



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 12 June 2016



Inside this month

- 2 **App Review**
Still using the TFL journey planner? Raf gives citymapper a spin.
- 3 **Staff Spotlight**
We welcome our new assistant manager, Eyal Goldshtein.
- 4 **Playing with fire.**
It's BBQ season. Keep it simple and tasty with our exclusive recipes.
- 6 **Stuff to do.**
Visit the Natural History Museum and explore the natural world.



Happy Fathers Day!

By Rob Kelly, Founder

Greetings T&T VIPs. In our amazing universe I am assured (without getting heavily into theoretical physics) that there are only two things that can travel through time. Gravity and Love. I can't wrap my head around the gravity part, but I know from personal experience that when someone you loved is gone from this world the relationship and the love remain. The feeling even grows deeper with time.

This month we celebrate Fathers Day. For those of us privileged enough to be a dad it is reward enough without the socks, ties and cufflinks just to spend some quality time with our families.

It's always a poignant time of reflecting and remembering for me personally. I lost my dad Cedric almost 18 years ago now when I was 23. With every year that passes I miss him more and more.

With a young family of my own now and all of the responsibilities of being a grown up and business owner, I still take comfort in the guidance he gave me growing up and the many words of wisdom he shared.

Dad always devoted time to reading and study, always searching for answers and inspiration. One such nugget of wisdom that he shared

Cont pg 8

Great days out in the big city. This month we visit the The Natural History Museum. See inside...

TECH TALK WITH RAF

Our resident tech head Rafal reviews smartphone app CityMapper to help him get to work in optimum time



Citymapper

The Ultimate Transport App

Living in London definitely has its benefits but there is one big pain in the neck about life in capital that affects all of us – public transport!

There are plenty of mobile phone apps these days that help plan your journey to get you from A to B in the quickest way possible. I've used a lot of them over the years. But none were ever as good as *Citymapper*.

and with the press of a button plan journeys to and from places you visit frequently.

In case of any transport problems (suspended service, diverted bus etc) the app will provide you with an alternative route.

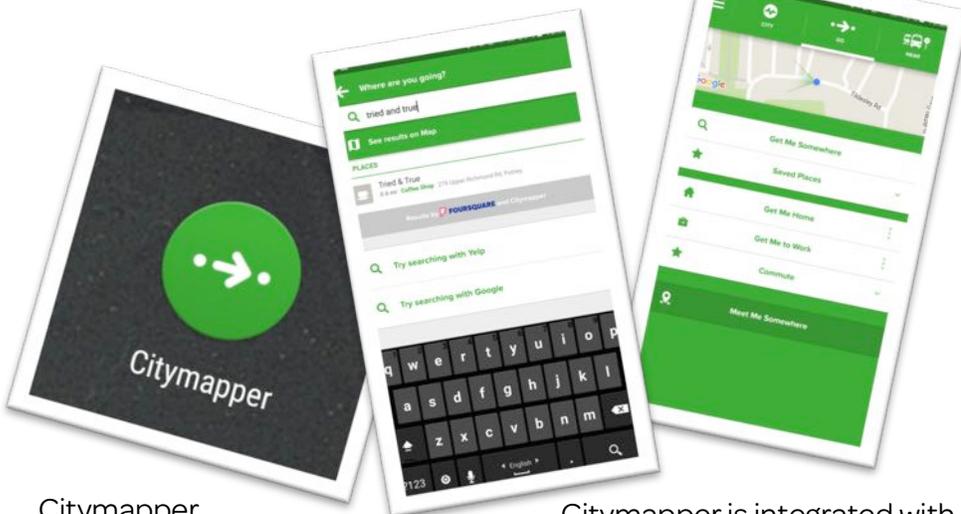
The user interface is simple and comfortable to use.

Gardening in June! Summer arrives

June 21 is the longest day of the year, and the extra light and warmth encourages the garden to put on an exuberant burst of growth. But this extra light and warmth also means weeds will sprout up from seemingly nowhere. Keep on top of them by hoeing regularly in dry conditions.

Top 10 jobs this month

1. Hoe borders regularly to keep down weeds
2. Be water-wise, especially in drought-affected areas
3. Pinch out sideshoots on tomatoes
4. Harvest lettuce, radish, other salads and early potatoes
5. Position summer hanging baskets and containers outside
6. Mow lawns at least once a week
7. Plant out summer bedding
8. Stake tall or floppy plants
9. Prune many spring-flowering shrubs
10. Shade greenhouses to keep them cool and prevent scorch



Citymapper makes getting around easy. Simply enter where you want to go using the postcode, address or name of a building or business and you'll be presented with a variety of options across transport modes.

Modes include walking, bicycle, car or public transport. You can personalise the app with your own information to make getting to home and work from anywhere much easier.

You can also create more bookmarks like the Get Me Home

Citymapper is integrated with other web services including Foursquare and Uber so you can plan your journey, hail an uber and then review your destination on social media!

This is a must-have app for Londoners so if you're still using the TFL journey planner it's time to ditch it in favour of this sleek, feature packed app.

Highly recommended.

www.citymapper.com

Free for Apple and Android **RAF**

Staff Spotlight

We catch up with our newest recruit, Eyal Goldshtein who has joined us as assistant manager.

There's a new face here at T&T. We're really happy to welcome Eyal Goldshtein as our new assistant manager. We catch up with him over coffee!

How long have you lived in London?

I've lived in London for almost a year and a half.

Where are you from originally?

I'm originally from Tel Aviv, Israel.

Why did you move here?

Back home I was an actor and a musician and thought about trying my luck here. I've put aside my acting dream for now, and I'm mainly focusing on music.

What is it you like about the coffee & hospitality business?

I've been in the hospitality business for about 8 years now and after being a cafe manager back home in Tel Aviv, I absolutely

loved it. Just being a part of a local cafe, getting to know the customers, making them feel right at home, getting to know a bit about their lives and making their day just a little better with a good breakfast and a great coffee - for me is what it's all about. And I love it!

What's your favourite dish at T&T?

My favorite dish must be the Nutella French toast. Reminds me of my childhood so much. But it must be eaten only with bacon. Bacon makes everything better.

How do you like your coffee?

Well, in the morning it's a white americano and later in the day I'd have a flat white.

What do you enjoy doing on your days off?

On my days off I mainly work on my music - I compose

soundtracks for short films, video games, theater show, etc.

When I don't do that, I just like to explore new places around the city (when the weather is right).

What is the best thing about living in London?

There are so many amazing things in this city but I mainly like the fact that there's always something to do and see. The greenest and most secluded park is just a train ride away from the busiest shopping center. I love that.

What do you enjoy about working at T&T?

T&T is so different from all the other places I worked at, mostly because you can really feel that the people who work there truly enjoy working there and that makes all the difference. We've got amazing staff, great food and wonderful customers.

Sharpen your Sizzle this Summer

Dust off the BBQ and get grilling with some easy BBQ recipes and tips

Men of all nationalities and cultures have long prided themselves on their first class barbecuing skills.

This dangerous and highly skilled activity is as old as civilization itself and obviously satisfies the primal urge to feed the tribe whilst unwinding with other members of the hunting party.

With such esoteric rewards rare these days in the big city, what better way to place the mind in a hammock than firing up the grill

Place your mind in a hammock and fire up the grill!!

and cooking steak and a banger or two to perfection after a long summer's day?

It is an essential rite of passage for males everywhere to eventually take over the tongs from the old man. From a young age that is all I really wanted to do. Seriously.

Standing about enjoying the company of friends, turning, basting, flipping and avoiding burns to self and the delicious cuts of meat, not to mention the allure of FIRE itself, it was a responsibility I took very very seriously.

Looking back though, Dad didn't put up much of a fight and I found myself in sole charge of our BBQ from about age 14.

One afternoon while slaving away in the summer heat my buddy Wade and I realised that our folks seemed to be having a much better time now with the kids doing all the work!

As we wheel into barbeque season I've dug out a few BBQ staples and helpful hints to encourage you to get outside ,break out the grill and avoid the

3 for 2 offers at the supermarket!

A great burger is really quick and easy to throw together and pretty hard to get wrong. Try a tasty marinade to make that great piece of steak, chicken or fish really sing and ditch the Heinz and wow your friends with your home made BIG RED BBQ sauce.

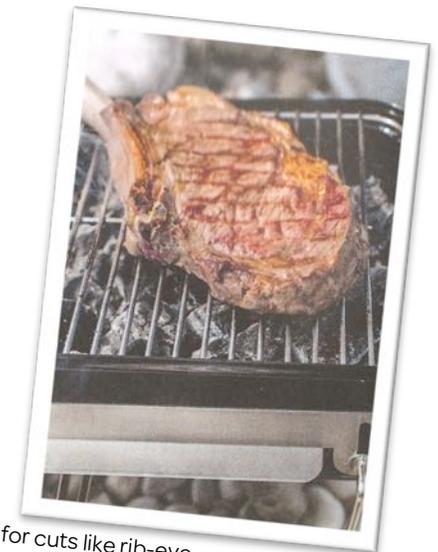
CHARCOAL OR GAS?

I've managed to incinerate the dinner on both BBQ formats. However, as much as I love the romance a charcoal grill nothing beats gas for controlled results

and the wider cooking window is much more conducive to enjoying the party banter. Apparently even purists can't tell the difference in taste.

HELPFUL TIPS

1. preheat the BBQ well before attempting to cook .
2. check the heat of the grill by



Go for cuts like rib-eye

counting how long you can hold your hand just over it: 10+ seconds for low heat, 6 - 8 seconds for medium heat, 2 - 4 seconds for high heat;

3. meat should be at room temperature before cooking but take care in hot weather.
4. trim extra fat from meat to cut down on flare-ups, and avoid

sugary sauces which can scorch.

MARINADES

A marinade is essential to barbecuing, and with good reason. Marinating tenderises and adds depth of flavour.

Cuts When barbecuing beef select a cut that is well marbled like rib eye or sirloin as opposed to a lean cut like fillet.

Planning ahead When you purchase steak for marinating, buy two and freeze one, with the marinade in a plastic freezer bag. When you are ready to cook it, simply place the bag in the fridge to defrost. It will have marinated as it froze and will marinate still more as it defrosts.

Time meats should be marinated for at least 1 hour at room temperature or overnight in the fridge - or even longer if a stronger flavour is desired.

Contents typically a wet marinade contains oil, lemon juice, wine vinegar, or some kind of fermented liquid. Try wine, sake, dry sherry, bourbon, or flavoured brandy.

Tenderise The acid breaks down muscle fibers for a more tender final

product, while the oil adds moisture.

Bourbon, Balsamic Vinegar, and Fresh Ginger Marinade

- 3 T bourbon
- 2 T light brown sugar
- 3 T balsamic vinegar
- 2 T fresh ginger, finely chopped.
- 0.5 t black pepper

BURGERS

The options are endless. Using your fingers, gently toss ground beef with seasonings. Try herbs, capers, finely chopped onions, dill, black pepper. Divide meat into balls. Flatten but don't squash. A rare burger can be as thick as two inches, even for burgers that are to be well cooked, the thickness should be no less than 1 inch, so the outside doesn't dry out before the middle is done.

Moroccan Burgers

- 1 kg quality ground beef
- 4 T pinenuts, raw or toasted
- 0.5 t ground cinnamon
- 8 dried apricots, chopped
- 0.5 t garlic powder
- 0.5 t ground cumin
- zest of half a lemon
- 0.5-1 t cayene pepper

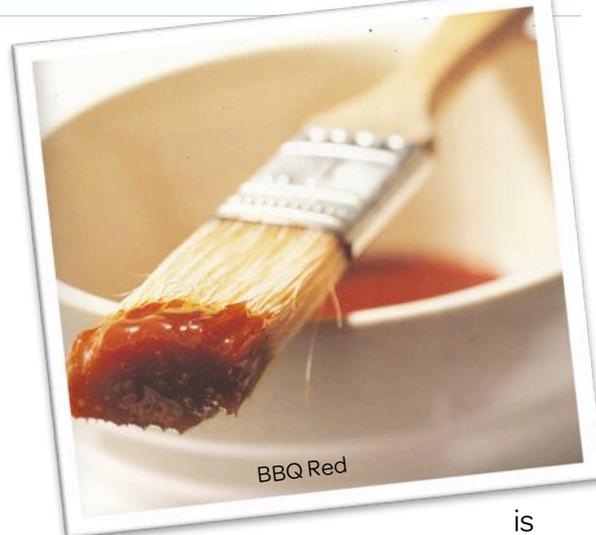
Prepare your BBQ

Combine all of the ingredients and divide into 4 patties of equal size.

Cook the patties for about 7-10 minutes on each side or until desired doneness is reached.

CONDIMENTS

We're blessed with a huge range of quality BBQ sauces and condiments these days but making your own



is fun and easy.

Try serving steaks with butter mashed with herbs and spices. I love chopped rosemary, minced garlic and sundried tomato – mix into softened butter, form back into a roll in cling film and pop into the fridge. Serve by slicing off what you need.

Big Red BBQ Sauce

This is a sloppy big red bbq sauce in the US BBQ tradition.

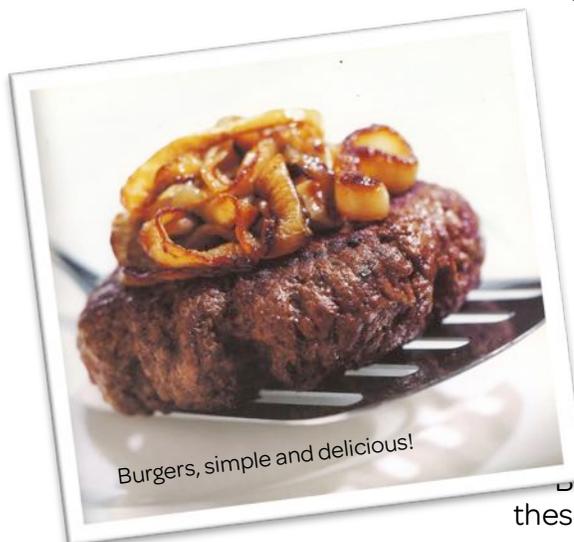
Makes about 2-3 cups

- 1 T olive or canola oil
- 1 medium onion finely chopped
- 2 cloves garlic minced
- 0.5 cup of cider vinegar
- 1.5 cups of ketchup
- 1 T Dijon mustard
- 2 T light brown sugar
- 0.25 cup lemon juice
- 2 t of chili powder

Heat a medium sized saucepan over medium heat and add the oil. When the oil is hot, add the onion and garlic and stir occasionally until they are very soft.

Add the remaining ingredients and simmer for 5-10 minutes.

TIP; Barbecue Sauces should be made far enough in advance to divide into three batches: one for marinating, one for basting, and one for the table. **RK**



Things to do this summer

Jump on the District Line to Museum Central at South Kensington and visit the Natural History Museum.

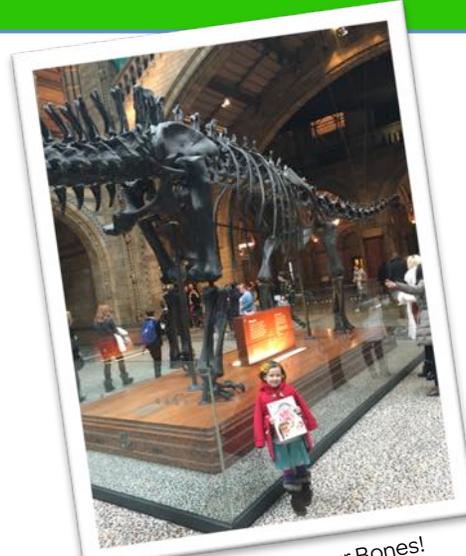
We are so lucky to live in London with the variety of free world class facilities on our doorstep just a short ride away on our amazing transport system.

The other day I asked Clara what she'd like to do seeing the family was together for the day. She answered immediately "take Mummy to see the dinosaur bones". That's my girl! I took her for a surprise visit to the Natural History Museum back in the grip of winter while the days were short and cold. She was totally blown away as I was at the size of the place and all of the amazing things to see and do.

The Natural History Museum is at the forefront of the great British pursuit of knowledge. Its collections contain more than 70 million specimens, of immeasurable scientific, cultural and historical value. Hundreds of scientists beaver away behind the scenes, producing a body of research that would put many prestigious university departments to shame.

What the museum does, it does impeccably, and I was impressed by the amount of science on display. It was a pleasure to see real efforts being made to put exhibits in context, and explain wider concepts, such as predator vs prey.

Clara loved it too especially the dinosaur bones, turtles and crocodiles and creatures from the deep, birds, fossils and the



Dinosaur Bones!



Southern Brown Kiwi



Big enough for a dinosaur!

huge display of geological and geographical processes upstairs.

There are so many interactive things for little hands and minds to grasp onto to. It is so great to see so much curiosity from kids about rocks, plants, trees and leaves and everything that makes up our natural world.

There are wonderful exhibits about ancient and modern human beings and the mammal displays really are breathtaking.

The cafe is definitely a highlight as far as these facilities go. You won't be disappointed. The cafe is run by Benugo and has a huge range of cakes, sandwiches, treats and hot and cold drinks.

There are a number of beautifully stocked gift shops throughout the museum which are great places to pick up something really special for yourself or friends and loved ones.

Prices

Entry to the Natural History Museum is free. Donation optional. There are admission charges for some of the special exhibitions and events.

Opening Times:

Open daily 10.00 - 17.50. Last admission 17.30. Open late on the last Friday of each month. Closed 24 - 26 December.

RK

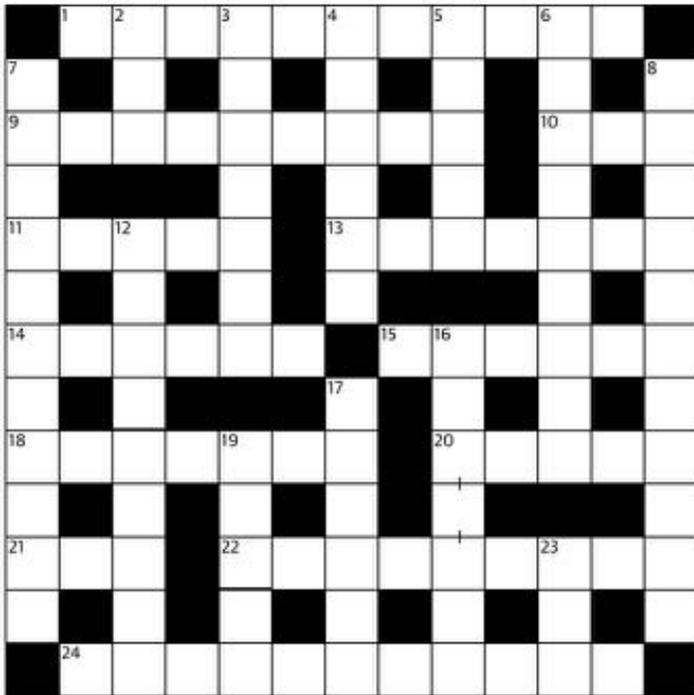
FUN & GAMES

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

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.

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



Across

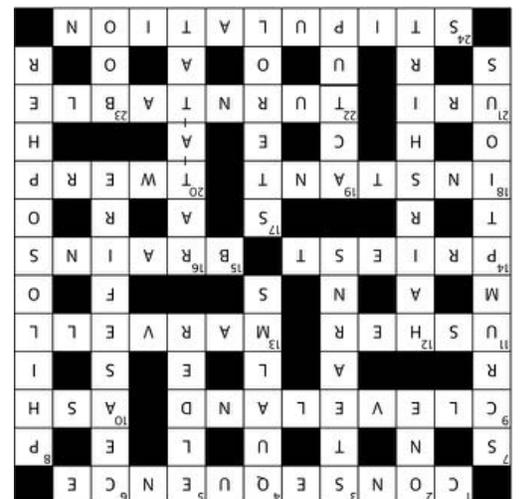
- 1 Upshot (11)
- 9 Ohio city on Lake Erie (9)
- 10 Fire residue (3)
- 11 Escort (to a seat) (5)
- 13 Poet who wrote To His Coy Mistress (7)
- 14 Man of god (6)
- 15 Intellectual capacity (to be picked?) (6)
- 18 Moment in time (7)
- 20 Nitwit (5)
- 21 ___ Geller, Israeli spoon bender (3)
- 22 Rotating platform (9)
- 24 Condition to an agreement (11)

Down

- 2 Half and half (3)
- 3 TS Eliot's middle name (7)
- 4 Misgivings (6)
- 5 Small tree with purple berries (5)
- 6 Break in fighting (9)
- 7 Yummy (11)
- 8 Immanuel Kant, for example (11)
- 12 Penitent's garb (4,5)
- 16 Rapping sound (3-1-3)
- 17 Ostler (anag) natural alcohol (6)
- 19 Misbehave – carry on (3,2)
- 23 Expression of disapproval (23).

Fun Trivia!

- 40 % of McDonald's profits come from the sales of Happy Meals.
- A bowling pin has to tilt only 7.5 degrees in order to fall down.
- A cat is more inclined to watch TV than a dog, says the experts.
- A cow in Thailand says "oo-ah".
- A dog can suffer from tonsillitis, but not appendicitis. They don't have an appendix.
- Alexander the Great made his soldiers keep clean-shaven so the enemy couldn't grab them by the beards and stab them with their swords.
- "Almost" is the longest word you can make in the English language with all the letters in the correct alphabetical order.



Solution



Thank you Jekan!

We are sad to announce that our chef de Partie, Jekan Kurudevar (pictured centre) has decided to move out of London to Cornwall after almost 2 years with us at Tried & True.

Known for his professionalism, eye for detail and punishing latte habit, Jekan has been a joy to have on the team.

We wish him and his family all the best as he begins a new life way out West.

Cont from pg 1

with me from an early age was from that great 1960s success tome *Psycho Cybernetics* by Maxwell Maltz. "What ever the mind can conceive and believe, [you] can achieve".

Of course, as a teenager this sounded like a load of mumbo jumbo to me. However, I always respected the old man and put his theory to the test throughout the many challenges, situations and journeys I have enjoyed and endured throughout my life so far.

The result is, Dad was right. Anything I have put my mind to, including my second biggest project, Tried & True, was but a figment of my imagination until I believed it in my own mind and acted upon that belief. More often than not I have arrived exactly where I imagined.

So this Fathers Day I'll hopefully be enjoying a Pork Benedict and a flat white with my family right here at T&T and will toast a special thank you to the wisdom of all Dads and especially mine. Happy Fathers Day Ced! **RK June 2016.**

GET ON THE GRASS!!

Just in time for summer we have at long last managed to establish a lawn in the garden for your brunching pleasure.

If you're thinking of a low maintenance alternative to the traditional lawn come and check ours out.

Drop us a line at info@triedandtruecafe.co.uk and we'll put you in touch with our supplier. If you decide to go ahead we get a referral reward and you'll get a free breakfast. How good is that!

