liver inflammation and weight gain, so check labels carefully. Natural yogurt is very versatile, and can be used as an ingredient in many recipes, including sauces, dips and baking, for example by replacing the cream in cheesecake with natural yogurt. It's also okay to replace up to half the butter or oil in cake and biscuit recipes with thick natural yogurt. I use natural yogurt instead of cream when I'm making quiche Loraine.

This versatile food deserves its place in the fridge, and on our plates.

JOIN A COFFEE MORNING

Everyone is welcome to the coffee mornings. If you are new to the village this is a wonderful way to meet new people and to hear all the history of Long Whatton and life stories of those that live here.

The Falcon Inn: The next coffee morning will be held on the Monday 14th November at 10:30am till 12 o'clock at The Falcon Inn.

All Saints Church: The next coffee morning will be held on Saturday 26th November at 10:30am till 12 o'clock at All Saints Church.

If you would like more information or need a lift to The Falcon Inn, contact Jane Scholtz 07393 349009 or 01509 842736 or Penny de Kock on 07393 407896

Or just join us on the day.

BENEFICE BREAKFAST

Don't forget the Mens Breakfast which takes place on the 4th Saturday of each month, (except December). In January it's wives, partners or girlfriends too.

Start time is 9am for 9.30 for a full English breakfast with tea or coffee, at The Rose and Crown, Zouch.

If anyone wishes to come contact Clark for more details, clark.jennings@live.co.uk or telephone 01332 605647

ANYONE FOR TENNIS

Situated on Landcroft Lane on the edge of Sutton Bonington, SB Tennis Club is a small, sociable club with four all weather, floodlit courts for year round play. We have a great coaching programme in partnership with the team from Nottingham University, with groups sessions catering for all ages and standards on a Monday evening, plus junior group sessions on a Saturday morning. There are friendly club nights on a Tuesday and we have several teams in both the winter and summer county leagues.

New members of all standards are always very welcome!

For more details contact: Ash Mace - ash.mace88@aol.com 07940 920451 or Jo Tennant - jo@10ant.net 07834 098436

*The Long Whatton News
would like to hear from you
about your club or event or
anything news-worthy about
the village. Email us at
LONGWHATTONNEWS@GMAIL.COM*

Ladies - still feeling young at heart?

Maybe niggling aches and pains are stopping you from moving as well as you used to?

Maybe you've been told you should 'strengthen your core' because you have back pain?

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Cara Tatterton
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FROM PORTUGAL TO ARGENTINA *Alex Lowes*

Round 9 at Portimao, 7th to 9th October started well for Alex, with a fifth place finish in race one. Qualifying in third Alex moved up into second place on the first lap, but slipped down to fifth three laps in. Battling all the way to the finish line, he lost out to Bassani for fourth place by less than one tenth of a second.

In race two, Alex went one better with a fourth place result in the 10 lap sprint race, just half a second behind his team mate, Rea in third.

In the final, 20 lap, outing at the Portuguese circuit Alex started from fifth and maintained station all the way through to the flag. While the lead three gapped the rest of the field, Alex had his sights set on Rinaldi for fourth place, but by mid race he was almost two seconds adrift. Regrouping in the closing laps the gap diminished and Rinaldi's advantage was only half a second at the end. Sixth place man, Locatelli was a distant 6.7 seconds behind.

The haul of 28 points from Portimao moved Alex up to sixth place in the championship standings.

From there the championship travelled to San Juan in Argentina where the daily temperatures are around 20 degrees this time of year.

Saturday's race produced a sixth place for Alex at the end of 21 laps. A slow put him back to 8th but eight laps in he passed Baz and Redding for 6th. Now 2.2 seconds adrift of Rinaldi's factory Ducati, Alex gradually

reeled him in but ran out of time, finishing 0.6 seconds behind.

Saturday's ten lap superpole race looked to be hard work having dropped from fifth to eighth on the first lap. Battling to pass Bassani on the next lap and then Baz on the third, Alex kept Bassani at bay and closed on Honda's

Lecuona forcing past on the last lap to take fifth at the flag.

Alex produced a brilliant fourth place in the final race. Up to third and then second in the early stages before being demoted to fourth. From

then on Alex and his team mate, Rea fought for the last podium spot.

Alex moves up to 5th place in the standings, but has a difficult task to bridge the 43 points to 4th. He'll be out on track again in Indonesia on 11th November for the penultimate round.

NEW AT THE VILLAGE SHOP

The village shop sells newspapers once again, as of 17th October.

The shop has also upgraded its parcel service to Evri. Parcels can be posted from £2.69 using the standard service - equivalent to Royal Mail's second class, or £3.29 for next day delivery. A collection service is available plus redirection if the recipient isn't going to be in, to another address or a safe place. Insurance is included up to £20 and there is a signed for option for 90 pence extra.



Alex in San Juan, Argentina

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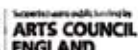


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ENJOY A FAKEAWAY! *Egg fried rice*

With the rising cost of living many people are feeling the pinch and watching what they spend more closely than ever.

This is having quite a dramatic impact on the 'Take away' sector. The take away delivery company, Just Eat report a 15% drop in orders in recent months. The proprietor of a small chain of coffee shops says the rising cost of

I won't bore you with the details but a bad reaction to my recent covid booster left me feeling rotten. I wanted something simple to cook & eat and had yet to do my weekly shop. A rummage through the kitchen and I found an egg, a tin of tuna, some frozen peas, an onion and a pack of microwave rice, so made the following 'Fake Away' dish - Fried Rice

What you need

1 Egg
Tin of tuna
A pouch of microwave rice
A handful of frozen peas
Some chopped onion

What you do

Fry the onion until soft
Add the rice, frozen peas and tuna to the pan and continue to stir and fry, (if you have some you can add a couple of spoonfuls of curry paste, to give the dish a little heat.)

Finally make a well in the middle of the pan & drop the egg in and stir quickly to blend into the



Pictured here is a plain egg fried rice, but you can add all sorts of ingredients to use up items lurking in your fridge to suit your taste.

milk is going to push up the price of a flat white coffee to £4, which he feels will mean some customers viewing it as a luxury buy, rather than something they pick up every day on the way to work.

A survey by BBC Good Food Nation found that 34% of people had either stopped buying takeaways or greatly reduced the frequency of those purchases.

The BBC Good Food website now has a section of 'Fake Away' recipes, that is meals that you make at home that mimic take away food.

rest of the dish. Sprinkle with soy sauce and serve.

You can of course vary the contents depending on what you have in your kitchen. It's a great way of using up leftovers.


*If you have any ideas for
'Themed Recipes' you'd like to see
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