

Suburb
Style editor
Deborah
Warland,
talks to
residents
about some
of their
favourite
things



Deborah
Warland

SUBURB

Cookery

featuring Hideo Hokura

Hideo Hokura has lived on the Suburb for three years, he is currently renting a flat near to Meadway and works in the city. His favourite restaurant is The Ivy 'because he loves the fish and chips there'...so different from the Japanese food which he cooks at home!

Chicken Teryaki

Ingredients:

4 large chicken breasts
7 tablespoons sake
7 tablespoons mirin wine
7 tablespoons dark soy sauce
1 tablespoon sugar
Fresh coriander to garnish



Preparation:

For the teryaki sauce:

Combine ingredients in a saucepan and bring to boil over medium heat; boil until sugar has dissolved. Use immediately, or cool and store in refrigerator.

Chicken:

Pierce skin of chicken with a skewer to allow sauce to penetrate freely and to avoid shrinkage during frying. Over a high heat, add a small amount of oil to a large shallow pan. Lay chicken, skin side down, in the pan. Fry over medium heat till skin is well browned. Move the chicken in the pan from time to time to prevent it from sticking. When browned, turn and fry, covered, for about 8 minutes. Remove from pan. Over medium heat, add the teryaki sauce to pan juices. Bring liquid to boil, stirring. After a minute the liquid will thicken slightly and take on a sheen. Return chicken to pan. Continue cooking, over high heat, turning chicken several times so that it is well coated in sauce. Remove from heat when teryaki sauce has almost completely reduced - a few minutes will be all that is necessary. Place chicken skin side up on a cutting board and cut crosswise into 1.5cm slices. Place 8 slices, skin side up, in a fanlike arrangement on each individual plate. Garnish each serving with fresh coriander. Serve hot.

Serves four

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SUBURB



Matthew Harris spent his childhood on the Suburb. He tells us what he misses about life here.

Traffic volumes may be rising, but the Suburb is still an amazingly quiet place, even in comparison to leafy New Barnet (where I now live). A real urban village in contrast to the many fake ones proclaimed on street signs across the rest of the borough, the Suburb boasts a combination of green spaces and empty streets that is enviable in the extreme. When at school in Finchley, I remember walking home, feeling a positive change as I entered the Suburb and was away from the comparative hurly burly of the rest of North London.

It is difficult to explain what makes the streets of the Suburb more walkable than their equally leafy peers elsewhere in Barnet. Perhaps it's the preponderance of hedges over boring fences, or the quality of the architecture, or the sense of being surrounded by woods and heathland and lost in a timewarp.

This feeling of being cut off from the outside world is all the greater for those of us who, having grown up on the Suburb, feel an instinctive sense of communality with anyone else who is or was a resident. This neighbourly spirit, in combination with some very English architecture, gives the Suburb an Englishness which somehow brings to mind an earlier era, as if Miss Marple is about to emerge from Big Wood and solve a murder at the Institute.

This Englishness can also be felt in the founding ethos of the Suburb. Dame Henrietta Barnett's progressive belief that there was no social problem that could not be ameliorated by the presence of trees and the absence of booze has left its mark on the place and its inhabitants. The phrase 'Hampstead Garden Suburb liberal' has entered the language, to signify a certain type of mildly impractical bearded person who probably drinks goat's milk. It's hard not to like such people and the caring values for which they stand.

Essentially what one misses about the Suburb is the sense that it is a place where life goes on much as before and is unlikely to change very much – a still point in a turning world.

SUBURB

Community Care

featuring Linda Conaway

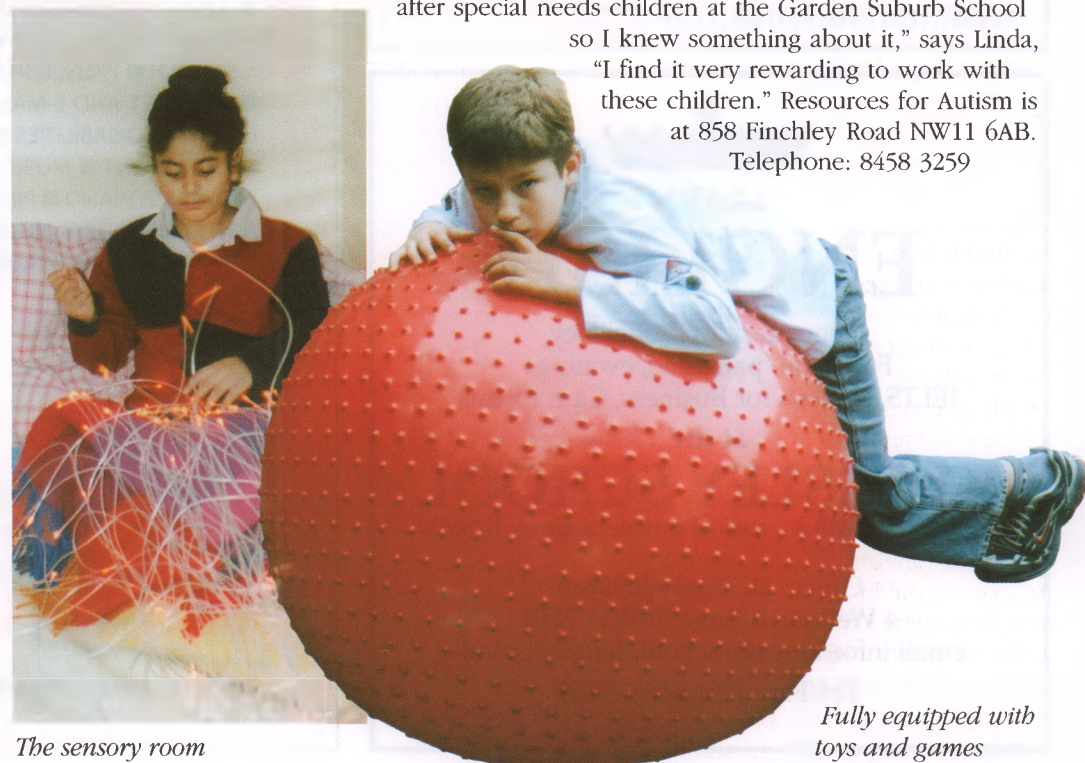
Linda Conaway came from the States to the Suburb eighteen years ago. She has a daughter, Stephanie who is doing a postgraduate course at college in Chicago and a son, Daniel, who is an undergraduate at the same college.

Linda has always played a part in the life of the community. She is a teaching assistant at the Garden Suburb Infant School, where her own children started; she is on Abbeyfield's house committee. Abbeyfield is just around the corner from her Erskine Hill home. Most recently, however, she responded to a call for assistance from the new centre at the end of Willifield Way run by the charity *Recourses for Autism*. There are over 500,000 people in the UK affected by autism and autistic spectrum disorders, there are believed to be 15000 youngsters in London alone who are affected. It is a life-long disability that affects the way a person perceives and relates to the world around them. The centre is run by professional carers and they are helped by volunteers like Linda. They need a lot of carers and volunteers to allow for one to one play or tuition. The building, which was completely renovated last year, offers a friendly, homely feel and is fully equipped with teaching aids, toys, computers even a sensory room with a bubble tube and constantly changing fibre optic lights. More volunteers are needed to whom a ten week professional training package is given. "I look



Linda with Sarah Jane

after special needs children at the Garden Suburb School so I knew something about it," says Linda, "I find it very rewarding to work with these children." Resources for Autism is at 858 Finchley Road NW11 6AB. Telephone: 8458 3259



The sensory room

Fully equipped with toys and games