



What's Cooking

NEWSLETTER of the Worshipful Company of Cooks of London
Edited by the Master, Peter Messent

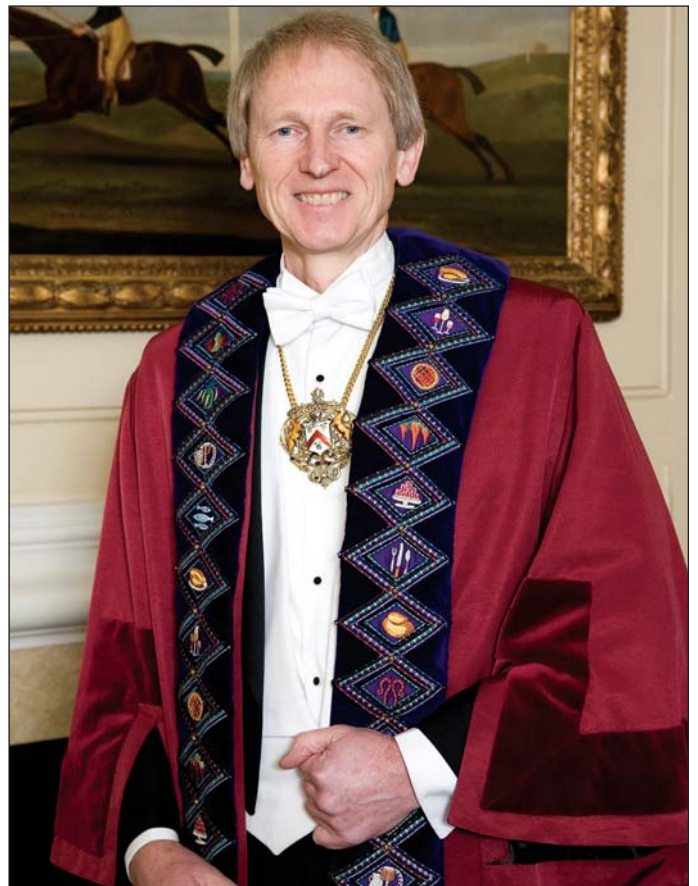
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The Master - COOK 2006 – 2007

I am greatly honoured to be the third member of my family to be Master Cook in the last 16 years. Having been a Liveryman since 1977, my progress to Master has been slow by the standards of the Company, but this was caused by long absences abroad during my career.

After graduating from Pembroke College, Cambridge, in Natural Sciences, I gained a PhD at Sussex University in the School of Biological Sciences. I then entered industry, working initially for the Mars Group. I have since worked in the food industry for my whole career, although not perhaps in what may be regarded as the mainstream sector. Rather, I have developed and prepared meals for the important, but less glamorous end of the business, concerned with feeding our four-legged family members rather than their owners. This business is of such a scale as to attract many of the largest food companies, and at various times I subsequently worked for Nestlé and Colgate Palmolive and also some smaller companies. I still work part-time as a consultant in this same field for clients in England, Ireland and Spain.

As well as preparing recipes and making the foods themselves, nutrition has been a particular area of interest for me. I have been a member of the pet food industry working groups on nutrition in both the USA and the EU, the principles of which are much the same as for human nutrition. I have also specialised in labelling and regulatory matters, and am a qualified auditor for food manufacturing sites. I have done much technical writing including books and articles, and of course most recently have been Editor of What's Cooking.



Peter Messent, Master 2006-2007

I could call myself a chef for pets rather than a cook, but I am overwhelmingly grateful for this opportunity to be Master Cook and to finally occupy the glamorous end of meal preparation! I have always had an interest in food and do my fair share of cooking at home, especially as I have recently been working part time while my wife, Liz, has been teaching mathematics full time at a secondary school. She has also accompanied me during the last 4 years in my role as "Mystery Diner" where we write anonymous reports from restaurant visits – there now my cover as restaurant critic is blown!

Moving on to the Cooks' Company I want to take this opportunity to personally thank Bob Grainger, and also Nicki who supported him so strongly in his year of office. He has managed the progress of the

company in a fast changing world with much assurance and with a genuine love of the Company. He has been particularly keen to enhance the charitable role of the Company and to emphasise the Company support for cooking as a natural consequence of our origins. I will support and continue these efforts. I also take this opportunity to ask members of the Company to contribute to the Cooks Charity, for which a brochure including donation form was recently sent to all Company members.

As a Company we face a number of challenges in this fast changing world. The lease of the office built on the site of Cooks' Hall in Aldersgate Street ends in 4

years, so we have already begun to address this challenge. Another activity is to review the Standing Orders of the Company to ensure that we can maintain a good structure of membership within the company in the face of demographic factors such as life expectancy and the intense nature of many peoples' careers.

We are very fortunate as a Company that even with our small size, the active contribution by many of our members along with good financial management give the Company excellent prospects to develop and grow, especially in the areas of charitable support and assistance to cookery. I look forward to enjoying my year in office and will represent and support the

THE BROADWAY CENTRE - MARKET LANE

We have recently given £3,780 to the charity Broadway, specifically to their Shepherd's Bush Market Lane Day Centre project. Essentially, Broadway is about enabling homeless people to find and keep a home. The most effective way to do that is to give them the skills they need to access education and employment. For most that usually means a return to work and to a society from which

they have, in a variety of different ways and for a variety of differing reasons, become excluded. Therefore, part of that effort is also one of restoring self-confidence and self-direction. The Broadway team have been using cooking to contribute to both objectives – as a route to employment and regaining of independence.

The money forms part of a one-year pilot project to test the thesis that learning cooking skills can help. They have been doing it ad hoc for some time, but now sense that it can be formalised and advanced. Our contribution is being combined with a £20,000 grant from 'Off the Streets and into Work' to form a £31,000 project. In short we are paying for cooking equipment, the food, DVD production, recipe and purchasing aide-memoir to support 25 training sessions. The first 5 sessions will be delivered by a professional cook (not the celebrity chef variety) in order to train up 10 'peer educators', who, as their title suggests, will have the confidence, ability and aptitude to take on the next 20 sessions teaching their peers. The DVD is aimed at reaching approximately 1,000 other homeless people who visit similar Broadway projects around London. The pamphlet (500 copies production run) is designed to capture the recipes as well as include tips on buying and budgeting.

From our brief engagement with Broadway, it seems that the nature of homelessness remains stubbornly unchanging in terms of the number or needs. However, the character of homelessness is changing to reflect demographic shifts, particularly the recent accession of EU states. Worryingly they have also noted an increase in ex-servicemen visiting the Broadway projects.



Cooking at Broadway

Apart from having a good plan with a reasonable chance of a meaningful outcome, we thought that they made three significant points. First, they would be the first to cheer if they could close their project down for lack of clients. They don't want people becoming dependant upon them.

Second, they track the impact they do have with data base tools and interview procedures, so they are genuinely keen to understand how best to achieve meaningful objectives. Finally, they bring

order from chaos at the point where it is needed most - the individual. They simply reintroduce notions of society and trust where it has been absent. Cooking and cooking skills is one route to effect that.

If you want to find out more, the Broadway website can be found here:
www.broadwaylondon.org

Liveryman Steve Gibson

New Company Decanter Labels



New Decanter Labels, a gift to the Company from the Late Master, Bob Grainger

I would like to express my great gratitude to the Late Master Bob Grainger on behalf of the whole Company for his very generous gift of 10 new decanter labels in the form of the Company Crest. There are 5 labels each for Port and Madeira which will be on the decanters at future functions. They were made for the Company by Antony Vanderpump, a Liveryman of the Gold and Silver Wyre-drawers Company.

The Master, Peter Messent

Order your own "Cooks" Decanter Labels

Further decanter labels can be made available to members of the Company at a cost of £56 each (see photo above). They are made of sterling silver, hall-marked and can be engraved to order with the name of a wine or spirit as required. They can also be made flat or bowed, depending upon the shape of the decanter, and the chain can be made to any length (within reason!). Please pass any requests for orders to the learned Clerk, along with the relevant details.

The Late Master, Bob Grainger

Prue Leith is new Chair of School Food Trust

I offer my congratulations on behalf of the Company to Lady Honorary Liveryman Prue Leith for her appointment as Chair of the School Food Trust from January 2007. Appointed by Education Secretary Alan Johnson, he commented that her business acumen, high profile and passion for changing public attitudes to food made her an outstanding candidate for this post following an open competition.



Prue Leith, c, in Hoxton Apprentice Kitchen

Prue Leith said it was essential to convince all parties including young students, parents, teachers and caterers about the importance of good food for the children to grow up healthy and energetic.

Prue Leith also said that she believed it is crucial that pupils are equipped with the practical skills and knowledge to help them learn at school and make the right choices during the rest of their lives. She also expressed her belief that it is the Trust's mission to help schools teach all pupils about food and nutrition, as well as provision of cooking lessons, which could change attitudes in the future.

The Master, Peter Messent

CITY UNIVERSITY

I am currently undertaking a part-time PhD research programme at The Centre for Food Policy at City University, London, under the tutelage of Professor Tim Lang and Dr. Martin Caraher. The Worshipful Company of Cooks is kindly sponsoring me to do this, and the following article explains what I hope to achieve.



Anita Tull, City University

The research is concerned with the implications of educational reforms that have led to the restructuring of food education in UK primary and secondary schools over the past few years, in the light of current concern over the long-term health of the population and the changing culture of food. Food education encompasses what children are taught about the food they eat – where it comes from, how it is produced, what it contains, how to prepare, cook and present it and how it affects their health in the short and long-term. My concern and interest in this area stems from a career as a Home Economics teacher (trained at Battersea College of Education, London), subsequent work in food and nutrition, school textbook authorship, research into food education and provision, and finally as a parent.

In recent years, increasing political, medical, public and media concern about and highlighting of the short and long-term effects of modern dietary and life-style habits makes the provision of a comprehensive programme of food education all the more important, and part of the purpose of this research is to review and suggest ways in which this could be developed. My research seeks answers to the following questions:

- What is the current policy relevance of food education?
- In the current political, educational, societal and cultural climate, to what extent is it appropriate to educate school pupils about food and how to prepare and cook it?
- Which stakeholders have been and are currently concerned about food education (e.g. Government, NGOs, health professionals, teachers organisations); what has influenced their concern and why; and to what extent do their views on food education compare with those of the end users – pupils and teachers?
- Why has the provision of food in schools become a recent political issue; who is driving current policy and (where) does food education fit into current concern?
- If school pupils receive little or no food education, is it a problem, why and for whom?
- What are the benefits if pupils are educated about food and what are the consequences and who benefits if they are not?
- Is there an appropriate food education programme that should be implemented at primary and secondary level?

The original emphasis of food education was about improving the diet of the general population, many of whom suffered from under-nutrition as a result of poverty. The initial introduction of food education (as ‘Domestic Economy’) into the curriculum in the late 19th century, aimed to improve the health and welfare of children, specifically those from poor families, by teaching girls how to prepare and cook basic but nutritious meals and learn to cater for all the welfare needs of their future families. This model continued for many years, with gradual changes in emphasis and provision being introduced over several decades.

Over the 20th and continuing into the 21st century, the UK has witnessed a gradual and, especially since the end of the Second World War, accelerating change in food culture and lifestyles, one of the effects of which has been a switch from under- to over-nutrition, especially amongst many of the poorer members of society and children and young people. There are major concerns about the long-term health of individuals in UK society, with evidence based predictions about the increasing numbers of people who will develop a range of life threatening and debilitating diet related diseases at younger ages in the next few decades, rising to epidemic proportions. This has serious and significant implications for the sustainability of an effective National Health Service and workforce.

Whilst the numerous risk factors associated with these diseases and the cultural setting in which they occur must

be taken into account when considering prevention and treatment, it is my contention that the acquisition of knowledge about and the appreciation of the origins and qualities of food, combined with the opportunity to handle, prepare, cook and sample a range of foods on a regular basis from a young age, is a crucial element in disease prevention and that food education, provided within the school curriculum, should be at the centre of life skills education for all pupils.

Thank you for your continued support with this research.

Anita Tull, City University

COOKING *and the* ORIGIN of MAN

As Cooks we are proud of our ancient history and the continuing importance of the craft of cooking in today's society. Some Cooks may be interested to hear of the theory of Professor Richard Wrangham at Harvard University which makes even stronger claims for the importance of cooking. Professor Wrangham has proposed a theory that it was when man's ape ancestors learned to cook food, and vegetables in particular, it released much more energy from the food that could then be digested. This permitted more rapid growth especially of the females, giving them a larger size and



Did cooking on a fire lead to modern humans?

Professor Wrangham surmised that without learning how to cook, man would never have been able to make such rapid intellectual progress from ape to man, and it could have been the key factor in our evolution at that time. He believes that the cooking of food may have started as long as 2 million years ago, triggering the evolution of modern man.

I am unsure whether or not his theory will ever be proved, but maybe Cooks have a better claim than ever as the most important craft in our whole history, and one whose importance continues to this day.

Reference: Townsend, E. (2005). The cooking ape: an interview with Richard Wrangham. *Gastronomica*, 5(1), 29-37.

The Master, Peter Messent

Recipe for Chocolate Crunch



This recipe is a family favourite in the Messent household and can be guaranteed to cause outbreaks of sibling arguments about number of pieces eaten! It originates from a close friend from Lancashire. It dates from the days when biscuits were not packeted but boxed and then weighed out for each customer. At the end of each box, a quantity of loose crumbs and broken biscuits were always left which, of course, were never thrown away.

The cheapest, own label digestive biscuits are more than adequate, but I do recommend unsalted butter and quality chocolate such as the Belgian 'cooking' chocolate sold in the home-bakery section of supermarkets.

It is not recommended for anyone concerned about calories or fat content or sugar content. It would probably keep well for several days in the fridge but this has never been tested as it disappears too fast!

Ingredients:

<i>Digestive biscuits</i>	300g
<i>Drinking chocolate powder</i>	1 heaped tablespoon
<i>(Unsalted) butter</i>	150g
<i>Golden syrup</i>	1 generous tablespoon
<i>Caster sugar</i>	1 heaped tablespoon
<i>Good quality chocolate</i>	200g (100g milk + 100g dark is best)

Method

Crush the biscuits in a freezer bag using a rolling pin until they are a consistent bread-crumbs size.

Transfer the biscuit crumbs to a mixing bowl. Add the drinking chocolate powder and mix well.

Place the butter, sugar and syrup in a microwave-able bowl. Microwave for one minute, stir and repeat until the sugar is completely dissolved – usually 2-3 minutes, depending on your microwave. (Or melt in a saucepan until sugar is fully dissolved.)

Pour the melted mixture onto the biscuit crumbs. Stir until completely mixed in.

Spread into a 9" x 9" brownie tin or glass dish of similar size. Pat down the base until firm like a cheesecake base. Chill until solid (about 30 mins).

Melt the chocolate and spread evenly over the top of the biscuit base.

Chill again to set the chocolate.

Stand the tin/dish in hot water for 1/2 minute before turning biscuit out.

Cut into 16-20 pieces.

Best served chilled!

Mistress Cook, Liz Messent

The Queen's 80th Birthday Luncheon at the Mansion House

The Mansion House has been the venue for numerous royal events during the last 250 years but never before has there been a royal event where the menu was decided by the great British public as the result of an open competition.

This extraordinary competition much publicised and known nationally as the Great British Menu, was the means by which the final menu was decided for the celebration luncheon held in honour of Her Majesty's 80th birthday at the Mansion House on Thursday 15th June 2006.



Stanley Liu and Tara Holland Prior at the Company Dinner

In fact, the actual planning for the lunch started well before the competition was even announced to the public. The remit was that the lunch would take the form of a four course banquet for 350 guests in the Egyptian Hall, with a further 80 guests in the Ballroom. Even the Mansion House itself did not know the final menu until the winners were announced at the end of the television series, only two weeks before the actual lunch. Fourteen master chefs from seven regions of the United Kingdom had battled it out under the scrutiny of the television camera to create a lunch fit for Her Majesty. The judges



The Queen is introduced to the four chefs.



l to r Lord Mayor David Brewer, The Queen, Prince Philip, Lady Mayoress Brewer at Mansion House

had been filmed rigorously tasting each course and making their recommendations in order for the public to decide the winners.

Aside from awaiting the final menu, the caterers at the Mansion House already knew that they were facing a challenge – the Mansion House kitchen was simply not large enough to deal with the sheer volume and complexities of four courses – three courses is the norm for a lunch for these numbers. Plus, with only one service lift just big enough to hold two upright hot cupboards or two jack stacks and the limitations of a servery measuring only 12' x 14', plating the hot food as it had been presented in the competition was simply not a viable option. The answer came in the form of two portakitchens, hired from PKL, and sited outside the Mansion House on Walbrook.

The four finalists each had a nominated Head Chef and a brigade of five, dedicated to each course. The starter and dessert, being cold, were perhaps the easiest courses to deal with. The fish and venison courses, which had been seen lovingly plated during the competition stage, would now have to be silver served. During the fortnight leading up to the lunch, the Master Chefs and their brigades familiarised themselves with the Mansion House kitchens in order to cook off and refine their respective courses for the great day.

For the Mansion House caterers, this was a completely new and unusual situation, particularly as a film production crew were also in residence to record the run up to the great day. This was not the easiest of partnerships with the Master Chefs and so the usual pressures of a busy kitchen were meat and drink to the

Menu

**Smoked salmon with blinis,
woodland sorrel and cress**
(Richard Corrigan – Northern Ireland)
**Te Mata's Woodthorpe Chardonnay, 2004,
Hawkes Bay, New Zealand**

Pan fried turbot with cockles and oxtail
(Bryn Williams – Wales)

**Loin of roe venison with potato cake
Roast root vegetables
Creamed cabbage
Game gravy**
(Nick Nairn – Scotland)
Chateau Margaux, 1993

Custard tart with Garibaldi biscuits
(Marcus Wareing – North of England)
**Mount Horrocks Cordon Cut Riesling, 2005
Clare Valley, Australia**

film crew! Finally, on the day of the lunch, the film crew were banned from the kitchen – an unpopular decision but as the crew had had two weeks of complete access to all areas, the Mansion House caterers decided that was their prerogative.

Most of the food and beverage suppliers were new to Mansion House. Some were initially finding it difficult to cope with the quantities required, particularly when sourcing from specialist and family producers but no-one wanted to miss out on being a supplier for the most famous lunch of the year – all made the extra effort and there were no disappointments.

Service was limited to 1 hour and 25 minutes to serve all four courses with the Egyptian Hall and Ballroom staffed accordingly plus additional stewards and supervisory staff.

Great emphasis was placed on staff briefings and rehearsals the day before. All agreed the event was a great success – tremendous efforts were made by all concerned.

Freeman Stanley Liu

A Thought from the Company Chaplain

Dear Fellow Cooks,

I have been fascinated by the recent and ongoing debate about what it means to be British. What is it that binds us together as citizens of the United Kingdom? What is it that we value, that we hold in common?

All of this has been fuelled by the debate on the wearing of religious items, such as veils or crosses, and the whole issue of integrating immigrants into the British culture and way of life. In one debate I heard the suggestion that what we needed was a book of guidelines to help us live in harmony together. I had to agree it was a great idea but I thought we already had one! One that has served this country well for hundreds of years, providing a basis for our judiciary system, our democracy, our moral code, family life, social welfare, and of course it is one that we hold in our left hand as we enter the Freedom of the Cooks Company – What is it? The Bible.

Whatever wars may have been fought in the name of religion the good book urges us to forgive those who hurt us, to pray for them, to love our neighbours as ourselves, to love even our enemies. It also calls us to free those who are wrongly imprisoned, to set the oppressed free, to treat them fairly, to share our food with the hungry, to welcome poor wanderers into our homes, to give clothes to those who need them and to assist relatives who need our help, and to help those in trouble (Isaiah 58). If we behave in this way the bible says we shall be like a well watered garden, like a spring whose waters never fail.

Isn't this why so many people want to come to these islands of ours? The guide book has provided us with a

way of life that, so far, has blessed us, that has valued our green and pleasant land and those who wish to share our way of life in it. Sadly, the biblical basis of our life has been diminishing of late. We ditched the day of rest, and have since begun to worship other idols. The Christian faith is now just one of many options for those seeking spiritual fulfilment. The guide book has become neglected and even rejected as a sound basis of wisdom for our human condition and our relationship with God.



*Honorary Chaplain
Keith Powell*

What, you may well ask, has this to do with the Worshipful Company of Cooks in the year of our Lord 2006/7? Well, the Cooks' Company has existed for over 500 years and during that time we have been greatly blessed. We have our own guidelines, which have served the company well, encouraging new members who willingly adhere to the rules as they can readily appreciate the benefit of an organisation that has not only survived great changes but has flourished in that time. The Cooks have not only supported and encouraged the craft of cookery but have also grown a generous charitable arm. This has been achieved by taking change slowly, by holding onto the best of our historic traditions, as well as accepting new developments and maintaining the values that we hold dear. Those who join the Cooks do not seek, I hope, to change the company, but may find instead that it is the Cooks Company that changes them! One might wish the same for our present national dilemma, that those who join us will not seek to change or impose their ways on us but appreciate the good, and as they value our way of life, be blessed by it.

The Late Master's Report

It seems only five minutes since I was writing my mid-year report for the previous edition of the newsletter and, my word, doesn't time fly when you are having fun! The range of activities with which I have been privileged to be involved has been enormous and for the full year, my report to the Court detailed 104 events.

Not surprisingly, it has been the craft of cookery which has been at the forefront of much of this activity and over the past six months I have enjoyed some spectacular events with the Craft Guild of Chefs, the Academy of Culinary Arts and the Réunion des Gastronomes. The Craft Guild invited me and a small party from the Company to their Graduate Awards lunch at the Royal Garden Hotel in the presence of HRH the Countess of Wessex. The level of skill displayed by the graduate finalists was quite outstanding and we are clearly going to hear more about the winner, Sophie Wright, in years to come.

The Academy, meanwhile, invited me to their Annual Awards of Excellence at the Savoy and also to a spectacular dinner at the Royal Automobile Club in aid of their excellent "Adopt-a-School" initiative. On this latter occasion the meal was prepared by students from Bournemouth College, Thames Valley University, Birmingham College and Stamford College – the Brigade of Chefs almost outnumbered the guests when they paraded at the end of an outstanding meal! The Academy also invited me on a tour of Home Farm and Highgrove and although their patron, the Prince of Wales, was not at home, we were entertained royally and at the end of the day each of the small party was presented with a bag of Home Farm organic carrots – and, yes, you certainly can taste the difference!

In October, Nicki and I were guests at the Réunion des Gastronomes' 88th Annual Banquet at the Mandarin Oriental Hyde Park. It was a particularly poignant occasion for me as thirty years previously I had attended the 58th Annual Banquet when my father was the President of the Réunion. The executive chef at the Dorchester, where the banquet was held 30 years previously, had been Anton Mossiman and he was also with us at the Mandarin Oriental. I have to admit to a lump in my throat when I proposed the health of the Réunion and this stands out as a highlight of my year.

I have also been much involved with the Armed Forces this past six months and it has been a privilege and a pleasure to visit all three services. Livery day at St Omer, saw the Master Innholder awarded with a certificate for his canapé making but you will be pleased to hear that I won through in the napkin folding – not that we're competitive about these things! I also attended the Alexis Soyer dinner at St Omer and was delighted to present Major Clive Hilton with the Military Caterer of the year award, the citation for

which was truly humbling. The RAF Catering Officers' Association invited me to a splendid 50th Anniversary dinner at RAF Cottesmore and I visited the Navy both at HMS RALEIGH, for a stirring awards ceremony, and at Shrivenham, where I attended the biennial RN Logistics Officers dinner. Finally, the climax of my year was a visit with Nicki to Luxembourg in support of the Combined Services Culinary Arts Team at the Culinary World Cup. It was a great event, at which our team won three gold medals and ended up in second place overall – a terrific performance.

My Master's gift this year has gone to the Sea Cadets. The Sea Cadets receive precious little Government funding yet it is a splendid organisation, which gives thousands of young people a great sense of purpose and, in many cases, an entrée to a rewarding career (not that I'm biased!). The cook/steward branch is particularly popular at present and these young cadets are given a first class grounding in cookery and food service skills. The organisation is currently launching an appeal for a new vessel and our donation will go towards galley equipment for the ship.



Late Master Bob Grainger with Chef Nikaela Reilly at HMS Raleigh

Finally, I would like to pay tribute to the hospitality afforded us by the Worshipful Company of Innholders. It is almost a century now since Innholders' Hall became our home and I have very much enjoyed the company and hospitality this year of first Tony Mellery-Pratt and then Peter Dowling as Master Innholder. As a Company, we have been extremely well looked after and the in-house team of Dougal and Ann Bulger, John Cash and chefs Kenny Eastes and Andy Silver, along with their supporting staff have provided us with exceptional service. On behalf of us all, please could I express to them our gratitude.

It has been at once an immensely enjoyable, educational and yet humbling experience bearing the responsibility



Master and Master Innholder presenting prize for Cook and Serve at Sandown sponsored jointly by Innholders and Cooks

of Master of this splendid Company. I am grateful for all the support I have received throughout my year of office from so many sources but particularly from Michael and Sandy Thatcher, who have helped me enormously during what has been for them a very



Mistress Cook and friends from the CSCAT in Luxembourg!

difficult year. I wish my successor, Peter Messent, every success for the year ahead during which I know the Company will go from strength to strength.

The Late Master, Bob Grainger

The Company Golf Team v The Army Caterers for the Duff Cup

4th August at The Berkshire GC

At our planning meeting the evening before, our hopes were raised by the news that three of the Army stalwarts were away and that the Cooks' Company team appeared to be the strongest for some years. Perhaps we could gain a win as our last halved match was in 1998 and our last win was in 1995.

The day dawned fresh and clear with the two courses in excellent condition. In particular, the heather had not grown since being mown and was only a quarter of its usual 1 foot height – much better for both finding balls and playing them out.

The morning four-balls were drawn with two wins and a draw for both sides. 2 1/2 each which was our best morning result for years, so we joined battle in the singles in the afternoon with hopes high. The earlier results were very promising and by halfway, the Cooks were 2 up. However, with many matches lasting to the 18th green, we only managed a draw at 5 each. So overall the day was halved at 7 1/2 each.

Dinner in St Omer Officers Mess was as good as ever, after which the two Captains, Tony Monk of the Army and Peter Messent of the Cooks' Company paid worthy compliment to the organisation, the courses and respective opponents, but the Duff Cup remains in the possession of the Army for another year.

Honorary Liveryman Bob Lawrenson

COMPANY GOLF SHIRTS and SWEATERS

At the request of several members of the Company, the shirts and sweaters in burgundy with the Company crest if full colour, are available to order again.

Available in sizes S,M,L, and XL, short sleeved polo shirts are £14 and V-necked lambs wool sweaters are £40. Prices include VAT, postage and insurance. Any profit goes to the Cooks' Charity fund.

Please place orders in writing, with a cheque, to Bob Lawrenson, 21 Hillside Close, Ellington, Cambs PE28 OAR, by the end of March.

These were originally designed for the golfers, but now many other members of the Company are enjoying them.

Honorary Freeman Bob Lawrenson.

Golf Fixtures for 2007

Prince Arthur Cup at Walton Heath GC –
team of 4, Thursday 17th May

Cooks Golf Day – Denham GC,
Thursday 14th June – all welcome.

Craft Guild of Chefs' Day –
Wyboston Lakes GC, team of 2,
Thursday 2nd August.

Match v Army Caterers at The Berkshire GC –
team of 10/12, Friday 3rd August.
Mess Dinner afterwards.

Admissions to the Freedom in July, September and November 2006

Sam Powell, Mike Richardson, Marcus Low and Stanley Liu (see article page 6) were admitted to the Freedom in July. Anna Herbage was admitted in September, with John Williams and Shamus Ogilvy in November. Sara Jayne Stanes, who is Director of the Academy of Culinary Arts, was admitted to the Honorary Freedom in July.



New Freeman John Williams 1 and Shamus Ogilvy

New Freeman, John Williams

John Williams joined The Ritz London as Executive Chef in June 2004, bringing some three decades of hospitality experience to the venerated kitchens of the legendary Piccadilly hotel. The son of a Tyneside fisherman, John developed his passion for food at an early age. Taught by his mother to cook, his culinary interests began with cookery classes at school and continued as he studied for his City and Guilds at South Shields College and later at Westminster College.

John Williams is Chairman of the Academy of Culinary Arts in Great Britain and works tirelessly to help promote the education and training of young chefs. He is the Committee Chairman for the Academy's Annual Awards of Excellence Culinary Skills discipline as well as a member of the Adopt a School Committee.

New Freeman, Shamus Ogilvy

Shamus Ogilvy was educated at Gordonstoun School and then at Leith's School of Food and Wine. He then has followed a career in catering, as well as serving in the Territorial Army with the Honourable Artillery Company including assignments in Northern Ireland and Kosovo. He is presently the owner of the Ogilvy Smokery in Perthshire that he founded in 2002.

The Master, Peter Messent

The Combined Services Culinary Challenge

The annual Combined Services Culinary Challenge (CSCC) took place at Sandown Park, Esher from 31 October to 2 November. This is the sixth year in succession that the event has been organised by the Defence Food services Integrated Project Team (DFS IPT) working with a commercial partner Dewberry Redpoint Ltd, and a highly successful event it was too! There was a full live schedule of classes in the Live Theatre, and this represented the key attraction for the event. Events included were novice, junior and senior classes, and the highlights were the Junior and Senior Chef of the Year Cook & Serve competitions. There were also classes that highlighted the steward trade skills including napkin folding, mixing cocktails and silver service. Other major attractions were the Field Competition with 4 teams competing each day using Field Kitchens, Operational Ration Packs and some additional items up to the value of £5.

The Parade de Chefs, where one Service per day prepared, cooked and served a three-course meal for 64

diners. For the first time all the bakery products for the Baker of the Year Competition were baked on the premises. For the Butcher of the Year competition each competitor had to prepare, and show a variety of butchery and larder skills in the two hours allowed. The Static Display Classes proved as exciting as ever with centrepieces carved from pastillage, elaborate celebration cakes and glazed show platters.

The rivalry between the 3 Services was key to the atmosphere as the teams battled to become Inter-Service Champions. The RN won the 21 Plates Cold Platters Display and the Army also did well winning Junior Chef of the Year, but it was the RAF who came through strongest winning the Senior Chef of the Year, the Cook and Serve, the Field and the Parades de Chefs to win the Competition.

CSCC is much more than a competition. There were 62 exhibitors from within the catering industry. The DFS IPT had two stands displaying Operational Ration

Packs and the other showing TRICAT, the accounting and provisioning IT system for all Military catering. The new DVD entitled "Food for Thought" was launched at CSCC outlining the importance of healthy eating for all members of the Armed Forces.

A team of international judges led by Mr John Retallick and Vice Chairman Mr Geoff Acott judged all the classes. Over the three days celebrity chefs featured: - Martin Blunos, Silvana Rowe and James and Chris Tanner, they also assisted with the judging. On each day the hosting Service invited a VIP, the Royal Navy, Rear Admiral Sir Mike Kimmons, Chief of Naval Logistics. The Army Major General Malcolm Wood, Director General Logistics (Supply Chain). Finally the RAF, Air Chief Marshal Sir Joe French, Commander-in-Chief Strike Command Captain Paul Cunningham (RN),

DFS IPT Team Leader summed up CSCC, "like so many of the people who attended CSCC 06 told me, I was absolutely delighted with the whole event. It seems to get bigger and better every year and I am already looking forward to next year".

CSCC identifies chefs for the Combined Services Culinary Arts Team (CSCAT). CSCAT was formed in November 1997 to represent the three Services in world-class national and international culinary competitions. CSCAT comprises men and women, who have demonstrated outstanding talent or have displayed potential at the very highest level. CSCAT has a wealth of competition experience and recently won two Golds, and came second in the Military Competition at the Culinary World Cup 2006 held in Luxembourg.

Paul Frowde, Defence Catering Group

A "taste" of the Combined Services Culinary Challenge, Sandown



The Masters' Double

It was reported in last December's edition of *What's Cooking* that the then Master, George Rees had won the cash sweep for guessing the duration of the President's speech at that year's RAF Catering Officers Association Dinner. The winnings were added to the Master's Charitable Fund.

This year's dinner was the 50th annual dinner of the Association and the Master Bob Grainger was a principle

guest. He also won the cash sweep and promptly gave it to Honorary Freeman Martin Armstrong as a donation to the RAF Benevolent Fund, of which Martin is Head of Care Services. The RAF cannot recall a guest ever winning the sweep before these last two years. Perhaps the young officers deputed to run the sweep in earlier years have had their selling techniques blunted by deference to senior guests!

Honorary Freeman Bob Lawrenson

CSCAT Second in the Military Competition at the Culinary World Cup, Luxembourg November 2006

The 10th International Gastronomy Show (EXPOGAST) took place at Luxexpo, the Luxembourg Exhibition and Congress Centre from 18 – 22 November 2006. EXPOGAST was organised jointly by Luxexpo and Club Francois Vatel Luxembourg, and is one of the flagship events for professional caterers and the general public. This unique event includes some 200 exhibitors from over 20 countries, and 1,000 chefs from the five continents. The show was very well attended, and included a Bakery Competition, wine tasting and table decorations.

The heart of the show was the Culinary World Cup, which takes place every four years, where the very best chefs compete in the various competitions. The chefs were under the constant scrutiny of an international panel of judges



Combined Services Culinary Arts Team, l to r Staff Sergeant John Creasey, Warrant Officer Richie Taylor, Sergeants Mark Sweeney, Stu Harmer, Richie Holmes, & Lee Corke (Team Captain).

looking for the highest standards, and the best practices. Of particular importance was neatness, variety, presentation of the dishes, and the amount of work involved. A total of 25 Civilian teams of International reputation, 10 Military Teams and 10 Junior Teams took part.

The Combined Services Culinary Arts Team (CSCAT) represented the United Kingdom Armed Forces in the Military Competition (Equipe Militaire). CSCAT competed against Military teams from Germany, France, Hungary, Luxembourg, Poland, Slovenia, Sweden, Switzerland and the USA. CSCAT competed in the Hot Kitchen on Monday 20 November, and presented their menu alongside the Hungarian Military Team. The Team had just over six hours to prepare, cook and serve a three-course menu for approximately 100 covers using a Field Catering System supplied by Karcher. Members of the public were able to view the preparation of the food, and could sample the food produced at the Restaurant des Nations. The CSCAT menu was as follows: -

The starter: - Pan Seared Halibut with Saffron Scallops; Roast Cherry Tomatoes, Wild Mushrooms and Glazed Onions, Parsnip Puree, Parsley Emulsion, Beetroot and Cranberry Glaze.

The main course: - Mead Marinated Poached Fillet of Pork, Slow Cooked Glazed Belly of Pork, Black Pudding Faggot, Fondant Potato, White Bean Stew, Leeks with Plum, Baby Carrot, Port Jus.

The dessert: - Pecan Brownie, Passion Fruit Mousse, Vanilla ice cream, Poached Cape Gooseberries and Mint.



Scenes from Luxembourg World Cup



All the members of CSCAT have a wealth of International and National competition experience, and have won numerous awards. Sergeant Lee Corke has been a team member since CSCAT was formed in 1998. The Team Manager for CSCAT is Warrant Officer Tony Corcoran, and the Logistics Manager is Flight Sergeant Tony Wood. The Hot Kitchen was strongly contended by all ten countries with Gold medals being awarded to Great Britain, Switzerland, Sweden, Germany and USA.

The other phase to the Military Competition was the cold buffet (exposition des plats froids), which for CSCAT took place on 22 November where all seven menus including the one produced for the hot menu were produced, and attractively displayed to a very high standard for the judges to scrutinise, alongside the USA's cold buffet. Gold medals were awarded for the cold buffets from the United Kingdom, Switzerland, Sweden, Germany and USA. The winner for the Military Competition 2006 was Switzerland with the United Kingdom in second place and Germany in third place. Colour Sergeant Si Atkinson won a Gold for his sugar craft centre display depicting fish, and Staff Sergeant Matty Boyle a silver for his fat carving showing a bucking bronco. Congratulations.

Paul Frowde, Defence Catering Group

New editor of What's Cooking

This issue is the last What's Cooking that I will edit, at least for now. The next issue will be the responsibility of Assistant Graham Craddock, who has kindly agreed to take over the Editor's role to allow me to concentrate on my job as Master. I know he will be very grateful for contributions for July, and his contact details are:

44 Queens Road, Teddington, Middx, TW11 0LR
Tel. 02073413634, Fax 02073413734, e-mail:
graham@crystalhotels.co.uk

**Newsletter Editor,
Peter Messent
3 Graham Road, Ipswich, IP1 3QE
Tel. 01473 251720
messent@ntlworld.com**

**The editor apologises in advance for
any errors and omissions**