

AIRE VALLEY MAG

COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

May 2017



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AIRE VALLEY MAG
 COMMUNITY NEWS AND LOCAL BUSINESS DIRECTORY

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01535 642227

As the magazine lands through your door, the sound of gears whizzing and wheels spinning will not be far from your home. The Tour de Yorkshire once again visits the district with all the usual fanfare and excitement. I hope you enjoy the spectacle.

May is the month we welcome many visitors to the Worth & Aire valleys with the Bronte Vintage Gathering and 1940s Weekends back to back.

We begin our series of pull out walks, with author, Lee Senior, whose book *Walking In the Aire* will be featured over the next months. We appreciate and encourage your feedback. 01535 642227
 Have a great month, Liz Barker, editor.



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Worth & Aire Valley Magazines

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Say you saw it in the Aire Valley Mag!

A pinnacle of achievement



The visit of Flying Scotsman has shown the Railway at its very best. Asked in an interview 'how long have we been working on preparations for the visit?', my answer was '49 years...' as next year we will be celebrating 50 years since the reopening train ran in June 1968.

It was our experience that results in the quality of the Railway itself, its operation, infrastructure and our people, that all contributed to us being successful in securing a visit of the national treasure. Our nearly 50 years of experience were evident in us managing the crowds and onlookers, as well as ensuring that the trains ran to time throughout the visit.

As part of the event, we had the honour of running the special train that celebrated the reopening of the Settle-Carlisle route, after Network Rail's £23m of repairs near Appleby that were necessary after the line was severed following a significant landslip. With the Rail Minister, Chairman of Network Rail, director of the National Railway Museum and representatives

from the Friends of The Settle-Carlisle on board, as well as 500 excited passengers all all being looked after by our volunteer Stewards, we journeyed from Oxenhope to Carlisle, hauled by Flying Scotsman that proudly carried the 'Keighley & Worth Valley Railway' headboard. Steaming over the Ribbleshead Viaduct, we could see hundreds (some have suggested well over a thousand in total) of people out to take photos and admire the spectacle. At every station that we travelled through or called at and on every vantage point there were onlookers keen to get a glimpse of the iconic locomotive. Locals were out in force, all so very pleased that their travel artery was reopened to traffic. We slowed as we passed to thank the workers at Eden Brows where the landslip occurred, which gave us some appreciation of the magnitude of work involved to reopen the route. We were greeted by a full platform of well-wishers at Carlisle and the Mayor of Carlisle was also in attendance to celebrate the special occasion.

After the journey to Carlisle on 31 March, the locomotive spent two days on static display, which allowed a lucky few to get on board on the footplate, and there then followed seven days of hauling full, prebooked trains on the branch. The feedback from passengers has been fantastic, and the numbers who joined me at Damems and Oakworth when I was on duty during the visit, were unprecedented, as people wanted to see the NRM's treasure hard at work in the Valley.

It has taken the efforts of literally hundreds of volunteers and handful of staff to operate and manage the Flying Scotsman visit, all of whom were fantastic ambassadors for the Railway.

Matt Stroh www.kwvr.co.uk



Jamba Samba is a community samba-latin percussion band from Keighley. It was formed 8 years ago by Martin Henderson in conjunction with Jam on Top music studios on Dalton Lane.

Jamba has evolved into a performing band over the years but still holds a weekly drumming circle open to anyone for £2 a week with no commitment or experience necessary and there is no pressure to be part of the performing band.

Jamba Samba provides a drum for everyone and uses traditional Brazilian Samba drums- Surdo, Caixa and Repinique- as well as drumming technique and lots of encouragement for players.

All ages are welcome too, currently the range is from 11years old to 67years young! The mix helps create a friendly

relaxed atmosphere. People can learn at their own pace.

As a performing band Jamba has been playing many of the local Gala parades for a number of years as well as charity gigs.

They were recently asked to perform in town when the Flying Scotsman was in Keighley. Samba played on an open top double decker bus on a quick tour of Keighley.

Jamba is always pleased to welcome newcomers. Samba beats and rhythms both stimulate the mind and provide a workout.

Weekly sessions are Wednesdays 6pm to 8pm at

**Jam on Top Music Studios, Chesham St, off Dalton Lane, Keighley BD21 4LG
For more information call 01535 600133 or find them on Facebook.**





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Pat Walker, Filey *Our Eco roof was installed over 2 years ago. We rate it as one of the best improvements that has been done to our bungalow. We were impressed with the advice we were given and the price. Our heating bill is now so low, to the point that the energy supplier wanted to check the meter was working correctly!*

Julie Collins-Walker, Halifax *I had a brand new stone roof which incorporated an Eco-roof thermal blanket. My roof, being open to the eaves, was cold, but after my thermal blanket was installed I feel secure and warm and I absolutely love it!*



Whitehall Chambers, Halifax 01422 202919
www.ploughcroft.co.uk



How do you choose a reputable roofing contractor?

In this day and age, it is hard to believe that there are still people who are being taken in by unscrupulous individuals posing as reputable contractors. It is even harder to believe that these individuals still get away with misleading potential customers, but unfortunately it still happens. It is however relatively easy to find a reputable contractor and following a few guidelines will greatly reduce the potential for problems in the future and should there be any, it will be easier to get them rectified.

❑ **Choose an established business** with a reputation to preserve, preferably with a premise you can visit. They will be more likely to turn up on time, be honest and be around should you have any problems in the future.

❑ **Knowledge is key.** Never choose your contractor based on price. Cheap quotations drive down the market and push out competent contractors. Contractors with the correct knowledge and insurance have costs to cover. Customers sold on price usually end up paying more money fixing problems that a reputable contractor would have covered under their guarantee.

❑ **Never, ever agree upfront to pay in cash!** Letting people know you have cash lying around your property leaves you vulnerable to unscrupulous individuals!

So where do you start?

❑ **Check out recent work.** Take a look at websites for examples of similar work. Be wary of sites which make continual use of stock photography as good contractors will be proud to show off their work.

❑ **Get recommendations.** Ask around,

and see if friends and family have recently had similar work done. If this proves fruitless, then contact relevant trade associations and ask if they know of reliable contractors in your area. But remember that not all associations are reputable; look for ones with strict joining criteria, codes of conduct and ones which carry out strict vetting procedures.

❑ **See what others have to say.** Genuine review sites such as Which? Trusted Traders are extremely telling. Where you cannot expect every single reviewer to be a 'Raving Fan' you will get a good feel for what previous customers think.

❑ **Ask about guarantees.** Not all guarantees are the same. If you are carrying out substantial roofing works then you should be looking for an insurance backed guarantee. Contractors can go out of business which makes their own written guarantee worthless.

❑ **Check out the standards.** Whichever contractor you choose, ensure that they are working to the correct British standards. Ask your contractor if they know what the correct British standard is and don't be fobbed off. If your contractor is providing an insurance backed guarantee, but not working to the correct British standard, then it isn't worth the paper it's written on.

Remember: Always base your choice on the knowledge, safety standards and advice you have been given by the contractor. Never base your choice on price. There will always be someone willing to do a job cheaper but in the long run, you usually get what you pay for!

For a more comprehensive guide to choosing a reputable contractor, contact the Ploughcroft team on 01422 202919



waive their copyright on maps for the war effort. Hutton had the maps printed onto pure silk; the ideal material for an escape map as silk is quiet, rustle free and easy to hide or sew inside clothing. The maps were issued to the military throughout WW2 and beyond into the cold war period of the 1950s and even smuggled into prisoner of war camps; helping our troops find their way home.



All Home Front Vintage products are made with genuine, issued maps. Each item is unique depending on which part of the individual map is used. Sara Jane says 'Most of the maps I have are damaged so I carefully use every last piece of the fabric to make my products – the larger pieces can be used to make cushion covers or scarves, right down to tiny pieces for buttons or jewellery. If I source an intact map in good condition I keep it as it is, they look great framed on the wall.'

Home Front Vintage products can be found at Hawksbys Gallery in Haworth and during the 1940s weekend there will also be a display of clothing made from the maps in the 1940s and early 1950s. At the end of the war clothing was still rationed and women were encouraged to use the maps brought back by soldiers to make clothing – from jackets and blouses to dresses and even a bikini!



Sara Jane Murray of **Home Front Vintage** rescues damaged silk escape and evasion maps that the military used during WW2 and the cold war and re-makes them into fabulous homewares and accessories including cushion covers, lampshades, ties, scarves and covered notebooks. More recently, Sara Jane collaborated with talented leather worker Nat Thakur to make a range of limited edition bags made from old military blankets lined with the silk maps.

WW2 silk escape maps were the creation of Clayton Hutton, an eccentric British Intelligence Officer who was the genius behind many WW2 escape and evasion aids. Hutton came up with the idea and approached Bartholomew's, the world famous map making company to persuade them to

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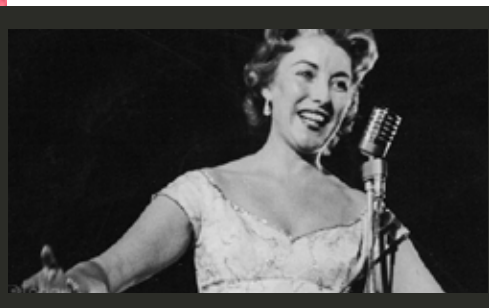
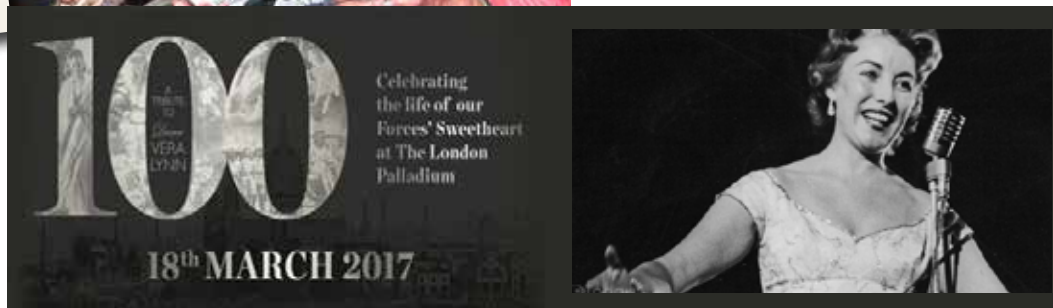
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Happy 100th Birthday to you Dame Vera Lynn by Andrew Kissack



(From Left) Local resident Andy Kissack with his team, artist John Francis and printer Howard Baker meet Dame Vera Lynn and create a limited edition print for her charity.



This year I was especially delighted and honoured to take part in Dame Vera Lynn's official birthday celebrations including attending a gala performance at the London Palladium where Her Majesty the Queen was in attendance.

Rewind... Back in 2015 I was part of the committee that chose the "Victory" theme for the 40's event in Haworth to celebrate 70 years since the end of WW2. Dame Vera personifies the positive and 'Can Do' attitude that helped defeat the Nazis; she notoriously gave millions of people hope for a better future. I proposed producing a portrait picture of DVL that encompassed iconic images, Bluebirds and Spitfires in collage with the

white cliffs of Dover, with searchlights making a V for Victory over Saint Paul's cathedral and jubilant crowds dancing in London. Dame Vera was very happy to agree to the project and signed the 70 prints to raise funds for SSAFA, the world's oldest military charity and the official beneficiary of the 40's event at that time. I even managed to successfully gain Dame Vera's patronage to SSAFA which was a very welcomed outcome for the charity.

Fast Forward... A few months ago I was contacted by Dame Vera's family asking permission to reuse the "Victory" prints to raise funds for her Children's charity for her 100th birthday, I replied, "Of course, but surely it needs revamping and dedicating to her." So we set to and changed the text to "Century". One hundred numbered prints were produced that DV signed and an additional 400 with just Artist signatures. As a gesture of thanks my team was invited as VIP guests to the London Palladium event.

It was a special occasion indeed!

Dame Vera has recently released 3 CD's and one of them achieved number 3 in

the album charts, number 1 in the easy listening charts and number 3 in the classical charts. She is the oldest person to ever appear in the charts and to achieve such high positions is a tribute to her timeless appeal.

During the war DV toured Egypt, India and Burma with ENSA at outside concerts bringing optimism to the Allied troops. DV worked tirelessly and selflessly through

the war to boost morale and she is still recognised for her contribution. She has devoted much of her life to charity work for ex-service personnel, disabled children and breast cancer. At 100 years old she is still actively supporting charities and signing books for auctions. Her vitality and enthusiasm is remarkable. Meeting Dame Vera is like meeting a favourite aunt; she is welcoming, happy, chatty and makes you feel relaxed; she is a genuine Lady with all the best virtues. I was encouraged to look at her family photos on the mantelpiece and photo albums of her performing in Burma as well. I will treasure my time with this amazing woman forever.

These experiences and encounters have humbled me, making me realise the major sacrifices and subsequent freedoms that I enjoy were paid for by Dame Vera's generation.

For her contribution she has received many awards including Voted as the Briton who best exemplified the spirit of the 20th Century. And more recently by the Queen "A member of the "Order of the Companions of Honour" The Citation highlighted Dame Vera as "The voice of hope during the darkest days of WW2

The words of her song strike a personal chord with every one.

"We'll meet again, don't know where, don't know when. But I know we'll meet again some sunny day."

Sudoku Puzzles

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

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

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

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

To solve a sudoku puzzle, each row of nine squares must contain the numbers 1 through 9. Each column must also contain the numbers 1 through 9, and each box must contain the numbers 1 through 9.

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Where in the Aire Valley? COMPETITION

Where is the red x located in the photo to the right? ?

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Last month's location was Riddlesden United Reformed Church. The winner was Jan Perkins of Keighley.

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The club currently has 95 members and is growing each month. The next event will be on **Wednesday 24th May at 5.30pm – 8pm**. Our speaker at this event is **GEM Compliance Training** who will be offering a short taster "First Aid Fun" session. All our events include a light buffet and refreshments and an opportunity for you to network in a relaxed informal environment.

To join the club call Lynne on 01535 607775 You can attend as a day member for £10 (plus VAT) if you prefer you can register online at: www.airedaleenterprise.org.uk/business-club

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Walking in the Aire

by Lee Senior

Keighley –Airedale Greenway- Riddlesden- West and East Morton (linear)

3.4 miles (5.47km)

Maps required: OS297 Explorer Lower Wharfedale & Washburn Valley.

We leave Keighley along the Airedale Greenway, before a brief flirtation with the Leeds and Liverpool canal. We then climb the cobbled footpaths of Riddlesden and Barley Cote before a nice mix of rural field paths leads to West and then East Morton.

We start at Keighley Railway station. Pass the entrance to the college and turn

right along Dalton Lane until the historic Dalton Mills. Cross the road opposite the mill.

Turn left down the next industrial side road (Worthbridge Road) passing various industrial units. Soon we cross the road to where a boulder proudly proclaims the words "Airedale Greenway". A good surfaced path takes us alongside the River Worth.

We head under the dual carriageway and immediately turn right. Take a surfaced path in between the road and houses close to the river. Eventually we reach the nearby road junction. Turn left onto Aireworth Road and quickly cross it. A blue Airedale Greenway sign shows our route. Keep ahead until a junction with Bradford Road. Turn right here and cross the road, before

going over the River Aire at Stockbridge. Next we turn up Bar Lane, the second road on our left, continuing towards the mini roundabout. Turn right onto the Leeds and Liverpool canal towpath until we reach another swing bridge. Leave the towpath here by turning left over the bridge on Granby Lane.

We start to climb noticeably until a sharp left hand bend. At this point turn right on to Southfield Avenue albeit very briefly. Now turn left by way of a waymarked footpath sign pointing uphill. The enclosed path is stone flagged and quickly starts to test our lungs ascending steeply at times towards Barley Cote. This section is the toughest of the walk. Cross the residential road ahead, onto another steeply ascending path. Stay on this obvious path until another minor

road. Continue still ascending, as we pass a short row of cottages on the left. Go up a few steps before the path turns sharp right directly behind some more houses. Soon we emerge into an open field. Our path now follows the line of a stone wall to our left.

Continue on this level path soon bearing left to go through a narrow stile next to a large gate. Turn right adjacent to a stone wall. Continue briefly to a small stile and into another field. We proceed to negotiate a further stile adjacent to a large gate. Keep to a generally straight line close to a fence. It is worth pausing to admire the wide views of the Aire Valley here. Go over an open stile into another field following a wall on our left. The wall soon swings left to reach a small gate, next to a larger gate.



Go through the gate.

Our route continues ahead up what is now a broad rough surfaced ascending track. Stay on the obvious track passing a delightful row of cottages at West Morton. Ignore the uphill tarmac road. Our route is less than obvious here with no waymarking. Proceed directly ahead albeit briefly. Make a beeline for a double pair of large wooden gates in a field boundary wall in front of us. Leave the vehicle track and go through the wooden gates. Beyond the gates, bear immediately sharp right, into a sloping field. Keep close to the fence and tree line. We soon reach a small wooden gate. Go through the gate and continue ahead for a few steps to climb a wall stile. Bear diagonally half right a short distance to go over the next stile in the wall corner. Stay close to the wall on our right in a steeply sloping field. We quickly reach another stile with a temporary gate in front of it. Continue by staying close to the wall.

The exit path is not immediately obvious at this stage as we continue ahead. However, keep a look out for a narrow initially hidden earth path to our right before the field end. The descending path disappears sharply towards a wall. This short path quickly levels to emerge rather suddenly between two conifer trees and on to a tarmac driveway at Dene Hole.

Turn right down the driveway over a mini speed bump. Continue ahead as we gradually descend. Ignore a short dead end spur to our left. Instead proceed to the left of a building ahead. As the driveway ends, take the inviting grass surfaced footpath ahead. A short wall and fence are immediately to the left. Continue on the enclosed path until it swings right. Now our route is through a small gate in the wall to our left. Ignore a larger wooden gate ahead on the broader path.

We are now on a level field path close to a wall to our right. Cross a stile and our path is now enclosed by walls on either side. Go through the squeeze stile to the left of the gate ahead, passing a lone tree. Continue ahead to join up with a broken wall on the right. The path then heads towards a wall on our left. Keep to the right of this wall as a sloping field dominates the view to our right. We go into another field, still near the wall. Our objective is to reach the Morton to Silsden Road which is now visible beyond a large gate ahead. Go through the gate. Turn right onto the twisting road. We have several minutes of road walking now. Soon after the road bears sharp right a green footpath sign is spotted just before the allotment car park. Take this footpath down the side of the allotment site.

Continue down several steps and past a short row of cottages. At the last cottage continue on the descending rutted vehicle track ahead. As the road bears right, we keep straight ahead down some steps in a wall ahead onto East Morton village green. We soon meet Main Road in the centre of the village. Turn left here to reach the bus shelter and pub at the end of our walk.



Lee Senior lives in Airedale and is a very experienced walker. He has walked 19 Long Distance Paths to date; the longest being the 192 miles, Coast to Coast. Lee

has also completed the Yorkshire Three Peaks Challenge walk five times. Since becoming a dad shorter walks have also become the norm.

Lee's first walking book "Walking in the Aire" is available at: <https://walkingintheaire.wordpress.com/>

When not out walking, Lee's other interests include horticulture and playing chess.

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COMMUNITY PAGES

The Healing Rooms meets every **Wednesday** (except 3rd & 31st May) **3-5pm** at **The Shared Church, Church Green, Keighley**. If you have a physical or emotional need feel free to drop in to see us. Alternatively, email keighley@healingrooms.org.uk for more information.

Steeton Bobbins WI meet the first Tuesday of each month at **7pm** at **Steeton Hub**. More info contact Diane Pritchard 01535 653748.

Craven Mosaic and Crafts Group meet **Thursdays at 12.30pm to 3pm** at **The Cricket Pavilion**, Royd Hill, Sutton. www.cravenmosaicandcrafts.co.uk

Book Club at **7.30pm Steeton Hub** is every second Wednesday of a month. **Every Tuesday 1.30 - 3pm Games & Social Club at Glusburn Institute**.

Enjoy an informal afternoon playing your favourite games or just enjoying a hot drink & chat. Table Tennis is also available. £2 including refreshments. More info call 01535 630223 or 07834 713735

1st Wednesday in each month

Breathe Easy Aire Valley 1.45 - 3.45 at the **Steeton Hub** BLF Respiratory Support Group Contact Ann Caden 07720810294 or

email: anncaden@yahoo.co.uk

Saturday Workshops at Glusburn Institute including Needle Felt Creations, Spring Flower Arranging & Your Life Story in a Day. Call 01535 630223 or email sarah@gicac.org.uk.

Every 2nd Tuesday 10am - 12pm Time for Me (Carers Resource) is a monthly group for carers and over 50's. Fun activities and friendly support

at **Steeton Hub**, Stone Grove. More info call Carolyn 01274 449660. **Dementia Friendly Keighley seated exercise classes are every Monday 11.15am - 12pm at Central Hall, Keighley, BD21 3JD** More info call Maggie 07971 527525 or email info@dementiafriendlykeighley.org.uk. **Staincliffe Court Luncheon Club Lunch and socialise for over 50's**.

Have a tasty, home-cooked, nutritious 2 course hot lunch and make new friends all in a relaxed and pleasant atmosphere. **Every Thursday - Staincliffe Court, Elliot St, Silsden**. Please call 01535 677177 to book a place. £4.00 per session.

The Silver Line Helpline for older people Information, friendship, advice Calls are FREE: 0800 470 80 90 FREE, confidential 24 hour service www.thesilverline.org.uk. For a group talk/presentation about The Silver Line Contact the Community Engagement Volunteer, Jeanette House, Tel: 07873459188.

Fri 5th May 7.30pm Glusburn Institute Talk by David Allison on Container Gardening for Flowers, Fruit & Vegetables £3 including Tea, Coffe & biscuits.

Fri 5th May 7pm Film Friday at Glusburn Institute. **Eye in the Sky** (15)

Sun 7th May 9.30am -12 Indoor Table Top Sale at **Silsden Youth & Community Centre**, Elliot Street, Silsden (behind fire station)

Mon 8th May - Sun 8th Oct Fairy Folklore - The Cottingley Fairies at Cliffe Castle Museum This year sees the 100th anniversary of the first ever photograph of the world famous Cottingley fairies. It was taken in the Bradford Disitric in 1917. Hold on tight as we delve into the mysterious world of the fairy folk, but be warned, they're not all butterfly wings and smiles.

Weds 10th May 10am - 3pm Manorlands - **Dying Matters Day** at Airedale Shopping Centre.

Fri 12th & 26th May 11 to 11.30am Cliffe Castle Museum, Keighley Under 5's Story Time & Craft Activity Free event.

Sat 13th & Sun 14th May 10am Bronte Vintage Gathering at Cullingworth Fields Lots of family fun. Popular Country Show & Steam Rally. Also Bouncy Castles/slides, Donkey Rides, Beer tent, food stalls, Displays. Free Parking. Admission Fees Apply. Proceeds in Aid of Manorlands.

Sun 14th May Craven Ramblers Walk Coach Ramble to High Cup Nick - Meet 9.00 a.m. Skipton Town Hall CP (fee) GR SD 991 517 Cost of coach £16 p.p. Meal in Appleby £15 p.p. before return to Skipton. Details from Andrew 01756 795455

Fri 19th, Sat 20th & Sun 21st May 1940's Weekend in Haworth. Annual even returns, enjoy the musinc, dancing and entertainment over this

3 day event.

Sat 20th May 10.30am - 3pm Dementia Friendly Keighley in Bloom - Fete at The Airedale Shopping Centre **Sun 21st May. Train rides for all the family**. Miniature trains running at

Marley sports field approx. 13:30 until approx. 17:00. Steam and electric trains providing trips for all ages. Great family afternoon out. Refreshments available. Details at www.kdmes.org.uk/trains.htm

Sun 21st May 2pm Music at the Museum Cliffe Castle - Silsden Singers. This a free performance and no need to book.

Sat 27th May Haworth Car Boot 12-4pm at **The 3 Acres, Cross Roads, Keighley**.

Sat 27th May Big Diesel Saturday on the **Keighley & Worth Valley Railway**. **Sat 27th May until Weds 31st May Malham Safari**. Cartoon come Alive in Malham.

Sat 27th- Mon 29th May Saltaire Arts Trail - A packed weekend of contemporary art and craft, creative family activities.

Sun 28th May 7am Silsden Car Boot Sale at Riverside Field, Keighley Road, Silsden

Sat 27th May Big Diesel Saturday on the **Keighley & Worth Valley Railway**.

Sun 28th May Leeming & Black Moor at Oxenhope Village. 4.5 mile circular walk (bring packed lunch). Meet Anthony Green at 10.30am at the entrance to Oxenhope Station for a circular walk taking in Leeming and Black Moor.

Sun 4th June Skipton Car Show Free for all Family. Supporting The Alzheimer's Society.

COUNTRY COOKING by Cath Bromwich



My Finger-licking Fried Chicken

Tasty and tender, for me this is comfort food. A treat, but you know what is in it. Get your hands dirty and lick your lips afterwards! You can vary the flavours of this with different spices and seasonings, but I find it is quite tasty enough just with a few good pinches of salt and pepper added to the flour. When I use teff flour it has a lovely nutty taste to it.

Ingredients:

Aproximatley 500g Chicken wings, ideally jointed (a kind butcher will do this), the supermarket won't.

2 Tablespoons of any flour (e.g. plain wheat, teff, a mixture of corn flour and rice flour)

Salt, pepper, any other seasoning e.g. Powdered 5 spice, smoked paprika

Oil

Instructions:

Put the chicken wings in a large bowl

Put flour into a small bowl, add 2-3 big pinches salt and pepper and any other seasoning e.g. 1 1/2 a teaspoon five spice, mix

Pour the seasoned flour over the chicken, shake the bowl a lot to get the chicken fully covered with flour

Heat a large frying pan that has a lid, with enough oil to cover the base of the pan

When the oil is shimmering and is very hot carefully place your chicken in, get as much chicken placed on the bottom of the pan as possible. Do not move the chicken for a few minutes while it turns golden (about 5 minutes)

Put the lid on and turn heat down, carefully cook for a few more minutes but turn chicken over before it gets too dark (you want golden brown but not turning black)

When turned over turn the heat up again for a few minutes to get the golden colour, then turn heat right down, put lid on and gently keep cooking

I try to cook in total for 20-25 minutes. If you do this then it should all be cooked, be tender on the inside and slightly crispy on the outside, but it does take a little practice! Eat straight away or cool on a plate with some kitchen roll under the chicken.

Serve with all sorts of things; potato wedges, calslaw, egg fried rice



Cath Bromwich, a Silsden resident, is a cookery teacher and forager. Her livelihood includes foraging and cookery courses, such as cooking on a budget and outdoor foraging and cooking experiences. She trained at Ballymaloe Cookery School, Ireland. For more information, or to pass on your stories and recipes, contact Cath at www.facebook.com/foragercathyorkshire

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Steve Edwards, Managing Director,
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