



400 years in 800 yards

By Ann Bronkhorst

A good many tourists explore historic Highgate village but few tackle North Hill. Locals, too, tend to see it merely as a route to the village and on into town or, northbound, as a road leading to suburbs like East Finchley and Barnet. Now the history and architecture of North Hill can be appreciated, thanks to an imaginative new heritage guide launched by the Highgate Society with a grant from Haringey's Making a Difference Fund.

On each side of North Hill are buildings dating from the early 17th century to the 21st. A leisurely stroll down just 800 yards of pavement (about 732 metres) reveals a fascinating diversity of domestic architectural styles.

Richard Webber, co-ordinator of the project, pointed out at the launch event on 12 April that the road is not a visual mess despite being perhaps the most architecturally varied street in Britain. Most owners, he said, were delighted to co-operate with the project and to supply extra information.

From Highpoint to Esso

The guide is a leaflet (map-sized, once unfolded) of colour photographs and factual information. Thirty five buildings

are shown chronologically on one side and in walk order on the other. Architect and lecturer Wilson Briscoe's clear, brief descriptions highlight details such as decorative brickwork, porches, and roofing tiles.

The leaflet is packed with information organised skilfully by designer Nick Moll, using colour coding to denote architectural styles and a time-line to link in with historical events.

Starting at Highpoint, the famous Modernist block of flats, the intrepid explorer heads down the hill as far as the service station at the junction with Archway Road. About halfway along the route The Bull, which hosted the launch event, makes a pleasant refreshment stop. Here there's an interpretation board and free leaflets (also available at The Wrestlers, The Victoria and at two North Hill shops).

So, hop off the 143 bus, either at the start or the end of the trail, pick up a leaflet, and explore this remarkable road. Further details and information about circular walks in North London from www.highgate-society.com.

Cree Godfrey Wood Solicitors

Commissioners for Oaths
Hours: 9.30am to 5.30pm.

email: admin@creegodfreyandwood.co.uk

28 High Road, London N2 9PJ
Tel: 020 8883 9414 / 9496 0989
www.creegodfreyandwood.co.uk

AP Exclusive in the UK to:
Gentlemen's Barbers
CRAZY BULL Hair Products
"You deserve the right to have beautiful & stylish hair every day"
50 High Road, East Finchley, London N2 9PJ
t: 0203 441 8048



east finchley
smiles
expert general & cosmetic dentistry

NHS CHECK-UPS £16.50
(this includes x-rays where necessary)

NHS EXEMPT PATIENTS AND CHILDREN UNDER 18 ARE FREE

new NHS list now open

member of the
BDA and the BDHF



smile with confidence

020 8444 3436

144 The High Road, East Finchley, London N2 9ED
www.eastfinchleysmiles.co.uk

How you can help the Bobath Centre

By Daphne Chamberlain
Times are still tough for the Bobath Centre as it battles against a funding crisis, but the staff appreciate the great support they are getting. Their spring newsletter spells out various ways in which the community can help, and makes clear that the staff too are continuing to fight.

Although families are still struggling to get NHS funding, the team is working hard to fill vacant appointments, and in March the staff ran a record number of training courses. Therapy and healthcare professionals are invited to find out more about these. While the centre in East End Road specialises in treating children, Bobath treatment also helps adults with neurological disabilities, including those brought on by traumas such as stroke.

How can the general public help? There is a way to generate funds for a charity of your



choice whenever you make an online purchase. You can be sponsored for a London half-marathon in October, and there should still be time to support students Rohit Kumar Rajput and Andreas Patsalides running for Bobath in the BUPA London Run on 27 May. Visit <https://mydonate.bt.com/fundraisers/rohitrajput1>.

You can join the centre's 4,000 Facebook fans, get a Bobath collection box and just

find a project to get involved with.

Volunteers are worth their weight in gold. Recently, Barclays Bank employees did wonders with the gardens around the centre, benefiting both families and staff. People like Liz Forshaw (pictured here) spend a day or so a week, helping with administration.

If you are interested, call 020 8444 3355 or visit www.bobath.org.uk.

Not a baaaa-d idea for dinner

By Allison Goodings

There's nothing nicer than an impressive dish using in-season spring lamb, especially if it can be cooked with limited effort in advance. Lamb shoulder is an economical cut and in this recipe for ragu it goes far.

Buy a boneless lamb shoulder from Midhurst Butchers on Fortis Green or Graham's Butchers on East End Road. Pancetta makes a great addition to this ragu; buy it along with pappardelle from Amici's Delicatessen (High Road), or use good bacon if you prefer. This dish is inspired by a recipe in *Economy Gastronomy* by Allegra McEvedy.

Slow-Roasted Lamb Ragu with Pappardelle and Tomato & Basil Salsa (Serves 6)

Heat 2 tbsp olive oil in heavy-bottomed pot. Add 4 shallots peeled and quartered, 150g pancetta cut into lardons, 3 cloves garlic sliced, and a bouquet garni (1 bay leaf tied with 5g thyme on stem). Sauté on medium heat until shallots are soft and pancetta is starting to brown, 10-15 minutes.

Add 250ml red wine (we used

£2.99 Italian wine from Spar!) and deglaze pan. Scrape brown bits off the bottom – they're full of flavour. Reduce mixture for 10 minutes.

Trim fat off boneless lamb shoulder (700g). Leave whole, season with salt & pepper. Place lamb over pancetta mixture, pour over 750ml beef stock (from cube is fine). Bring to simmer, cover with lid or foil, place



into 150C oven for 3 hours or more: you can't overcook this dish.

Remove from oven, cool slightly. Transfer lamb to another dish, shred meat and remove any remaining skin, fat or sinew. Skim fat from liquid or sieve the mixture and cool liquid for 20 minutes before removing top layer of fat more easily. The dish can be made ahead and refrigerated up to this point.

Return lamb, cooking liquid and 250g sliced mushrooms (button, oyster, cremini) to pot on medium heat. Bring to simmer and cook until juices reduce substantially, about 30-45 minutes. Optionally, add 15g dried wild mushrooms reconstituted in 250ml boiling water to the mixture. Simmer gently, using wooden spoon to break apart lamb.

Separately, cook 500g pappardelle according to package instructions. Cook pasta al dente ("to the teeth") as overcooked pasta will not hold up to the thick sauce. Drain pasta, toss with 75g butter, then with the ragu, which should be very thick with little liquid remaining.

Top with simple tomato & basil salsa made from 6 plum tomatoes, seeded and diced, 50g fresh minced basil, 4 tbsp olive oil and salt & pepper to taste. This salsa brightens the flavour of the rich lamb sauce. Shave fresh parmesan over each plate and finish with cracked black pepper. For added indulgence, drizzle with truffle oil.

Klages Plumbing & Heating Agency LTD.

CONTACT TELEPHONE No: 020 8346 7218 / 8636

KLAGE

A NAME IN PLUMBING FOR OVER 40 YEARS

All Saints' Church, Durham Road, East Finchley Church of England

Sunday masses at 8.00 a.m. and 10.00 a.m.

Weekday masses at 10.00 a.m.

(Refreshments are served after mass on Sunday and Thursday)

Prayer requests are gladly accepted.

The Parish has a flourishing social life.

Contact the Vicar, Fr Christopher Hardy,
on 020 8883 9315.

All Saints' also has a strong musical tradition and an enthusiastic choir of both adults and children.

Experienced singers are always welcome.

Contact Geoffrey Hanson on 020 8444 9214.

<http://www.allsaints-eastfinchley.org.uk>