

featuring Irena Colomb

Irena Colomb arrived in England from Germany in 1970. She was in London to take an exam and was scheduled to stay for six weeks with a family in Golders Green and then return home. This did not work out so Irena moved in with a family in Brookland Close. It was there that she met Michael Colomb who had been born at 17 Brookland Close and whose parents had bought the house when it was first built in 1922. Michael's father was then the Vicar of Downshire Hill in Hampstead. After their marriage, Irena and Michael bought the adjoining property and have lived there since with their son, Christopher. Irena's interests include entertaining, swimming and tending her magnificent garden. She is a membership representative and is very active in the Fellowship.



Salmon Baked in a Bag with Leeks and White Wine

Ingredients:

4 salmon escalopes
2 leeks (thinly sliced)
8oz mangetout
8tbsp dry white wine
1tsp fresh dill
1/2 lemon
1 lime and sprigs of flat parsley to garnish
Salt and black pepper

Preparation:

Lay the leeks in the centre of four squares of aluminium foil, each one the approximate size of the salmon. Season with salt and black pepper. Place each salmon escalope on top with a sprinkling of dill, a squeeze of lemon juice, 2 tbsp white wine and 1 tbsp olive oil. Wrap the foil to create a parcel and seal.

Place in the oven at 180c (350f) gas 4 for 15-20 minutes. Meanwhile blanch the mangetout for 2 minutes until crisp. When the salmon is cooked, place each bag on a plate and remove foil. Arrange the mangetout around the edge of the dish. Garnish with parsley and lime wedges.

Serves four

Summer Fruit Tart

Ingredients:

1 tbsp seedless jam
10 inch sweet pastry case
1lb strawberries
3/4lb raspberries
1/2lb blackberries
1/2lb loganberries
1/2lb wild strawberries
1/2lb mixed blackcurrants and redcurrants
2oz caster sugar
Mint leaves to garnish

Preparation:

Spread the jam over the pastry base. Arrange the fruit in circles until the base is completely covered, reserving the currants. Roll the washed blackcurrants and redcurrants in caster sugar and place in the freezer for 10 minutes. Decorate the dish with the mint, blackcurrants and redcurrants. Serve with lightly whipped cream.

Cooks tip: instead of the jam you might like to try lining the pastry with a light custard.



featuring Katrina Spensley

Katrina Spensley is 13 years old and has lived on the Suburb all her life.

For the past two years, I have been regularly attending Pantha Karate Club at the Free Church Hall. I started because my brother Adam had done karate at school and had a great time. I also wanted to start a sport which none of my friends were participating in.

When I started karate in September 2002, most of the children at my grade were only 5 or 6 whereas I was eleven. However, as I am moving up through the grades, those at my level are becoming much closer to my age. We have two teachers whom we call Sensei. They are both very firm, encouraging and have a dry sense of humour.

At the end of each term there is the possibility for all students to grade. This takes place in Crouch End together with students from all the other clubs my teacher teaches. Also every November the club holds a Karate competition. Here you have the chance to win prizes in kata and free-style sparring.

Kata is a sequence of moves of which each is a separate fight move. Free-style sparring is when you fight free-style trying to punch or kick your opponent whenever possible. This is non-contact and there are always teachers around to make sure you don't hurt your opponent. Normal sparring is when you learn a sequence of blocks to a set sequence of attacks. Each person takes a turn to attack or block.

I have enjoyed the club immensely and am extremely pleased that I joined. I go twice a week after school and it is fun to be doing something so different from homework. It helps keep me fit and has improved my balance and self-confidence.

So if you're aged 5-15 and this sounds like your cup of tea, why not come along and give it a try.



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