

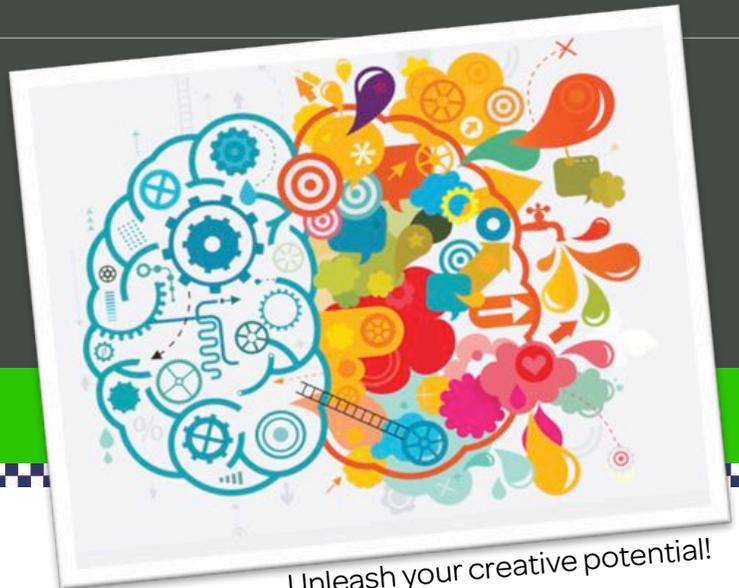


TRIED & TRUE

Exclusively local news, views & goings on at Tried & True.

279 Upper Richmond Road, Putney, SW15 6SP
020 8789 0410
info@triedandtruecafe.co.uk
www.triedandtruecafe.co.uk

Issue 10 April 2016



Unleash your creative potential!

Inside this month

- 2 Rob talks to Scott Cousins, friend of T&T, about his new evanjack record and upcoming album launch.
- 4 Guest contributor and T&T Head Chef Anna Lukasiewicz enthuses about Japanese Cuisine.
- 6 Something different for breakfast? Exploring different porridge grains with Paddy.
- 7 Fun & Games
Crossword, kidoku and crazy trivia

What is your passion?

By Rob Kelly – Founder

This month's newsletter features a special guest post written by our Head Chef Anna. Anna's passion, as some of you will know, is travelling and seeking out Ramen bars. Recently her dreams came true when she visited Japan! Anna shares her foodie experience from sushi to okonomiyaki from her travels and publishes them on her very own blog.

We also feature an interview with friend of T&T Scott Cousins whose musical project, evanjack, is hosting a launch party at St Sepulture Church near St Pauls. Our manager Patrick and Scott used to work together in the past and Patrick has collaborated on one of the tracks on the album.

Members of the T&T community can purchase tickets from the café (£9 each) for what promises to be a lovely evening (on Sunday 1st of May at 7pm) in the beautiful central London location of St Sepulchres Church. *(continued pg 8)*



Searching for Squidman. Anna visits Japan.

Thought Japan was just sushi and men dressed like squids? Check out our Head Chef Anna's feature on her visit to Japan.



Sweet Tunes – Rob talks with Scott Cousins from evanjack.

Here at Tried & True we champion great food, great drinks and this month we champion great music too. I sat down with Scott Cousins from Evanjack, whose music has been likened to bands ranging from Radiohead and Dry The River to Bon Iver.

A long time friend of our very own manager

Patrick – I talk about his up and coming London album launch for his debut release “Indiana, Rust & Bone”.

What got you into music?

My father was a big influence. An old dusty collection of vinyl in the attic was the spark – the likes of Bob Dylan and Graham Nash nudged me towards the guitar.



I picked up a guitar and started teaching myself – I think my attitude to music is quite classic, old-fashioned even – that approach feeds my song-writing too.

How did you and Patrick meet?

We met through work. At the time I was the chef of a café in Clapham.

Patrick was the new Assistant Manager. He found out about my music and came to a gig of mine and we just clicked from there. That was a good few years ago now, but

he’s always taken a keen interest in my music which makes this event all the more special.

Tell us about your album

“Indiana, Rust & Bone”, how did it come about?

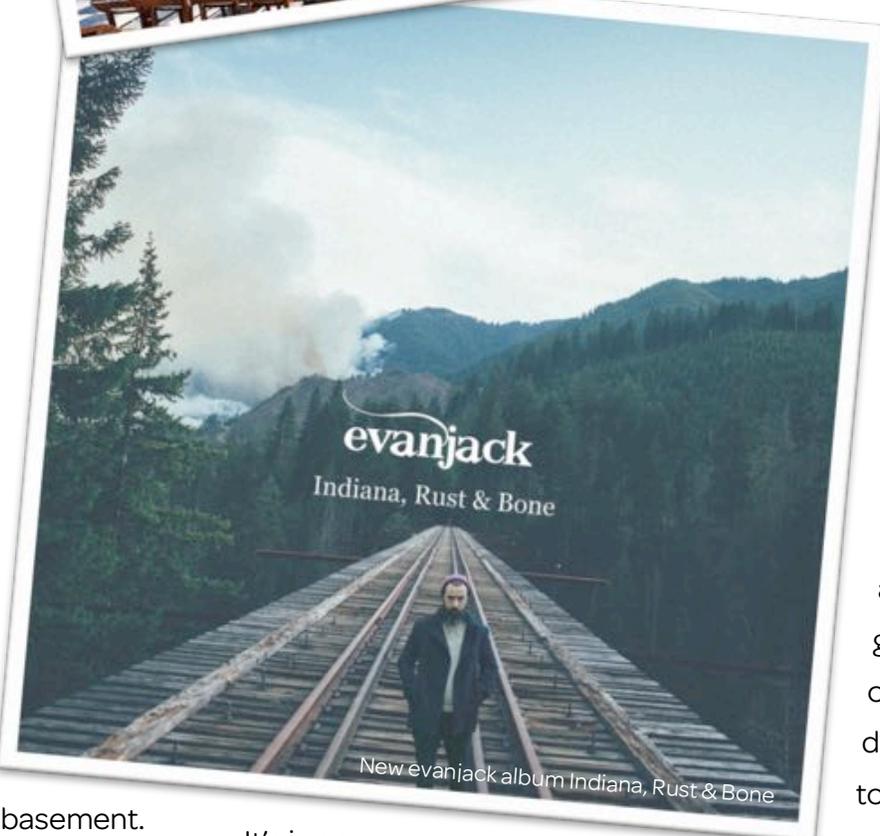
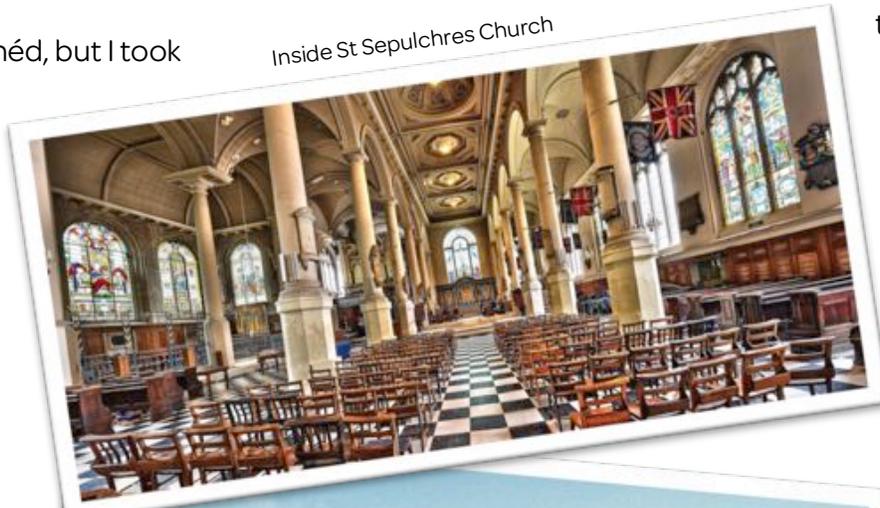
It might sound clichéd, but I took a really different approach to this album on every level – the writing, the production, even the recording of it. The whole process was in-house – all on my own kit which I’ve begged, borrowed and even stolen over the years – my good friend and artist James Frost (Quebecois artist and producer from ‘June In The Fields’) and I basically holed ourselves up in my basement.

It was intense, but I had one goal in mind and this is the result and I’m confident we’ve achieved something that will really resonate with people.

The album launch is being held at St. Sepulchres

Church, what is the space like?

Inside St Sepulchres Church



It’s in an amazing part of this city – St Pauls is nearby, The Old Bailey is just across the way and the venue itself is breathtakingly beautiful.

It’s a 16th century church known as the musicians church - which

can only be a good omen. For an artist it’s a real privilege to play in such a historic setting, but I think the same goes for those that come on the night – you can’t be in a space like that and not feel moved. I’m hoping that energy will spill into the night and affect people in a really memorable way.

The night sounds fantastic, any parting words for our readers?

Buy a ticket? Honestly, this night is all about good music, good people and, of course, a few good drinks. People are going to have a great time in a great setting – and to be

able to share my music with them – well that’s the best bit.

Tickets are £9 available online or at Tried & True.

www.evanjack.com
info@evanjack.com
www.musicglue.com/evanjack/listings/

A culinary tour of Japan

Our intrepid travelling head Chef **Anna Lukasiewicz** is our guest contributor this month with an exclusive post for T&T from her popular food and travel blog. This month Anna visits Japan and shares her take on Japanese cuisine.

It's funny, a few years ago, when I thought about Japanese food, it was only sushi, rice and raw fish that came to mind.

This was around the time in Poland when Asian food was getting more popular. Celebrities were eating sushi for breakfast and I tried wasabi and pickled ginger for the first time.

Then, a few months ago my biggest culinary dream came

and much much more!

Ramen, ramen, ramen

Ramen, for me, is much more than a tasty bowl of noodles. It borders on obsession.

Apart from noodles, a few things are key to a great ramen experience. First is the soup: a rich broth laboured over for

visit the biggest fish market in Tokyo, the famous Tsukiji market.

Food at the market is usually prepared right in front of the customer, the fishes are killed on the spot, cut into cubes or flakes and served over rice, with

...a few years ago when I thought about Japanese food only sushi, rice and raw fish came to mind

Anna before visiting Japan



Anna, 3rd from left

true and I flew to Japan.

It was time to enjoy the flavour packed dishes that everyone in Japan, from kids to grandparents enjoys.

I was about to learn more about ramen, sashimi, okonomiyaki

hours.

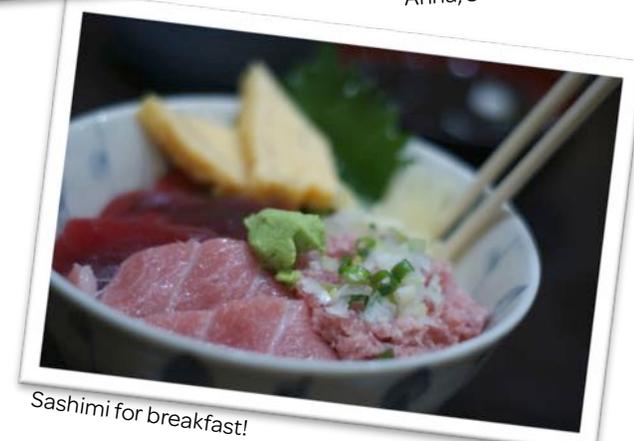
Second are savory seasonings. Next toppings like slices of tender braised meat, noodles and soft-boiled egg.

The best places to eat ramen in Japan are tiny with tight dining counters and open kitchens.

Sashimi

Sashimi is raw meat, mainly fish and it is always super fresh!.

One day we woke up at 5 am to



Sashimi for breakfast!

the addition of wasabi and soy sauce.

That was probably the freshest breakfast I ever had fresh, raw tuna, salmon and caviar.



Ramen

Okonomiyaki

Okonomiyaki are delicious pancakes gridded with everything from cabbage, pork and ramen noodles to fried eggs and of course fish!

Okonomiyaki essentially means *“what, you like, cooked”*. I enjoyed them in Hiroshima, which is the heartland of okonomiyaki. They are cooked and served on long flattop griddles, with a cook on one side and customers on the other.

Bento

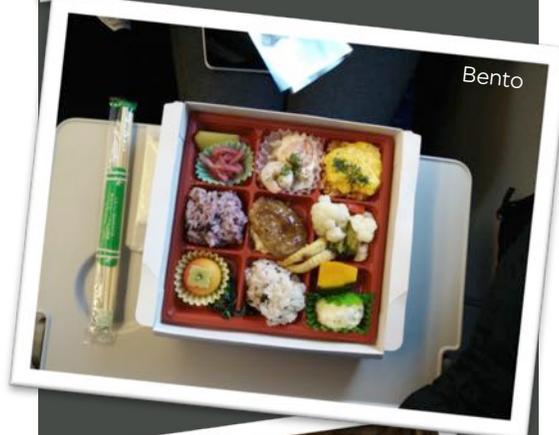
Every traveler who uses the Shinkansen (superfast train in Japan) has a beautiful wooden lunch box prepared for the way, where you can find such wonders as pickled vegetables, and fresh pieces of fish.

For our first rail trip we hadn't bought bento and truly regretted it.

There was an older Japanese man sitting next to us. He was accompanied by a small box that stayed untouched for almost half of his journey.

Finally he gently pulled out the box, washed his hands using a wet tissue attached to the kit and opened the lid of the box. Inside were a variety of delicious looking treats!

Next time we made sure we bought bento, which of course looked and tasted amazing. No



more sandwiches for the journey!

Sweets

The stores in Japan are full of differently looking sweets. Even the brands you already might know they are in totally different flavours.

Kitkat? Well, they have kitkat with wasabi.

Oreo? Sure, they have this one with green tea. Ice cream? Forget simple vanilla or chocolate, you have to try black sesame flavour. Every time in supermarket was for me both pleasure and torture which one I want to try, which one I should avoid, because my stomach is limited?

Shop displays

You don't speak Japanese? No problem! Almost every restaurant in Japan has a display of food that you can eat there. No more surprises and disappointments before ordering!

There is even special gastronomic district in Tokyo, where are dozens of shops specialized in selling essentials to make your own food display in your restaurant. **AL**



Here at T&T we believe that breakfast – the breaking of the fast after sleep – is the most important meal of the day. It is the fuel that spurs us on and gives us the energy we need for the day. A hearty, healthy and substantial breakfast will set you up for the day, helping to improve your concentration and maintain your energy levels.

One great way to do this is to eat a breakfast of whole grains and cereals, cooked well with a lot of liquid to ensure easy digestion. Whole grains in some form are great served in the morning as they fill you up and keep you going all morning.

Here at T&T we've got some real porridge fans who never get bored of the old oat porridge. However, if you're a little more adventurous and willing to explore some different grains read on.

Here's a couple porridge ideas to create a satisfying meal to break your fast in the morning that will

boost your energy levels and stimulate your metabolism into action.

Cornmeal, Vanilla & Apricot Porridge

This porridge is fantastic for spring and summer months when a light, sweet breakfast is what you desire. Replace the dried apricots with fresh when they are in season.

Serves 3-4

- 1 L water**
- 1 cup fine yellow cornmeal**
- 0.5 cups dried apricots, chopped**
- pinch of salt**
- 2 teaspoons of vanilla paste or**
- 1 vanilla pod.**

Bring the water to boil in a saucepan.

Whisk the cornmeal into the boiling water in a thin stream. Add the chopped apricots, salt and vanilla.

Bring back to the boil, reduce the heat to low and cook, stirring occasionally, until the cereal is amply thickened and cooked, about 5 minutes for finely

Grain to go!

This month we explore different options to replace your winter oat porridge with some light summer alternatives.

ground cornmeal, longer for coarser.

Enjoy with your favourite milk.

Millet, Rice and Peach Porridge

Another great summer porridge. This one I make in a large pot with a well fitting lid. Try replacing the peaches with plums for a slightly tart porridge.

Serves 6

- 1 cup millet**
- 1 cup short grain brown rice**
- 0.5 cup dried peaches, chopped**
- 3 cups of apple juice**
- 3 cups of water**
- 0.25 t salt**

Rinse the millet and rice well and place in a large saucepan with a lid. Add the peaches, apple juice, water and salt. Cover, bring to the boil, reduce the heat and cook over a very low heat for 45 minutes. Remove from heat, remove the lid and stir lightly. Leave the porridge to sit for 10 minutes to absorb all of the liquid and then serve with your favourite soy or almond milk.

RK

FUN & GAMES

Kidoku

				5		1	6
	7		6				2
8							
			5			2	1
7		3	8				
1							
		4				7	
				4	8		

Fill in the blank squares so that each row, column and each 4-by-2 block contain all of the digits 1 thru 8.

If you use logic you can solve without guessing

8		1	6				
					5		
							7
5						6	
		8				4	
3		2					1
2			8		3		
6			7	5			

1		2			3	4		5		6		7
8				9								
				10								
11												
										12		13
14						15						
						16						
18		19										
20										21		
22												23

Across

- 1 Toast holder (4)
- 3 The rightful Duke of Milan in The Tempest
- 8 Bite and grind food in the mouth (4)
- 9 Willing to comply
- 11 Dali or Magritte, for example
- 14 Extramarital activity (6)
- 15 Social group that forms part of a society or economy (6)
- 17 Putting right (10)
- 20 Kind or sugar
- 21 Gone away - remaining (4)
- 22 London rail terminus
- 23 Ollie's partner

Down

- 1 Asian two-wheeled transport (8)
- 2 Go away! (5,3)
- 4 Tummy sound - discover (an illicit activity) (6)
- 5 Aging (10)
- 6 River flowing through Dresden and Hamburg (4)
- 7 Bauxite, Haematite etc (4)
- 10 Triple echo (anag) - form of air transport (10)
- 12 Unpleasantly loud and harsh (8)
- 13 South coast city combined with Hove (8)
- 16 Mato..., Brazilian plateau region (6)
- 10 Not many (1,3)
- 19 Mongolian tent (4)

Fun Trivia!

The word "dude" was coined by legendary Irish playwright Oscar Wilde and his friends. It is a combination of the words "duds" (meaning clothes) and "attitude".

There is enough fuel in the tank of a 747 jumbo jet to drive an average car around the world four times.

Woking Council held a special meeting to choose a name for their new indoor swimming pool. After much discussion and thought they finally hit on the idea: "Woking Indoor Pool".

In the Great Fire of London in 1666, half of London was destroyed but only six people were injured.

Dr Samuel A. Mudd was the doctor who looked after Abraham Lincoln's assassin John Wilkes Booth. The shame of this act gave rise to the expression "his name is mud".

N	A	T	S		O	O	L	R	E	T	A	W
O		N			S		E	R				E
T	F	E	L		E	S	O	S	T	C	U	F
H		D		E	O		P		A			A
G	N	I	C	T	C	E	R	R	O	C		
I		R		N	G		C	C	F			W
R	O	R		C	T	E	S		R	A	I	A
B		S		C		E	L	L	O			H
				T	S	T		A	L	I		S
S				E		E	B		H		A	K
E		L	E	A	B	L	E	N	A	M	E	W
R		L		E		U		L				I
O		E		S		P		R	O		K	C

Solution

UK Coffee Week 11 – 17 April 2016



UK Coffee Week™ is a nationwide fundraising programme that supports coffee growing countries through the vibrancy of coffee culture.

UK Coffee Week 2016 takes place between the 11th and the 17th of April and 100% of funds raised during the week go directly towards Project Waterfall to bring clean water to coffee growing communities.

UK Coffee Week provides a united platform where coffee operators, trade professionals and consumers can join together in celebration of the coffee industry and raise funds to give back to the communities which grow our coffee.

Pop into T&T during UK coffee week and grab a coffee. We'll be donating 5p from every coffee sold during UK Coffee Week to Project Waterfall.

(cont. from pg 1)

Anna and Scott are an inspiration to me. Following your passion and doing something that you love, be it writing, playing an instrument, expanding your culinary repertoire, decorating cakes, painting, photography or enhancing your fitness is a real privilege unique to our modern times.

Once making a living and looking after our loved ones is taken care of, there is seldom a lot of time left for really investing in something that you really love. If you find a creative outlet for your passion you owe it to yourself to pursue it.

After many years of idly strumming and hit and miss study, I've managed to carve out a bit of time and currently putting real effort into improving my skills on the guitar.

I've been waking very early and practicing for an hour most mornings. I started making small incremental steps. Day-by-day, week-by-week, month-by-month through concentration and repetition I focus intently on nailing a lead, perfecting a riff, learning a new Ween solo.

The strangest thing has happened. Where I used to resist and make excuses for not practicing, I now look forward to my sessions. I enjoy the concentration, the attention, being in the moment.

It finally became clear to me that:

"the journey and the process is the answer".

I'd heard variations on this theme many times but finally the wisdom made sense to me. The destination is not important. The secret is in the action.

As the guitarist Josh Homme

says "If you expect anything from music you expect too much". Simply enjoy the process. Enjoy the journey.

This month we're supporting our friend Scott who has followed his passion to create and perform his own original music.

What is your passion?

The author and screenwriter Steven Pressfield in *The War of Art* (2002) asserts:

Are you a born writer? Were you put on earth to be a painter, a scientist, an apostle of peace? In the end the question can only be answered by action.

Do it or don't do it.

Creative work is not a selfish act or a bid for attention on the part of the actor. It's a gift to the world and every being in it. Don't cheat us of your contribution.

Give us what you've got!

RK April 2016