



TRIED & TRUE

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

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Happy Halloween!

Greetings T&T VIPs!

I hope you all enjoyed the summer! If you managed to get away to some exotic location I hope you enjoyed yourselves. If you stayed close to home I'm sure that you appreciated the late run of awesome summer weather that we have enjoyed here in London. In mid June I almost didn't think it was going to happen but then boom! – Along came the sun and the hot weather, trips to the south bank and various amusements. I love London in the summer!

Amanda, Clara and I were very lucky to travel to Mexico this year for a short break which I can recommend to anyone. We stayed on the Riviera Maya which is around an hour south of Cancun. The weather was fabulous, the people friendly and the food... lets just say I really enjoyed myself!

Clara had a ball. She got to use a bit of the Spanish that she

Halloween around the world. Leann St Clair investigates the origins and celebration of this ancient harvest celebration.



Staff spotlight

Davide Guarneri Chef de Partie

We are pleased to welcome Davide Guarneri to the Tried & True family. Leann, catches up with our new Chef de Partie in the T&T kitchen.

We're very happy to have Davide Guarneri in the Tried & True kitchen, poaching eggs to perfection and putting the *bene* in Benedict. We sat down with the Milanese chef to find out what's behind the apron.

Davide grew up in a village just outside Milan before moving to London in October 2014. When asked about life here he says he likes it very much and plans to stay here indefinitely. London is among his top favourite cities, along with Paris and Rome.

Davide only started working as a chef after moving to the UK, however his education in the kitchen began at home in Italy, where he explains "*tutti appassionati di cucina*" (everyone is passionate about food). While growing up, he spent a lot of time with his grandmother in the kitchen who gave him cooking lessons and taught him to make his first and favourite dish - lasagna. His



favourite items on the menu at Tried & True? Preferring savoury to sweet, he tells me, "the pulled pork benedict. And the special brisket hash! I love the chilli butter."

During his time off Davide enjoys time spent with friends, playing sports and traveling. The most beautiful place he's been? "Ibiza," he says without hesitation. Although he's from the north of Italy he is drawn to *il mare* (the sea). With all of his ancestors coming from the south of Italy, he claims to have

'Sicilian blood' which explains his love and connection to the water. His Sicilian roots have not influenced his football affiliations however, as Davide is an avid AC Milan fan, trying his hardest never to miss a match.

Finally, I had to ask Davide about his coffee habits. He admits to having quit drinking coffee before starting work at Tried & True, preferring Italian espresso to British lattes. But since joining us he's

"...everyone is passionate about food!"

back on the bean. How's he take his coffee? "Black. With sugar."

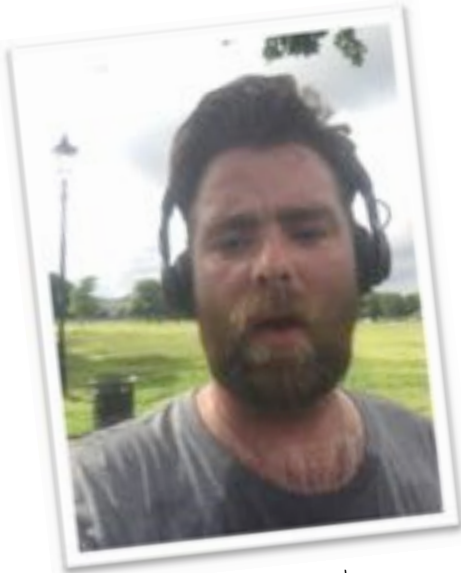
It's only been a few months since Davide became a part of the Tried & True team, but with his outgoing personality, commitment to colleagues and contagious sense of humour, he's already become a part of *la famiglia*.

LSC

People in your neighbourhood

We love to celebrate the weird, wonderful and heroic activities of our T&T community. If you've got something to share drop us a line through our website and connect with our audience of thousands of Putneysiders.

Paddy is running for Wateraid!



Paddy in exhilarated running mode

In an effort to lose the belly tyre and reignite old school day glories I signed up for my first Half Marathon. Turns out I am indeed target-driven!

I'll be competing on Sunday 9th October in the Royal Parks Half Marathon. The next decision was who to run for. Choosing a charity that I felt anyone could get behind led me to WaterAid - they provide access to clean water to the most impoverished people throughout the world. I first learnt of their work at Glastonbury Festival earlier this year and T&T's support during UK Coffee Week.

I'm hoping to raise at least £500 for WaterAid - every single donation helps make a real difference.

I'm not running to simply raise awareness - I'm running to raise money - for a vital charity. I promise to run my heart out and with your help raise as much as possible for WaterAid.

All donations gratefully received and will be put to good use.

Please follow this link to donate <https://goo.gl/la1JZ3>

Thanks for your support

Paddy

Knock out performance by Putney's Joseph Joyce.

A successful street party was held for Putney's very own Joseph Joyce who won a Silver Medal in the super heavyweight boxing at the Rio Olympics.

Residents from around the block came to celebrate Joseph's success with samba dances and Capoeira bringing a taste of Rio to Dealtry road. There was singing with the band and dancing in the street vibrant carnival feel...

Congratulations Joseph from T&T!



Joseph Joyce with his Olympic Silver Medal

The Elastic Band

T&T VIPs are invited to enjoy the smooth sounds of Dick Laurie & the Elastic Band (*took me a little while to get it ed.*), who play cheerful jazz every 1st and 3rd Sunday afternoon of the month at the Half Moon Music Pub in Putney.

Admission is free, children and well-behaved dogs are welcome, sitters in are welcome, parking is easy, the food is good and Dick and the band have played there for nearly 19 years!

Do come along and enjoy some local music!

Halloween around the world

Leann St Clair takes a peak behind the curtain and exposes the origins of Halloween and how this quirky festival has become so popular!

Ol' Hallow's Eve is right around the corner. Here at Tried & True we're carving our pumpkins and preparing our witch's brew for an unforgettable Halloween. But first we take a glimpse at how the world's oldest holiday is celebrated around the world, and what festivities you can be a part of right in your own backyard. Let the haunting begin!

transparent.

The name 'Halloween' is first seen as a shortening of *All-Hallows-Even* in 16th century Scottish literature, noting a time of pranks and mischief-making, along with games, children in costume begging for offerings of food or coins and 'divining' or trying to predict the future. Versions of Scotland's

holiday in the States. From the marketing of candy and costumes, it has become a major celebration that has spread its haunting magic around the world.

Many European nations such as Germany have adopted an Americanised version of the holiday, where Trick-or-Treating has become a profitable industry – especially for the kids.



Although primarily celebrated in the West, spiritual observances are noted across the globe with great variance in between.

With its earliest origins found in the Middle Ages, the Christian belief was that All Hallow's Eve represented a time when the 'veil' between the afterlife and the material world is most



celebrations migrated to Canada in the late 1800s, where children went 'guising' for nuts and candies. Halloween did not become a recognised holiday in the United States until the 19th century due to dominant Puritan traditions. 100 years later its commercialisation began with the manufacturing of postcards and has slowly developed into the second most popular



Ireland revels in Halloween celebrations with bonfires and firework displays. Games like bobbing for apples are played, colcannon is traditionally served, and adults and children alike dress up for carnivals and parties.

Italy recognises All Saint's Day or *Tutti i Morti* on November 2 to honour loved ones who have passed. While traditions vary

around the country, Northern Italy has practices closest to Celtic traditions, such as in Veneto where pumpkins are carved into a skull figure with candles lit inside, referred to as *i suchi dei morti* or the dead's pumpkins.

The 'Hungry Ghost Festival' is celebrated in China in mid-July, remembering those who have died by floating lanterns along rivers. Korea's festival 'Chusok' takes place in August and is a time to pay respects to ancestors with offerings of fruit and rice. In the Philippines the declining tradition of *Pangangaluluwa* lasts for three days beginning 31 October. People often return to hometowns for gatherings and festivals, where songs of lost souls in purgatory are sung and mass processions are performed. Like many other

Eastern countries, Japan's experience of Halloween is recent, having arrived with the influence of American pop culture, and primarily involving costume parties.

In Mexico and other Latin American countries, *Día de los Muertos* or Day of the Dead is a celebration lasting three days to honour ancestors and loved ones who have passed. Altars are constructed and decorated with flowers, wreaths and candy, while people dress up as skeletons and dance in street parades. This ancient festival of the dead continues to evolve however its point remains consistent: to celebrate the continuity of life.

Local Events

So how will you celebrate Halloween this year? There are countless spooky offerings across London that you can be a

part of. For the kids, head over to Half Moon Putney Friday 30 October between 12-4 PM. There will be a showing of *Hotel Transylvania*, games, and a disco for dancing 'til you drop. Suitable for ages 5-13, book your tickets in advance and remember to wear your best fancy dress! For a Fire Festival sure to leave everyone in awe, make your way to the Vauxhall Pleasure Gardens 29 October to see firework displays and fire performers in their Ancient Greek Halloween Spectacular, beginning at 5PM. And in case Netflix left you wanting more, not to fear! A 'Stranger Things' themed party will take place in Shoreditch Saturday 29 October for only £5-free if you sign up before! Whatever you do this Halloween, make sure its hauntingly memorable.

LSC

Fright Night! – Great movies to watch on Halloween.

1. Hocus Pocus
2. Poltergeist
3. The Nightmare Before Christmas
4. Scream
5. Casper



6. The Exorcist
7. The Rocky Horror Picture Show
8. Psycho
9. The Shining
10. Nightmare on Elm Street

Autumn warmer – Masala Chai

There's no denying it; autumn has arrived. And as the days grow shorter and the air crisper, there's nothing like a dose of Chai to make life spicier. Here we'll delve into the origin of the spices used to make this aromatic beverage and how they can boost your well-being this season.

Chai tea, a delicate blend of black tea and rich spices, comes from India, where different varieties can be found across the region. While in India the word 'chai' refers to tea in general, Masala Chai or 'Spiced Tea' has become a favourite drink around the world. Not only is it complexly flavourful and endlessly versatile, but it boasts several medicinal benefits as well, which can help you to maintain your health this Fall.

Cardamom, native to the rainforests of southern India, is a source of potassium, calcium and magnesium, and is also a digestive aid. It stimulates brain activity and is said to promote mind clarity. Green cardamom is the variety used most often in Chai recipes.

Ginger, the root of a small tropical herb, boosts attention and memory and has high Vitamin C content, making it an aid in easing motion sickness and nausea.

Cinnamon, the sweetly fragrant bark of laurel trees native to Sri Lanka, improves circulation, aids

digestion and is an antioxidant. Furthermore it has historically been used to fight sore throats and cold or flu symptoms.

Nutmeg, deriving from the Spice Islands, has anti-inflammatory properties as well as being used in traditional medicines as an anti-depressant and aphrodisiac.

Cloves, the flower buds of the tropical clove tree native to Indonesia, is a great source of Vitamin A and is said to help generate body heat – perfect for a chilly day.



Recipe for Masala Chai

1 ¼ pint water
3 whole cloves
1 cinnamon stick
½ inch piece of freshly grated ginger
Pinch of ground nutmeg
Pinch of ground black peppercorns
2 cardamom pods freshly ground
2 tablespoons of loose black tea (preferably an Indian blend such as Assam, Darjeeling, Ceylon)
1 pint milk
1-2 teaspoons sweetener (Turbinado sugar, honey, maple syrup) to taste

Bring the water and spices to a boil in a small pan. Add the tea and boil for 2 minutes.

Add milk and continue simmering on low flame. (Watch closely as the mixture can easily boil over.) Use a strainer and pour into cups, then serve, adding sweetener to taste.

Try with soy, almond, coconut or other dairy-free options for an extra nutty taste. And if you're feeling particularly bold add a shot of espresso for a "dirty chai."

We recommend Square Mile's incomparable Red Brick espresso, available for purchase at T&T. Or, for a caffeine-free alternative, replace the black tea with herbal tea such as Rooibos, Lemongrass or Yerba Mate.

LSC

FUN & GAMES

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

SUDOKU

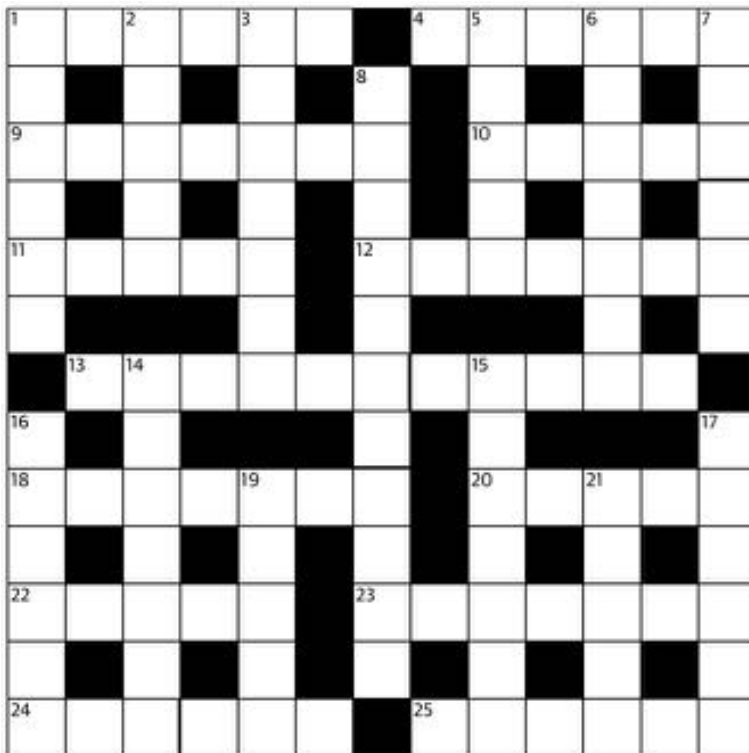
Fill in the blank squares so that each row, each column and each

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

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

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

CROSSWORD



Across

1. Astute (6)
4. Serene – unruffled (6)
9. Taking away (7)
10. With a smooth, gleaming surface (5)
11. Stratum (5)
12. River of Washington DC (7)
13. Pen-name of Mary Ann Evans (6,5)
18. Tied up (7)
20. Put off till later (5)
22. (Musically) broad and slow (5)
23. Competent – experienced (7)
24. Back out (from an agreement) (3,3)
25. Systematic procedure (6)

Down

1. High-pitched and piercing (6)
2. Card game (5)
3. One who vacillates (7)
5. Hungarian composer, d.1886 (5)
6. Asian capital (7)
7. Solid carbon dioxide (3,3)
8. Cause of back trouble (7,4)
14. Attendant in royal household (7)
15. Opponent of new technology (7)
16. Sloping script (6)
17. Worn away (6)

FUN TRIVIA

A fresh egg will sink in water; a stale one will float.

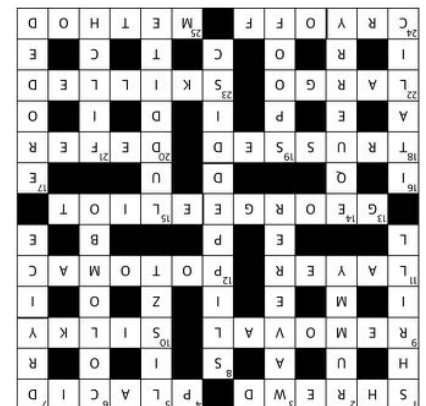
Count Dracula has appeared in movies more often than any other horror character. The worlds top vampire has clocked up over 160 appearances.

Americans consume 42 tons of aspirin a day.

Although identified with Scotland, bagpipes are actually a very ancient instrument, introduced into the British Isles by the Romans.

Leonardo da Vinci invented scissors.

A “walla –walla” scene in a film is one where the people in crowd scenes pretend to be talking in the background. When they all say “walla-walla” it looks like they are talking about something.



NEXT MONTH...



We launch our filter coffee offer with wonderful single estate beans from our roasting partners Square Mile. We'll also be giving away an amazing home grinder to one lucky T&T VIP so you can enjoy delicious coffee at home.

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

learned at nursery (Ola! Vamos!) and knocked the life out of a Piñata before enjoying the Lion King and Aladdin shows that were put on with professional aplomb by the entertainment team. My days were spent in the pool and on the beach dreaming and scheming, preparing for the winter ahead here at T&T.

This month is when the wonderful summer fades into memory and traditionally we enjoy the fruits of our labour from the summer months. The celebration of Halloween is a great excuse to have a bit of fun, eat drink and be merry with friends and family before knuckling down through to Christmas.

We've had a lot of changing personnel in the background over the last few months and I'm pleased to say that we've finally got a great new team in place. We'll be introducing each of them to you over the next few months.

T&T will be five years old in the new year which means my other baby is now ready for school. Clara was born six weeks after we opened and she has grown up on



kids pancakes and fluffies (along with a lot other of Putney babies).

It has been such a pleasure and privilege to have spent so much time with Clara over the years due to the flexibility of being my own boss. Thank you to my (ever

evolving) team and of course you, the people who make T&T a reality through your generous support.

RK October 2016



To celebrate Halloween this year we'll be offering all trick or treaters under the age of 12 a special children's gift or a children's meal for only £1 if they appear in costume and are accompanied by a parent.

This offer will be running from Monday October 24th through to October 31st so come on down and give us a fright!