



Salmon days are here again

By Allison Goodings

This recipe is a favourite of mine for entertaining because of the fresh herbs and interesting spices. It's also an impressive dish to make for a tasty brunch.

A. Scott & Sons at 94 High Road regularly has whole salmon on special offer, and they'll even fillet and pin-bone the sides for you. Any extra uncooked fillets can be frozen for a later date. This recipe first appeared on RecipeRelay.com.

Savoury Leek Pancakes with Spiced Fillet of Salmon & Creamy Herb Garlic Sauce (Serves 4)

Sauté 3 sliced leeks, 4 sliced green onions and 2 cloves chopped garlic in 5 tbsp. olive oil, along with ½ tsp. salt which will stop leeks from burning. Sauté 15 minutes over medium heat until soft, transfer to bowl and cool.

In a bowl, whisk together 2 eggs and 250ml milk, then gradually add 130g plain flour and ½ tsp. baking powder until it forms thick batter. Add 125ml melted butter and stir.

Finely chop 50g of fresh herbs (parsley, coriander, dill or your favourites). Take half herbs and stir into leek mixture, with 2 tsp. minced red chilli. Combine mixture with batter and rest for 10 minutes.

Combine 200g crème fraîche with 1 clove crushed garlic, the rest of the chopped herbs, 2 tbsp. olive oil, juice of half a lemon, and ½ tsp. salt. Set aside.

Crush 1 tsp. each of fennel seed, coriander seed and cumin seed in mortar & pestle. Sprinkle spices on flesh of 4 salmon fillets (125-150g each).

Heat large skillet with little olive oil and add spoonful of batter mixture. Cook pancakes until golden, approx. 2-3 minutes per side. Keep warm in low oven until ready to serve.

In a non-stick frying pan, heat a drizzle of olive oil to medium and place the salmon fillets seed-side down. Cook 3-4 minutes per side, or until cooked to your liking.

Serve pancakes with salmon on top and generous dollop of sauce.



Recycle your tools!

Your unwanted tools or sewing machine can be recycled to provide a living for families in Africa.

Two groups involved in this are Tools for Self Reliance (www.tsfr.org) based at Netley in Hampshire and WorkAid (www.workaid.org) based at Chesham. After collection, tools are refurbished and made up into kits that are sent to equip small workshops (carpentry, engineering, bicycle maintenance etc.) for partner agencies in East and West Africa.

Sewing machines, manual or electric, are the most useful. With a sewing machine a woman can support her entire family. The websites indicate which tools are most useful. Some, such as garden tools, are not needed in Africa but can be sold to cover the cost of transport.

"I collected a Singer machine from a lady in Bethnal Green a few months ago. She said that she had used it to support her family for thirty years. She wept when I told her it could now provide for a family in Africa for another generation," said Charles O'Toole, who is the local collector for both these charities. You can contact him on 020 8444 8461.

PARENT & BABY/CHILD ACTIVITIES

❖ **Coffee & Kids**, Fri 9.15-11.15, Green Man Ctr. Rachel 8343 6147.

❖ **Dads' Club**: Get-togethers for dads looking after young children in East Finchley. Adam 07957 441435.

❖ **EF National Childbirth Trust** contact Ruby Yang or Patrizia Canwell at eastfinchleynct@googlemail.com

❖ **Newstead Parent & Toddler Group**, Thurs 9-12-30, Green Man Ctr. Sajni 8359 3460.

❖ **Parent & Toddler Group**, Green Man Centre, Julia 8444 2276

❖ **Stepping Stones**, interactive play session for under 3s. Karen 07957 278860.



Self employed person to undertake administration for a local community centre on a very flexible basis. Average hours approximately 10 hours per week at a rate of £10 per hour (own tax and NI) Suitable for second job for local person.

CV and covering letter to: Jan Kerr, Green Man Management Group, The Green Man Community Centre, Strawberry Vale, London N2 9BA Closing date Friday 2nd November 2012



Sitting volleyball. Photo by Miranda Chamberlain.

Paralympic postscript

By Daphne Chamberlain

Our last issue showed how much most of us loved the Olympics, and I guess we felt the same about the Paralympics. I was lucky enough to go four times, and – shall I actually say it? – it was AMAZING. We really enjoyed it. The Olympic Park, with its beautiful wild flowers and different views round every corner. Lovely games-makers. Exciting sports. I'm a signed-up fan of wheelchair basketball and rugby, and there was a Danish table-tennis player with the most fantastic reflexes we cheered on in his semi-final.

Nothing prepared us for the noise in the stadium for the Friday athletics, with everyone cheering everyone. And then I saw Oscar win his 400m semi-final, and my night was complete.

After dark, those sometimes brutal-looking buildings were transformed into palaces of light. So, all right, bring on the clichés (because sometimes they still ring true), let's hope that light stays burning.

If the Olympics/Paralympics have changed anything for you, or for any person or organisation you know, please tell us about it.

New-look hospital

Finchley Memorial Hospital has opened its doors to patients after a £28 million refurbishment project. The old building on Granville Road will be demolished after being replaced by a brand new centre on adjacent land. The new hospital will carry on offering walk-in services, as well as housing a GP surgery and chemotherapy suites.

Olympic decorations up for grabs

Barnet residents are being asked for suggestions on what to do with the borough's Olympic decorations. More than 50 colourful lamp-post banners celebrating the London 2012 Olympic and Paralympic torch relays and Games were put on display across the borough.

The council has already received a number of enquiries and requests regarding the banners, but would like to give anyone interested an opportunity to provide suggestions for venues where the decorations could be displayed in the future. Email your ideas to: Barnet.first@barnet.gov.uk

A friendly welcome awaits you

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tel: 0208 346 1700

www.eastfinchleymethodist.org.uk

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Worship Music Social events Wheelchair friendly
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Take a minute or two to beat the 'flu

If you are registered with a Barnet GP: are 65 years old or over, or suffer from: diabetes, chronic respiratory or heart disease, had a stroke or mini-stroke, or certain other medical conditions.

Then get your **FREE** flu jab from us

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