

Express Letters

Where to collect your Beeston Express:

Please note that this list is regularly updated as the new distribution network evolves.

ATTENBOROUGH

Attenborough Nature Centre
Barton Lane

Attenborough Service Station
5 Nottingham Road

BEESTON

Beeston News
86 High Road, Beeston

Chilwell Road News
86A Chilwell Road, Beeston

Co-op Food Store
291 Queens Road, Beeston

G & A Middleton
99 Central Avenue, Beeston

Hiral Newsagent
148 Wollaton Road, Beeston

Sangha Newsagent
182 Queens Road, Beeston

W H Smith
High Road, Beeston

BEESTON RYLANDS

Arun Food & News
154 Meadow Road, Rylands

County Stores
57-59 Trafalgar Road, Rylands

Discount Food & Wine
46 Lilac Crescent, Rylands

Plumb News
1 - 3 Lilac Grove, Rylands

BRAMCOTE

M&N News
40a Sevenoaks Crescent,
Bramcote Hills

CHILWELL

Bains News
Bramcote Avenue, Chilwell

Bramcote Lane Stores
181 Bramcote Lane, Chilwell

Chetwynd Stores
8-10 Chetwynd Road, Chilwell

Sunnyside Post Office
Sunnyside Road, Inham Nook

STAPLEFORD

Wilsons News
7 Pasture Road, Stapleford

TOTON

Post News
79 High Road, Toton

A bee in your bonnet? Have your say here...

IF you want to express your opinion on anything that affects us as a community, then this is the place to do it. And bouquets are as worthwhile as brickbats are valuable. But please keep your letters short. We do reserve the right to cut letters to fit if necessary. If you contact *The Beeston Express* by email (see panel on page 2), remember to include your home address.

Time for action

DEAR EDITOR: I rarely feel compelled to respond to media comment but I would like to make comments on two parts of your publication dated October 9, 2009.

Firstly, with regard to the headline article on the Foster Avenue stabbing incident. As the mother of a teenage boy, I was as disturbed as it is possible to be at the events outside the Church Hall involving a gang of teenagers. The stark reality is that no community is immune to gang and knife culture including Beeston and I suspect that there is much more to this story than just a random alcohol-induced fight.

Over the last 12 months, my husband and me have been working hard to bring to the forefront issues regarding Beeston estates, where gangs of teenagers and adults alike have been illegally fighting dogs, inciting racial hatred and victimising innocent members of the public. We have literally had to beg the police to take action and it took a combination of our persistence, the stabbing in Beeston, and the tragic death of Fiona Pilkington and her daughter appearing in the national media to encourage the police to take notice.

In one area they are now enforcing what should have been an alcohol-free zone, but local police in the recent past had neglected to enforce this, resulting in the problems there are now.

The more I see and hear, the more I realise that the real crime here is the shameful treatment of our police force inflicted by both the current Labour Government, and its predecessors in the Conservatives. The amount of time the police have to spend filling out forms, preparing graphs, doing admin and other petty, useless, but no doubt

politically correct nonsense is a national disgrace. Free up their time now to actually police the streets before it is too late. When they are allowed to police, they do an excellent job.

Secondly, I must say I am consistently surprised by the amount of waffle spouted by both Labour and Conservative party supporters in your publication; anyone would think there was no one else out there. This is especially surprising when you consider that the people of Broxtowe actually elected five LibDems, five Tories and no Labour councillors at the County election. I am amazed that in our MP's latest newsletter he insults thousands of his constituents by asking that if there were only two parties, which would you support. There are not just two parties, Nick! It is this sort of arrogance that has put many people off politics altogether. A growing number of those people are starting to think, "A plague on both your houses. Neither the Tories nor Labour have delivered on their promises so let's give someone else the chance."

I challenge anyone from either the Conservatives or Labour in Broxtowe to walk down Central Avenue in Beeston and see what response they get. It will not be pleasant.

Cllr Barbara Carr
Beeston North

Next Issue

Your next *Beeston Express* will be published on
November 6

Ordering The Beeston Express

To the Newsagent:

Commencing November 6, 2009, please reserve _____ copies of each issue of *The Beeston Express* for me, at 25p per copy, until further notice. I will make my own arrangements with you for collection and payment.

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Leisure

Food in Season

THE Beeston Express apologies for this strange page layout, but needs must. Not enough letters for the Letters page, and the Food Column looking for somewhere to sit.

Don't forget to keep your letters coming in but in the meantime, here's James Crossman of Seasons Restaurant, Chilwell Road, Beeston, back to tempt your autumnal tastebuds.

HELLO again,

I haven't been writing for *The Beeston Express* for the last few issues because I've been up to my ears with another project that seems to have taken over all of my spare time. It struck me that where we live has a massive tradition of food, produce and recipes, so I've been working on a book to tell the stories. I'll tell you more about it in the coming weeks, but since it's the season of the Bramley apple, I'll share some things with you now.

It's Nottinghamshire's apple, thanks to a young girl called Mary Ann Brailsford, who planted some pips in her garden in Southwell in 1809. In 1846, the local butcher, Matthew Bramley bought the cottage and the garden, hence the name of the apple. They're the best cooking apple in the world. Try making a Bramley Lemon Curd.

Chop a pound (450g) of Bramleys, peel them and core them, and put them into a pan with 100ml of water and the zest of two unwaxed lemons. Cook them till they're fluffy and soft. Now put 125g of butter, 450g of sugar, the juice from the lemons (100ml), and the apple puree into a double boiler, over a pan of simmering water. When the butter melts and it all looks glossy, pass 200ml of beaten eggs (4 or 5 eggs) through a sieve into the mixture. Don't let it get too hot or the egg will split. Stir it over a gentle heat for 10 minutes or so, and then pour it into 5 small sterilised jars. It's the most fantastic lemon curd. Use it within four weeks.

Beetroots are in abundance now. I'm serving lots of beetroot in the restaurant in salads, and have had great fun serving beetroot crisps. You'll need a mandolin or a very sharp steak knife to cut very fine slices of beetroot, and then simply deep fry them until they're crispy. Delicious.

Pumpkin Pie

Now is the time of year when children are allowed out to knock on strangers doors in the dark and ask for sweets. One of the great pities of Halloween time is that people throw the inside of the pumpkins away after they've made the Halloween lanterns.

Please don't. It's such a dreadful waste of flavour and taste. A simple pumpkin soup is wonderful, but try my pumpkin pie.

First make some short crust pastry. Mix together 175g of plain flour, half a teaspoon of salt, a tablespoon of sugar, and half a block of butter (125g - cut into little squares). Bring it all together with a few tablespoons of iced water until it forms a ball. Wrap it in cling film and leave it in the fridge for half an hour. Roll it out and use it to line a 9 inch pie pan. Put it back in the fridge again for half an hour. Get a handful of toasted pecan nuts and break them into pieces. Squash a couple of ginger biscuits into large crumbs and mix that with the nuts, then sprinkle the lot onto the pastry base and press it in.

Now make the filling.

In a large bowl, whisk three large eggs. Mix with some pureed pumpkin (a couple of big mugs full), 125ml of whipping cream or single cream, 100g of light brown sugar, a teaspoon of ground cinnamon, half a teaspoon of ground ginger, a big pinch of ground cloves and a pinch of salt. Pour the filling into the pastry base. Put the dish onto a heated baking tray to catch any spills, then onto the low shelf of the oven at 190c/375F for about 55 minutes. You'll notice that the crust will be browned, and the filling should be set. A sharp knife should come out clean. Serve at room temperature with some whipped cream.

Happy Halloween.

If you've any questions about ingredients, cooking or recipes, you can always give me a call at the restaurant on 925 9994, or if you'd like to book a table. If you can get to a computer, have a look at my website at seasons-restaurant.com.

Happy eating, growing and cooking.

James