



Chef Victor Moscu and owner Zico Ali at Table du Marche. Photo Mike Coles

## New restaurant brings French fare... and a pinch of Moroccan

By Seetal Savla

The premises at 111 High Road have been home to many restaurants in recent years and its latest incarnation brings a touch of Gallic gastronomy to East Finchley.

Table du Marché officially opened its doors on 9 April, offering classic French fare such as steak frites and moules marinières. Inspired by the flavours of their native Casablanca, head chef and owner Zico, along with his business partner Khalid, have devised a melting-pot menu combining the best of France and Morocco on a plate.

### Sourcing local veg

An eye-catching neighbourhood initiative they've started is collaboration with local allotment owners. Zico and Khalid are asking ploholders to supply them with their excess vegetables and herbs in exchange for meal vouchers at the restaurant.

They say working with top-quality produce is essential for them, and they will be marry-

ing locally-grown ingredients with items like olive oil and preserved lemons hailing from their farm in Casablanca.

This philosophy also applies to meat and fish, which is sourced from the same local butcher and fishmonger they have used for the past 25 years.

Zico says their vision is to recreate the relaxed buzz of Parisian bistros, where "you can have a beer at the bar, then sit down to eat if you like; all very informal".

### Gourmet history

Between them, Zico and Khalid have over 30 years' experience in the food industry gained by stints in more than 50 restaurants, including Mamounia Lounge in Mayfair. Their skills have been widely recognised, too, with their Cork-

based gastropub named Best Newcomer in The Irish Times in 2008 and a nod from The Evening Standard in their 2007 list of Local Steaks to Die For.

Their East Finchley restaurant will hold a series of events, from Moroccan-themed evenings to tasting menus with paired wines. A recipe book is on the cards, as well as on-site cookery courses.

## Books on prescription

Ascheme has been launched to help people with dementia by offering them 'books on prescription'.

The initiative allows GPs to prescribe their patients a range of books offering practical advice about living with dementia, drawing from a list of titles selected by health professionals. Patients or their carers can take the prescription to a Barnet library where staff will help them find the title they are looking for. The books are available at Hendon, Chipping Barnet, Edgware, Church End and North Finchley libraries but can be reserved at East Finchley Library. Anyone can borrow the titles without a prescription, too. Books on the list include *Coping with Memory Problems* by Sallie Baxendale, *ABC of Dementia* by Bernard Coope and Felicity Richards and *Dementia: Support for Family and Friends* by Dave Pulsford and Rachel Thompson. The national scheme is run by The Reading Agency and the Society of Chief Librarians and is also available to patients with mental health conditions such as anxiety and depression.

## RICKY SAVAGE ...

"The voice of social irresponsibility"

### Only one King I care about

Everyone has gone anniversary crazy, not about wars, that's so last year, this time we're doing queens, culture and rock'n'roll. And why not? It's 400 years since Shakespeare died, 200 since Charlotte Bronte was born, 100 since Yehudi Menuhin arrived and 90 since the Duchess of York had her first child. None of this matters much to me. What I care about is 1956 and the birth of rock'n'roll.

So what if the first rock'n'roll record was probably Fats Domino's 'The Fat Man' in 1949 or that Elvis Presley first wandered into Sam Philips' studio in 1954, it was in 1956 that rock'n'roll moved out of the South and became the kind of thing parents hated and teenagers loved. That was the year that Elvis released Hound Dog and Heartbreak Hotel. That was the year he first appeared on national television. That was the year that he offended America's middle class.

It wasn't just Elvis, there was also Jerry Lee Lewis, Chuck Berry and Little Richard, exploding into the consciousness. Never mind that one was pure white trash, one was black and one was black and gay, they wouldn't have crossed the colour line in the way that they did without Elvis. Why? Because in a world where segregation was still king, a white boy who sounded black and sang songs written for black r'n'b singers was pure commercial gold. Besides, teenagers had arrived and they didn't want jazz or jive or swing.

For a few short years the world exploded. Nothing would ever be the same again, but it didn't stop middle America wanting to turn the clock back. They wanted Pat Boone and crooners, they could almost accept doo-wop and would allow space for the Brill Building pop in the early 60s. But rock'n'roll was another matter; it had to be stopped.

Soon enough Jerry Lee was disgraced, Chuck arrested and Little Richard marginalised. And Elvis? Simple, draft him into the army. By December 1957 he had his draft papers, by March 1958 he was in the army and when he came out he was neutered and the world was waiting for the Beatles and the Stones.

But, 60 years ago, Elvis was the King. He shook his hips, sneered, pouted and flicked the hair out of his eyes. As he did the world changed, rock'n'roll was born and there was nothing anyone could do about it.

## Don't do yourself a mischief

Spring cleaning can be strenuous work and it is not surprising that many people get injured as they prepare their homes and gardens for the summer.

Physiotherapists report a seasonal influx of patients at this time of year, many of them seeking treatment for shoulder, neck and back problems and general aches and pains from overdoing it.

Steven Berkman, who runs Boost Physio's four London clinics, including one in East Finchley, says that if you're tackling a deep clean you can take some precautions to minimise injury and keep pain-free.

"Before you get the mop and dusters out, make sure your body is ready to tackle this very

physical task," he says. "Just like with any physical activity it's always good to warm up. A brisk walk around the block will get your muscles ready or, if not, a quick stretch can prepare your muscles for the demands of heavy cleaning and lifting.

"On the plus side, while physically challenging, spring cleaning can be as good as doing a workout if you do it properly, but you need to be careful."

One of the best ways to avoid injuries from repeatedly straining is to break tasks down into manageable bite-sized chunks. That means you are alternating the heavy physical work with less strenuous activities to give your muscles time to rest. Find more advice on the blog at [www.boostphysio.com](http://www.boostphysio.com).

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### LICENSING ACT 2003

#### NOTICE OF APPLICATION FOR A PREMISES LICENCE

Notice is hereby given that **Lukasz Olejniczak** has applied to the Licensing Authority of London Borough of Barnet for a Premises Licence to permit: **the supply of alcohol**, for the premises

**Polish delicatessen "Bulka z Maslem"** situated at **36 High Road N2 9PJ**.

A register of licensing applications can be inspected at Building 4, North London Business Park, Oakleigh Road South, London, N11 1 NP.

Appointments to inspect the register can be made by telephoning 020 8359 7443 during office hours. Any person wishing to submit relevant representations concerning this application must give notice in writing to the London Borough of Barnet, Licensing Team at the address above, giving in detail the grounds of the representation no later than: **31/05/2016**

The Council will not entertain representations where the writer requests that his identity remains anonymous. Copies of all representations will be included in the papers presented to the Licensing Authorities Sub Committee and will therefore pass into the public domain. Representations must relate to one or more of the four Licensing Objectives: the prevention of crime and disorder, public safety, the prevention of public nuisance and the protection of children from harm. It is an offence liable on conviction to a fine up to £5000 under section 158 of the Licensing Act 2003 knowingly or recklessly to make a false statement in connection with an application.

Dated this **Fourth** day of **May** 2016. Signed

## Station joy

Its graceful curved glass towers and imposing statue of Archie aiming his bow down the Northern line have earned East Finchley a place on a list of London's most photogenic tube stations. The Londonist website describes our local station as "a joy" and says Archie is a huge attraction for the camera lens.

Other good-looking stations on the list are: Southgate for its art deco appeal, Gants Hill for its Moscow-style magnificence, Canary Wharf for its impressive scale, Wembley Park for its football connections, Baker Street for its Victorian features, Sudbury Town for its elegance and simplicity and Westminster for its cradle of beams and escalators.