



Faces of the Festival, clockwise from top left: Bananaman collects for Leukaemia, A young fan plays air guitar to Sounds of the Suburb, Falun Dafa relaxation techniques, Tee Tarjan of Mightee Fit Health Studio.



Africa comes to St Mary's

By Neil McNaughton

All the vibrant colours, sounds and tastes of Africa came to St Mary's Catholic Church, East Finchley on Sunday 22 May. The occasion was a special day to raise funds for the Aysanew Kassa Trust, dedicated to helping students in Ethiopia access an education at Azezo Senior High School.



Local resident Jean Bailey, whose late husband set up the trust and the school, was the organiser of an event which exceeded all expectations. She was supported by the church's Justice and Peace Group.

An African Mass was held, with a Ugandan choir in attendance, bringing the music and dance of East Africa to the proceedings. After the Mass there was an afternoon of games, stalls and children's activities in the newly refurbished church hall. Many of the Ethiopian community in London, led by Father Petros, attended.

With the food and many prizes donated freely, and an impressive attendance of over 300 people, it was not surprising that £2,650 was raised. Most of the money raised will go towards the equipping of a new public library in Azezo, and some of it will support individual students by paying for their exercise books, pens and other expenses.

Jean Bailey continues to look for funds and voluntary help to further many other initiatives in Ethiopia. Information is on www.aysanew.org or contact the organisation by email on aysanewkassa@hotmail.com.

I say zucchini, you say courgette

By Allison Goodings

British-grown courgettes are loved for their versatility and the glorious summer weather that they bring. Courgettes (or zucchinis in Italy, Australia, Canada and the US) can be cooked in so many ways; the list of recipes to transform this summer squash is endless, something allotment gardeners with too many courgettes in September know well.

Racking my memory for favourite recipes, I had difficulty narrowing it down to only one. Courgette Carbonara with Penne (from *Jamie at Home*) and Courgette Parmigiana (from *Two Greedy Italians*) were my first thoughts as these are popular recipes in our house. *Fiori di Zucca* (deep-fried courgette flowers) are a special memory of trips to Rome in years past, but too complicated for what

I wanted to do at home on a Friday night. I was drawn to a childhood family recipe made by my Aunt June.

I popped into Tony's (140 High Road) and was pleased that these British-grown miniature marrows had arrived. After a trip to Budgens (71 High Road) for the mozzarella, only a few ingredients were needed to complete the recipe.

While not a soufflé officially,

it's light and airy and easier to achieve. Serve with a salad or as a side to a simple roast chicken.

Aunt June's Courgette Soufflé (Serves 4)

Slice 750g courgettes (4 medium) into 1/2 inch slices. Sit in salted water for 30 minutes, then simmer for 15 minutes. Drain and cool. Beat together 4 eggs, 125ml milk, 400g grated mozzarella cheese, 1 tsp salt, 2 tsp baking powder, and 4 tbsp plain flour. Add courgettes and pour mixture into a buttered casserole dish. Cover with 8 tbsp bread crumbs and dot with butter. Bake uncovered at 180C for 35-45 minutes.

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