



Newsletter 25th January 2014

West Kirby Farmers' Market
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25th January Market Specials

Mary's Homemade Cakes - pots of Scouse to sell (with recipes and history of this local dish) and hot Scouse to taste.

Yasmin Limbert - Chocolate Salami - great Valentine's Day gift; Haggis Neeps & Tatty Pies to celebrate Burn's night on the 25th.

Pen-y-Lan Pork will have the final batch of the Christmas sausages; and the latest recipe - "The Pen-y-Lan Swirl" a Cumberland-style sausage with Moroccan herbs and spices.

Veggie Fayre - Ricotta and Spinach Pie, and a little something extra this week - Chocolate Brownies - Pecan & Maple, Orange and Traditional.

Eponine Patisserie - Opera Cake - layers of almond sponge with coffee syrup, coffee buttercream & dark chocolate ganache; White Chocolate, Raspberry and Lime - a tangy centre of raspberry compote & lime cream, surrounded by white chocolate mousse, sponge cake & topped with raspberry glaze: biscuits & cakes.

Aunty's Kitchen Vegetable Pakoras - Classic Indian finger food made with chickpea flour; Aloo Baingan - mildly spiced potato and aubergine dish; Maa ki Daal - translated literally as 'Mother's lentils', this is a traditional North Indian staple made with black lentils; Home-style chicken curry - a rustic chicken curry made to our own family recipe.

Momo Cooking - Sel Roti - a Nepali traditional home-made, ring-shaped rice bread/doughnut and curried chick peas.

Hemingway's Pasta Smoky Char-grilled Sweet Pepper Sauce. Great over chicken, tofu (in a wrap), pasta shapes or even over nachos, cheese... grilled... sour cream on the side.



Seasonal Recipe

From Carol Wilson

French Onion Soup with Cheesy Toast

50 g butter
2 tbsp olive oil
5 onions, thinly sliced
2 cloves garlic, crushed
½ tsp sugar
800 ml beef stock
2 tbsp red wine
salt and pepper
4 thick slices French bread
olive oil
150 g grated cheese

Heat the butter and oil in a large heavy-based pan. Add the onions, garlic and sugar and cook, stirring, for about 5 minutes until the edges of the onions are dark.

Reduce the heat and cook very gently for about 30 minutes.

Pour in the stock and wine and season to taste with salt and pepper. Stir well, scraping the base of the pan and bring to a simmer. Cover and simmer gently for about 40 minutes.

Toast the bread and top with the grated cheese. Grill until the cheese is melted.

Pour the soup into warm serving bowls and top with the bread and cheese.

Scouse and Hash, anyone?

Mary (of Mary's Homemade Cakes) and market committee member and Food Writer Carol Wilson (author of our monthly recipes) are involved in 2 local voluntary projects.

1. Heswall Arts Festival : With a proposal to hold an evening to celebrate locally themed music & poetry and serving a tasty local dish of Scouse. They will bring some pots of Scouse to sell at this market (with recipes and history of this local dish), and hot Scouse to taste.

2. Merseyside Fire Authority's Inner City Project : They will give a demo at Birkenhead Fire Station in March, to promote home cookery using fresh local food. They're currently working on a demo recipe for Corned Beef Hash - a cheap, easy and quick dish in commemoration of World War 1.



**WEST KIRBY
BEER FEST**
21st-23rd February 2014
St Bridget's Centre, West Kirby CH48 3JT
WINES CIDERS LIVE MUSIC
20 REAL ALES
FOOD ENG v IRE RUGBY
Tickets £6 from - Latitude
www.westkirbybeerfest.webs.com or
St Bridget's Centre (weekday mornings)
Sponsored by
For West Kirby Community Fund
HICKORY'S
Smokehouse
AUTHENTIC AMERICAN BARBECUE



St. Bridget's Church and Transition Town West Kirby presents
**ST.
BRIDGET'S
BAZAAR**
'A People and Earth-Friendly
Exchange'
eclectic/recycled/upcycled/used/
hand-made/community-minded/
sustainable/local/fairly-traded
goods and services
Saturday 1st February 2014
St. Bridget's Centre
West Kirby
9.30 am - 2.30 pm
More information: Andrew 625 4109 or argibb@btinternet.com

A new monthly ethical trading post, on the first Saturday of the month, with local, sustainable, environmental & people-friendly products & services.

Bring bottles for Ecover refills, buy local allotment produce & Fairtrade goods. This month buy from a range of bags and scarves made from recycled products, supporting disadvantaged women in Nepal, a stall selling donated goods and a seedswap stall. Also community groups, refreshments and music.

Market dates

4th Saturday every month, 9am - 1pm

Saturday 25th January
Saturday 22nd February
Saturday 22nd March
Saturday 26th April...

How to get there:

On foot or by bike: 400 metres from West Kirby railway station, on Meols Drive (towards Hoylake), then right into Graham Road.

By bus: Services 22, 24, 38, 39, 77, 77A, 83, 83A, 437 to West Kirby

By train: Services every 15 minutes into West Kirby station.

By car: Parking for the market is not easy. Park on Meols Drive and in the town centre; and for blue badge parking only, in the Church Hall car park.

Japanese Cookery - Fun! Easy! Healthy!

Practical lesson guiding you through how to make tuna or salmon & vegetable roll sushi (Makizushi) - in a Japanese Cookery lesson at St Bridget's Centre, Saturday 25th January, 11.30-13.30. Fee £10 Booking / enquiries 0742 769 5332 or email ubonihs15@yahoo.com.