

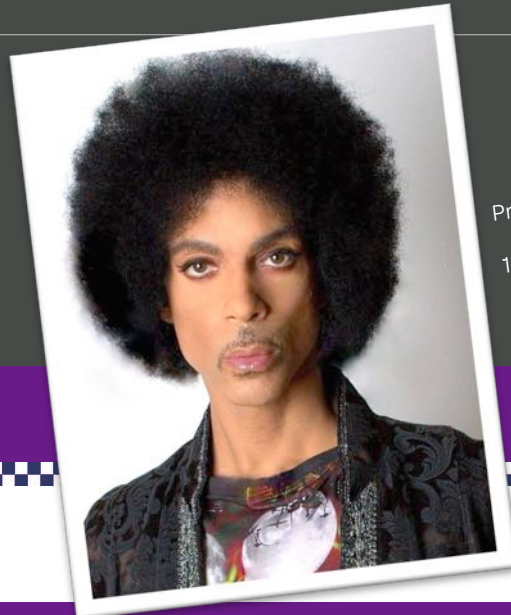


# TRIED & TRUE

Exclusively local news, views & goings on at Tried & True.

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Issue 11 May 2016



Prince Rogers Nelson  
1958 - 2016

## Inside this month

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## Farewell to the purple one

It hasn't been a great year so far for lovers of the arts. We've lost actors, architects, artists and musicians – many taken way too young and with so much more to give to the world.

David Bowie was a huge loss to the music world and I enjoyed his music very much. I first got into the Labyrinth soundtrack and his work with Mick Jagger on the Dancing in the Street Cover version back in 1986.

Seems a bit uncool thinking about it now but in my defense I was only 10, never knew it was a charity single and thought it was totally legit. I even went as far as buying the 45 from the bargain bin at the local department store and spinning it on high rotation on my dad's turntable.

I'd discovered one of Bowie's early albums Hunky Dory while sifting through Dad's record collection. It was a pretty impressive collection since he used to work for WEA records in Wardour Street back in the 70s. *Cont on pg 8*

*Rob visits the new playground at Hampton Court Palace and it is amazing! See inside...*

## APP REVIEW

Rob trials **Headspace**, the mindfulness meditation app that is billed as a “Gym membership for your mind”.

Over the years I have tried to build meditation into my life but was never able to get any traction. My resistance and procrastination was way too strong and the benefits of this ancient tool for calming the mind just seemed so unattainable and ethereal.

All that changed recently when I discovered “Headspace” through a recommendation from author Tim Ferriss.

He had found it really useful to “reduce stress and increase productivity through guided mindfulness meditation”.

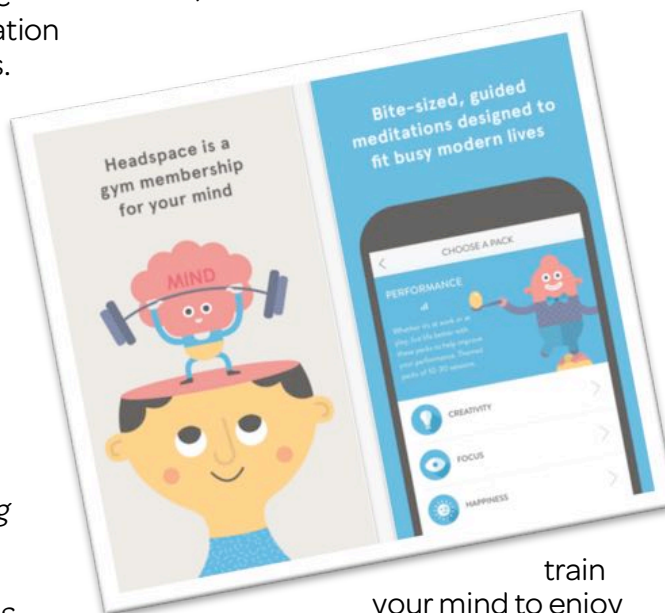
From the Apple app store:

*“Headspace is meditation made simple, a way of treating your head right. Using proven meditation and mindfulness techniques we’ll show you how to train your mind for a healthier, happier, more enjoyable life”.*

Sounded great to me! I started with the free 10-day trial where you can see if Headspace is right for you over 10, 10-minute guided meditation sessions. The time commitment seemed totally doable so I settled down and got to it. It has hard to sit still for 10 minutes at first but after finishing those 10 free sessions guided by lovely voice of Andy Puddicombe (Headspace’s meditation and mindfulness expert) I discovered that I was really enjoying myself. Once you get into it the meditation

really helps you clear your mind a bit, breathe deeper, and put your problems into perspective.

When you have completed the 10 minute introduction sessions you have the option to subscribe to the service and unlock a whole library full of guided meditations of varying duration that can help you



train your mind to enjoy better clarity, focus, creativity, relationships and productivity. I have noticed myself slowly growing calmer and more relaxed, and I can physically feel myself tensing up and finding it difficult to concentrate if I skip my sessions for more than a day or two.

Headspace has made me more focused, more positive, and a little bit less likely to “sweat the small stuff” that we all have to deal with in our day-to-day lives.

If you’d like to give Headspace a try, download the app or visit [headspace.com](http://headspace.com) and sign-up for the free trial. **RK**



### Gardening in May Summer's on its way!

We know a lot of T&T VIPs are into their gardening. As bulbs fade and herbaceous borders grow in leaps and bounds, it is now clear that summer is approaching.

Sowing and planting out bedding can begin, depending on regional weather variations, and you can take softwood cuttings.

It's also time to get back into the lawn mowing regime, as the lawn will be loving the warmer temperatures this month brings

#### Top 10 jobs this month

- Watch out for late frosts. Protect tender plants
- Earth up potatoes, and promptly plant any still remaining
- Plant out summer bedding at the end of the month (except in cold areas)
- Collect rainwater and investigate ways to recycle water for irrigation
- Regularly hoe off weeds
- Open greenhouse vents and doors on warm days
- Mow lawns weekly
- Check for nesting birds before clipping hedges
- Lift and divide overcrowded clumps of daffodils and other spring-flowering bulbs
- Watch out for viburnum beetle and lily beetle grub

Rob's Intrepid lashups!

## Peanut Sesame Udon Noodles

This month's recipe features a quick noodle dish that will satisfy the deepest carb cravings. Add minced pork, beef or tofu to get some protein in the mix!

Living in central Auckland back in the late 1990s, supermarkets had yet to move into the central business district where a small inner city community was starting to grow. Amongst these urban pioneers was a motley crew of students: me, my brother Steve and our flatmate Billiford.



Have yourself a noodle feast!

The shops servicing the daytime office population were small, expensive and very limited in the groceries they had on offer.

Public transport being what it was (and still is) in the City of Sails, walking and cycling was the best way to get around.

It was on these hair-raising rides and long walks that I discovered the total awesomeness of the Asian supermarkets that had traditionally occupied the central city servicing the cosmopolitan Asian diaspora of Auckland.

It was a wonderful time looking back. While we didn't have much cash, the likes of Gumsarn on Fanshawe Street (long since demolished) and Tai Ping on Beach Road had abundant, cheap and exotic food, drinks, utensils

and crockery. They even had Korean beers!

One such student staple around the time was noodles. Our favourites were Japanese soba and udon. Soba noodles are made with either 110 percent buckwheat flour, or a mixture of buckwheat and spring wheat flour. Udon noodles, made from sifted wheat flour, tend to be thicker and heartier.

Getting the fellas together over a big feast of stir fried noodles was a great time and they're equally suited to family meal times.

### Peanut sesame udon noodles

This simple stir-fry dish is hard to beat for simplicity and flavor. It is so quick and easy that it could almost be called fast food!

*Serves 4*

250 grams udon noodles (dry ones from the super market)

1 cup roasted peanuts

250 mls water

75 mls of light soy sauce

50 mls mirin (Japanese sweet cooking wine)

3 T sesame oil

1 T peanut butter

2 t of garlic crushed

5 spring onions, sliced diagonally

A few handfuls of mixed chopped greens e.g. spinach, bok choy, watercress etc.

Place a large pot of water on to

boil and add the udon noodles in a thin stream. Bring back to the boil, reduce the heat and simmer for 8 minutes or until noodles are cooked al dente. Drain, rinse with cold water and drain again. Set aside.

In a blender, place the roasted peanuts, water, soy sauce, mirin, 1 T sesame oil and peanut butter and blend together until mixed but still lumpy.

Heat a frying pan or wok to a medium heat and add the remaining 2 tablespoons of oil.

Add the garlic and spring onions and cook until the onions are just wilting. Add the peanut mixture to the pan with the coriander and stir.

Add the spinach, bok choy and watercress and then the noodles. Toss well, cover and simmer for 2 minutes to heat the noodles through.

Serve immediately. **RK**





# Breakfast for Everyone

What's on the menu at T&T VIPS who don't eat bacon or pulled pork?

As an inclusive neighbourhood café we try our best to accommodate all of the various lifestyle and health choices that T&T guests make in their lives. Variety is the spice of life!

I spent eight years as a vegetarian. It was an experience that opened up a whole new world of food, cooking and nutrition. I explored the depth and breadth of Indian, South East Asian and traditional cooking without meat, eggs and dairy.

My favourite café at the time was Atomic in Ponsonby Road in Auckland. Here I was introduced to such breakfasts as their home made granola, grain porridges, buckwheat pancakes and a bunch of breakfasts with tofu. I drank a lot of twig tea at the time too (I know).

I broke my meat fast with a



Pancakes!.

early in my time in the Northern Hemisphere. I haven't looked back on the carnivorous lifestyle since then but I am well aware of the health and lifestyle choices that our guests have made.

We get a number of comment cards asking us to provide some vegetarian, vegan, dairy free, gluten free options on our menu. We've even had reviews lamenting the lack of choice for those choosing not to eat meat.

Looking closely however there are numerous options already and we continue to add more.

Here's a sample:

## Vegetarian dishes

- Toast with preserves, marmite, honey, avocado etc (gluten free toast available).
- Pancakes (sans bacon of course).
- Creamy Portobello mushroom

(hold the egg if you like).

- Nutella French Toast (beware! contains *Nutella*)
- Eggs on toast or plain scrambles (if you eat eggs)
- Benedict with spinach (as above)
- Jalapeno cheddar cornbread



Mushrooms on Toast.

- T&T halloumi open sandwich
- Bagel with Avocado & Basil Pesto

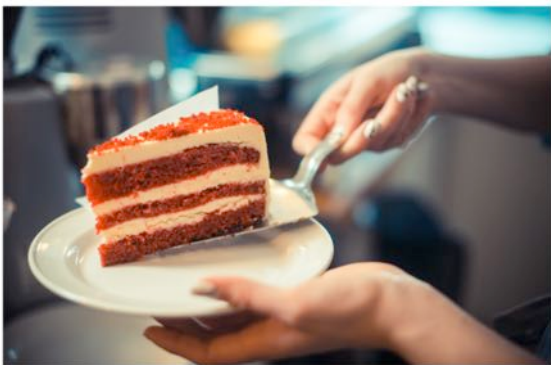
## Gluten Free

We offer gluten free bread with all of our dishes. Also our amazing brownies are gluten free along with our Mandarin and Chocolate cake (also dairy free).

## Allergies and intolerances

We will always do our best to accommodate any dietary requirements by substituting ingredients in our dishes.

Unfortunately we cannot create a dish from scratch but if you have any allergy concerns just chat to one of the team.



Cake is definitely on the list!

delicious meal of pork medallions from the Black Forest in Bavaria



DF Dairy Free

GF Gluten Free

V Vegetarian (Lacto Ovo)

<p><b>TOAST</b> <b>V</b></p> <p>sevenseeded, bagel, brioche, or gluten free w/ jam, marmalade, marmite, or honey (3) w/ peanut butter, nutella or cream cheese (4) w/ smashed avocado (with lemon &amp; salt) (5)</p> <p><b>PORRIDGE</b> (5) <b>V DF</b></p> <p>w/ seasonal compote &amp; toasted almonds</p> <p><b>T&amp;T TOASTED MUESLI</b> (5.5) <b>V</b></p> <p>w/ greek yoghurt, seasonal compote &amp; runny honey</p> <p><b>BAGEL W/ CREAM CHEESE &amp; SMOKED SALMON</b> (5.5)</p> <p><b>BUTTERMILK PANCAKES</b> (5.5) <b>V</b></p> <p>w/ seasonal compote, mascarpone &amp; maple syrup add treacle cured bacon (7)</p> <p><b>CREAMY PORTOBELLO PESTO MUSHROOMS</b> (8.5) <b>V</b></p> <p>on sevenseeded toast add a poached egg (10)</p> <p><b>NUTELLA FRENCH TOAST</b> (10) <b>V</b></p> <p>w/ seasonal compote, mascarpone &amp; maple syrup add treacle cured bacon (11.5)</p> <p><b>FREERANGE ORGANIC EGGS</b> (11) <b>V</b></p> <p>2 eggs poached or fried on sevenseeded</p> <p><b>BENEDICTS</b></p> <p>2 poached organic eggs &amp; hollandaise on sevenseeded <b>V</b> w/ wilted spinach (8) w/ treacle bacon (9) w/ house roasted ham (9.5) w/ smoked salmon (10)</p> <p><b>SCRAMBLES</b> <b>V</b></p> <p>3 organic eggs on sevenseeded (7) w/ chorizo picante (9) w/ hot smoked salmon, feta &amp; spring onion (10)</p> <p><b>T&amp;T'S AWARD WINNING BBQ PULLED PORK BENEDICT</b> (13)</p> <p>spice rubbed 75-hour roasted pork shoulder, tossed in hickory hoisin sauce, served on homemade jalapeno cheddar cornbread &amp; topped with two poached eggs, chili butter &amp; spring onions</p> <p>OR</p> <p>w/ pulled firecracker brisket (14)</p> <p><b>WEEKLY SPECIAL</b> ask your server for details</p>	<p><b>BIT ON THE SIDE</b></p> <p>add an egg, fried OR poached sevenseeded toast, bagel, brioche or gluten free (7)</p> <p>2 Cumberland sausages jalapeno cheddar cornbread cherry tomatoes w/ thyme wilted spinach (8)</p> <p>treacle cured bacon avocado w/ lemon &amp; salt house roasted ham (14)</p> <p>creamy portobello pesto mushrooms smoked salmon chorizo piquante sausage (5)</p> <p>BBQ pulled pork Firecracker brisket (16)</p> <p>  <b>BRENDA'S</b> <b>ROOKERY FARM</b> Organic free range eggs</p> <p>  <b>Brenda's</b> Real Butchers New Zealand</p> <p><b>Hours</b></p> <p>Monday - Friday 8am - 4pm</p> <p>Saturday &amp; Sunday 8.30am - 4.30pm</p> <p><b>Drop us a line</b> (07) 6789 0410 info@windsorhillscafe.co.uk</p>	<p><b>SANDWICHES</b></p> <p><b>BACON SANDWICH</b> (6)</p> <p>treacle cured lean back bacon on sevenseeded add a fried egg (7.5)</p> <p><b>CUMBERLAND SAUSAGE SANDWICH</b> (8)</p> <p>2 sausages, onion jam &amp; bransford pickle on sevenseeded add a fried egg (7.5)</p> <p><b>T&amp;T OPEN SANDWICH</b> (10) <b>V</b></p> <p>grilled halloumi, aoli, rocket, roasted peppers &amp; courgettes, house vinaigrette on sevenseeded</p> <p><b>PULLED FIRECRACKER BRISKET</b> (14)</p> <p>slow roasted spicy beef brisket, &amp; coleslaw on a brioche bun or sevenseeded</p> <p><b>BAGELS</b></p> <p><b>TOMATO, AVOCADO &amp; BASIL PESTO</b> (5.5) <b>V</b></p> <p>w/ roasted chicken breast OR treacle bacon (8.5) w/ BOTH (9.5)</p> <p><b>SOUP OF THE DAY</b> (5) <b>DF</b></p> <p>served with sevenseeded bread &amp; butter</p> <p><b>SALADS</b></p> <p><b>ROASTED CHICKEN BREAST &amp; GRILLED ARTICHOKE</b> (10)</p> <p>watercress, walnuts, red onion, feta, sumac yoghurt dressing</p> <p><b>BUTTERNUT SQUASH, BEETROOT, LENTIL &amp; GOATS CHEESE</b> (10.5) <b>V GF</b></p> <p>leaves, herbs, &amp; lemon mint dressing Add roasted chicken breast (12)</p> <p><b>DRINKS</b></p> <p><b>RED BRICK ESPRESSO</b> Espresso (2.2), Americano (2.3) Macchiato, Piccolo, Cortado (2.5) Flat White, Cappuccino (2.6) Latte (2.8) Mocha (3) Iced Latte (3) Hot Chocolate (2.8)</p> <p><b>A pot of SUKI Tea</b> (2.6) Everyday, Earl Grey, Peppermint, Green, Rooibos, Rooiberry, Chamomile</p> <p>Orange or Apple Juice (2.8) Luscumbe Lemonade, Elderflower, Hot Ginger Beer (2.8) Sparkling Water (2) Coke Diet Coke (2.8) Camden Town Pils, or Pale Ale (4.5) Sauvignon Blanc or Merlot (6 / 10) Prosecco (25) Virgin Mary (3.5) Bloody Mary (5)</p>
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# Things to do this summer

Get down to Hampton Court Palace to visit the new Magic Garden. Probably London's best playground!

If you haven't visited Hampton Court Palace recently, now is the perfect time to return and take the kids.

I was lucky to visit the brand new Magic Garden playground with Clara and Amanda over the bank holiday, and I can report back that it is awesome! I even



to be a hub for events and entertainment) forms an enviable putting green.

This, together with the enormous bejewelled crown – a re-creation of the King's own – which sits high on a mound, could just as well be a vantage point for the Queen of



standout towers are the bright King's and Queen's towers, which also offer the best vantage points over the playground.

Originally Henry VIII's 'pleasure palace', the new garden at Hampton Court not only celebrates its rich Tudor heritage, but extends its fairy tale qualities in such an imaginative way that little ones could easily think they've fallen down a giant hole in the vegetable garden and woken up in their very own Wonderland.

bumped into T&T VIPS Jill and Steve out with the family having fun (but not enjoying the coffee ☺).

Inspired by the myths and legends of the Tudor Court, the brand new world-class playground has opened in the palace gardens this Easter.

Entering through a maze-like passage of mysterious topiary, young knights and princesses find themselves in the lair of mythical beasts, surrounded by the palace's famous five 'lost' Tiltyard Towers, which have been recreated with their own distinct identities.

Offering an exhilarating helter-skelter style slide as well as a (very high!) fireman's pole, the



Hearts to eyeball her minions, and for the King to survey his grounds.

The crowning glory of the playground is the 25ft long dragon which lies sleeping in a giant sand pit.

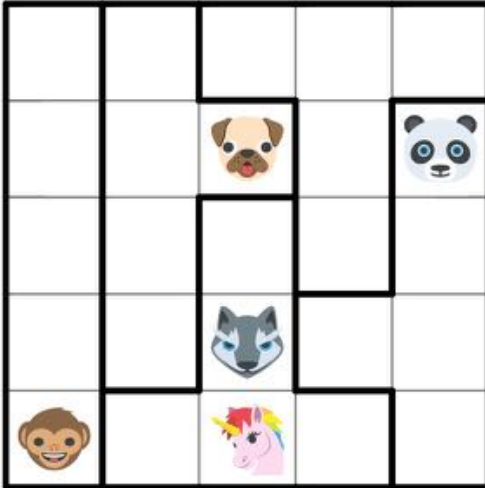
Threatening to wake, this beast is perfectly positioned for scaredy-cats to dart off into the cafe and cool down with an ice-cream.



*The Magic Garden at Hampton Court Palace, East Molesey, Surrey KT8 9AU. Garden open daily 10am to 6pm until 30 October.*

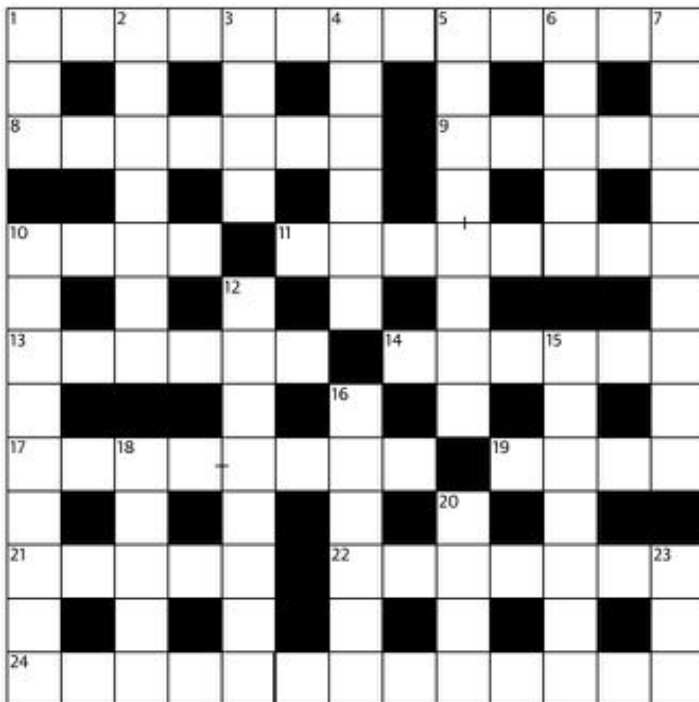
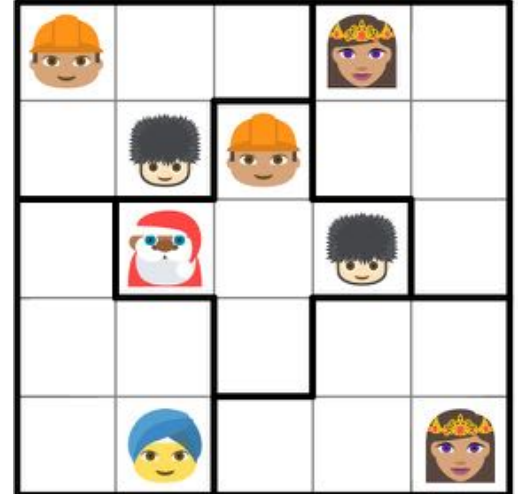
*Admission for Maze and Magic Garden only £7 Adults, £5.50 for under 16s, under 5s are FREE! Concessions available; OR free with admission to Hampton Court*

# FUN & GAMES



## Emoji Doku for Kids

Each puzzle uses five different emoji. The grid is arranged into five-square partitions. Each partition must contain all five emoji. Identical emoji may not touch horizontally, vertically nor diagonally. Emoji provided free by EmojiOne



## Fun Trivia!

Scottish inventor John Logie Baird gave the first public demonstration of television in 1926 in Soho, London. Ten years later there were only 100 TV sets in the world. Today, there are almost a billion. The first daily TV broadcast was started by BBC in November 1936.

A quarter of Russia is covered by forest.

Approximately one third of the Earth's land surface is desert.

Bird droppings are the main export of Nauru in the Western Pacific ocean.

Cuba is the only island in the Caribbean to have a railway.

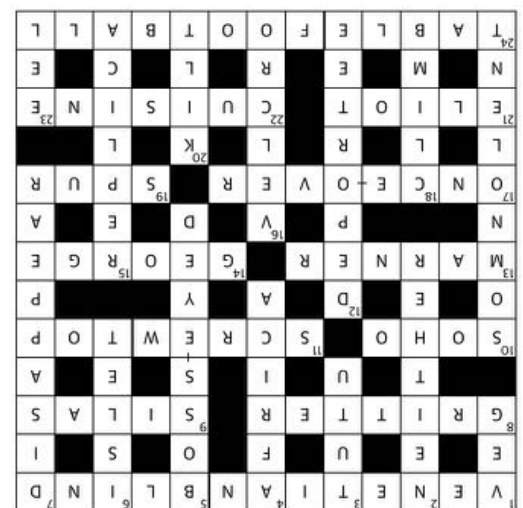
Roman Emperors built many lighthouses to assist their navigators. In 90AD, the Emperor Caligula ordered a lighthouse at Dover, England. It is the oldest lighthouse in the country and still stands in the grounds of Dover Castle.

## Across

- 1 Slatted shutter (8,5)
- 2 Vehicle making winter roads less dangerous (7)
- 9,13 Armies snarl (anag), novel by 14, 21 (5,6)
- 10 London night life area (4)
- 11 Round bottle lid (5,3)
- 13 See 9
- 14, 21 Author of The Mill on the Floss (6,5)
- 17 Quick inspection (4, 4)
- 19 Incentive (4)
- 21 See 14
- 22 French cooking? (7)
- 24 Game with revolving soccer players! (5,8)

## Down

- 1 "Meat and two \_" (3)
- 2 Not one, nor the other (7)
- 3 Ballerina's skirt (4)
- 4 It stretches from Cairo to the Cape (6)
- 5 Squinting (4-4)
- 6 Stile (anag) (5)
- 7 Melt away (9)
- 10 Dozy (9)
- 12 Officially expelled person (8)
- 15 Copy (7)
- 16 Fastening tape (6)
- 18 Rise to a higher level (5)
- 20 Knee-length tartan garment (4)
- 23 Slippery fish? (3)



Solution

## Evanjack album launch Sunday 1 May 2016



Thank you to everyone who made the effort to come and support the evanjack album launch at St Sepulchres Church in the city during Bank Holiday weekend.

Over 120 guests enjoyed a wonderful show featuring beautiful songs performed by talented songwriters and musicians. Including James Forest, Fawn and evanjack.

The venue was spectacular with amazing acoustics in a spacious yet intimate setting. Thanks to Scott and Patrick for organising such an enjoyable uplifting evening.

Evanjack's album *Indiana Rust and Bone* is available on cd and vinyl from [www.musicglue.com/evanjack](http://www.musicglue.com/evanjack)

*(Cont from pg 1)*

The news that Bowie had died was sad for me but I never really got deep into his music apart from those early dalliances. I grooved to his tunes, studied his evolution, admired the outfits and I was impressed. Listening to his latest record *Blackstar* on the radio the week before he passed away his genius to me was clear.

However, something hit me a little harder last month. News that the artist Prince had died filled me with a profound sadness. I really couldn't believe it.

As my friend Tim remarked, "You don't realise how important these people were, how much a part of your life and history, until they are gone".

Coming from a small city in New Zealand, where the prominent cultural mores of the time for males included wearing tiny

shorts and drinking beer out of crates at BBQs, Prince totally blew my mind.

This tiny energetic force of nature kept creating amazing music, dancing like a demon and skipping across gender boundaries with absolute abandon.

Songs like *Purple Rain*, *Little Red Corvette*, *Raspberry Beret*, *Pink Cashmere*, *Alphabet Street*, *Kiss*, *Cream*, *Seven*, *Sign O the Times*, *The Most Beautiful Girl in the World* - each tune was a mastery of genre. All of them classic hits. I remember vividly the display of the local music shop "Musicor" back in '88. It was a lifesize poster of the *lovesexy* album cover with Prince sat totally naked gazing into the distance surrounded by flowers.

I didn't know where to look or what to think except that this guy Prince does what ever the hell he wants to do!

It was that constant pushing of the boundaries of music, fashion, taste and sexuality, that defined Prince as an artist for me. His output and work ethic was staggering.

As one of the first artists to highlight the issue of artists rights and the power of the record companies his activism was prophetic for the digital download age.

I was lucky enough to see Prince live at the O2 when he played 21 nights back in 2007. The show was breathtaking. Prince stunned the crowd with hit after hit after hit.

Exhausted after a big night, Amanda and I woke the next morning and immediately bought tickets for the show the next weekend!

Prince was an artist whose creativity added massively to my enjoyment of this life. Thank you and RIP. **RK May 2016**