

Village Link

Issue 165



August-September 2019

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ISSUE 165

August-September 2019

EDITORIAL

Thank you to everyone who has contributed content for this edition. We are always looking for new contributors, whether regular or one off, so please do send in any articles or photographs you would like included.

Our cover picture is of Captain Charles Algernon Fryatt whose story can be found in this edition.

The committee have adopted a new constitution for The Village Link, if you would like a copy please email the editor. Thank you.

If your event or group has not been mentioned please do get in touch. The Village Link is distributed to every household in Wrestlingworth, Cockayne Hatley & Eyeworth which is the perfect way to ensure that your event or group, whether large or small, gets the publicity it needs.

My contact details are email: villagelink@zoho.com

Phone: 01767 631123

David Fryatt

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Dates for Your Diary

August

- 4th Pub Quiz at The Chequers 8pm
- 6th Coffee Morning at St. Peter's 10:30am-12 noon
- 10th Live Music at The Chequers from 7:30pm
- 18th PWWG Walk from Biggleswade. Please check times
- 20th WI Open Meeting at Wrestlingworth Memorial Hall 7:30pm

September

- 1st Pub Quiz at The Chequers 8pm
- 2nd Parish Council Meeting at Wrestlingworth Memorial Hall 7:30pm
- 3rd Coffee Morning at St. Peter's 10:30am-12 noon
- 7th Goodwill Fund Village Fete at the Chequers Field
- 7th Live Music at The Chequers from 4pm (times TBC)
- 8th Sunday Club at Dunton Church 2pm-4pm
- 14th Harvest Coffee Morning at Eyeworth Village Hall 10:30am
- 15th PWWG Three Hatleys Walk 10am (or 9:30 from Chequers)
- 16th Copy Deadline for the August/September edition of the Village Link
- 17th WI at Wrestlingworth Memorial Hall 7:30pm
- 19th History Society. Please check for details
- 21st Café Church at St. Peters 10:00am-11:30am
- 21st Live Music at The Chequers from 7:30pm

Please email your diary dates to villagelink@zoho.com. We want to include all relevant events but do rely on your input; if you don't tell us, we might not know about your event. **Please do check dates and times with organisers, as they may be subject to change.**

PLEASE NOTE

The views contained in the articles within this publication do not necessarily represent the views of the publisher or the members of the editorial committee.

Parish Council News

Millennium Garden

As no volunteers have come forward, we are looking for a local gardening contractor to look after the Millennium Garden in Wrestlingworth. If you are interested in caring for this small public garden, which is mainly set to shrubs, please contact the Parish Clerk wrestlingworth@aol.com or 01767 631383. We should be interested to know your charges and how much of your time you think it would need to keep it tidy.

The Old Tree Nursery

Central Bedfordshire Council (CBC) have put in a planning application for land they own at the Old Tree Nursery, Potton Road. The application is to create a Rural Exception Site for eight social housing units. This is on land which is outside the Wrestlingworth Settlement Envelope and, as the name suggests, would be an exception to normal planning laws. Building on this area would not create a precedent and would remain an exception in the future. The Parish Council has worked with CBC throughout the drawing up of this proposal as it meets a local housing need for people on a low income who are not home owners and either live in the parish or have connections with it. The Parish Council has endeavoured to influence CBC at the design stage and particularly asked for vehicular access from the site to the proposed allotments adjoining the site (see below).

The Parish Council does have serious concerns about the proposed development site as described in the planning application and has responded pointing out issues related to highways, surface water and sewage as follows:

Highways

The proximity of the access road to the junction of Potton Road and the High Street would further impact on this busy junction, which is already considered dangerous for both pedestrians crossing Potton Road and residents living close to the junction. We have asked for alterations to be made to the T junction so that traffic cannot take the bend at speed but would need to slow right down to negotiate it.

Surface Water and Sewage

The application states that both surface water and sewage will run into the main drainage system in Potton Road. We have expressed concern that in times of heavy rain the junction of Potton Road with the High Street is already liable to flood without this additional pressure on the system. There have also been instances this year when sewage has leaked out of the drainage system and into the Brook. We are seeking assurance that remedial steps will be taken to remedy this and also provide for the additional needs of this development.

If you wish to comment on the application the closing date is 2nd August. You will find it on the planning pages of CBC's website ref. CB/19/01999/REG3.

Proposed Allotment Site

CBC is in the process of drawing up a 125 year lease with the Parish Council on land to the rear of the Old Tree Nursery which adjoins the amenity land beside the Chequers. The lease would cover an allotment site behind the Old Tree Nursery development and secure the amenity land for residents well into the future.



*All Saints' Eyeworth
'The Church in the
Fields'*

Please check the church notice board for details of services or ring the Church Warden Mrs Wendy Robinson on 01767 631283. You can also call the Revd. Carole Johnson on 01767 699934.

11th August: Parish Eucharist at 9:30am
18th August: Benefice Eucharist at 3:00pm
25th August: Sunday Praise at 3:00pm

8th September: Parish Eucharist at 9:30am
15th September: Harvest Festival at 3:00pm

On Saturday 14th September there will be a Harvest coffee morning at Eyeworth Village Hall starting at 10:30am.



St Peter's Church, Wrestlingworth

Services

4 August:	11:00am Parish Eucharist
11 August:	11:00am Sunday Praise
18 August:	9:30am Benefice Eucharist at All Saints, Eyeworth
25 August:	11:00am Parish Eucharist
1 September:	11:00am Parish Eucharist
8 September:	11:00am Sunday Praise
15 September:	11:00am Benefice Eucharist
22 September:	11:00am Parish Eucharist
29 September:	11:00 Parish Eucharist

Please check the notice board or the weekly notices sheet for any changes or additions.

St Peter's News

Roof Fund Update

Our Roof Fund has now reached a magnificent £39,638.26. Thanks once again to everyone who has supported St Peter's. Have a look at our notice board to see the progress up the ladder.

Fundraising

Café Church

Saturday 21st September, 10-11:30am

Drinks and Pastries

Donations welcome for our Roof Fund

Just Giving

If you would like to make a donation to our Roof Fund, this link will take you to our page www.justgiving.com/stpeterwrestlingworth

Help!

We need two A boards to locate outside the church doors to advertise events. Does anyone have any they could donate or make for us?

Coffee Mornings

Our popular Coffee Morning is held on the first Tuesday of the month, 10:30-12:00. During the Summer months the Coffee Morning will be held in the church. Everyone is welcome to join us.

For further details contact Karen.

Sunday Club

Sunday Club is monthly and held at Dunton Church. The next Sunday Club is on Sunday 8th September 2pm-4pm. It is for all children who have started school to 13 years old. All children and young people are welcome. The start of a new term would be an ideal opportunity for new joiners.

There are games; craft; activities and refreshments, with something different for the different age groups.

The cost is £2.50 per session of which 50p is a donation to a charity chosen by the children.

Contact Karen if you would like your child to join.

Open Church

St Peter's is currently open between 9am and 4pm each day. You are welcome to visit the church and enjoy some time of quiet reflection or to enjoy the beautiful historic building.

Lost Property

Two pairs of glasses have been found. One pair in a black case were found in church, the other pair were left on the church wall.

If you would like to know more about our regular services, or to discuss a wedding, baptism or funeral, or would like a visit, please contact Revd Carole Johnson on 01767 699934

email: carolejohnston58@btinternet.com

You can also contact Karen Nurse (Church Warden) on 01767 631487 or email: karen.nurse@btinternet.com

We encourage you to come and worship at your church during 2019. There is always a warm welcome at St Peter's.

Memorial to Captain Charles Algernon Fryatt

In a moving ceremony held on the 9th July 2019 to recall the 100 year anniversary to the day of the repatriation of the body of Captain Charles Algernon Fryatt, surviving descendants of this World War I hero's family gathered at a packed All Saints Church in Dovercourt, Essex along with local Mayoralty, Deputy Lord Lieutenant of Essex Nigel Spencer MBE press and television cameras.

Charles was born on 2nd December 1872 in Southampton and his father was a mariner who moved to Harwich joining the service of Great Eastern. Charles followed in his fathers' footsteps joining as an able seaman and progressing to Master firstly of the S.S. Colchester, then the S.S. Newmarket and finally being promoted to Captain of the S.S. Brussels, the Great Eastern Railway ship which operated between Harwich and The Hook of Holland.

On the 28th March 1915 shortly after leaving the Dutch coast his crew spotted a German submarine approaching and the submarine raised two flags ordering the Brussels to stop. The submarine was a U33, one of the largest of the German fleet. Although Holland was a neutral country, of the 101 passengers on board 100 were Belgian and Russian refugees and Captain Fryatt knew that his vessel would not be able to escape the submarine by speed and if indeed it attempted to do so the likely result would be to be torpedoed with the likely loss of the souls on board. Following what were in fact secret orders from Winston Churchill at the war office given to merchant marine Captains, he instead steamed at full speed directly for the U-Boat and forced it to carry out an emergency dive. The Brussels crew saw the submarine surface with a 'decided' list and the vessel returned safely to England.

Notwithstanding this, and in fact two previous attacks by U-Boats on his previous commands, Captain Fryatt continued to Captain the Brussels on this route making 143 passages since the onset of war. On 25th June 1916, shortly after leaving the Hook of Holland, the Brussels was surrounded by five destroyers accompanied by other U-Boats and she was boarded and forced to Zeebrugge. Fryatt and the senior members of his crew were taken to a camp near Berlin and then he was taken to Bruges where, despite being a civilian, he was court martialled, found guilty and sentenced to execution within the space of just two hours.

The translation of the notice of execution reads: - *NOTICE. The English captain of a merchant ship, Charles Fryatt, of Southampton, though he did not belong to the armed forces of the enemy, attempted on March 28th, 1915, to destroy a German submarine by running it down. For this he has been condemned to death by judgment this day of the Field Court Martial of the Naval Corps, and has been executed. A ruthless deed has thus been avenged, belatedly but just.*

Signed VON SCHRÖDER, Admiral Commandant of the Naval Corps, Bruges, July 27th, 1916.



The execution was carried out despite international protest, including from the then President of the United States Woodrow Wilson. The protests cited the fact that Fryatt was not a military person and as a civilian could not legally be tried at a Court Martial.

Following the end of the war, his body was exhumed and returned to Dover where it was carried in a special train carriage only used three times in history, the return of the body of Nurse Cavell, the return of Captain Fryatt and the bringing of the body of an unknown soldier buried at Westminster Abbey. As part of the recent events in Harwich this special railway coach (*right*) was on show.



On the 8th July 1919 Captain Fryatt was given a state funeral at St. Pauls Cathedral and Pathe news footage of this can be viewed at:-
<https://www.britishpathe.com/video/captain-fryatt-at-st-pauls>

Following the service, which was attended by representatives of the King, European Royalty, Diplomats and senior members of the Government, the body was returned by special train from London Liverpool Street station. A memorial plaque there still remembers the event. He was laid to rest in Dovercourt where exactly 100 years later, your editor as a family member attended the memorial service.



(Picture by Maria Fowler)

The original ships bell from the S.S. Brussels was brought there and rung during the service and also at the memorial which was recently restored by the Railway Heritage Trust.

There was an exhibition in the same week in Harwich, the exhibition had previously been in Bruges where I was told people had to queue for two hours to get in. Another event was the renaming of the new

Harwich Hospital as the Fryatt Memorial Hospital, this hospital replaced the previous cottage hospital which shared the same name where incidentally my Granddaughter (Ella Fryatt) was born some years ago.

Captain Fryatt is remembered around the world, a film was made in Australia about these events, there is a Fryatt Mountain in Canada and memorials in Belgium, Holland and New Zealand amongst others, recalling the courage of this merchant seaman.

David Fryatt

Letting the Trees Talk

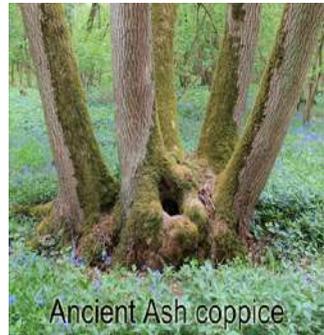
James Bonfield, of the Parish Walking and Wildlife Group, helps us all become experts in detecting the tell-tale signs that we are walking in an ancient woodland.

In this corner of England where Bedfordshire meets Cambridgeshire, we are blessed with a fine array of ancient woodlands including Potton, Gamlingay, Waresley and Hayley Woods. I hope to explain what makes them special.

Firstly, what is an Ancient Woodland? Officially, it is one that has been in place since at least 1600, although it is likely that many have been in situ since the last Ice Age. The term itself only dates from the 70s, when Oliver Rackham (Cambridge University) and George Peterken (Nature Conservancy Council) jointly scoured the country to identify which woods may be remnants of primary forest. Their work was instrumental in the protection of this habitat.

How do we know if we're in an ancient woodland? The first clue may be in the name - "coppice" or "copse" (Norman French) are good hints, as are names with clear Saxon or Norse origin. Next is placement; is it between parishes, with bad drainage on the top or side of a hill? Is it an irregular shape? Does it have a defined boundary bank? These were originally built to keep grazing animals out as woodland was once more valuable than the surrounding fields.

Now look up at the trees. Are they in dull lines with few species (a plantation), or of natural growth with a large variety (likely including field maple, hazel, holly, spindle and crab apple)? Some tree species are very rarely planted and don't self seed well, such as wild service tree or small-leaved lime, so are particularly good clues. A wood may have been felled and replanted, but even a few of the rarest species can give you an inkling as to its origins. Large old coppiced trees (ones which have periodically been cut to the ground and re-sprouted) indicate prolonged use of traditional methods. Often we find the best examples on the boundaries. It is pleasing to see this tradition being undertaken again in Cockayne Hatley wood. Far from being damaging, it is vital for habitat diversity.





Herb Paris
(Single berry per plant)

Next we may look downwards, to the wild flowers. Most woodland species are adapted to living in shady conditions and flower before the leaf canopy shades them out. April to June are the best months to see these. Some may be locally highly abundant – bluebell, ramsons (wild garlic), dog's mercury, wood anemone, primroses – while others much rarer, such as

sanicle, herb paris and yellow archangel.

Finally, why should we care? Compared to a modern wood, the diversity in flora and fauna is vast. We cannot simply plant new woods as “mitigation” for destroying an ancient one when planning new developments. Plus ancient woodlands are simply far more engaging to be in.



Wood Sanicle

If you are interested in the history of ancient woodlands a particularly good book focusing on Waresley Wood (and its warden, Graham) is “A Tale of Trees” by local author Derek Niemann.

James Bonfield leads many of the regular walks undertaken by the Parish Walking and Wildlife group every third Sunday of the month, usually starting at The Chequers, Wrestlingworth, but sometimes further afield. All are welcome to join our walks and dogs are welcome, although we reserve the right to request they are kept on a lead.

The next two scheduled walks are:

Sunday August 18th A walk around Biggleswade Common led by Val Cooper. Start in the car park at the end of Shortmead Street.

Sunday September 15th The Three Hatleys Walk (Cockayne, East and St George) starting at the end of Cockayne Hatley Village Road at 10am, or meet at The Chequers car park at 9.30am if starting at Wrestlingworth.

For more information find our PWWG Facebook page or visit our website at www.pwwg.org.uk

Saxon artefacts found in village building site

Expecting the builders to start work on the plot next to us and following the sound of earth being moved, we were surprised to hear a female voice giving instructions on how much earth should be removed. We then realised that the site had been given over to the archaeologists and life became more interesting as the weeks went on.



Brooches, pottery and other artefacts including a possible kiln, half of which sits under our patio, were discovered. Ditches that run off in several directions were uncovered dating back to the 9th century. However, given the time scale they were allowed, they could only excavate under the proposed building

site. It is very unusual to find items dating back to the Saxons as this is labelled the dark ages with very little written evidence.

The archaeologists were Laura Dodds, the leader and Chris Martin-Taylor.

Laura has agreed to give a talk to the village when she has had sufficient time to examine all the artefacts and plotted the site so watch out for notices of this.



Elizabeth and John Jarvis

I would like to thank the Goodwill Fund for their card and gift after my recent operation. Our villages are extremely lucky to have an organisation that cares about people, young and old. Sadly, some of the community spirit seems to have been lost over the years, but the Goodwill are trying to keep it flourishing and I thank them for that. All the members work so hard fundraising to help others.

My father, Stan Purkiss, was a community man mainly in Eyeworth but he was one of the instigators of the Goodwill Fund. He was still an active member until his death in 1998 and I am sure he would be pleased it is still continuing the good work.

Thank you to the Goodwill Fund.

Wendy Robinson

theW
INSPIRING WOMEN



GIRL POWER!

Wrestlingworth WI's "Meeting on Wheels" this summer was a visit to the Manor at Hemingford Grey – a house started in Norman times and added to by its various owners until bought by Lucy Boston in the 1930's, and is still lived in today. She based her children's books 'The Children of Green Knowe' on the house, spent her winters stitching fabulous patchwork quilts (including the

curtains!) and her summers planting her magnificent gardens. The day was topped off by a meal at the Golden Lion in St. Ives.



August 20th will be an **OPEN MEETING.** **ENTRY IS FREE** and

non-members will be welcome. There will, of course, be the usual Raffle, and a small charge of £1.00 if you wish tea and cakes. Roy Smart will do a presentation called "**Amy, Wonderful Amy**" about Amy Johnson the aviatrix, the first woman to fly solo from England to Australia. His talk is very interesting, I have heard it before at the History Society, and should be very popular.

At our September 17th meeting we will welcome Alison Morgan who will give a talk "**From Nurse to Crime Writer**" – she too should be excellent.

So ladies, if you have not come before, come along and meet us on the 3rd Tuesday of each month, 7.30 pm in the Memorial Hall.

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The Locrian Chamber Choir concert

If you weren't in St. John's Church, Cockayne Hatley on Sunday 19th of May you really did miss a wonderful experience! The Locrian Chamber Choir were performing a selection of



Classical American songs and if that wasn't delight enough, Sam Frith was playing his flute and Anne Wright, the accompanist, both played solo pieces! The songs took us through a colourful and varied emotional landscape – we were moved by a Negro Spiritual; our feet tapped to another song's melody; another had us smiling at the humour of the words and the depth of harmony in another transported us to a place of spiritual reflection and more..... The programme of such richness was all contained in an hour.

Some songs were solos and the soloists Alison Godfrey, Barbara Thomas and Naomi Jones gave stunning performances.

We were also treated to a wonderful flute solo by Sam Frith. Sam is studying music and is a member of a number of music groups and also of the National Youth Orchestra. His old school teacher, Anne Wright, was the choir accompanist, and expressed her pleasure at his skill and growth as a talented musician. Anne herself also gave us a piano solo of a George Gershwin number and this was well received by all.

What a musical feast it was! I think we were all quite relieved to have a couple of moments of 'quiet digestion' time as we listened to two recitations of poems by Walt Whitman and Emily Dickinson.

The tension of the concert was held and the works led by their wonderful choirmaster and conductor Justin Thomas. Justin gave us helpful introductions to each piece and put them in historical context. I think what struck me powerfully was the obvious pleasure and fun that the choir all showed in their singing and being together as a group and this is conveyed through the songs to the audience in their listening.

What a performance! The church was full to capacity and in excess of 104 cups of tea were served with cakes at the end.

I sincerely suggest you keep an eye open for the posters for their Christmas concert and buy your ticket as soon as you can as they will be sold out very quickly!

Christine Armistead

Goodwill Fund Update

Quiz Night

We held an early year Quiz Night and Roger Surtees was his usual entertaining self. A good time was had by all and we will be holding another Quiz Night later in the year, details will be published in the next edition of the Village Link as well as on our Facebook page and other local social media as well.

Afternoon Tea Party

Our annual Tea Party was a great success, and everyone enjoyed the event enormously with over 45 villagers and guests attending. As usual, tea and cakes were in plentiful supply and the entertainment provided by Lynda Styan (*pictured right*) was first class. We can certainly recommend Lynda, so take a look at her web page at <https://lyndastyan.com/> for more details.



Goodwill Fund Village Fete

The Goodwill Fund Village Fete will be held on September 7th in the field behind The Chequers. There will be plenty to keep you entertained with a variety of stalls for children and grown-ups and, of course, there will be an abundance of food and drink with a tea and cake stall plus a BBQ serving up sausages and burgers from a local butcher. This year we are excited to announce that there will be tractor rides as well as the excellent display of vintage farm machinery we had last year. We'll also have a fun dog show so bring along your pooch and try and win a rosette.

We are planning to have live music in The Chequers car park, so a big "Thank You" to Dave and Carin Moore for helping to organise this.

We are also very happy to welcome the Biggleswade Ladies Circle to the event for the first time and they will be bringing their own special Lego Challenge which promises to be great fun for young and old alike. Money raised will go towards the Flying Seagull Project which helps children in war affected countries.

For the children, we are bringing back the Fete “Princess” and “Prince” competition for the first time in a few years and the winners will be crowned on the day.

More events and attractions will be posted on our Facebook page over the coming weeks and this year we are hoping for our best event yet. Let’s keep our fingers crossed for some sunny weather!

Help Needed

At this time of year, we need volunteers to help us with getting everything ready for the Fete and, specifically, to help with the setting up and clearing away. It’s not hard work and will involve putting up a few small tents and getting the stalls ready. If you feel you can spare a couple of hours, please contact us at:-
wrestlingworthgoodwillfund@gmail.com.

We are also appealing to the good folk of Wrestlingworth, Cockayne Hatley, Tadlow and Eyeworth to help throughout the year so if you would like to either join the Committee or become one of our “Friends” then please send an email to:-
wrestlingworthgoodwillfund@gmail.com.



We also need a Treasurer as well, so if you are interested in keeping our finances in order please send an email to:-
wrestlingworthgoodwillfund@gmail.com.

Brian Whitfield

Which roads are most in need of attention from the Council?

I learn Central Bedfordshire Council (CBC)'s Highway Department is currently working on a plan of which roads it will resurface in the year to come.

You would have thought they would have a list of the top 10 roads which are in the worst state but this appears not to be the case.

While the worst of the winter potholes will get filled each spring, we all know these repairs are often not sufficient to last more than a few months let alone survive the rigours of a harsh winter.

A full resurface is harder to obtain but can often leave a road in a safe state for many years.

Let me know the roads and pavements you think are most in need of attention in your area and I will get on to the Council and ensure they take a look and, with luck might include in their long-term plan.

It's worth bearing in mind CBC Highways tend to focus on the roads which get the most use so while it shouldn't stop you mentioning the state of the road in the cul-de-sac in which you live, which hasn't been touched in 20 years, there is more likeliness of them spending the money on the A-roads where speeds will be greatest.

Drop me a line at adamzerny@hotmail.co.uk and let me know.

Remember, this is primarily about resurfacing and pavements as opposed to measures to increase safety or reduce speeds. More on speeding in the weeks to come.

Adam Zerny

Straight in at the deep end

Since the election, I have hit the ground running, with local casework, council training and meetings. I am sitting on CBC's Licensing Committee which has involved undertaking some legal training, and also the Corporate Resources Committee. The latter meeting covered several important areas included the creation of two CBC-owned companies. One will provide Adult Social Care and the second is a housing development company, which Adam has mentioned in the past. The Council claims it will be able to control the type of development, ensure affordable homes are built, retain ownership to provide an affordable rental market and even prioritise housing for local people. However, rightly, concerns have been raised about the Council building on green fields around our towns and villages without proper consultation. I have also been assisting residents with a number of Planning and Highways issues and have arranged for a housing association to prune a nuisance tree.

Any questions, drop me a line at traceywe@icloud.com .

Tracey Wye

If you would like to get our monthly email newsletter with more local news, or raise any questions or concerns, please email adamzerny@hotmail.co.uk or traceywe@icloud.com .

Adam Zerny and Tracey Wye (Independent councillors for Wrestlingworth, Cockayne Hatley and Potton).

BOOK PAGE

THE POLDARK NOVELS by Winston Graham

Ross Poldark, Demelza, Jeremy Poldark, Warleggan, The Black Moon, The Four Swans, The Angry Tide, The Stranger from the Sea, The Millers Dance, The Loving Cup, The Twisted Sword and Bella Poldark.

As the final series of “Poldark” is on BBC Television at the moment, this seems like a good opportunity to introduce you to the family saga spread over 12 books from 1783-1820.

Ross Poldark, weary from four years at war in America returns to north Cornwall expecting a welcome. Instead, he finds his father is dead, his estate is derelict and worst of all, his old love Elizabeth is engaged to his cousin. On a visit to Redruth Fair he rescues from a brawl a starving miner’s brat whom he brings home to be his kitchen maid. Her name is Demelza and this encounter changes his life forever.

We follow his fortunes and misfortunes and those of his family and friendships through the years – a trial for his life – near bankruptcy – mining disasters – dramatic rescues – duels and shipwrecks – forbidden love stories – lifelong feuds and incursions into politics, all the while threaded into the tapestry of the late Georgian/Regency era: Mad King George, his profligate son the Prince of Wales, the rise of Methodism, the emergence of steam power and the beginnings of the Industrial Revolution, while over the Channel the French Revolution is followed by Napoleon and his armies trampling over Europe with England next in his sights.

The books are full of wonderful characters and are a window into a period I never remember learning about at school. They are not all about tricorne hats, topless scything and the pounding north Cornish surf!

Carolyn Driver

Trial and error cooking by Gordon Blue (assisted by Egon Ronnie)

FRY UP QUICHE. (Serves two to four people)

Ingredients:-

Sprinkling of olive oil

3 medium size potatoes

1 large onion

4 rashers of bacon

Plain flour to make a pastry base for a 21cm diameter baking dish

Couple of generous knifefuls of butter or margarine

Small amount of milk, probably about 50mls max

3 eggs

Grated cheese (optional)

Method

Put the olive oil into a frying pan and set to a medium heat. Add the potatoes which should be cut into small cubes. No need to peel them first. Then add the onions which should be roughly chopped. Next add the bacon which should be cut into smaller sections.

While this is coming along, make the pastry base.

Rub the margarine or butter into the flour until it looks like breadcrumbs.

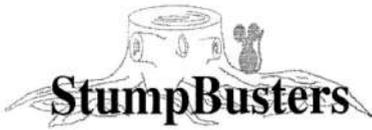
Slowly add the milk and knead the dough until it becomes pastry and is capable of being rolled with a rolling pin. Place in the base of the baking dish, but don't trim off any excess pastry yet as the ingredients to be added will help fill out the base.

When the contents of the frying pan are nearly cooked, tip the lot into the pastry base and smooth over. Then, in a separate container beat up the eggs until all the yoke has fully mixed in with the white part. Finally pour this mixture evenly over the contents of the pastry base.

Trim off the excess pastry from the baking dish and then bake for about 25 minutes in the oven at about 190 degrees or until it starts to go a bit brown or looks cooked. When it looks almost ready and if you want to, then sprinkle the grated cheese over the top of it and heat for another couple of minutes or until it is melted. Eat hot or cold by itself or serve with some chopped cooked carrots or some salad.

Egon Ronnie comments:-

When you look at it to see if it is cooked you may find that the outside of it is done but the middle of it has yet to set. If this misfortune befalls you then either cook it for a bit longer or put it in the microwave for three to four minutes. For some technical reason I don't understand food cooks from the outside in the oven, but from the centre in a microwave!



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