

AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

February 2011

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Welcome to February and a whole new year to enjoy living in the Aire Valley! If you are floundering with your new year resolutions, you may as well wait until Valentines Day now and enjoy your chocolates. (And on p.26 Nel has some other suggestions for what to do with your chocolates!) But if you are feeling particularly resolute, you can always turn to page p7 for Lauren's recommended fitness classes in the area...that is another way to get your heart rate up.

Which brings me nicely to The British Heart Foundation; it is celebrating its 50th anniversary this year and February is red heart month. (see p22) Don't miss our exclusive Aire Valley Mag reader opportunity to save **25% OFF** the lovely Sunday Carvery at the Old White Bear in Cross Hills...[be sure to bring the coupon to redeem your discount: see p5]

Enjoy!

Liz Barker



WORTH & AIRE VALLEY MAGS

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORIES



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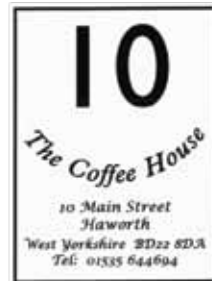
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Say you saw it in the Aire Valley Mag!

LAMB, BLACK PUDDING AND PORTER BEER PIE WITH A THYME LID

Cooking with Yann from The Old White Bear

Pie mix:
2lb diced lamb
200g black pudding
1 onion, chopped
1 tspn tomato paste
1 pint Porter beer (I use Naylors from Cross Hills)
¾ pint water
1 fresh sprig thyme
salt and pepper to season

Pastry:
8oz plain flour
4oz butter
1 egg yolk
1 onion, chopped
½ tspn thyme
water to bind

- To make the pie mix: put all the ingredients into a pan and slow cook for an hour and a half, until the meat is really tender.
- To make the pastry: mix the flour and soft butter with the egg yolk. Add the onions, thyme and seasoning. Add water to bind if needed.
- When the pie mix is ready, transfer to a flat, deep dish, roll the pastry to ½ inch thick and put on top of the pie. Cook in the oven at 180 degree C for 40 mins (until the pastry is cooked) Serve with chips or vegetables.

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GET FIT FOR 2011

by Lauren Barker

Having difficulty sticking to your 'Get Fit 2011' New Year's resolution? You are definitely not alone. After a good few weeks of overindulgence and inactivity, it can be unrealistic to launch into a fitness scheme that involves doing 50 sit ups before bed every night and running at least 3 times a week, even in the best of conditions. Add the dark winter evenings and unrelenting British drizzle and it's generally a pretty bleak picture. But fear not, for I may have found the answer: exercise classes! Images of fierce instructors and people in brightly coloured lycra and sweatbands may spring to mind, but trust me, the reality is not like this at all. I accidentally stumbled across a cardio class at the gym I go to in Keighley (Workouts Health Club) in early January and I've become totally hooked. Many gyms include classes in their membership fees but are also available for non-members at very reasonable rates.

It is definitely worth trying out a local exercise class to kick off your 'Get Fit 2011' scheme, and because there is such a huge range of classes for all abilities it's incredibly easy to find something you'll enjoy. If fear of embarrassment is holding you back, all I can say is stop worrying! Many people will be in the same boat as you and everyone is always friendly, welcoming and willing to help you get involved. All you need is some enthusiasm, comfortable clothes and trainers. The music, encouragement and instruction involved in classes mean that you can do an hour of pretty intense exercise without realising how hard you've been working or getting bored, and work muscles you didn't even know you had. The old saying 'no pain no gain' is true, but you may as well have a bit of fun in the process! For more ideas, check out these websites: www.workouts.co.uk www.eastburnfitness.co.uk www.fitnessfirst.co.uk www.calderdaleyoga.co.uk

Here's a few classes I recommend;

- Monday** Circuit Training - Workouts Health Club (6pm), Yoga for fitness - Keighley Leisure Centre (6pm or 7.15pm)
- Tuesday** Cardio Class - Workouts Health Club (5.30pm), Beginners Thai Boxing Course - Eastburn Fitness Centre (6pm), SalsaFit - Keighley Leisure Centre (8pm)
- Wednesday** Over 50s Class - Keighley Leisure Centre (9am), Bums & Tums - Workouts Health Club (5.30), Cardio Attack - Keighley Leisure Centre (6pm), Ladies Only Thai Boxing - Eastburn Fitness Centre (6pm)
- Thursday** Pump Class - Workouts Health Club (6pm), Step Class - Keighley Leisure Centre (6.45), Hula Hooping - Eastburn Fitness Centre (7pm)
- Friday** Yoga For Fitness - Keighley Leisure Centre (12.15pm), Boxercise - Workouts Health Club (6pm)
- Saturday** Spin Class - Fitness First (10am), Zumba Fitness - Fitness First (4.30pm)
- Sunday** Hula Hooping - Eastburn Fitness Centre (5pm), Circuits Training - Keighley Leisure Centre (5pm)

REVIEW The Railway Children

Keighley Playhouse - 5 Devonshire St. Keighley, BD21 2BH

The wheezing and rumbling sounds in the theatre prior to this production didn't come from the audience. To get us in the mood we were treated to the sounds of shunting steam engines, but how do you recreate the sights of the Worth Valley Railway on a stage? Easy. A gigantic video screen backdrop was used to display beautifully shot scenes of the railway and cast, bringing Edith Nesbitt's classic tale to life. From behind the huge clouds of "steam" that engulfed the stage Perks strode on to the platform and after a loud blast on his whistle proceeded to narrate the



story of Bobbie, Phyllis and Pete and how they came to arrive in the village of Oakworth. The local cast were excellent and a special mention must go to the little lad playing Perk's youngest who won over the hearts of the audience with a fearless performance. For this matinee show I decided to take my young children who were already huge fans of the film and were making their first visit to a theatre. They were totally enraptured by the production which, like the film, managed to appeal to all ages.

Given the limitations of stage, the infamous landslide scene was well recreated with foliage and rubble and the children saved the day again. Judging by the thunderous applause at the end this was a very popular production. Let's hope it makes another return to Keighley Playhouse.



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Up On The Roof...

Generate your own electricity, and get paid for it!

For those of you who want to be a part of the solution to CO₂ emissions, here is one way to participate and become less dependent on power generated using fossil fuels or nuclear energy, an achievable goal. The government last year introduced "Feed-in-Tariffs" (FITs), a clean energy cash-back system, as an incentive to reduce the carbon footprint of residences' and communities' use of electricity. The scheme pays 41.3p per unit whether or not the electricity is exported to the grid. Energy suppliers will make guaranteed minimum, or regular payments, to those choosing to generate their own electricity from renewable or low-carbon sources such as solar photovoltaic (PV) panels. There is an opportunity, as well, for receiving a separate payment for any electricity exported to the national grid. That means additionally to the savings made by using the on-site generated electricity, the rebate payments are index-linked, tax-free and guaranteed for 25 years making a return on your investment (up to £1,500.00) per year, while adding value to your premises.

Solar photovoltaic (PV) panels are lightweight and fairly unobtrusive and can



be fitted to either traditional roofs, flat roofs, walls or floor-mounted in the garden. The DC (Direct Current) electricity created is converted into usable power AC (Alternating Current) via a wall-mounted inverter in the attic. It then runs through a generation meter to be up and running well within a week of installation.

Mr. Jagan, a local resident in Stanbury, had PV solar panels installed on his roof last year and has been generating his own electricity since. He receives a quarterly cheque for the Feed In Tariff from his utility company and is pleased with the scheme. Mr. Jagan chose the local family run company, Electrotect (UK) Ltd. for his panel installation; they specialize in Solar PV Systems and have extensive knowledge in the industry. "Electrotect were very good to deal with and I would recommend them to others without hesitation. There were no hidden costs and what they quoted was what I paid; it was an all in price including scaffolding."

Best of all, Mr. Jagan is harnessing the free energy source available to us all...and he is getting paid for it!



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- Jessica Blade -

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Say you saw it in the Aire Valley Mag!

Cotton on to Fairtrade and take action for trade justice

Do you know that your everyday shopping purchases can help trade justice? It's simple and easy to do – just look for products with the Fairtrade logo and buy these. Not only will you ensure that farmers in developing countries receive a fair and stable price for their products, but you will be contributing to a social premium that the farmers' democratically elected representatives decide how to spend: eg a new water well, health clinic, solar street lamps or business training.

To quote Moussa Keita, a Fairtrade cotton farmer in Mali "Since selling our cotton as Fairtrade, we are able to eat every day and all my children go to school. With the premium we have built two classrooms".

Over 4,500 products now carry the Fairtrade logo. There's a huge selection of Fairtrade teas, coffees and chocolate, but did you know that you can also buy a wide range of fruit (not just bananas), wine, honey, biscuits, herbs and spices, ice cream, sports balls, beauty products, olive

oil, rice, nuts, flowers, cereal bars, cotton wool, cotton clothing and much more...

If your church, school or local shop is not already using Fairtrade products you can encourage them to make the switch. This will help them meet some of the criteria for becoming a 'Fairtrade church', 'Fairtrade school', or 'Fairtrade town'.

The Fairtrade Foundation is responsible for Fairtrade in the UK and co-ordinates the Fairtrade church, town and school schemes. Bradford is a Fairtrade Zone and has active Fairtrade 'town' groups such as Shipley, Bingley,

Haworth, Thornton, Burley, Baildon and Ilkley. Fairtrade Bradford would like to see the diocese become a 'Fairtrade diocese' where 50% of the churches are registered as a 'Fairtrade church'.

Fairtrade Fortnight 2011 will run from 28th Feb – 13th March. The theme is 'Show off your label' with a special focus on Fairtrade cotton.

We rely on cotton every day and an



estimated 100 million rural households in 65 countries around the world rely on producing cotton to get them through today and hopefully through tomorrow. Two thirds of cotton is produced in developing countries and cotton makes up 40% of West Africa's export income. Small scale farmers have to face unstable and low



prices as cheap, subsidised cotton from China, the US and EU is dumped on world markets. Europe, China and America pay \$4.8 billion annually in subsidies to their cotton farmers. African and Indian cotton farmers are simply not able to compete. **Fairtrade Fortnight 2011 aims to create the world's longest string of bunting.** The Fairtrade Foundation is providing free Fairtrade cotton bunting kits to decorate. **The bunting will be sent to the World Trade Organisation Ministerial Meeting in Nov 2011 to show the UK's support for Fairtrade and trade justice for the farmers behind the label.**

Fairtrade Bradford would like to gather all the district's decorated bunting for a **mass photo at 2pm on Saturday, 12th March on Darley Street, Bradford.** Karen Palframan, chair of Fairtrade Bradford and a member of St. John's Ben Rhydding, said:

"We want to show the whole Bradford district that we care about trade justice and want action taken to address the issues that keep so many people poor"

For more information, or to offer help, please email karen.palframan@talktalk.net or call **01943 607334.**

Other ideas for Fairtrade Fortnight include creating a display of Fairtrade packaging, having a baking competition for the best cake made with Fairtrade ingredients or organising a Fairtrade fashion show. The ideas are limitless, but the main aim is to promote Fairtrade and encourage people to buy Fairtrade products.

For more information and free leaflets, Fairtrade Fortnight action guides and event packs with free bunting, visit the website at: www.fairtrade.org.uk or call **020 7440 7676**

Sudoku

Test your skills of logic with Sudoku: Every row, column and box of 3x3 cells must contain the numbers 1 through 9 exactly once.

Level: Easy (suitable for all ages) see page 37 for answers

		5 6		1 8	
9				5 2	
	5		1	4 9	
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	7			1				
9		4		2				

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Congratulations to B Dorgan-Smith of Eastburn for correctly answering last months location: Eastburn Methodist Church **Google Earth** ©



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Is The Railway Worth it?

The Railway in the Worth Valley has been here since 1867. It closed 50 years ago this year and was re-opened by the Preservation Society in 1967. Some people consider it a nuisance, especially when they have to wait at the level crossings and some think it is just a big boy's toy for a group of eccentric blokes who have never grown up. But what is it Worth? Local people living in BD20, BD21 & BD22 can travel at half fare with a local resident's card but The Railway has no system to record where the passengers are from. I know, because I have asked for postcodes on our Steam Galas that these events attract people from every corner of the UK and we hear that every hotel and guest house for miles around is fully booked.

UK spent £65.00 per day and the average spend per trip was £195.00. Over the year the Railway carries some 60,000 passengers. If every one of these was a tourist who also stayed in the area for the weekend, then The Railway would be contributing the fantastic sum of almost £12million to the local economy each year. But realistically, we can assume that half our passengers are local people, i.e. within an hours drive and only spend money at



The Railway. Of the rest, two thirds will probably visit for the day and spend money in local cafes, pubs and shops. The other third, I estimate, will stay in the area for the weekend and also spend money in hotels, restaurants, and other places. This calculation then means the Keighley and Worth Valley Railway is contributing some £3,250,000 into the local economy. On top of that, it has always been Society policy to buy its own supplies, wherever possible, in the local area, so you can probably increase the previous figure up to £4,000,000.

So next time that your car is held up for two minutes at Oakworth crossing, just remember all those happy tourists leaning from the train windows are helping your friends and neighbours if not you directly.

David Petyt



I also know, from asking personally that during the summer people arrive from all over Europe in addition to Australia, Canada, The USA and the Far East. Last summer a gentleman flew from Cape Town especially to take part in one of our Guided Tours.

But how much do they spend? The United Kingdom Tourism survey for 2010 calculates that the average tourist in the

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KICK START YOUR HEART: FEBRUARY IS RED HEART MONTH



The British Heart Foundation's vision is of a world where people do not die prematurely of heart disease. But they need our help. Visit their website to

see what they are up to: www.bhf.or.uk and sign up for an event that will promote a healthy heart. The website is full of useful information and inspiring stories to help you look after your own heart health and support their life-saving work. Together we/you can save the life you love, one click at a time. Here's a few ideas from BHF to jump start your program:

Jump Rope For Heart is a educational fundraising programme for parents and educators designed to help children skip their way to health. This popular programme is recognised as a healthy, fun and challenging aerobic activity that gets children active, while raising money for schools or youth groups and helping fund the fight against heart disease.

Runs and Jogs You can run for BHF at any running event including all the major national and international marathons, half marathons, 10K runs and triathlons. Whether you're looking for a Charity Place or already have your own place, they'd love you to join their team and become a Heart Runner.

Swims Last year 2,500 intrepid swimmers braved the English coastal waters by taking

part in one of the sea-swims. You can join in with this summer's sea-swims - from bay swims in Weymouth and Brighton to a new event, the Big Splash, there's something for everyone. Get to Keighley or Shipley swimming baths and start training for an event to be held this summer.

Cycling BHF has a wide range of bike rides all over the UK, from the legendary London to Brighton Bike Ride to 100 mile mountain bike rides and local family bike rides. Why not get on a bike right now and pedal around your village hills.

BHF relies on your generous donations to fund their vital work, and they want to spend as much of this as possible directly on research.

BHF will be celebrating their 50th birthday this year. Do what you can to help them and, first of all, take care of your own heart!



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Sat 29 Jan-5 Feb Annual Pantomine Red Riding Hood Victoria Hall Keighley
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www.keighleyamateurs.com

Wed 2 Feb Winter Walks: Marley Brow Fat Buster 10k Pkd [circular walk] Pkd lunch. Meet Jeff Brodrick at 10:30 am @ car park near main entrance to the St. Ives Estate off B6429 Harden Rd. Bingley. Lots of stiles, hills and probably mud as we make our way to Ryecroft and Marley Brow.

Sun 6 Feb Winter Walks: Norwood Green 12k [circular walk] Pkd lunch. Meet Kenneth Allen 10:30 am St. Mark's Church just off A641 Huddersfield Rd. Low Moor, South Bradford. Take care walking on road section. A lengthy exploration through this quiet underused area of the Bradford district and beyond.

Mon 7 Feb-Wed 23 Feb "Love Keighley" Gallery showcases Yorkshire artists including painting, photography and mixed media. Each year the Arts Factory, part of Leeds City College, holds a February exhibition exclusively for local artists at its North Street gallery but this year gallery manager Jo Whitehead has decided to bring the show to the people in the form of a pop-up, or empty shop, gallery. The site for this feast of visual art is 39 Queensway, Keighley, formerly the site of H Samuel, opposite the bus station.

As the temporary gallery is more accessible to the public, The Arts Factory

hopes to encourage more visitors and to raise awareness of the fantastic art that is made in Yorkshire. This is a collaborative project supported by Airedale Shopping Centre Management, Keighley Town Centre Association and Keighley and Ilkley Voluntary Services. The Exhibition will be open from Monday 7 February to Wednesday 23 February and there will be a private view and fund raiser for Manorlands on Sat 5 February from 2pm - 4pm. If you would like an invitation to the private view please contact Jo Whitehead at Jo.whitehead@leedscitycollege.ac.uk
Gallery opening times are: Mon - Thurs 10am to 4pm, Friday 10am to 12 noon Saturdays 10am to 3pm. Entrance is free and all are welcome.

Tues 8 Feb Public Meeting on proposals for additional London trains 6.30 pm
Town Hall Council Chamber. Presentation by Ian Yeowart MD Alliance Rail Holdings 6.00 pm Town Hall Council Chamber KTC Keighley 618252

Wed 9th Feb Winter Walks: Micklethwaite & East Morton 9.6k [circular walk] Pkd lunch. Meet Stewart Elliott at 10:30 am Market Sq. Main St., Bingley. This walk starts using the canal tow path to beyond the Five Rise Locks before the ascent up to East Morton with its fine views of the south side of the River Aire.

Fri 11 to Sun 13 Feb KWVR Winter Steam Gala Keighley & Worth Valley Railway stations A superb three

day steam extravaganza with up to EIGHT steam locomotives in action during the event. These events will take place in Haworth and Oxenhope stations on the hour, every hour, from 10 a.m. until 4 p.m. No charge is made. Call for details KWVR 645214

Sat 12 Feb. Sutton South Craven Baptist Church All welcome to a Ceilidh [dance] with music by John Warin. Great family fun - more Square Dancing than Strictly Come Dancing! 7 pm. Tickets £5, children under 12 [with an adult] £1. [Refreshments included]

Fri 18 Feb, Jane Eyre
See the 1944 film version of Jane Eyre, starring Orson Welles and Joan Fontaine, on the big screen in Haworth. 7.30pm Tickets £6 adults/ £3 under 16's. West Lane Baptist Centre, Haworth
For bookings contact jenna.holmes@bronte.org.uk / 01535 640188.

Sat 19- Sat 26 Feb Cinderella, Oakworth Methodist Church Sunday School Celebrating its 25th pantomime.
Tickets available from 01535 642625 or at oakworthmethodists.org.

Sun 20th Feb Winter Walks: Hill Top Hamlets 9k [circular walk] Pkd lunch. Meet Barbara Walker at 11 am at the entrance to Cross Roads Park on the A6033 Haworth Rd, Cross Roads nr Keighley (G.R SE 045377). Try the latest Countryside Service Web walk, hot off the press! A hill top walk with no prolonged climbing..

Wed 2 to Sun 6 March FlaX Textile Group Cliffe Castle Museum Keighley. Exhibition by 6 textile artists based in Yorkshire & Lancashire. 618231
Tue 1 Mar to Fri 11 Mar Fairtrade Fortnight 10 am-5:30 pm. Victorian Arcade, Ilkley each Tue & Fri to decorate FT certified cotton bunting for a Guinness World Record attempt for the longest bunting. Free.

Thur 3 Mar 7:30 pm Cotton on to Fairtrade Wine & Chocolate Tasting St. Peter's, Moorhood Lane, Shiipley. Join in for the FT certified cotton bunting decorating for the Guinness World Record for the longest bunting! Bring some FT food and "Show us any of your FT labels!" Tickets £7 or £5 from Barbara Judd: fairtrade@saltsvillage.co.uk 01274584775

Sat 5 March 10.30-2pm Fair Trade stall at Bingley Market. Giving away FT hot chocolate and other goodies. Everybody welcome to promote FT by decorating the FT certified cotton bunting to beat the Guinness World Record for the longest bunting!

Sat 5 March 10 am - Noon Ilkley Fairtrade Event at Christchurch, the Grove, to promote FT by decorating the FT certified cotton bunting to beat the Guinness World Record for the longest bunting. At 12 Noon there will be a presentation by local secondary school students and Ilkley Fairtrade Group.

Sat 5 March 9am-5 pm Darley St. Bradford. Fairtrade tea and coffee with FT certified cotton bunting decorating for the Guinness World Record attempt for the longest bunting. Bring your bunting for a group photo!! At 12Noon Meet FT cocoa farmers from Ghana. Divine chocolate tasting. Stilt walker entertainment.

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Say you saw it in the Aire Valley Mag!



Chocolate Seduction

by Nel of worthbaking.co.uk

Warm, rich, sensuous and exciting – what more could you want for Valentine’s day? And you will be able to delight your loved one with this delicious treat even if your exploits in the kitchen have only ever extended to a quick kiss while the kettle boils.

Its not only the ingredients which quicken the pulse (2 bars of chocolate, half a small tub of double cream, alcohol, fruit and fudge) but the fact that you can get down and dirty with them; melting, stirring, oozing and even smearing if thats where your fancy takes you....

Chop up a selection of your loved ones favourite soft fruits into bite sized chunks; strawberries, mango, pineapple, bananas, cherries, and a few chunks of fudge or chewy toffee too. Cover with cling film until the moment is right.

Now dim the lights and light the candles. Break 200g chocolate into pieces and put in a bowl with half a small tub of cream (about 75 ml). Microwave on about half power for a minute, take out and stir and then repeat. Stir well until the chocolate melts into the cream, and add two or three tablespoons of alcohol. Baileys, brandy and whisky work well.

Get another bowl a bit smaller than the first and fill half way with boiling water. When you put the chocolate bowl on top of this bowl, it will keep the chocolate soft and warm. (If this bit is beyond you, just buy a fondue set, which you will never use again) Take the cling film off the fruit, set the chocolate bowl on top of the hot water bowl, and make the decision whether to use a fork, a barbeque skewer or just fingers. If you need any further instructions, you probably shouldn’t have started this recipe in the first place.

Puzzle Answers

2	4	7	5	6	9	3	1	8	6	4	7	5	8	9	1	2	3
9	1	6	4	8	3	5	2	7	8	3	5	2	6	1	9	4	7
8	3	5	2	7	1	4	9	6	2	9	1	7	4	3	6	5	8
1	9	4	7	3	6	2	8	5	1	8	9	3	5	7	2	6	4
3	7	2	8	4	5	9	6	1	7	5	4	8	2	6	3	1	9
5	6	8	1	9	2	7	4	3	3	6	2	1	9	4	7	8	5
4	5	1	6	2	7	8	3	9	5	2	3	6	7	8	4	9	1
6	2	9	3	5	8	1	7	4	4	7	6	9	1	5	8	3	2
7	8	3	9	1	4	5	5	2	9	1	8	4	3	2	5	7	6

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Cilantro

PAN-INDIAN RESTAURANT & CAFE

Cilantro - 378 Harrogate Road, Moortown, Leeds LS17 6PY

Telephone: 0113 269 20 00

<http://www.thecilantro.co.uk>

When I was invited to the opening night of a new Indian restaurant in Leeds it was an offer I couldn't refuse. Cilantro already boasts a thriving business in Pickering which has earned very favourable reviews so it didn't take much to convince me that it would be worth the drive over from the Worth Valley.

Situated in the quiet suburb of Moortown, Cilantro has prime position on the main shopping boulevard adjacent to Harrogate Road, and with excellent parking it makes it an attractive option for passing trade.

There also appears to be very little competition in the area and the fact that they offer a unique blend of traditional and progressive Indian cuisine can only work in their favour.

Upon arrival our party of four were warmly welcomed and apologies were made for a slight delay - word had obviously spread quickly about their opening night as it did look somewhat oversubscribed.

The restaurant and waiting area is quite small, but I expect once business is open for regular custom they will be able to manage this better. Whilst we waited

for a table we enjoyed a pint of ice cold Cobra beer and from the sights and smells on offer we eagerly anticipated some fine pan Indian cuisine. Entertainment was unwittingly provided by a waiter who dropped a plate of curry down the back of some poor fellow, but this and the heady atmosphere of a packed restaurant did little to dampen the mood.

Before long, we were seated and tucking in to our delicate starter. Three of us opted for the mixed platter of chicken chilli tikka, prawn khalonji and spiced onion fritters. It was very tasty, a subtle mix of complimentary textures and flavours without being too overbearing.

My wife had the veg platter of cumin & potato cakes, spiced onion fritter and stuffed pastry triangles which she was very impressed with.

For the main course I opted for the spookily titled Shalgum Ghost, described as a.

Kashmirian winter special lamb dish cooked with turnips, shallots and red chilli. I could see why this creamy dish was called a "winter special" - on a cold January evening it was the kind of food to warm the belly, but it also had a very distinctive flavour and the generous chunks of lamb must have been slow cooked as they practically melted in the mouth. I have to find the recipe for this! To mop it all up we had slices of nan bread and peas paluao - a mixed veg rice. It complimented the Chilean merlot we ordered superbly and we were all unanimous in our appreciation of it.

The friendly manager was keen to hear our comments and he must have been relieved that despite a few hiccups the opening night of Cilantro had left a very good impression.

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