



Vegetarian cooking

By Vivienne Drummond MTI MIFR ITEC, Complementary Health Therapist
Many people think vegetarian cooking takes too much time and is boring. Many also think we only eat cheese and lentils. Well, not wishing to disillusion them I have decided to start off this article with a lentil dish! I hope you will find this and all my recipes easy to do and get great enjoyment from eating the results.

The skies are drawing grey and wet these days. What could be nicer than a tasty soup to warm you up, accompanied by an unusual bread roll?

Spicy Lentil and Coconut Soup with Cornbread

(serves 4)

Ingredients

125g/4 oz. red split lentils
 1 tablespoon of oil
 1 onion, finely chopped
 ½ teaspoon of chilli powder
 ½ teaspoon of grated root ginger
 ¼ teaspoon of grated nutmeg
 1 red pepper, finely chopped
 1 green pepper, finely chopped
 300ml/half a pint of vegetable stock or bouillon
 600ml/1 pint of coconut milk*
 Salt and black pepper

(* Coconut milk: Take 120-125g/3-4 oz. of creamed coconut and grate it into a bowl. Cover with 600ml/1 pint of boiling water and stir until the coconut is melted and blended in with the water. Strain and use)

Method

1. Steep the lentils in plenty of hot water for 10 minutes and then drain.
2. Heat the oil in a pan and gently fry the chopped onion and the spices for 3-4 minutes.
3. Add the chopped peppers and the drained lentils. Fry for a further 4-5 minutes, stirring well to prevent anything sticking.
4. Add the stock/bouillon and bring to the boil. Cover and simmer for 10 minutes.
5. Add the coconut milk, cover and continue to simmer for 35-40 minutes.
6. Liquidize to desired consistency and season to taste.

Cornbread

(I use a non-stick 4-Yorkshire pudding tin for this recipe. The quantity is just right for this size. You could use other, smaller bun tins but I do not know how many you will get.)

Ingredients

175g/6 oz. cornmeal, (also known as maize flour)
 1½ teaspoons of bicarbonate of soda
 1 egg, beaten
 2 teaspoons of runny honey
 ½ teaspoon of salt
 150ml/¼ pint of yoghurt
 2 tablespoons of oil

Method

1. Heat the oven to Gas Mk 6/200c/400f
 2. In a large bowl, mix thoroughly together the dry ingredients: the cornmeal, bicarbonate of soda and salt.
 3. Add the well-beaten egg, the yoghurt, honey and oil and beat until well blended into a soft batter. (If too runny at this stage add a little more cornmeal.)
 4. Spoon into your chosen bun tin and cook in the oven for 15-20 minutes until the cornbread is risen, golden brown and firm to the touch.
- The soup is excellent eaten immediately or the day after and the cornbread can be spread with butter.

Three Minutes Silence

By Andrew Witek

Three days had passed since the terrible events in New York and Washington and the Local Café was about to observe three minutes silence.

Somehow the sunshine seemed inappropriate on such a sombre occasion. What was wanted, I thought, was a good old-fashioned cloudburst.

For once I was glad that the café was busy, because I needed to share this time with others. It didn't matter that most were strangers to me, I just had to be part of this show of solidarity.

At last, 11 o'clock was upon us. The hush that ensued I found quite thrilling; I swallowed a lump in my throat. It focused my attention like no other moment since the disaster.

As transfixed as I had been by the surreal images coming out of New York, those three minutes tied up all the loose ends for me.

The silence ended as

abruptly as it had begun, and life, once again, gathered momentum. "How was it for them?" I wondered about my fellow silent observers of the moment. Of course, I would never know, but perhaps, like me, they were a little more frightened of the future.

Brookland Art Show

Sat 13 & Sun 14 October
 11am-5pm admission free

**Ceramics Jewellery
 Drawings Photography
 Mosaics Paintings Prints
 Textiles Sculpture**

Prices from £10 to £1000

The Brookland Schools
 Hill Top, NW11.

Football fantasy

E. H. Champ

If it were possible to go back in time, I believe we could produce a football team to beat all others.

In goal I would choose Oliver Cromwell. History tells us he was a good Protector. Then I would pick Julius Caesar. He's right back in history. Alongside him would be King Henry VIII - a stout Defender.

In midfield I would put Dick Turpin - good at holding up the opposition. His partners would be Lord Nelson, who played with one eye on Victory, and Hereward, who was always a Wake.

For the forward line, I would pick Christopher Columbus. He sailed straight for his goal. Beside him I'd have Robin Hood - a very strong shot. The centre forward would be William Tell - another cool, accurate shot. On his other side I'd choose King Richard I, a very lion-hearted player, and George Stephenson. When George got the ball, he was off like a Rocket.

Pure phantasy, I know, but I had a fine time with the history books.

ARTS AND CINEMA

By GLOFF GARFIELD



In the high road, looking like an old church building, stands the Finchley Youth Theatre. Sponsored and run by the Barnet Youth Service, it is a facility for all those young individuals who want to express their creative talents.

Classes operate from Monday to Thursday and include writing for nine- to nineteen-year-olds, dance groups for tens to thirteens and drama for elevens to nineteens. There is a tap class for all ages on Tuesday evenings. I would be tempted if it wasn't for the fact that I am, to the world of dance, what Albert Einstein was to the world of rugby.

FYT uses improvisation and drama games to gain understanding of a wide range of social issues and ideas. Characters are developed; themes are explored and plays devised for performances, as in the work of Mike Leigh. Anyone can join as, this not being RADA, there are no auditions. Young people experience and learn performing arts and also visits are organised to see productions locally and up-town. There is an opportunity to get to know about lighting, sound and set design. The current production under rehearsal is Jim Cartwright's "Two". To contact the office, ring 020 8883 9957.

Over the top

It is hard to remain indifferent to *Moulin Rouge*. Garish, loud, self-indulgent and way, way OTT - and that's just its good points. Using modern song, flashy camera work and vivid set design to alarming effect, it could be described as Walt Disney on speed. Nicole Kidman and Jim Broadbent ham it up for all they're worth, giving one the feeling that this was more fun to make than to watch. Ewan McGregor sings fine but lacks the charisma to convince one that the femme fatale, Nicole Kidman, would have cast in her lot with him.

The Phoenix is soon to close for renovation, but October's Sunday matinees are: 14th Bollywood's *Lagaan*; 21st *Focus on Black Exploitation* and Sweet Badaas Spike Lee's *Bamboozled*; 28th *Delicatessen* plus *City of Lost Children*. Good movie viewing.

YOUNG ARCHER

Toy story

By Diana Cormack

You know how it is; your room is in a mess, your toys are all over the place and your mum decides that it's time you had a clear out. If she decides to do it for you, the chances are that the local charity shop or the next jumble sale is where your once precious possessions will end up. If you do it, you may donate your toys to the same place.

But two children in Cherry Tree Road had a much more enterprising idea. Eight-year-old Carina Campos thought of holding a sale on her front doorstep. So, with the help of her six-year-old brother Luca, she put up some notices locally telling people where and when to come.

One keen person arrived early and bought up nearly all

their stock of books so they had to re-stock the stall from their bedroom. They had some toys and games and a lot of little action figures on sale too.

Not everything was sold, so their school jumble sale will be getting something. When the sale was over, Carina and Luca had made over £6.00 but I don't know if they spent it on toys!

Clever Clogs Corner

When we go on holiday abroad we have to get used to different money and spend some time working out what things cost in our own currency. Next year twelve countries in Europe will all begin to use the same money. The new euro coins and notes should mean that people travelling between those countries will have no such problems. However, the different names for money will gradually disappear. See if you can match the twelve countries to their present currency.

Austria	Escudos
Belgium	Punt
Finland	Mark
France	Guilder
Germany	Franc
Greece	Luxembourg franc
Ireland	Peseta
Italy	Schilling
Luxembourg	Franc
Netherlands	Markka
Portugal	Drachma
Spain	Lira