



TRIED & TRUE

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

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Issue 8 February 2016



Born on leap day this year is Clara's first birthday!

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Happy 1st Birthday Clara!

By Rob Kelly
Founder

It is still dark going to work and getting home but it really does seem that we have turned a corner on the winter (so there is probably worse to come)! Things have been really busy here at T&T so far in 2016. It has been great to see so many of you braving the cold and warming up with us here in the café.

This is a very special month for Amanda and me because it is Clara's first official birthday! Our beautiful daughter was born on leap day the 29th of February in 2012 just 6 weeks after T&T opened.

I'm sure all parents will agree that you really don't know what's about to hit you when you have your first child. I had an inkling that the change to my life would be significant, but I really didn't

Cont. pg 8



In this issue we meet Stelina Lloyd, Greek Ex Pat, Putney Local and flat white aficionado who is importing delicious, award winning extra virgin olive oil from Crete.



Staff Spotlight

Giedre Jakutyte

All the way from Lithuania, our loyal and hard working waitress Geidre Jakutyte is a key Putney brunch personality. We find out what's in the next chapter for the creative writing graduate.

Giedre, Tell us a little about yourself.

I enjoy many forms of art – photography, drawing, theatre, film, music and most of all – writing and reading literature.

How long have you been in London, What are you doing here?

I moved to London to read for a degree in Creative writing and English Literature about 4 years ago. I graduated late last year and I'm currently planning my next move.

How did you start working at Tried & True?

I started working at Tried & True about 18 months ago. It makes me laugh when I remember that day – I tripped on the garden steps and fell down right in front of all the customers! Luckily Patrick did not see that and I got a call on my way home.

What's most challenging and rewarding about working at Tried & True?

Every day I come to work with a smile on my face. During my time here I've realised that making someone's experience as perfect and enjoyable as possible is the only goal you can have in a job like this.

We are a strong team (weekends actually feel like a perfectly synchronised dance) and our

attention to detail, in my opinion, is what makes our guests come back.

I love the fact that I've met so many great people here at Tried & True. I even had a chance to work with Rob on our monthly newsletter, to write a few stories and take interviews from customers and local artists.

Every experience here has been worthwhile but it's a great feeling when you walk down the street in Putney and a regular customer walks past and says hi or smiles at you.

What's your favourite dish at T&T?

It has to be the pancakes! I think that our kitchen team is great and I am always very thankful for the amazing food they make.

How do you drink your coffee?

Our skilled baristas Kim and Raff usually get my flat white ready right before I put my apron on in the morning! Team members have their *usual* as well!

What do you enjoy doing on your days off?

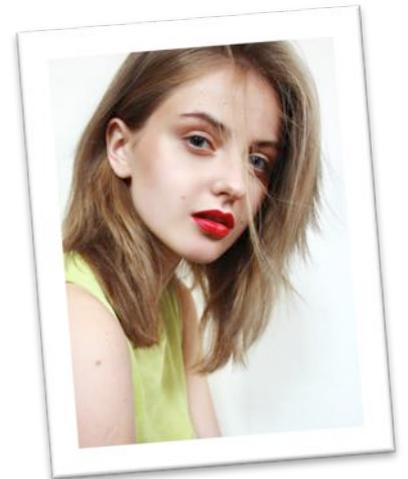
On my days off, mostly, I enjoy buying and reading books from charity shops and taking walks by Thames with a good friend and a cup of coffee. I also enjoy "Movie Mondays" with my boyfriend Laurynas. And, if I feel like it, staying at home.

We also love an occasional get-away to places like Bournemouth, Dover or somewhere even further (next month Laurynas and I will travel to

Copenhagen! Traveling is something I would like to do more of, so we are always looking for cheap flights and bus tickets.

Now you've finished studying, what are your plans / goals for the future.

As sad as it would be to leave Tried &



"...making someone's experience as perfect and enjoyable as possible is the only goal you can have in a job like this."

True, I am currently looking for a job that would be in creative writing field. As a part of my CV I am working on a website called 'The Conclusion is Yours'.

My wildest dream is to publish a collection of short stories and to find a job that would allow me to travel or work from home. I cannot imagine a better life than this!

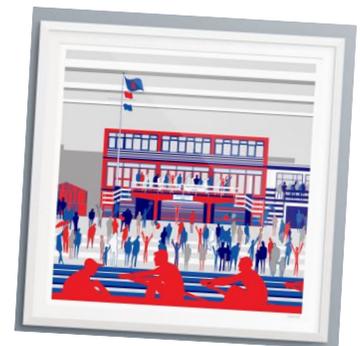
Putney café immortalised by Local Artist!



Just before Christmas, one of the local Putney Artists we've been lucky to feature in the café, Rachel Hunt, presented us with a wonderful gift. An original illustration of Tried & True!

Obviously, we were absolutely thrilled. It is hands down the nicest thing that anyone has ever done for us here at T&T so we just like to take the opportunity to say thank you again to Rachel for such a thoughtful and awesome gift.

Rachel's exhibition of the rowing clubs along the Putney Embankment continues this month along with some brand new prints.



RED BRICK

New Coffee!

Our wonderful coffee roasters at Square Mile have brought us a new blend this season and it is fantastic.

Our current seasonal blend is composed of 4 different lots of coffee from 3 different origins.

The current components of the espresso are: **40%** La Serrania (Colombia) / **20%** Vista Alegre (Brazil) / **20%** Campos Altos (Brazil) / **20%** Wegida (Ethiopia).

In the cup we find a lovely fudgy sweetness, hints of hazelnut and a buttery mouth feel provided by the South American components, follow this with the florals and nectarine flavours from the Ethiopian and you have an extremely delicious espresso.





L-R, old school olive oil press, beautiful ancient olive tree in Crete, Cretan Myron Oil

In our continuing series following T&T VIPS doing amazing things in Putney and beyond, this month we feature **Stelina Galifianakis-Lloyd** who is bringing delicious, healthy and unique olive oil from Crete to the UK.

I love Greece. Amanda and I enjoyed a wonderful two-week holiday amongst the sleepy seaside villages, rustic tavernas, lush countryside, and stunning private beaches of the Pelion peninsula on the eastern side of the Greek mainland back in 2010. It was here that the plan for T&T was hatched over calamari, tzatziki, extra virgin

opened. Since then, Stelina and I have caught up regularly about travel tips, food and ideas for the café.

When I heard, late last year, of her intention to import high quality extra virgin olive oil from Crete into the UK, I was naturally very interested.

My curiosity wasn't just from my taste buds. Back in 1998 my

children.

Following the birth of her second child, a career in HR was put on the back burner while she concentrated on being a full time Mum.



Stelina Lloyd

"Finally there was a drink for me!" Stelina recounts the introduction of the "New Zealand" flat white to London.

olive oil, lamb chops and copious amounts of Mythos. The name was found in the impressive back catalogue of cult rock band Ween – but that's another story...

This month we meet T&T VIP and local Putneysider Stelina Lloyd. I first met Stelina (who is Greek by the way) in the early days of T&T back in 2012. A coffee fanatic like most Hellenic ex pats, Stelina was in the door and straight into the flat whites pretty much as soon as we

brother and I planted around 1500 oil producing olive trees on our property outside of Whangarei back home in New Zealand with a view to our folks pressing their own oil. Aside from the horticultural challenge, trying to crack a new market with a quality product is real dragons den stuff!

Stelina moved to London from Greece almost 25 years ago to go to University and has lived in Putney for the last 14 years with her husband and their two

According to Stelina, drinking coffee is a big part of Greek culture. "Ever since my student days I've always tried to find places that serve decent coffee. I used to travel to Bar Italia in Soho to get a real coffee"!

Stelina has watched the coffee culture of London develop over the years. "The *New Zealand* flat white"

(her words my emphasis!), according to Stelina was a game changer after growing weary of the macchiato. “Finally there was a drink for me and with the coffee scene moving out to Putney with great places like Grind, Artisan and T&T great places to drink them”.

With Stelina’s family growing up fast, there is now a little more time for her to concentrate on the challenge of helping establish new brand Cretan Myron olive oil in the UK.

Cretan Myron Olive Oil

Originally established in 1974, producing oil from the family groves in Crete, friends of Stelina’s, Aggelos and Georgia sought to produce an olive oil that celebrated the rich heritage and unique flavours of the Island off the Greek mainland.

Since 2008 the business has expanded to produce superior extra virgin olive oil blended from the best available oils in Crete.

Demand has grown internationally due to the quality and unique characteristics of Cretan olive oil as consumers become more sophisticated about both taste and lifestyle.

It is well known that olive oil is a strong staple in the Mediterranean diet. It is not only thought to reduce risks of stress related illnesses but also evokes thoughts of fresh food, fresh air, relaxation, fun and family.

Studies even suggest that olive oil from Crete is superior due to

the unique climate and soil of the island.

Protected Origin.

Along with other geographically protected foods and beverages like Parmigiano Reggiano, Champagne and Cornish Pasties Greece has a total of 20 Protected Designations of Origin (PDOs) for olive oil and 10 of these are in Crete.

Places like Sitia and Kolymvari are internationally known and the olive oil produced in these areas has won many international awards.

Great Taste Award

Aggelos and Georgia’s effort to provide the highest quality oil, earned them a Great Taste Award in 2013. It was that summer that they asked Stelina to work with them to bring Cretan Myron to the UK.

She recalls, “It was a great opportunity for me as I could work from home but most importantly it was a chance to promote something that I felt very passionate about”.

Currently Stelina’s calendar is filled with trade shows and meetings with a view to getting Cretan Myron on the shelves of delicatessens and supermarkets and onto the tables of British households. It is already exported to France, Russia, China and Brazil.

“There’s been a lot of interest from small specialty food shops in South West London so far and we are looking to expanding further into the South East”. **RK**



Cretan Myron at T&T

We will be stocking a selection of Cretan Myron Oils at Tried & True for you to take home as well as using the oil in our homemade dressings and sauces.

EVOO (Great taste award) £10
Organic £12
750ml £14

For a limited time you can get a free bag of Ntakos with every bottle of oil so you can try the recipe on page 6.



Cretan Myron Mission

Cretan Myron strives to collect the best organic and extra virgin olive oil from the most fertile areas of Crete and make the product synonymous with supreme quality to suit the multi cultural demands of the British culinary scene.

Guest recipe – Cretan Ntakos

Stelina Lloyd, who is importing Cretan Myron oil into the UK from Crete, brings us this month's intrepid lash up.

Food is very big in Greek culture and everyone has a favourite from the family table of their youth. Mine is my mother's Gemista (Cretan Style). Gemista means stuffed vegetables (tomatoes, courgettes, aubergines, and peppers) stuffed with rice and a mixture of herbs, arranged in a tray and baked in the oven.

The smell of this dish coming out of the oven is a strong childhood memory. It will be my last supper!

There's a lot of preparation and love that goes into that dish but here is something quick and easy that you can enjoy as an appetizer or a snack with some Cretan Myron olive oil!



Cretan Ntakos

2 large round barley rusks (Ntakos- find in good Greek delicatessens)

2 large tomatoes finely chopped or grated.

4 tbsps extra virgin olive oil plus extra for drizzling

100g of feta cheese crumbled

Dry oregano

Salt and freshly ground pepper.

Method

Run the rusks quickly under

running water but do not soak.

Drizzle liberally with Cretan Myron olive oil and a little salt.

In a small bowl mixed the chopped fresh tomatoes with the olive oil and salt

Spoon the tomato mix on top of each barley rusk.

Top with the crumbled feta cheese.

Drizzle each Ntako with more olive oil and sprinkle some more oregano adding some olives and capers on top for decoration. **SL**



This month we are supporting Medical Aid for Palestinians, whose local supporters in Putney are holding a 24 hour spinning marathon to raise money for victims of conflict in Palestine.

The event will be held at the Putney Leisure Centre 12-13 of February 2016 (6pm -6pm).

If you'd like to participate in the event you can start or join one of 20+ teams taking to the saddle for 24 hours of instructed spinning classes.

Email Rahma at ride4map@yahoo.co.uk for more information.

There is also a just giving page where you can donate www.justgiving.com/Ride4MedicalAid

Tried & True will be supporting the event by offering free brunch to the winning team and their will be further rewards for participants.

Medical Aid for Palestinians is a humanitarian charity set up by a doctor present during the massacre

in Shatila and Sabra refugee camps in 1982.

They work for the health and dignity of Palestinians living under occupation and as refugees.

They provide assistance and training for essential doctors and nurses in Gaza, medical equipment and medicines, primary care centres and GPs in cut off communities, psychological support to children and those severely affected by war.

FUN & GAMES

6					1
	5		6		
3	6				
					4
			5		
	1	2			

Kidoku

Fill in the blank squares so that each row, column and each 3-by-2 block contain all of the digits 1 thru 6.

If you use logic you can solve without guessing

		1		3	
			5		
	5		2		
	6				4
3		6		1	

1		2			3	4		5		6		7
8					9							
					10							
11												
										12		13
14						15						
						16						
18						17						
20												21
22												23

Fun Trivia!

Four per cent of the energy put out by a light bulb is light. The rest is heat.

More than 45,000 pieces of plastic debris float on every square mile of ocean.

Skateboards were invented in 1963. Inline skates (“Rollerblades”) were available back in the 1930s.

The sound of a snore can be as loud as a pneumatic drill.

The readers of “Batman” were once given the chance to vote of whether Robin survived being blown up by the Joker. The vote was close, but the hard hearted readers voted to kill off the boy wonder. Harsh!

Geese have been known to fly higher than five miles in the air.

Across

- 1 Uncontaminated (4)
- 3 Former British colony in China (4, 4)
- 8 Don't stay in one place (4)
- 9 Truthfulness (8)
- 11 Hallowed (10)
- 14 Plod (6)
- 15 Lange island of the Malay archipelago
- 17 Boy Scout's motto (2,8)
- 20 Feelings (8)
- 21 Effrontery (4)
- 22 Blood line (8)
- 23 Torvill's ice dancing partner (4)

Down

- 1 Organism that lives on another (8)
- 2 Very hungry (8)
- 4 Not to be repeated (3-3)
- 6 Norse god, husband of Frigg, father of Thor (4)
- 7 Bonfire Night effigies (4)
- 10 Unsteady – amazing (10)
- 12 Grow (8)
- 13 Singer-songwriter, born Robert Allen Zimmerman in 1941 (3, 5)
- 16 Citrus fruit
- 18 Assistance (4)
- 19 Narrated (4)

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

Solution

What's on this month?

Tuesday 9th of February 1, 2016

PANCAKE DAY

We'll be serving our delicious pancakes with a few twists. Remember – Tuesdays are Treat Days!

VALENTINES DAY

We've got an extra special new special launching Valentines weekend. Come down and celebrate some together time at T&T.



Coconut pancakes with Peach compote will be back!

(continued from pg 1)

anticipate the depth of emotion that would accompany the welcoming of Clara into our lives.

We are so lucky to have Clara as part of our little family and it has been wonderful to have her growing up along with our other baby Tried & True.

The way that a child develops and grows is similar to how a business grows. In the initial stages when T&T and Clara were tiny babies they couldn't really be left alone for a minute. Babies and new businesses need constant food, milk and baby related paraphernalia (cash, customers and supplies for the business) They both need a lot of love to push them through the baby stage to the crawling then toddling stages.

Here at the café, once we'd worked out our surroundings it was time to start crawling a bit further and tugging on the linen and flicking on a few more plugs and light switches around the neighbourhood.

Before we knew it we'd found our feet and started toddling our pulled pork benedicts, pancakes and flat whites further afield.

This month is a busy one here at Tried & True. On the 9th of February we have Shrove Tuesday (Pancake Day) where we'll be serving up our delicious buttermilk pancakes and with extra special toppings. The special pancakes will be available all week.

And of course it is Clara's one and only birthday that she'll have in the next four years! We'll be doing something special.

One of the most amazing things I've come to appreciate about being a dad (and business owner) is that children encourage you to live in the moment.

Business also demands that you immerse yourself in the now and in the particulars. It demands that the team respond to *this* guest, *this* challenge and solve *this* problem. Now!

Being present in the now is really important in all of our lives. There is plenty of time for planning but now is the time to really live; to fully inhabit the situation you happen to be in now. You are not some disinterested bystander. Participate.

However, as always, no great thing is created suddenly. There must be time. Enjoy the journey, give your best and always be kind.

RK February 2016