

Business & Enterprise

Reader Recipes

Apple Pancakes

THIS week's recipe is another good way to use up windfall apples or any other oddments of fruit and can be eaten at any time of day. The batter can be kept in the

fridge for a few days so you can make the pancakes fresh every morning for breakfast. Come along to the 'Dig In' Harvest Celebration at Albany Road Allotments in

Stapleford on Saturday, October 12 (see below for details), between 11am and 3pm to taste these pancakes freshly cooked in the open-air!

Apple Pancakes

Serves 4

1 cup self-raising flour
1 cup semi-skimmed milk
1 egg
1 pinch salt
1 apple – grated or finely chopped
a few knobs of butter, to cook
natural yoghurt and runny honey, to serve

Put the flour, milk, egg and salt in a mixing bowl and whisk until smooth. Then stir in the grated or chopped apple.

Put a large pan on a medium heat and add a knob of butter. Once that melts, add the batter, a spoonful of the pancake mix at a time to the hot pan. You'll need to cook the pancakes in small batches for a few minutes on each side until golden brown and fluffy.

Serve them immediately with a dollop of natural yoghurt and a drizzle of honey.

VARIATIONS:

These pancakes can be made with almost any fruit (e.g. blackberries, pears, blueberries, pumpkin purée). And for extra flavour, add a little cinnamon or mixed spice.

If you sweeten the batter, thicken it with just a little more flour and then pour into cake cases and bake, you can also make delicious apple muffins.

Why not share your favourite version on the Greening Beeston website: www.greeninginbeeston.weebly.com/

No need to be scared of this Halloween Fete!

BEESTON resident Julie Sherwood is organising what promises to be a fantastic Halloween event on the afternoon of Sunday, October 13 to raise funds for the Brain Tumour Charity. Julie has a profound interest in the charity. She said: "My husband, Andrew Sherwood, who lived in Beeston, died of a Grade 4 GBM malignant brain tumour in December 2012 after a two-year battle." A Grade 4 Glioblastoma is one of the most aggressive types of brain tumour.

"We are holding this Halloween Fete at the Shed in Beeston this Sunday and the money we raise will go to The Brain Tumour Charity (charity number 1150054).

"We really want this event to be a success and to raise as much money as we can. We also want it to be a

fun family event and we'll have lots of fun games and activities for both children and adults, many of them with a Halloween theme."

Stalls will include a cake stall, tombola, crafts, face painting, wine and water, clothes, books, etc, etc.

Many local businesses have supported the event and have donated some fantastic and generous prizes.

Julie added: "It would also be great to see you in Halloween costume!"

The Brain Tumour Charity is the largest dedicated brain tumour charity in the UK. They are dedicated to funding research programmes, supporting patients and families effected by brain tumours and also raising awareness.

Julie continued: "We have set up a supporters' group in memory of Andrew, called the Andrew Sherwood Fund.

Our group is one of more than 100 similar groups that have been set up by The Brain Tumour Charity and together we hope to make a difference in the future for research into brain tumours."

A few facts:

- Brian tumours are the biggest cancer killer of children and adults aged under 40.
- More than 8,500 people are diagnosed every year with a primary brain tumour. This figure includes 500 children.
- 3500 people lose their lives to a brain tumour every year.
- Brain tumours reduce life expectancy by, on average, 20 years – the highest of any cancer.
- More than £500 million is spent on cancer research in the UK every year, yet less than two percent is spent on research into brain tumours.

Harvest Celebration

Saturday 12th October 2013
11am to 3pm

A family fun day celebrating the Autumn harvest

Join us at the Dig In Community Allotment, Albany allotment site, Pasture Road, Stapleford. NG9 8HZ (near the Man of Iron pub)
Admission is free



- Apple pancakes
- Pumpkin carving
- Apple pressing
- Chutneys & preserves
- Jam making demo
- Apple identification
- bring along 2 apples to have your mystery apple tree identified
- Face painting
- Glass painting
- Tombola and more



- Trent Barton n^o 15 and 21 buses stop by the gate
- The site has toilet facilities
- This is an outdoor event

For Further details
Telephone: 07943 700 302
Email: enquiries@diginstapleford.org.uk

With generous support from:
The Co-operative • Tesco • Ernest Cook Trust • Broxtowe Partnership • Boots

HALLOWEEN FÊTE

Tombola, Kids Crafts & Games,
Cake Stall & Much More!






Please help us beat brain tumours.

When? 11am-2pm
Sunday 13th October 2013

Where? The Youth Wing
Beeston Youth & Community
Centre, (The Shed)
West End, Beeston, NG9 1GL

Contact: Julie Sherwood
julie.sherwood44@btinternet.com



25 People are diagnosed with a primary brain tumour every day. We're dedicated to beating this disease.

In aid of:
thebraintumourcharity.org
01252 749043



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