



# What's Cooking

NEWSLETTER of the Worshipful Company of Cooks of London  
Edited by the 2nd Master, Graham Craddock

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## The Master Cook 2008/09

*Hugh Thornton brings his previous experience to the fore as he sets out for his comeback year!!*

I was the 503rd Master of the Worshipful Company of Cooks and am now the 527th. I had not expected this and I would like to express my sorrow at the events that led to this situation. However, we are where we are, and I relish the challenge and will do all in my power to make this another happy and successful year for the Company.

Firstly, I must pay tribute to last year's Master, Alan Fairbrass, who led the Company with great panache, and put his own stamp on our affairs from the very start with his 2007 appearance in a coach at the Lord Mayor's show together with the then Master Peter Messent. He went on to introduce trumpeters at the Candlemas service, he arranged visits to Highgrove (and what an enjoyable lunch as well) and to Clarence House and, of course, Beating Retreat on Horseguards Parade on a lovely June evening followed by yet another excellent meal. The Company Dinner at the Mandarin Oriental Hyde Park Hotel was memorable. He took personal charge of the menus throughout the year and left his mark on them, reflecting his long career in the industry as General Manager of the Westbury Hotel, secretary of Bucks Club and more recently a consultant on hospitality.

As a member of the Distillers Company there was also no worry about what we drank. Finally one area where I most definitely will not try to match him is having two ladies (or some say three?) to accompany me in rotation over the year. Mrs Jo Watson and Miss June Whitfield have graced every occasion they have attended but I am delighted that my wife, Janet, has agreed to accompany me all the time when required!

It is quite a challenge to be Master for the second time, although this does happen rather more frequently than I realised, indeed seven times in the 47 years since I was elected to the Livery in November 1961. I do however feel in very good company with names such as Wallinger Goodinge, Bernard Wilton, Peter Sherrard, Harry Tickler, Peter and Sidney Herbage and John Balls.

The Company has developed enormously since 1984/85 - the year I was Master- and this does of course reflect the



redevelopment of the site of the Cooks Hall in Aldersgate. I would like to take this opportunity to pay tribute to two former members of the Company who did much to push this forward, Ken Honey and Edwin Horne. Both were property men who recognised the advantages of breaking the 50 year lease set at a fixed rent of £2500 per annum in 1945 whilst it still had some 10 years to run. Ken, who joined the Livery on the same day that I did unfortunately died before he could take office as Master but Edwin Horne who had been Master in 1970/71 lived to a ripe old age and his two granddaughters were amongst the first ladies to be admitted to the Livery. The advice of Ian Kennard, one of our more recent Honorary Freemen, was also invaluable.

So what has changed? Principally I think our ability to give support to Charity and here I pay particular tribute to

Michael Kenyon who established the framework for giving, as funds built up from gifts by the Company to the Charity on a rapidly growing rental income. His efforts have been further refined and developed by John Kane and more recently by Paul Herbage as Chairmen of the Charities Committee. I would mention the Trustees especially Andrew Murdoch, who was also a very generous benefactor, as well as Michael Kenyon and I was privileged to serve with them for twenty years. In the more recent past the numbers have been made up by George Rees and Bev Puxley. I shall return to Charity again later in the year.

This year will be much busier than my previous experience (but I hope one year's experience 24 years ago will stand me in good stead), then I attended around 45 functions, this year I am told it will be nearer 140. My dining plans are well under way and to compensate for my lack of culinary expertise I have asked Bev Puxley to guide me through this labyrinth and he has very kindly agreed to do so. I also look to him for support on choosing the right wines although I may well help here as a member of the wine committee. (I have known Bev for some 65 years

since we first met at primary school before progressing to the local grammar school in Westcliff so I have absolute confidence in him!).

In the current economic climate I am not being as ambitious as Alan for special events; however I do have plans for two trips which I hope will meet with the support and general approval of the Company. I am greatly indebted to two of our Freeman, Paul Budd and Andrew Farquharson who have volunteered their considerable help in organising these visits. Paul has recently been appointed General Manager of the Leander Club and as we all know Andrew is Deputy Master of the Household based at Clarence House. So we shall go to Henley and make a return visit to Clarence House which was such a great success last year and give the opportunity to all of you who went wine tasting in Bordeaux to see this most attractive of Royal properties.

In contemplating the year I am immensely encouraged by the kindness and support of the Officers and the whole Court together with that of the Clerk and Sandy Thatcher and our Beadle, John Cash.

## TRIP TO ST EMILION *SEPTEMBER 2008*



*Chateau Balestard La Tonnelle – breathtakingly beautiful*

Every so often an opportunity comes up that is totally unique. So when Assistant Puxley announced that he was going to host a trip to St Emilion, an area in France that he has built a lifetime of expertise, a number of us were dribbling with anticipation!

The experience was unique for three particular reasons. Firstly to feel the agonising decision process that the owners were going through in deciding when to pick the harvest. After such a poor summer and the forecast of a little late sunshine in September added an additional risk to the decision making process. Secondly, to take the advantage of someone like Bev who has spent a lifetime understanding the St Emilion heritage and forging relationships with the owners. And finally seeing two members of the Worshipful Company of Cooks, Assistant Stevyn Gibson and Liveryman David Smith, sworn in as part of the Jurade and seeing the ties of the two organisations continue.

As you would expect with Assistant Puxley every minute was put to good use. After all you haven't lived if you cannot take a good gulp of last year's Merlot pressing from the barrel at

9:30 in the morning. Taste the tannins! Wow enough to blow your teeth out...



*Past Master Peter Messent tries the Merlot and declares that a break of 3 and 3/4 minutes should be taken before picking*

Added to that the experience of absolute refinement in the sumptuous salons that many of these beautiful chateaux provide or then again a simple barbecue beautifully prepared by family and friends at Chateau Puy Razac served in September sunshine in the shade of the chestnut trees. There was a wonderful celebration of French Cuisine at all sorts of different levels. The six days were certainly action packed and full of characters and surprises from the earthy artisan of Alain Querre to the classy elegance of Annabelle Cruse Bardinet representing the new breed of wine makers. Everyone we met was full of eccentricities but with a single passion for wine and the special area of St Emilion. All expressed the particular traits of their special terroir with religious fervour.

The high point was the declaration of the Vintage from the





*The well fed ensemble at Puy Razac.*

top of the Tour du Roi with our very own Assistant Bev in attendance and then the following day we had the special opportunity to support fellow Cooks joining the Jurade an event that was celebrated with a banquet washed down with no fewer than 13 different glasses of St Emilion's finest.



*Assistant Puxley takes a break from the elves in Lapland to parade with the Jurade*

There was no end to the variety and mix of experiences and our grateful thanks go to team Puxley – Bev, Pam and Graham who worked tirelessly to achieve a fabulous trip for all of us.

## ICCAS 2008 – STAVANGER

It was 1996 that the Cooks' Company first supported the idea of an International Conference for the leading researchers in Culinary Arts and Sciences. The brainchild of Honorary Freeman Prof. John Edwards at Bournemouth University - our academic partner at the time - ICCAS has now become well established.

From 23rd to 26th June some 55 delegates from as far afield as New Zealand, the USA, and all parts of Europe, gathered in Stavanger, Norway for the 6th International Conference of Culinary Arts and Sciences, with the theme "Global, National and Local Perspectives".

The Late Master and Past Master Paul Herbage represented the Company, both chairing conference sessions. Our financial support was once again used to ensure that the conference proceedings could be published and the 50 papers presented could become part of a permanent legacy of this research in libraries around the world. The areas covered included Food Service, Food habits and consumer behaviour, Sensory Quality, Food and Consumer Acceptance and Food Science Technology.

For Alan and Paul, the trip started with the surprise that just hours after taking part in the Common Hall to elect Sheriffs, they found themselves in the same departure lounge at Heathrow Airport as The Lord Mayor and Sheriff Bear, their wives and Esquire Richard Martin. Given the size of Heathrow, what a small world! The Lord Mayor was en route to China.

Our arrival in Norway and a short taxi journey to our hotel coincided with the return of conference delegates from an



*Lysebotn Fjord.*

evening excursion to Utstein monastery. The following morning saw conference sessions followed by a boat trip (in an extremely old ferry boat) to the Lysebotn Fjord with naturally prawns and salmon served as refreshments on board.



*Prof Hansen gets the Cooks' book.*

Thursday saw the Master and Charities Chairman in action, chairing sessions as varied as "Restaurateurs awareness of local foods" and "The segmentation of Irish Consumers, based upon five dimensions of food anxiety" (honestly, but what a highly statistical analysis to prove that Irish shoppers are worried about their health!).

We learned during our visit that Stavanger, as well as being a 2008 European Capital of Culture, (along with Liverpool) is keen to establish itself as the culinary capital of the north. As well as inventing a new word, "culinology", hosting ICCAS, the following week, it was due to host the Bocuse d'Or Europe competitions and the Norwegian championship for chefs and Nordic championship for sommeliers. Who would have thought that a Professor at the University would plant Norway's first vineyard and aims to commence production when his new building jointly housing a catering library and training restaurant is opened in 3 years' time. He has at least a copy of the replica Parker Cookbook as a first volume on his shelves.

Undoubtedly a successful conference due to the combined efforts of Professor Kai Victor Hansen of the University of Stavanger and Professor Svein Larsen of The University of Bergen. The Conference was well supported by UK representatives, including John Edwards, who delivered the first keynote address. Plans are now well under way for the 7th ICCAS to be held in Eastbourne in 2010, organised by the University of Brighton.

*Paul Herbage Past Master*

# HALFORDS HELP FOR HEROES BIKE RIDE

**A BIG THANK YOU FROM LIVERYMAN MARCUS APPLETON**



*The Author - Marcus Appleton*

I was lucky enough to be granted a place on the Halfords Help for Heroes Big Bike Ride which attracted 274 riders of all ages, shapes and sizes, riding a variety of bikes. Each rider had to commit to raise at least £2000 and cycle approximately 342 miles from Caen (Normandy) to Dunkerque over four and a half days followed by 8 miles from Blackheath to Whitehall. My sponsors, who included the Company and many individual members of the Company, helped me raise £10,183-81; overall the ride raised in excess of £1.3M. Below is an extract from the notes I kept during the ride during which I climbed - 18500', burnt -19k Calories and consumed many bananas and chocolate bars and ate vast amounts of pasta, bread and muffins.

Day 1 (Caen to Le Havre) set the tone for the ceremonies that would follow when we were met by a piper in full dress uniform at Pegasus Bridge. After a short brief on the significance of Pegasus Bridge and actions that occurred in and around it we had the first of many Remembrance



*The Taxi over the Channel*

Ceremonies. The Bugler then sounded the advance and 274 cyclists set off for Dunkerque. Prior to arriving in Le Havre we crossed the Seine over the spectacular Pont de Normandy. As our group reached the top the wind picked up and the heavens opened. 58 miles completed, one companion had fallen off 3 times and hit a car, another had broken 2 rear spokes and one crashed into a culvert, breaking 5 ribs and needing stitches (he was unfortunately unable to complete the event).

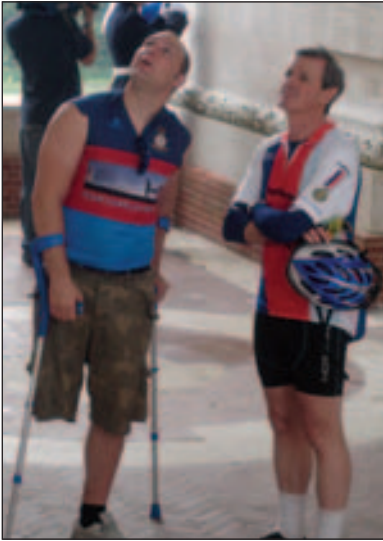
Day 2 (Le Havre to Dieppe) started in dull damp overcast conditions. Throughout the morning we endured moderate showers. By lunch the weather was grim; strong winds and icy driving rain. We were a sad lot as we huddled around each other in a field having lunch. Late afternoon the weather changed for the better as we rode along the coast road with switch back hills in and out of the sea front villages to Dieppe.

Day 3 (destination Amiens) started in damp mist. By now we were getting to know each other and riders began to ride with others of their own ability and skill. It was amazing to see the more senior ladies on their Sit Up and Beg bikes sedately pedalling but covering a lot of ground. We were not sure if they had undertaken a lot of training, had mini-electric motors, or were using substances that would get them banned from Tour de France but it required constant pedalling to keep up with them. The heavens opened at about 11.00 hrs and it poured down for the rest of the day. We became even wetter as a result of the afternoon head wind and during the Remembrance Service 2 Minute Silence all we could hear was the wind and rain but we could see a constant stream of riders grinding their way up the hill to the cemetery hoping they had not missed the Service. With 16 miles to go to Amiens we thought things could not get any worse; we were wrong because the last 2 miles were along wet cobbles, a nightmare for those on bikes with thin tyres.



*Thiepval - RLC past and present*





*Moments of reflection*

Day 4 (destination Bethune) greeted us with damp mist and we had to be at Thiepval by 1030hrs prior to commencement of the memorial service. As we neared Thiepval the fields and road sides were coloured with poppies and suddenly as we rounded a corner we could see the memorial. Upon arrival we found the memorial was shut for maintenance and refurbishment but once the War Graves Commission heard about our trip they opened it for us for an hour. We were addressed by the Mayoress of Thiepval who commended our efforts before a piper led us to the base of the memorial. It was a truly moving and poignant part of the ride with four riders officiating: Sir Philip Trousdell, Colonel Commandant of the Royal Irish Regiment introduced the wreath layers, Lord Hamilton representing the Ulster Regiment and Charlotte Peel, Winston Churchill's granddaughter, assisted by two other riders.

Morale was high as we left Bethune Day 5 for Dunkerque (Day 5) but we had to be there by 1330 hrs so our small group of riders left at 0715 to clear roads (it was Saturday) and had a fun leisurely ride all morning, stopping twice. At Dunkerque we were met by HMS BULWARK, our taxi

across the channel. As the dock gates came into view riders were sprinting for the line, arriving breathless but elated. As we embarked into Bulwark's dock her Ship's company clapped and cheered. Several hours later we were put ashore on Dover beach by Landing Craft.

Day 6 only required us to cycle 8 miles from Blackheath to Whitehall but these were probably the most dangerous and the roads were by far the worst we had encountered all week. At 1400hrs we all left Whitehall Place and rode to the Cenotaph where a final act of remembrance was undertaken, followed by a ride into Horse Guards where Chief of the General Staff addressed us all.

The week was as a roller coaster ride fuelled by adrenalin, emotion and bananas; one minute we were joking, eating and cursing the hills, the next stood remembering the Fallen as the Last Post played, then helping each other, be it to mend punctures, encourage the slower riders or ride with the Headley Court team.....what a week.



*Whitehall*

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## CANDLEMAS 2009

### *A special snow report from the Master*

The worst weather for nearly 20 years failed to stop the Candlemass service from taking place although it was a close run thing with no clergy, no organist or choir and no Clerk.- additionally the Church remained locked until 10 minutes before we were due to start. Undoubted stars of the show were the Late Master who conducted our worship and as all the service sheets were with the Clerk provided a copy from last year which was invaluable, Paul Herbage who stepped in to read the second lesson and organised his son Mark and Graham Puxley as stand in Sidesmen and John Cash our Beadle who after waiting for an hour in the snow outside the Church ran first the Service and then the Reception and Lunch with military precision.. The Company prayer was read by Chris Thornton who set a new fashion gowned, smartly dressed for the City and sporting a smart pair of green wellies. The Second Master and his wife, Mary, arrived dressed for the Arctic but with signs of greater sophistication apparent which blossomed into fully grown finery. I could go on as it was all very impressive.

I found the service itself moving although I did smile when Alan read the first verse of one of last years' hymns "He who would valiant be ..... Follow the Master". I



thought a more appropriate quote might be "In his Masters steps he trod where the snow lay dinted".

Stories of heroic efforts to get to church abounded and the unaccompanied singing of the National Anthem at the end of the Service typified the Congregations approach.

Mark Grove with commendable foresight produced an excellent reception and lunch and our numbers crept up to 32. I think I can safely say we all enjoyed it enormously and despite reports of worsening weather it was turned 3.30 when the party finally broke up.

Congratulations to all of you who made it and commiserations to those who tried but were beaten back by the weather.

# THE COMBINED SERVICES CULINARY CHALLENGE 2008



*Captain Paul Cunningham Royal Navy Defence Food Services IPT Leader receives the honorary freedom*

It was all happening down at Sandown race course again last October, Captain Paul Cunningham invited the Late Master and other members of the Assistance to Cookery committee to attend the Combined Services Culinary Challenge 2008 during the three day flagship event for the Armed Forces caterers. Key guests this year included HRH The Countess of Wessex, as patron of the Craft Guild of Chefs, Angela Hartnett and Mr Gissur Gudmundsson, World President of the World Association of Chefs Societies.

The Culinary competition challenges chefs by sharpening and developing their skills. Above all the event encourages teamwork, co-operation, leadership, and confidence. It is the showpiece for Service caterers, allowing all attendees the opportunity to see the skills and enthusiasm of the catering teams.

The Challenge is a closely fought competition and there is fierce Inter-Service rivalry throughout the 3 days. Such competitive urgency requires world class judging. John Retallick, the Chairman of Judges and his deputy Geoff Acott had assembled a world class team of international judges who provided further opportunity by offering words of advice and guidance to competitors.

## About Defence Food Services

On a day to day basis business is extremely varied and focuses on several key elements namely; dedicated support to Operations and exercises, managing the food supply contract, providing quality assurance, imparting equipment and infrastructure support, issuing policy & technical food expertise and supporting Front Line Commands in the roll out of Catering Retail & Leisure (Pay As You Dine). The Team works across all three Services at units both at home and overseas.

Currently there are a number of challenges facing Defence Food Services.

Firstly, there is the review of the 24 Hour Operational Ration Packs. These rations are the staple diet in areas where there is no access to field catering facilities and ensure that troops get a suitable calorific and nutritional intake. The trial of the new rations began in November and will be sent to Iraq and Afghanistan for troops to start consuming from 1 May 2009. Key to the trial will be the much needed variety following extensive

feedback from troops recently returned from Operations. The launch of the new Ration Packs recipe book is a vital initiative. Gordon Ramsay and Angela Hartnett have provided help and assistance and Angela Hartnett formally launched the book during the Sandown event.

Secondly, with the greater requirement for variety supply is clearly an enormous challenge and that responsibility principally falls on Purple Foodservice Solutions who are the MOD Prime Contractor. They have worked hard to develop a complex and exacting supply chain operation requiring 1250 different food commodities delivered on a frequent basis to 1000 different military locations.

Other major projects include the Pay - As - You - Dine rollout plans and Sustainable Development and Procurement.

There is plenty more information on the website [www.feedingtheforces.com](http://www.feedingtheforces.com)



*Angela Hartnett and LAC Leanne Prinsloo look through the Ten Men ORP recipe book*

## The Challenge

The Challenge is organised along the lines of similar national and international culinary events with a mixture of live cookery in the Practical Theatre, the Parade de Chefs and the Military Grand Prix. There is also the added attraction of steward skills competitions in the Skills Arena, the Display Salon and the Field Catering Competition.

Each day is themed with the first day the Royal Air Force Day, the second Royal Navy Day, and the final day Army Day

- The Practical Theatre contained 16 nail biting events each day. Chefs from all 3 Services, MoD Civilian Chefs and Contractors working for the MoD competed against each other





*Spiderman makes an appearance in the Display Salon*

in a variety of live classes. These ranged from the Inter-Service Junior Chef of the Year to the Inter-Services Cook and Serve. Classes include a junior, senior and an open category in a range of disciplines that include; chicken, lamb, fish, vegetarian and ethnic to name a few. These demonstrate the diversity of modern day military feeding.

- The Exhibition Arena staged The Parade de Chefs with a team from the host Service of the day of 3 chefs and one kitchen porter with the task of the creating a 2-course VIP meal for 68 covers.
- The same arena showed off the Military Grand Prix when a team of 3 chefs produce a 3-course meal and amuse bouche for 10 covers.
- The Field Team Challenge saw a team of 3 chefs prepare, cook and serve a 2 course meal for 20 covers from the 10-Man Operational Ration Packs using Operational Field Catering Systems only.
- The Display Salon included all the static displays ranging from Decorative Cakes, Fat Centre Pieces, Show Platters and the Team Buffet. This was an opportunity to view the outstanding technical skills of Chefs from the Inter-Services Buffet Competition through to decorative cakes and show plates.
- The Skills Arena had 3 daily practical demonstrations from celebrity chefs, serving chefs, judges and Military instructors. Also this year there were 2 Steward competitions. The CSCAT (see below) chefs undertook 'teach-ins' and live skills classes for competitors and visitors alike.

### **CSCAT - The Best of The Best**

The Combined Services Culinary Arts Team was formed in November 1997 to preserve the deserved reputation of the Armed Forces in world-class national and international culinary events despite the reduction in manpower.

CSCAT has earned national and international acclaim for its performances, including being crowned British Champions at Hotelympia in 1998 and winning the World Cup for Larder Work at the Culinary World Cup. The team were selected to fly the flag for Great Britain in the Military section of the Culinary Olympics in October 2004 and again at the Scottish National Championships (SCOTHOT) in April 2005. Late 2005 saw them prepare a celebration dinner to mark the occasion of the UK's EU Presidency and thereafter their efforts were concentrated towards Hotelympia in February 2006 and representing Team Great Britain at the International Culinary

Competition in Cyprus the same month, where they were crowned Overall Mediterranean Culinary Challenge Champions 2006. In November 2006 the team competed at the Culinary World Cup in Luxembourg winning 3 Gold Medals, 1 Silver and finishing as runner-ups overall. More recently their success continued with a fine performance at the US Culinary Classic in Chicago in May 2007.

Selected by the British Culinary Federation to represent Team GB the team performed remarkably well and won 4 silver medals and finished sixth overall in a field of 12 top international commercial teams at one of the largest and most prestigious culinary events in the world.



*... I love the smell of napalm in the morning!*

More recently the Team has competed in the Mediterranean Culinary Classic and Hotelympia where they once again performed extremely well, particularly in the Hot Kitchen and Cold Buffet which will stand the team in good stead for the Culinary Olympics taking place in early October prior to CSCC. The CSCAT Squad ordinarily comprises about 20-25 men and women from all three Services, who have already demonstrated outstanding talent or who have shown potential to perform at the very highest level. The actual team for each CSCAT Competition is selected from within the Squad according to the competition profile and by taking advantage of the wide range of specialist skills demonstrated by each individual.

The Worshipful Company of Cooks is one of the main sponsors and therefore enables the Team to compete on the world stage with the very best equipment and ingredients.

# FOOD FOR THOUGHT

*Liveryman Adriano Leto has a lot of foodie concerns on his mind at the moment. Here is an Hors d'ouvres selection to whet your appetite. What do you think? Please write to the Editor...*

**Microwaves:** Cooking with microwaves destroys food. Bioflavourings, essential in the absorption of many vitamins including vitamin C are destroyed by microwave cooking. Apparently in other forms of cooking, such as steaming, these compounds remain intact. Although the vitamins themselves in food are not destroyed their benefit is greatly reduced because they cannot be assimilated as effectively by the body without the bioflavourings. Bioflavourings are thought to also perform important antioxidant functions in the body.

**Organic food** is more nutritional according to research done in the UK, Germany and the USA. Many vitamins and trace minerals were found to be between 20% and 80% higher in organically grown foods than in mainstream foods. There are several reasons for this but one of them is believed to be related not so much to the growing methods, such as fertilisers and field rotation, nor to selective breeding, but more crucially, related to the time at which the vegetables and fruits were picked. Main stream food manufacture, frequently means that foods are picked before they ripen and then they are artificially ripened after storage to meet demand. Organic foods are less likely to be stored and usually are riper when picked. Plants tend to retain much of the nutrient content in their roots until the final stages of ripening when it is released into the fruit or vegetable. It is one of the ways that the plant controls when its fruit is eaten. Animals as a rule do not eat vegetables or fruit until it is ripe. Not allowing the fruit or vegetable to ripen on the plant may be making food not only less tasty but less nutritional.

**Transfats:** New Yorkers had the good sense to ban trans-fats. In 2007 the use and sale of all trans-fats were banned

in New York. Trans-fats, used in the manufacture of many foods, cereals, biscuits, sweets and used by the cooking trade in oils and cakes are known carcinogens and have been linked to heart disease. In the UK some shops have started to follow suit and ban the substance from their food products. It is surprising that a city like London, with its reputation for high level international cuisine, is not following suit. Perhaps this is the sort of thing the Cooks Company should be encouraging awareness of and should be supporting a campaign to ban trans-fats from the City of London?

**Kids' Menus:** Are cooks trying to kill our children? Kids' menus in the typical UK restaurant are full of products known to be bad for you. Ingredients encouraging hyperactivity, neurone disruption, mood swings and weight gain are central to most children's menus. Ingredients and cooking methods mean they also contain carcinogens. Deep fried chips with deep fried chicken nuggets? Pizza with lashing of transfats and colourants. Sausages made from scraps of animals fed hundreds of growth hormones and injected with antibiotics. Dishes topped with sugar and accompanied by fizzy drinks. The calorie content of these foods is so rich and dense that the children will find it difficult not to become obese.

One project which the Cooks Company might support could be to create tasty and healthy alternative children's menus (that children like) for restaurants to adopt. Along side that, to create educational materials to support parents struggling to avoid a fracas in restaurants as well as providing nutritional advice for children. Sounds too good to be true? In Paris some restaurants are doing just that.



## THE SOCIETY OF YOUNG FREEMEN

The Society was set up by the Corporation of London in 1976 to promote "an interest in and the interests of the City" amongst young people. Membership is open to all Freemen of the City under 40 years of age, Associate membership is available after that age, and Apprentice membership is open to any apprentice of a Livery Company over the age of 18.

With a current membership of around 200 there is a diverse range of younger people from many different Liveries. To cater for the membership's varied interests and to fulfil its founding principles the Society arranges events in and around, the City on average one a month. There are certain long standing events such as The Lord Mayors Show, where we drag the giants Gog & Magog around the procession route, wine tasting with

the Guild Of Freemen, Carol Singing for the Lord Mayor's Charity and our annual dinner that have become an established part of the calendar. Other events are organised each year by the Chairman and the committee and are normally split between the purely fun, socials in pubs etc and the more educational such as tours of museums and livery halls.

If you are interested in the above the Clerk has a stock of membership enquiry cards, alternatively go to their website site at <http://www.youngfreeman.org>. They would be pleased to receive enquiries for membership from any eligible freemen or Liverymen. They aim to provide an environment where young people can mix more informally than at livery functions and develop their knowledge of the city and its workings.



# WORSHIPFUL COMPANY OF COOKS PRESENTS AWARD TO THE ROYAL NAVY

A Royal Navy Logistician serving on board HMS Ark Royal was this year's winner of the Catering Student of the year award donated by the Worshipful Company of Cooks. Mr Alan Fairbrass, the Late Master travelled to the Defence Maritime Logistics School at HMS Raleigh in Cornwall, to present the award to Logistician Matina Gall during the school's annual awards ceremony.



*The Late Master presenting the award to Logistician Matina Gall*

Logs Gall attended a 26 week Defence Chefs course last year designed to prepare her for her role at sea and was adjudged to be the trainee who achieved the best results for the year. Her citation reads: "Through hard work and determination she attained high marks and was an asset to

her class. A young trainee, she was undaunted by the challenge, evening finding spare capacity to compete in a National competition. She is a loyal rating and an asset to the Royal Navy."

The ceremony recognises the achievements of the students who were trained at the school in 2007 and also rewards some of the instructors for their dedication and commitment. A total of 40 awards were presented to a variety of personnel, ranging from sailors who are just starting out on their Royal Navy careers to others who had undergone training to prepare them for promotion. Many of the prizes were donated by individuals or by the numerous organisations affiliated to the DMLS.

Commander Nic Dodd, Commandant of the DMLS, said: "My school trains sailors and Royal Marines to take their place in the front line as professional maritime logisticians. This ceremony recognises those that through dedication and determination have achieved excellence during that training. It also is an opportunity to formally thank my staff for their commitment and sheer hard work. The invaluable support of the Worshipful Company allows us both to recognise these achievement and also to ensure that our training keeps abreast of industry best practice."

Although based at HMS Raleigh, the School is part of the wider Defence College of Logistics and Personnel Administration, and provides training to all Officers and Ratings of the Logistics specialisation including catering services, supply chain and personnel administration. In addition to providing training to the Royal Navy, the DMLS trains members of the Royal Marines, Royal Naval Reserve, Royal Fleet Auxiliary personnel and the Sea Cadet Corps.

## ALSO ON NAVAL MATTERS



*Members of the Court recieved a special invitation to visit HMS Illustrious at Greenwich*



*Members of the Court celebrate the long relationship with the Navy abroad HMS Illustrious*

# A FEAST OF A PROJECT:

***FEAST standing for – FOOD EDUCATION AT SCHOOLS TODAY – sets out to safeguard the health of the nation through practical learning – This joint initiative by the Edge Foundation, The Worshipful Company of Cooks and the Academy of Culinary Arts sets out an agenda for the future.***

Cooking based on sound principles of diet and nutrition is a basic life skill. However it is, sadly, a life skill which is no longer being acquired either in the home or at school. Helping young people to learn about real food, nutrition, and basic cooking skills will be imperative if cooking is to be restored to its rightful place, centre stage, of British Cultural Heritage, the quality of family life enhanced, and the health of the nation improved. The Academy of Culinary Arts is committed to see that food education and cookery is restored to the national curriculum from primary levels upwards. Learning to cook is an important life skill which every child should acquire - as vital a life skill as learning to read and write.

The health of the nation, in the widest sense, is in crisis. It is having a serious and detrimental effect on physical health; social health and economic wellbeing. Almost 18% of children aged between 2 and 15 have grown clinically obese in the last decade. If this trend continues one-fifth of boys and one-third of girls will be obese by 2020. Current estimates - expected to rise - put the cost of obesity to the whole economy at 7.4bn each year as a result of lost output resulting from sickness, absence and premature death. The cost to the NHS in 2003 was put at £1bn. Obesity causes around 18 million sick days; leads to 30,000 premature deaths each year in England alone and reduces life expectancy by an average of nine years (National Audit Office (2001) Tackling Obesity in England)

The Academy of Culinary Arts has recognised that urgent action is required if these trends are to be reversed, and the health of the nation restored. The Academy has recognised that those with low levels of educational achievement and skills are more likely to have poor health as adults. Increasing education, practical learning and attainment rapidly builds self esteem. It can, in particular, give young people the practical skills and ability to adopt a healthier lifestyle through informed choice and enhance their ability to secure opportunities for well paid and rewarding employment.

To some extent the Academy can take comfort from the announcement by the Rt Hon Ed Balls MP in January 2008 that, as part of the government's wider strategy to tackle obesity, hands on cookery lessons are to be made compulsory in secondary schools by 2011 for all 11 - 14 year old children. The lobbying and campaigning activities taken forward by FEAST have clearly made a contribution to this change in policy and direction by government. However, much remains to be done to secure a similar provision for children in Primary Schools.

This most recent announcement by government does not go far enough. Leaving the teaching of food, nutrition, and

cookery until secondary schooling is too late. More needs to be done, and can be done, much earlier at primary school when future eating habits are first formed. Food education and practical cookery in its own right, at the much earlier stage of primary education, is essential if young people are to make informed choices at a later stage of their development.

In response to these challenges a major new three part initiative was proposed by the FEAST task force under the Chair of Garry Hawkes CBE. Its aim is to ensure that food education and cookery through practical learning, becomes an integral part of the national curriculum in both primary and secondary schools by 2010.

The initiative comprises three separate, but related, pieces of work to be taken forward in stages:

- Stage 1:** Research - this initial research, led by Hospitality and Leisure Manpower with The City University (6 months)
- Stage 2:** Field Pilot - to be led by The City University (12 months September 2007 - October 2008)
- Stage 3:** Media Campaign - to be led by the Academy of Culinary Arts (18 months)

Having commenced with stage 1, Research, the following five clear messages have emerged:

There is an enormous amount of enthusiasm amongst many policy makers, teachers and support agencies who wish to see the teaching of food and practical cookery become an integral and compulsory part of the National Curriculum. Indeed, over 81% of respondents to our questionnaire felt that cookery should be a compulsory part of the national curriculum at primary level. They see the teaching of cookery achieving a number of objectives. Not only is cooking a basic life skill - an instinct waiting to be developed - which will greatly improve diet, nutrition and well being, but it will also foster a much greater understanding of social and cultural differences amongst local communities.

Although there are concerns that the teaching of practical cookery will add to an already overcrowded curriculum, where most things seem to be a priority, the research has identified many practical examples of ways in which this issue is being addressed by teachers who have found ways of linking the teaching of cookery into most subjects. Many see cookery as a powerful vehicle for the cross teaching of other aspects of the curriculum such as numeracy and literacy as well as geography, history, maths, science



and languages. Experiential teaching methods are being used by an increasing number of schools. There is now a real opportunity to bring practical cookery onto the curriculum.

Whilst many teachers are keen to engage in the teaching of practical cookery, many clearly lack the skills and confidence to do so. A whole generation of "domestic science" teachers has been lost. Current training provision is considered woefully inadequate. This is particularly the case with initial teacher training which commits only one day for the teaching of all food subjects. The training of primary school teachers by those from secondary school is often cited as "the blind leading the blind".

There is no shortage of information about food and cookery. Equally there is no shortfall in the number of initiatives which have addressed, or are addressing, the teaching of food and cookery in school. The problem appears to be that there have been too many initiatives which have often been short lived, and others which continue to duplicate effort. Teachers find it particularly difficult to access the information they need, and identify the many examples of good practice which exist. A central "one stop shop" clearing house is urgently required to ensure more

efficient dissemination of information. A national coordinating group is also needed to avoid the enormous duplication of effort which exists.

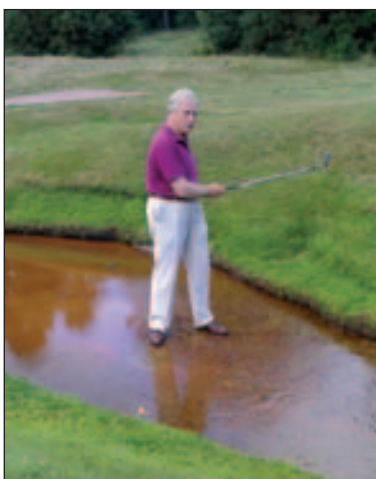
Many ways have been identified in which the Academy of Culinary Arts can help provide the expertise, support and resources needed to address the challenges and opportunities now presented. At a local level, the Academy's highly successful Chefs Adopt a School programme, given the right resources, could be expanded to help train teachers and help deliver the teaching of practical cookery in the classroom. At a national level, there is much the Academy can do, in partnership with the industry's Best Practice Forum, to establish a central one stop shop for the dissemination of information and best practice. The Academy is also keen to bring together, and work with, others to avoid duplication of effort and make best use of limited resources.

The Editor has a copy of the full report which describes the detailed objectives and work plan for the first, stage of the initiative and sets out its findings. If any member of the Livery is interested in receiving this please contact Graham Craddock on the email address on the backpage of the newsletter. We would be very interested in your views on this project.

## COMPANY GOLF UPDATE

Match versus the Royal Logistic Corps (Army Caterers) on 1st August 2008 for the Duff Cup.

The Berkshire Golf Club course near Ascot was in even better condition than usual for our thirty-third annual match. It was good to see the usual collection of old friends plus a few very welcome new faces. The Hon Secretary Liveryman Richard Herbage did his very best to arrange the morning four-ball matches to our advantage, but to no avail and a sandwich lunch was taken with the score 3-1 to the Army. The Berkshire is quite testing for the average golfer, with acres of heather to trap the unwary. Some chaps on both sides only played in the morning, but reinforcements arrived at midday for the afternoon singles.



*A less than happy Past Master Rees does a spot of fishing.*

It had rained a little in the morning and the afternoon brought bright sunshine and very heavy showers. The well mown fairways, purple heather, tall pine trees and immaculate greens do look wonderful in sunshine. Down to the serious matter of golf. We all had a thoroughly enjoyable afternoon, but sadly, most results were not in our favour.

We retired to the St. Omer Officers Mess at Aldershot, which is

showing its age and is due to be demolished at the end of the year. We enjoyed a good dinner on a table well laid with mess silver. Major Andy Johnson, acting Captain of the Army team, spoke very well of the day and read some very poignant poetry which he had written during a very recent tour in Iraq. Liveryman Richard Herbage, who had just taken over as Captain of the Company Golf Society, spoke of the great friendship which has always existed between the two teams and presented the Duff Cup to Andy Johnson. He also presented the J G Price trophy, won at our Spring meeting at Denham GC, to Liveryman David Smith.

There have been changes in the Company's golf organisation. The Late Master Peter Messent stood down after four vigorous years as Captain. Peter did a great deal to involve Company players in a variety of matches with other Companies and with charitable organisations. After many years dealing with the minutiae of the duties of Secretary/Treasurer, Liveryman Richard Herbage is our new Captain. Then Past Master Michael Messent, a worthy competitor in very many matches for the Duff Cup-has taken on the role of Secretary/Treasurer. The Golfers of the Company thank them all and wish them well.

The new team of 'officials' are putting together the programme for next year. It is likely that we shall have a Company Golf Day at Denham GC on 10th or 17th June, but with the demolition of the Mess at Aldershot, the date and location of the match for the Duff Cup has yet to be decided. All golfers will be advised.

*Honorary Freeman Bob Lawrenson*

## THE PICTURE GALLERY



*Peter, Pam and Stuart at the Cooks Corpus Christi Lecture*

The Lecture happened on Wednesday 22nd October 2008 with Prof Pam Ewen presented a fascinating lecture and John Williams Executive Chef at the Ritz, London, providing an excellent response. Peter Messent chaired the event in the absence of the Master.



*The Clerk is welcomed to the Court as an Assistant*



*Professor Tim Lang is welcomed as an Honorary Freeman*

## ON LINE UPDATE ...

### Email Appeals?

The Clerk has an urgent appeal to all members of the Company to send their email addresses to the Clerk if they have not already done so. We are very keen to use this medium as a quick and efficient form of communication.

### New Faces

Mark Herbage and Alexandra Horne have set up a group on Facebook for members of the Cooks. It is a private group and so you can join by invitation only. Its main purpose is for members to easily keep in touch in an informal way and also to share pictures that we have taken at dinners and events.

If you would like to join you will need to have a Facebook page and please ask either Alexandra or Mark for an invitation.

### Get more from the Website...

As you are aware the private side of the website is now open to the Livery and you should have received instructions if you do not know about these please send an email to the clerk or the newsletter editor who can advise you further.

Before you can start you will have to register your email address with the Clerk as this will be your username. It does take a while to do the registration so please advise the clerk as soon as possible.

The detailed instructions will advise you of the access to the login including the initial password.

As Assistant Gibson said in the last edition of the newsletter please have a go and play around the site – any comments concerning useability and information will be gratefully be received.

**Please note that the Inter-Livery Clay Pigeon Shoot next year will be Wednesday 20th May, and those interested should contact Past Master George Rees.**

Keep in touch with the Worshipful Company of Cooks of London through the Company's website at [www.cookslivery.org.uk](http://www.cookslivery.org.uk) Assistant Stevyn Gibson who is responsible for the site has done a remarkable job in revitalising the site and is looking forward to further improving the site. Please pass on any comments to him through the Clerk. You can find an electronic version of this newsletter on the website.

**Newsletter Editor, Graham Craddock Tel: 07952 259388 email: [graham@crystalhotels.co.uk](mailto:graham@crystalhotels.co.uk)**

The editor apologises in advance for any errors and omissions