



TRIED & TRUE

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

279 Upper Richmond Road, Putney, SW15 6SP
020 8789 0410
info@triedandtruecafe.co.uk
www.triedandtruecafe.co.uk

Issue 15 November 2016



Inside this month

- 2 **Sardinian superstar**
We meet our new head chef
Massimiliano Cocciu
- 3 **Guest Spot**
T&T VIP Sophie Roche
reports on a bit of a wooly
topic.
- 4 **Thanksgiving**
What's with the Pumpkin
Pie? Leann sheds a bright
orange light.
- 7 **Coffee News**
Word from the front lines of
the coffee craze *plus* filter
coffee at T&T!

BRRRRRRRRRRRRRRR!

Hey there T&T VIPs!

The harvest festival has passed, clocks have gone back, nights are closing in and we're headed quickly into the great London winter and all of the excitement that goes with it. Here at T&T we've been putting together some delicious new dishes and launching a lovely new filter coffee for the die hard caffeine addicts out there to enjoy in the colder months.

It's been a wonderful long summer with bright days and warm nights but now is the time to cosy up and come into Tried & True for some winter warmers. Our new chorizo skillet hash is proving really popular and we've got some healthy yet substantial new salads for those that like to lunch.

I love this time of the year, snuggling up inside with loved ones, a warming stew bubbling away on the hob and a fire flickering in the fireplace...

cont pg 8



"Every leaf speaks bliss to me, fluttering from the autumn tree..." -Emily Brontë



Staff Spotlight – Massimiliano Cocciu, Head Chef

We are really pleased to introduce our new Head Chef Massimiliano. A hard worker with a beaming smile and can do attitude, Max (as he's known to the team) is a popular and welcome addition to the T&T family.

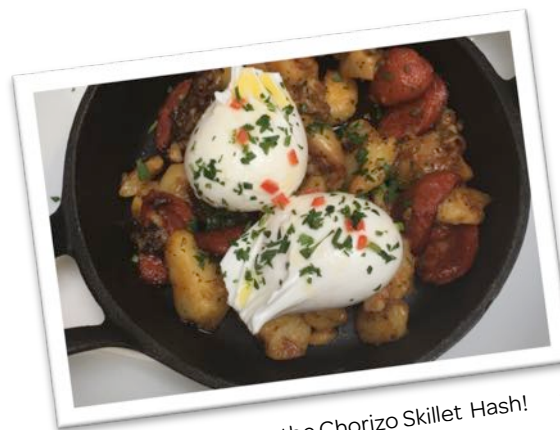
Max originally joined us when our last Chef de Partie, Jekan left to move to Cornwall with his family. He quickly got the vibe and the ethos of T&T and made himself a real asset to the business.

Originally from Budoni in Sardinia, Max has been in London for about 4 years. He is a big fan of food, family and rugby. We catch up as he downs a few double espressos.

When did you get involved in cooking, where have you worked before?

I started to work with food when I bought a pizza shop years ago in Sardinia. Since then I fell in love with cooking. That was the

reason I decided to move to London: to have the opportunity to expand my knowledge.



Max's favourite creation the Chorizo Skillet Hash!

How did you start working at Tried & True? What do you enjoy most about it?

I saw an ad, met Rob and found the company culture very appealing.

What's most challenging and rewarding about working at Tried & True?

Any work has its challenges, but until now Tried and True has been

a great place to work, where staff are respected and the café has an absolutely wonderful atmosphere.

My only real challenge still the language but I'm learning fast!

What's your favourite dish at Tried & True?

The most delicious dish in my opinion is the new Chorizo Skillet. *(ed. helps that it was Max's idea!)*

How do you drink your coffee?

In a very Italian way. Short and strong double espresso, no sugar.

"...a great place to work, where staff are respected and there's a wonderful atmosphere"

What do you enjoy doing on your days off?

I love swimming, cycling and to relax on the sofa reading a good book. **RK**

A good old yarn!

By T&T VIP Sophie Roche

Coats have been unearthed from the wardrobe, scarves have been rooted out and hats have started to adorn the heads of people thronging down Putney High Street. Yup, it's official – winter is on its way. But it seems that we're not the only ones who are feeling the chill.

You may have noticed that another rather unlikely group

Yarnachists in Swansea have also been brightening up their town railings with some colourful costumes. And the sensation is now making itself felt (excuse the pun) in Putney. I first noticed it as I was strolling down Chelverton Road and did a double take when I saw that the



has started to don knitwear to ward off the cold – the lamp posts. 'Graffiti knitting' or 'yarn bombing' is said to have started in Texas when Magda Sayeg, upset that her door handle looked sad and dull, knitted it a cover. From there, the phenomenon has gone viral. Parking meters in Brooklyn have been dressed up and a bus in Mexico was seen parading about in colourful attire. The

lamp post to my right was sporting a scarf! But I'm liking the idea. It lifts my spirits just that little bit to see a mundane, everyday object transformed into something fuzzy and homely.

Now I'm not advocating graffiti (please don't hate me, Wandsworth Council), but I look forward to seeing how this knitting fad will continue to unravel. **SR**



Halloween Highlights



Giving Some Thanks for Thanksgiving

Ever wondered what our American cousins are up to with their Thanksgiving celebrations? Our very own Leann walks us through it with an emphasis on the Pumpkin Pie!

For many American expats around the world, November brings pangs of homesickness as that once beloved national holiday passes without so much as a single serving of pie. I'm talking of course about Thanksgiving; that nostalgic day

While it's arguable which staple dish brings this whole Thanksgiving dinner together- is it the centerpiece turkey dominating the table, the subtle yet significant gravy at its side, the cheeky cranberry defying nature by maintaining the precise structure of the can

Reddiwip canned whipped cream to convince all at the table to stay for another while. In silence, its spice and simplicity further satisfy the sufficed and prolong the gluttonous glee.

It's no wonder this particular pie is near and dear to the hearts of so many Americans. It



nestled between Halloween and Christmas where we gather with those loved and tolerated alike, and consume enough calories to ignore the celebration's questionable past. Televised parades and the eternal "light or dark meat?" question serve as blissful distractions as we are comforted by green bean casserole and our shared musings on gratefulness.



from which it came? I must argue that, although all of these are essential features to any Turkey Day feast, it is the humble and patient pumpkin pie that seals the fate of this memorable meal. When second and third helpings have been gobbled up and appetites are regretfully depleted, in enters that familiar face: golden and bright and adorned with just enough



originated in the 1620s in New England, where the nation as we know it was born. Settlers stewed pumpkins with milk, honey and spices for a sweet finish to their much more modest celebratory meal. As familiar in my kitchen cabinet memories as Wonder bread or Kellogg's corn flakes are those orange cans of Libby's 100% Pure Pumpkin that emerged from the pantry at the

end of every November, awaiting their moment of glory. Unsuspecting pumpkin becomes pie filling, and as we fill ourselves to the brim, pie becomes the spicy sweet end to our Thanksgiving feast. Its moment in the sun is hardly over; mom is forever mindful to save a few slices for tomorrow's breakfast.

While I am aware there are few outside my tribe who would trust the wistful magic of the pie, I urge all readers to take a leap and try! Below is the traditional Pumpkin Pie recipe, baked in homes across America every November and printed on every label of Libby's canned pumpkin since 1950.

LSC

Classic Pumpkin Pie

6 oz granulated sugar
 1 teaspoon ground cinnamon
 1/2 teaspoon salt
 1/2 teaspoon ground ginger
 1/4 teaspoon ground cloves
 2 large eggs
 1 can (15 oz) Libby's 100% Pure Pumpkin
 1 can (12 fl. oz) Evaporated milk
 1 *unbaked* 9-inch deep-dish pie shell
 Whipped cream (optional but highly recommended)

MIX sugar, cinnamon, salt, ginger and cloves in small bowl. Beat eggs in large bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk.

POUR into pie shell.

BAKE in preheated 220° C oven for 15 minutes. Reduce



temperature to 175° F; bake for 40 to 50 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Serve immediately or refrigerate. Top with whipped cream before serving.

T&T AUTUMN SPOTIFY PLAYLIST



Broken Bells - October

Yo La Tengo - Autumn Sweater

The White Stripes - We are Going to be Friends

Simon and Garfunkel - The Only Living Boy in New York

Dead Man's Bones - My Body's a Zombie For You

Bombay Bicycle Club - Autumn

Conor Oberst - Cape Canaveral

Neil Young - Harvest Moon

Iron and Wine - Cinder and Smoke

Echo and the Bunnymen - The Killing Moon

Gold Panda - Autumn Fall

St. Paul de Vence - Pink Wine

Devendra Banhart - Autumn's child

Go to <https://goo.gl/MeGKyD> to enjoy!

Word on the Street - Coffee Craze Observations

Whilst out and about in London, it's hard to miss the alternative and inventive drinks dazzling café menus: the eye-catching matcha latte, the seasonally adored pumpkin spice latte, and the standout amongst the wave of newcomers, the turmeric latte. I first spotted this caffeine-free beverage in a charming antipodean café in Putney (sizing up the competition you could say). Its complex flavours are smooth and well balanced, while its

essential ingredients – turmeric, ginger and cinnamon – are loaded with antioxidants and anti-inflammatory properties, helping to warm and heal your insides this autumn. Often made with almond, cashew or coconut milk, this coffee alternative is certainly an intriguing addition. Though for most of us traditionalists here at T&T, there's just no substitute for the perfect cup of coffee.

Keep it real with Flat whites all round! **LSC**



NEW COFFEE - MIRALVALLE



This month we have at long last introduced our filter coffee offer. For those who love a simple cup of Joe we've got some delicious single estate filter coffees coming your way from our friends at Square Mile.

We're starting off with Miralvalle from Guatemala.

Miralvalle Huehuetenango is a favourite region for coffee in all of Guatemala, and Square Mile are very excited to introduce the Miralvalle farm and the work of Don Jorge Villatoro Jr. Don Jorge and his wife Evelyn who together own and run the farm, which thanks to their skillful management placed 10th in the Cup of Excellence this year.

The farm is one of the highest in

their area, and the highest parts are reserved as a natural forest habitat supporting the native flora and fauna.

Don Jorge's approach to coffee farming encompasses everything from cupping every lot through to the building of direct relationships with his customers to the support he offers his local community.

For the future of his three daughters he and Evelyn truly see coffee as a way to make the world a better place.

Tasting Notes

PEAR/ HAZELNUT/ GOLDEN SYRUP

Tasting like nutella with pear notes and a golden syrup sweetness, this is a seriously good cup and ticks all the boxes!

FUN & GAMES

6					4			3
5		1			7	2		
	7		9		2			8
			3	6				
		4	5		8	3		
				7	1			
9			2		5		3	
		2	8			7		6
3			7					5

SUDOKU

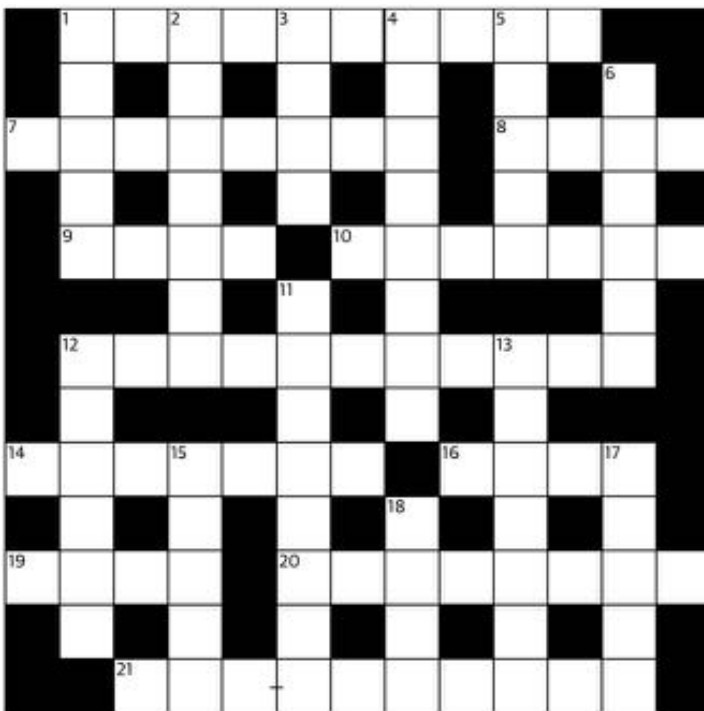
Fill in the blank squares so that each row, each column and each

3-by-3 block contain all of the digits 1 thru 9.

If you use logic you can solve the puzzle without guesswork.

	3				8			6
	2		7	1				3
			2	6			5	1
		4	5			6	2	7
2								8
5	6	8			2	9		
8	4			5	9			
7				2	6		4	
6			4				8	

CROSSWORD



Across

1. House on wheels? (6,4)
- 7,10 Kookaburra (8,7)
- 8 Eagerness and devotion (4)
- 9 Sharpen – stimulate (4)
- 10 See 7
- 12 Sweet, often toasted (11)
- 14 See 20
- 16 Young moo-er (4)
- 19 Point of the jaw (4)
- 20, 14 Bedfordshire town – hunt grizzled boa (anag) (8,7)
- 21 Unlucky (3-7)

Down

- 1 Cat call? (5)
- 2 Nasty goblin – cause of fear (7)
- 3 Cut of meat from between the ribs and rump (4)
- 4 New Year's Eve in Glasgow (8)
- 6 Capital city on the Vistula (6)
- 11 Chuckles (8)
- 12 Gobby (6)
- 13 Hide (7)
- 15 Regional (5)
- 17 Fern leaf (5)
- 18 Operatic female singer

FUN TRIVIA

It was illegal to sell ET dolls in France because there is a law against selling dolls without human faces.

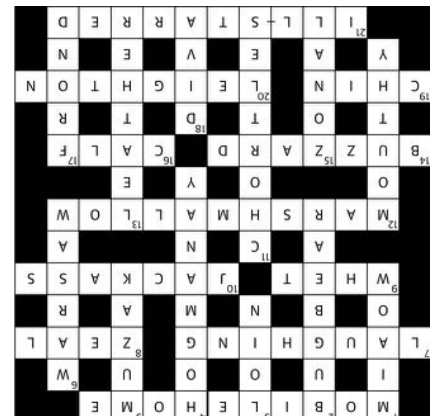
The animators of the film "Chicken Run" used 2,380 kg of Plasticine.

Richard Branson left school at 16. Now he has his own airline and railway.

A dog can hear sounds that are 100 times fainter than the faintest sounds that a human can hear. If a person can just hear a noise that is coming from ten feet away, a dog could hear that same noise from 100 feet away.

The first hot air balloon and the first parachute were both invented in France in the same year.

"Jenga" is a Swahili word that means "to build".





NEW!!! T&T house salad, roasted veges, stone fruit, leaves, tomato, feta, candied almonds, raspberry vinaigrette & hot smoked salmon – YUM!

Call for contributions

Do you have an interesting story to tell? A hobby? A business? A club or event you'd like to promote?

We are actively seeking contributions to keep our T&T VIPs up to date with what is going on in Putney and beyond.

Our monthly print magazine is sent to over 400 households in Putney and many more via email.

Please contact Rob for more information:

rob@triedandtruecafe.co.uk

After a beautiful and long summer spent enjoying ourselves and then the excitement and stress of starting school, new friends to make and birthdays to attend, new routines, having to wear proper shoes, it is easy to slip into a unproductive routine of comfort food, relaxing on the sofa and consuming boxsets on Netflix.

Every year I rediscover that now is a fabulous time to contemplate how the year has gone so far and work out what is left on my plate to achieve before 2016 comes to a close.

For me it is a great time to redouble efforts to get those little jobs done, finish those projects and get ready to celebrate with

friends and family at Christmas time with a clear conscience that I've made the most of the time I've been blessed with this year.

So if you've got unfinished business with 2016, now is the time to double down and keep working towards the prize!

And don't just focus on the boring stuff like work, DIY and painting the hallway. Why not resolve to spend time each week doing more of what you love? Perhaps getting out and spending more time in Richmond Park or along the Thames or enjoying an exhibition at one of our world-class museums or galleries. Just make sure you also make time for breakfast!

RK November 2016

Thank you very much for your kind donations!

We are really proud of our Patrick who completed his first half marathon last month and raised over £600 for Wateraid! Well done Paddy!

Coming in at an impressive 1 hour and 56 minutes, Paddy said:

"To all those that donated or simply wished me well it meant more than you know and really helped the last few km when for the first time in a long time I was ready to stop and walk!"



01:56:53 and still smiling!