



# TRIED & TRUE

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

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It pays to enrich your mind power!



## THANK YOU, THANK YOU, THANK YOU!

By Rob Kelly, Founder

In January we'll be celebrating our 4<sup>th</sup> birthday here at T&T! It has been a remarkable journey of self-discovery for me and although it has been very hard at times I wouldn't change a single thing.

I spent five years at secondary school, six years at university (should have really taken me five), and eleven and a half years in regional and local government here and back in New Zealand. But absolutely no formal training or experience could have prepared me for the challenges and struggles of establishing a

*(cont. on page 8)*

We would like to wish all of our friends and guests a very happy Christmas and wonderful 2016. Thank you all so much for your support in 2015. We look forward to seeing you next year.

Rob, Paddy & the team at Tried & True.

# Staff Spotlight Hyunhye Kim

Hyunhye Kim (Kim) was discovered pulling the shots at Harris & Hoole in New Malden.

A skilled barista who always puts T&T guests' needs first, Kim is a popular and fun member of the team. We catch up.



## **What is it you like about working in the coffee & hospitality business?**

It is fun working with interesting people from all over the world and having new experiences every day. It is also great getting to know lots of interesting customers!

## **What's your favourite dish at T&T?**

It's a tough choice, because everything is so tasty and I'm still making my way through the menu. One of my favourites is the ham and cheese brioche toastie (I can never finish because it's too big)!

## **How do you like your coffee?**

I drink either a flat white or Americano depending on my mood. Not too much milk and definitely no sugar.

## **What do you enjoy doing on your days off?**

I really enjoy catching up with friends, exploring different restaurants and trying new food and wine in London.

## **What is the best thing about living in London?**

There are people in London from all corners of the world. It has the most languages spoken of any city in the world. I also love that

although it is a very urban and populated city, it still has beautiful nature like Richmond Park so close to the city.

## **What do you enjoy about working at T&T?**

I work with a great team of people and have lots of nice regular



*"...no matter how busy we are we always manage to have fun"*

customers, and no matter how busy we get we always manage to have fun at work and give our customers an enjoyable experience".

Kim is originally from Incheon, a small city near Seoul in South Korea and has been living in London for the last six and a half years. An absolute delight to work with and a demon on the coffee machine, we're so pleased to have Kim on the team here at T&T. We put a few questions to her.

## **You're originally from South Korea. What prompted the move to London?**

I originally moved here to learn English and experience a different culture. I live in New Malden where there's a big South Korean community so it is nice to have some home comforts too!

## **Where did you learn your barista skills?**

My journey with coffee started while I was working as a barista in Starbucks in Wimbledon. It was a really busy place. However, I wanted to branch out into specialty coffee and was trained and perfected my barista skills at Harris & Hoole.

# More free time for you this Christmas!

Treat yourself with a bit of free time this Christmas by letting Roland do the work for you.



Lawrence, Anne and Roland from REAL BUTCHERS have an exclusive deal for T&T VIPs to save you time and money while wowing the family this Christmas

## **Christmas is great... But not that great!**

As much as we all love Christmas: the parties, the people, family, kids, presents and a lot of delicious food, sometimes it is all a little bit much. The planning, the preparation, the choice, travel, parking, crowds... the list goes on and on...

Luckily though for our T&T VIPS, our butcher Roland from the fabulous Real Butchers of New Malden is offering you, dear readers, an exclusive offer that will take a lot of the hassle out of preparing a fabulous feast for your family this Christmas.

## **Help is at hand**

Roland is offering to do all the work for you sourcing the finest meats for your Christmas Table. All you need to do is choose your offer and pick up the phone or send an email and voila, your Christmas meats will be delivered to your door in time for

Christmas.

## **Highly recommended**

I've lived across the road from Roland's popular butchers shop in New Malden for over seven years now and have shopped there for just as long.

The quality is second to none. The meat is sourced from farms where the welfare of the animal is put first and foremost and the proof is definitely in the eating. We use Roland's dry cured back bacon exclusively in the café and also source our cooked ham and beef brisket from him too.

## **High welfare, top quality meat reared with love**

Their delicious free-range pork is sourced from Blythburgh and rare breed beef and Nedging lambs are reared with love and care at Bridge Farm both near the coast in Suffolk. Healthy chickens are raised at Otter Valley Poultry in Devon where they're allowed to forage freely across thick clover pastures free of pesticides and fertilisers.

## **Exclusive T&T Offer!**

Enjoy top quality turkey and ham this Christmas delivered directly to your door. Simply select your option, call or email Roland and then enjoy a bit of quality time while you wait. Simple!

## **Option 1 (8 people)**

Whole Otter Valley Free Range Turkey (4-5kg), Home Cooked Ham (2kg) and 24 pigs in blankets. **Only £100**

## **Option 2 (4 people)**

Whole Otter Valley Free Range Turkey Crown (2kg), Home Cooked Ham (1kg), 24 pigs in blankets **Only £60**

## **Option 3 (2-3 people)**

Half Otter Valley Free Range Turkey Crown (1kg) Home Cooked Ham (500g), 12 pigs in blankets. **Only £40**

## **Your free bonus!**

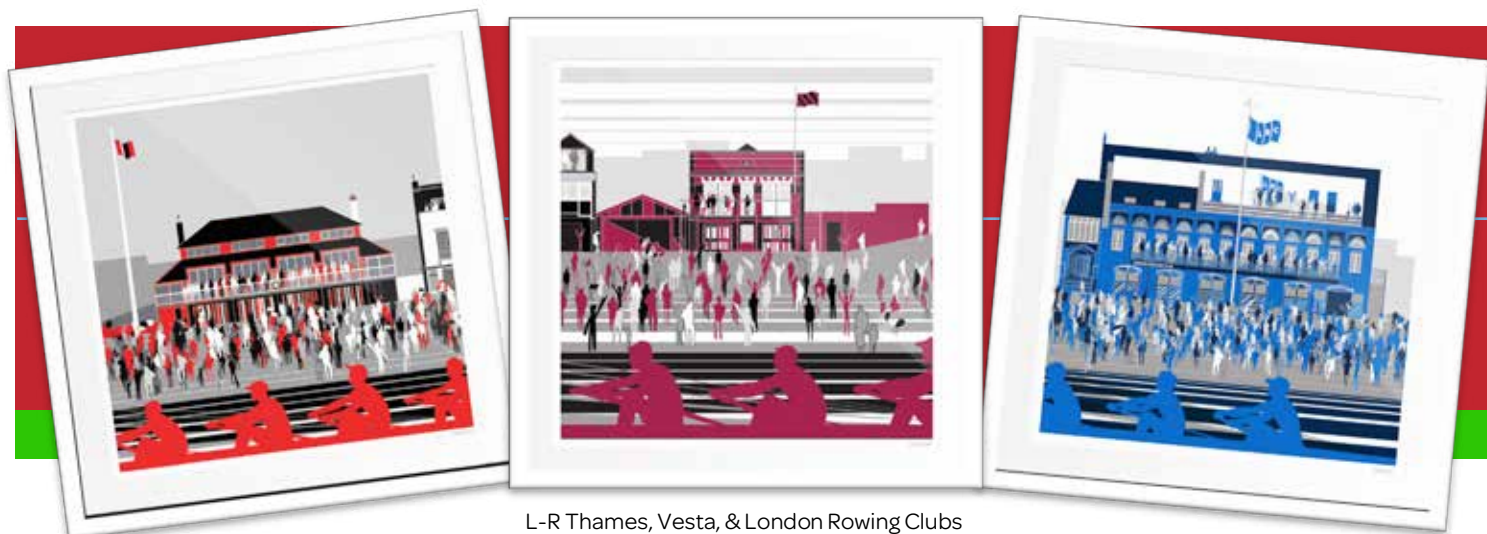
Order before 5pm on Thursday the 17<sup>th</sup> of December and you will receive a bottle of cold pressed apple juice or box of stuffing with your order **absolutely free.**

## **Order now!**

Simply call Roland on 020 8942 0582 or email [therealbutchers@btconnect.com](mailto:therealbutchers@btconnect.com) quoting which offer number you would like, your delivery date and address and Roland will confirm your order and do the rest for you.

Also available: excellent beef, pork, bacon, eggs, poultry and game all of the highest quality. Give Roland a call and he'll be happy to help.





L-R Thames, Vesta, &amp; London Rowing Clubs

## Oars Swell

Putney-sider, illustrator and T&T regular **Rachel Hunt** has been exhibiting a very popular collection of illustrations of Putney's rowing clubs in the café for the last few months. Rachel chats about life / breakfast balance with Rob.

Rachel moved to Putney from the beautiful northern hub of culture and awesomeness that is Newcastle around five years ago. Since then she has been soaking up life in the area as inspiration

for  
some



Rachel Hunt

engaging and beautiful artworks. Some of which have been on display at

T&T over the last few months.

### How and when did you get into illustration?

My mother is an artist, so I grew up in a creative environment. I worked as an architect before moving full time into Illustration, spurred on by one of my works

I have two distinct styles, which I like to distinguish as 'neat lines' and 'fuzzy lines'. 'Neat lines' is my graphic art style, as seen in 'The Boat Race' series. My architectural background heavily influences this style. The 'fuzzy lines' style is freehand sketching, which often has a

*"The embankment is the iconic image that the world associates with the area"...*

being shortlisted for the Serco Prize for Illustration in 2014.

### Could you describe your illustration style? How did you develop it?

quirky twist.

### What was the inspiration for the boat race series?

I am local to Putney, and the Embankment is the iconic image

that the world associates with the area. The boat race series grew out of a piece I did for an exhibition to coincide with the BNY Mellon Boat Races back in April 2015.

I often thought the print series would be well suited to the exhibition space in Tried and True, so was delighted to get the opportunity to display them here.

### **How do you like to work?**

### **What is your studio space like?**

I work from home unless I am out sketching. My studio space is

organised chaos - it looks a mess but everything has its place.

### **What do you enjoy doing in your spare time in Putney?**

My favourite place to go is Richmond Park, whether it is cycling, walking or feeding the ducks. We are very lucky to have it on our doorstep.

### **Any tips for fun things to do in Putney / South London?**

Apart from Richmond Park, Kew gardens is fantastic - yearly membership is very reasonable and there is always something new to

see there. If you are feeling particularly energetic, a cycle ride there from Putney along the towpath would make a pretty great day in my opinion.

### **What's your favourite dish at T&T?**

I love the pancakes with fruit and mascarpone, or if I am feeling virtuous, its the poached eggs on toast!



Mmmm pancakes!

## Give local this Christmas and save!

Give a loved one a unique and locally inspired gift this Christmas!

Exclusively for T&T VIPs, Rachel is offering **£10 off** any 30cm square or panoramic print until the end of January 2016.

Simply pop into the café to have a look or visit Rachel's website at

[www.rachelhuntillustration.com](http://www.rachelhuntillustration.com)

to see the wide range on offer. There really is something for everyone.



The boat race at Putney Embankment £200

## Enjoy your greens this Christmas

I've always been into my veggies. Having a four-year-old daughter makes me wonder if that has always been the case (given her preferred diet of chips and mayonnaise) but I'm pretty sure I've always loved broccoli. We get through at least five heads a week in our house and I love how versatile it is. Also it is really healthy and packs a big nutritional punch.

Part of my love for the versatility of this brassica comes from this dish. A piping hot light and fluffy yet richly seasoned soufflé. It is real winter treat served with a Sunday roast. It was so popular in our family it was

always on the table at Christmas. Even in summertime! It is something that can be whipped up quite quickly with a little know how.



This dish is always a bit of a showstopper any time I've served it up for guests at a Sunday roast. You can substitute cauliflower for the broccoli or use a mixture of both.

Depending on the age and preferences of your guests you can also use different cheese for your tastes. It looks fabulous and tastes amazing. I've added a little twist with the panko crumbs (available in good Asian supermarkets) but you can use some fresh breadcrumbs whizzed up in the food processor.

## Panko Crusted Cheesy Broccoli Soufflé

### Ingredients

1 big head of broccoli  
50 g of butter  
50 g of flour  
1 pint of whole milk  
4 eggs (separated)  
1-2 cups of sharp cheddar (or mix of stilton, parmesan, etc)  
Panko crumbs  
Salt & pepper

### Method

Preheat oven to 200c (180fan)

1. Grease a 20cm soufflé dish with lots of butter.
2. Steam the broccoli over rapidly boiling water until soft enough to mash with a fork or

potato masher. Drain in a sieve to remove excess moisture.

3. While the broccoli is steaming melt the butter in a pan over moderate heat. Add the flour and cook the roux until fragrant without colouring. Add the milk while whisking to ensure you have a nice, thick béchamel sauce. Stir in the cheese(s).

4. Separate the eggs keeping the yolks aside. Beat the egg whites in another bowl until they form stiff peaks.

5. Stir the mashed broccoli into the cheese sauce along with the egg yolks till combined.

6. Fold the egg whites gently into the broccoli cheesy saucy goodness and season to taste.

7. Pour into a heavily greased soufflé dish. Sprinkle with the panko crumbs and parmesan

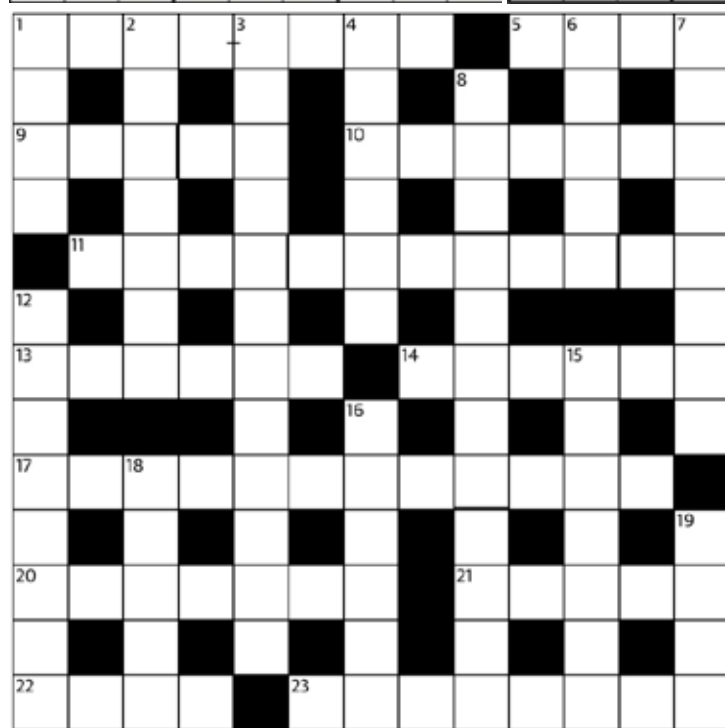
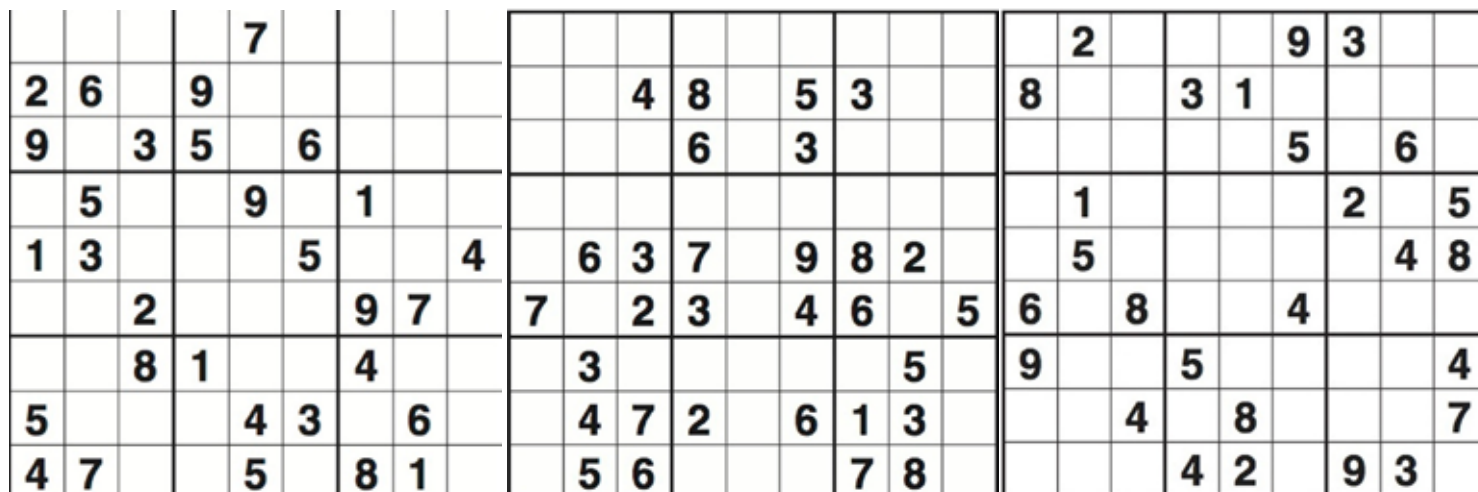
8. Pop into the oven and bake for 25 minutes. Don't open the door for first 20 minutes. The soufflé is ready when it's set around the edges with a little wiggle in the middle.

Serve piping hot straight to the table.

Enjoy! **RK**

# FUN & GAMES

SUDOKU!!!



### Across

- 1 Almost (4-4)
- 2 Feudal Labourer (4)
- 9 Join voluntarily (3,2)
- 10 Malicious gossip (7)
- 11 Re (4,6,2)
- 13 Hang loosely (6)
- 14 Dead body (6)
- 17 Pay – our men earn it  
(anag) 12
- 20 Arrears of work (7)
- 21 Largest city in  
Nebraska
- 22 Statue at Piccadilly  
Circus (4)
- 23 Enter, sir! (anag) –  
put in again (8)

## Down

- 1 Area of trees and shrubs (4)  
2 From a Baltic state (7)  
3 Casually (12)  
4 One of four New Testament books (6)  
6 Terminated (5)  
7 Pursued (8)  
Fashionable male socialite (3,5,4)  
12 Lovely (8)  
15 Desecrate (7)  
16 Marked accent  
18 Butch (5)  
19 Ultimate - endure

**Impress your friends with AMAZING TRIVIA!**

A butterfly has 12,000 eyes.

A can of Spam is opened every four seconds.

If you could harness the power used by your brain, you could power a ten-watt light bulb (I know – depressing!).

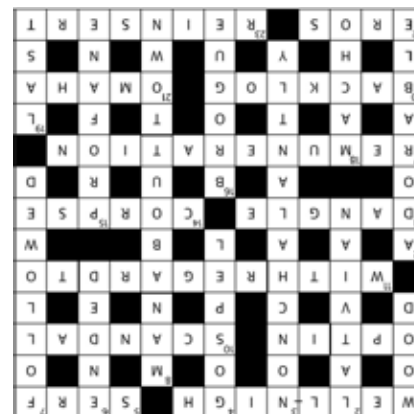
Cats will not walk on aluminum foil.

When cats turn round and round before lying down, this is an instinct left over from the days when they slept in tall grass. The turning action pushed the grass down into a nest.

The Atlantic ocean is saltier than the pacific ocean.

A pound of crisps costs 200 times more than a pound of potatoes.

Homer Simpson's middle name is Jay.



# NOIΛYTOΣ



## Next Month....

We chat with local mobile reflexologist and T&T regular Georgie Sandeman.

Rob revisits the Punakaiki Gurnard Curry from the beginning of the millennium and we celebrate T&T's fourth birthday!



*...cont from page 1.*

brand new business here in Putney!

I have learnt many important lessons over the last four years but two stand out the most.

*Every adversity has the seed of equal or greater benefit (Napoleon Hill).*

There are a good number of you who have been with T&T since day 1. Day 1 where we opened without a sign on the door, without the kitchen, with only two staff. We now have a team of 10 serving hundreds of meals every week. We've grown steadily while gaining confidence in who we are and what we are trying to do.

Our location away from the hub bub of the high street didn't give us the footfall to make an immediate impression, but it helped us to define exactly what we wanted to be and do.

*Business is all about the people who make it possible.... You!*

I originally created T&T because it was something that was missing in my life. A way to satisfy nostalgia for my old life, remember my friends and family back in NZ.

But I found it wasn't eggs and bacon, pancakes, pork benes or even flat whites that was missing. It was you. You, the wonderful people of Putney and beyond. People out enjoying each other's company, a sense of community, being part of something bigger, being part of Tried & True.

And my team. I am so grateful and proud of my team working together as one towards a shared goal. I'm proud of how hard they work, how much care and attention they put into the guest experience and the service they give. How they interact with each other. It is

truly a wonderful privilege to be part of T&T.

The obstacles placed in our path over the last four years turned out to be simply stepping stones towards our success. With your continued support I have personally learned that business is all about honesty, effort, responsibility, creativity, objectivity, long-term thinking, intensity, effectiveness, discipline, thought and control. Business is life on all levels at all times and it is a real thrill to live it.

Thank you, thank you, thank you to all of you that have made Tried & True a reality. You made my dreams come true.

Merry Christmas and a safe and Happy New Year.

Rob and the Tried & True Team.

**RK**