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Welcome



As 2020 draws to a close, it has certainly been a year like no other. Reflecting on these challenging times show how resilient we are and how we can pull together as families, friends and communities in a way we wouldn't have imagined. Just like the rest of the world we too have had our challenges but we would like to thank all of our readers and advertisers alike for your continued support. We wish you all a Healthy & Happy Christmas.

Let Every Day Be Christmas

Christmas is forever, not for just one day,  
for loving, sharing, giving, are not to put away  
like bells and lights and tinsel, in some box upon a shelf.  
The good you do for others is good you do yourself.

*Norman Wesley Brooks*

Congratulations to all those who found Miti hidden on page 4 in the Hidden Disabilities advert.

*The winner picked out of the hat was Donna Woodcock*

She returns this issue - can you find her? She is hidden somewhere throughout these pages.

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# December Fitness Challenge

- Just 10 minutes a day -

I am sure we all agree that 2020 has been an unprecedented year, one none of us will forget, for many reasons. As it nears the end let us focus on physical and mental health. It can be a time where many put any exercise plans "on hold" possibly delaying until the New Year. As a Fitness Instructor I encourage you all to keep moving, don't stop as now more than ever our fitness is paramount to assist good health.

So my challenge to you all is a Fitness Challenge for December. Why not give the following exercises a go, no equipment needed. 10 minutes a day can make a big difference and 10 mins of exercise is far better than no exercise at all. Make it fun and get the whole family involved.

**Squats:** who doesn't love a squat, there are so many benefits but the key ones are; they strengthen your core, plus the lower body muscles (thighs, bums, tums, calves to name a few), they burn calories, can reduce the risk of injury and easy to do anywhere. For a basic squat, stand with your feet shoulder width apart, this is slightly wider than hip width. Keeping your chest up, engage your abdominals and push your hips back into a sitting position making sure you shift the weight into your heels. Make sure that your knees do not come out beyond your toes. Get to a position where your thighs are parallel, or nearly, to the floor. With an exhalation, push back up to the start position. Aim for 50 squats a day, these can be split into 2 x 25 for example.

**Lunges:** Standing with your legs shoulder width apart, arms by your side take a step forward with your first leg, stop when your thigh is parallel to the ground. Take care that your knee does not extend past your foot. Push back off the foot and take it back to the start position. Alternate with your second leg, this is then one rep. Aim for 3 x 10 Reps. This is great at challenging your balance, which is essential to promote a well-rounded exercise routine. Plus lunges will increase strength in your glutes and legs.

**Press Up:** This is a basic but effective body weight exercise which works a number of muscles. The hardest press up starts in the plank position, your

core should be engaged, shoulders down and back and neck in the neutral position. Bending your elbows you lower your body to the floor, aiming to take your chest to the floor. Extend your elbows to return to your start position. There are modified options to start with; on all fours is a great starting point and if that isn't suitable then you can do the same movement with your hands leaning against a wall. Keep your feet flat on the floor and bend your elbows to take the chest to the wall and extend out to return. Complete as many as you are able and again increase reps as you get fitter.

**Bicycle Crunches:** Not for the faint hearted but this has been named as the most effective abdominal workout. Lie on your back with legs in the air and knees pulled in toward your chest. Fingertips are placed behind your ears, take care not to grip the head and force your chin down. Engage your core and extend one leg whilst rotating your body, your opposite elbow should reach toward the leg. Work alternating legs and elbows. This exercise uses all the abdominal muscles. Remember, that whilst it is important to work our abs, this will not spot reduce fat in this area, the only way to lose fat from your tummy is to lose fat from your entire body, which is only achieved by following a healthy eating plan.

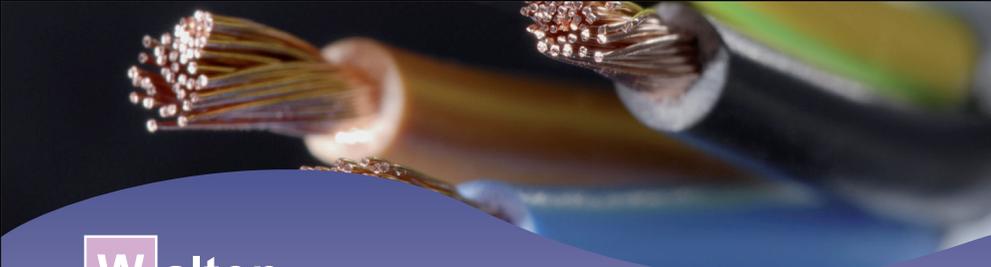
These are just a few of my favourite exercises and I hope you feel tempted to give some of them a go. Set yourself a target and make it fun. No exercise should cause pain, remember pain is an indication that something is wrong. If you have any underlying health issues then always consult a Doctor prior to starting anything new.

I wish you all a healthy and happy 2021

*Linder X*

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**MONDAY**

17:45 Kettleercise 45 Mins  
18:30 Hitt Step 60 mins



**TUESDAY**

17:45 Body Conditioning with Activation/Resistance Band  
45 Mins (Can be done without a band)  
18:30 Boxercise 60 Mins (with or without a partner)

**WEDNESDAY**

18:00 CardioBlast 60 Mins

**THURSDAY**

17:45 Boxercise 60 Mins (with or without a partner)  
18:45 Legs, Bums & Turns 45 Mins

**FRIDAY**

17:45 Step 60 Min

**SATURDAY**

08:30 Kettleercise 60 Mins  
09:30 CardioBlast 45 Min

**SUNDAY**

09:00 Fitness Pilates

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# Confit Duck With Pickled Red Cabbage & Sticky Fig Glaze



Prep time: 4 hours

Cook time: 1 hr 30 mins



2 servings

## Instructions

### Method

- 1 - Rub the duck legs with the salt, thyme, juniper and garlic and marinate for 3 hours.
- 2 - Pre-heat the oven to 120°C / fan 110°C / gas mark 1. Brush the salt off the duck and then place onto a baking tray and cover with the melted duck fat or oil.
- 3 - Gently cook in the oven for 1 ½ hours until tender. It is then best left overnight to cool.
- 4 - For the pickled red cabbage, half and quarter the cabbage, remove the large stem and finely slice the leaves.
- 5 - Add the cabbage to a colander and salt well, then leave to rest for 1 hour. Then wash all the salt away thoroughly and pat dry.
- 6 - Place the vinegar and sugar in a pan and bring to the boil. Place all the dry ingredients in a pestle and mortar and grind, then add to the vinegar and simmer for 5 minutes.
- 7 - Place the cabbage in a suitable sealable container, large enough to add the pickling liquor to. Pass the liquid through a sieve over the cabbage. The liquor should just cover the cabbage.
- 8 - Heat up the fig jam and red wine and keep warm.
- 9 - To assemble the dish, remove the duck from the fat and place onto a roasting tray and bake in a hot oven 220°C / fan 200°C / gas mark 7 for 10 minutes to crisp up the skin. Brush the skin with the fig glaze for the last 2 minutes. Top with more fig glaze and sit on top of the pickled red cabbage.

## Ingredients

- 2 duck legs
- 200ml vegetable oil or melted duck fat
- 6 cloves garlic, sliced
- 4 juniper berries, crushed
- 4 sprigs fresh thyme
- 25g salt

### FOR THE GLAZE

- 25g fig jam
- 1 tbsp red wine

### FOR THE CABBAGE

- 200g red cabbage
- 1 star anise
- ¼ tsp allspice
- 200ml cider vinegar
- 1 bay leaf
- 3 whole cloves
- ¼ tsp whole black peppercorns
- ¼ cinnamon stick
- Pinch of dried chilli flakes
- 100g sugar
- 10g coarse sea salt

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## Feature

Every year we rely on a handful of our favourite Christmas movie staples. There's nothing like getting cosy with a perfect mug of hot chocolate and immersing ourselves in *It's a Wonderful Life*, or *Elf* to set the tone of the season.

Usually Christmas films provide a break from all the frantic festivities, a little welcome downtime. Well in 2020 we've had almost nothing BUT downtime and let's face it we probably watched most of our festive film playlist back when Halloween was cancelled. But I have three wonderful festive film suggestions you may never have seen in your life, or perhaps you've simply forgotten them. Enjoy.

**29th Street** - This terrific comedy drama from 1991 is actually set in 1976. It involves a lucky Italian American son, his unlucky hard-working father, the Mob, and a lottery ticket. It's an underrated gem. Thank me later.

## Festive Films you've (probably) never heard of



**Meet John Doe** - This predates *It's a Wonderful Life* by a few years but is funnier and equal in its feel-good factor. Introduce your teens to Garry Cooper and watch them swoon.

**Brazil** - If you like your comedy black and dystopian this is the movie for you. Terry Gilliam's *Brazil* is not just a Christmas movie, it's a Christmas movie for the little people; those of us trying to get by in a world gone temporarily more insane than usual without actually succumbing to insanity. Perfect for 2020 then!

*By Kate McCarthy*

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# PUZZLE PAGES

## FACT OF THE DAY

Did you know that The Lego Group is the world's most powerful brand. There are more Lego minifigures than there are people on Earth.

## AWARENESS DAYS ... DECEM BEARD 2020

**Start: December 1st**

**End: December 31st**

Our annual sponsored beard grow is back! All across the country men will be putting away the razors and growing beards for December to raise awareness and money to support our vital research and lifesaving work to stop bowel cancer.

Whether you're new to facial fuzz or an experienced beard grower it's easy to join in; just clean shave on 30th November and watch your beard blossom. Already bearded? Ditch or dye your beard for December and get sponsored to sport a new look for the month.

Bowel cancer is the second biggest cancer killer in the UK. However it shouldn't be. It's treatable and curable especially if diagnosed early.

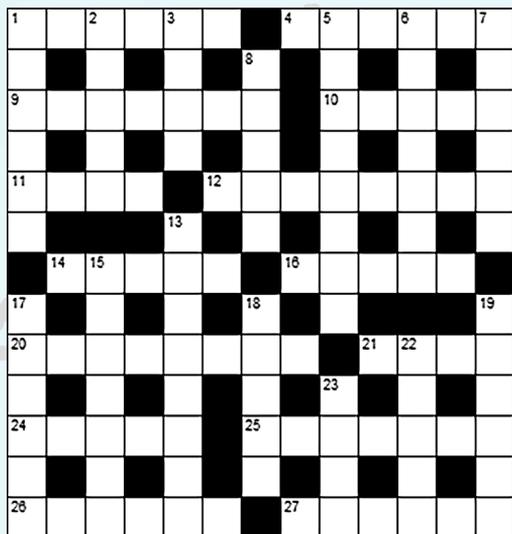


Dads, brothers, sons, uncles, nephews, grandads you can give hope and help stop bowel cancer this December.

Just complete the form below to register or email [community@bowelcanceruk.org.uk](mailto:community@bowelcanceruk.org.uk) for more information.

If growing a beard isn't for you, but still want to raise awareness, you can still download a purple beard and spread the word!

## CROSSWORD



### Across

- 1 Ploy (6)
- 4 Unknowable, occult (6)
- 9 Disapproves (7)
- 10 Angry (5)
- 11 Land measure (4)
- 12 Perplexing (8)
- 14 Dwarf planet (5)
- 16 Mournful poem (5)
- 20 Scorn (8)
- 21 Fencing sword (4)
- 24 Female relative (5)
- 25 Pills (7)
- 26 Unmarried (6)
- 27 Precious (6)

### Down

- 1 Worldwide (6)
- 2 Type of musical scale (5)
- 3 2.54cm. (4)
- 5 Precipitation (8)
- 6 Fantastic (7)
- 7 Appear, loom (6)
- 8 Ordinary (5)
- 13 Celestial (8)
- 15 Beacon (7)
- 17 Parts of a play (6)
- 18 Catches sight of (5)
- 19 Creatures (6)
- 22 Fragment (5)
- 23 Woodwind instrument (4)



# SUDOKU

## How To Play Sudoku

Fill in the grid so that each row, column and 3 x 3 box contains the number 1 through to 9 with no repetition.

	5		1				8	7
	8						5	
		6			8			2
	3				4		9	5
	9			6			2	
5	2		8				4	
3			2			9		
		2					7	
9	1				7		6	

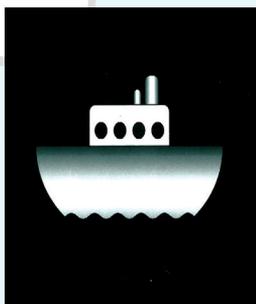
# FUZZY PHOTO!



We have made some 'minor' alterations to an image of a famous person, place or object.

Can you work out who, where or what the original images was?

# LATERAL THINKING



A man runs to quayside, performs a death defying leap and lands safely but painfully on the deck of a ferry. He is very happy, until an impressed stranger asks him a question, whereupon he starts crying. what is the question?

# MIND BENDERS

Find the three hidden phrases  
Can you find the three hidden xmas phrases?

PPPPPP  
FOR PLANET

nimassght

STEL



Now the long, dark nights of December are here we can hope for clear skies but be prepared at this time of year, when it's clear it is cold! It might be the last chance this year to see meteors as the Geminids are usually reliable.

**03-16 Dec** Geminids meteor shower

**04 Dec Pollux** 3.8 degrees North of the Moon (1.56)

**12 Dec** Moon at perigee, closest to the Earth

**13 Dec** Geminids meteor shower maximum, could be more than 100 per hour, originating near **Castor**

**14 Dec** Mercury 1.0 degrees South of the Moon. New Moon. Total Solar Eclipse visible across parts of South Africa, Chile and Argentina. Watch live streaming on the NASA website from around 1.30pm

**17-26 Dec** Ursid meteor shower in the constellation of Ursa Minor, *the little bear*, around 5 per hour. Saturn 3.1 degrees North of the Moon

**21 Dec** Winter Solstice, shortest day of the year. The Earth's North pole is pointing away from the Sun.

**23 Dec** Mars 5.6 degrees North of the Moon

**24 Dec** Moon at apogee, furthest from the Earth

**30 Dec** Full Moon

**31 Dec Pollux** 3.8 degrees North of the Moon (8.13)

### Constellation of the Month

Try and locate Gemini this month, in the East, so you can spot the Geminids. Its brightest stars are the twins Castor and Pollux. In Greek mythology Castor was the son of King Tyndareus and Pollux the immortal son of the god Zeus. Together they went with Jason on the Argo and saved a ship from a terrible storm. When Castor was killed in battle Pollux pleaded with Zeus to bring him back. He agreed and immortalized them both in the stars. When sailors saw them together, they knew their journey would be lucky, but to see only one was bad luck

### Astronomy Fact of the Month.

A Total Solar Eclipse occurs when the Moon comes directly between the Sun and the Earth, so that the Earth lies in the Moon's shadow. As the Moon is much smaller than the Earth, its shadow only covers a small part of the Earth's surface, so it can only be observed in specific areas. You must never look directly at the Sun. An eclipse is best viewed through special eclipse glasses, a solar telescope or streamed online.

### Information provided by PADAS

(Preston and District Astronomical Society)



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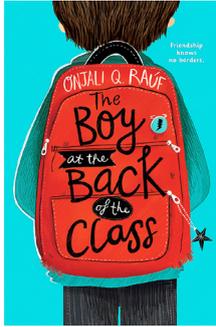
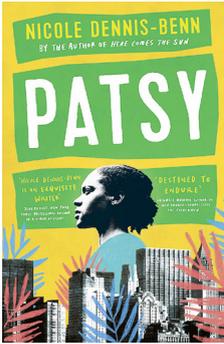


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## A Good Read



taken so long ago affect the two of them as life moves on around them in two vastly different countries?

### ***The Boy at the Back of the Class by Onjali Q Rauf***

In a similar vein we have a story for children about what it is like to be a stranger in a strange land. The difference here is that Ahmet is not an economic migrant, but a refugee, fleeing civil war in Syria.

### ***Patsy by Nicole Dennis-Benn***

Patsy grew up in an impoverished town in Jamaica and struggles to make ends meet, raising her 5-year-old daughter, Tru. But she has a dream. A dream that lies across the ocean in a city that never sleeps, watched over by Lady Liberty. She isn't the only one. Many have left Jamaica for America, sending home details of their new lives. But you can't just leave Jamaica and head to the US. When Patsy is finally granted a visa, it is only a visitor one. And just for her, not Tru.

And so, leaving her daughter behind with her previously absent father, she begins her life as an undocumented migrant. It soon becomes clear that life in New York is not what she thought it would be.

Dennis-Benn has created an engrossing novel showing the reality of the plight of migrants. Spanning a decade, it switches between Patsy and her new life and Tru's childhood as she grows up without her mother. It says something about her skills as a writer that she has created a central character that is so flawed and yet likeable at the same time. The dialogue switches effortlessly between English and Jamaican Patois, leaving you, the reader, as an inhabitant of the two worlds that Patsy herself occupies. Will she ever be reunited with her daughter and how does a decision

He arrives one day at the start of term and sits in a chair at the back of the class and carries a tattered old red backpack. He is quiet and spends break and lunchtime in Seclusion. The 9 and  $\frac{3}{4}$  year old narrator and their friends don't know why he stays apart and are determined to find out why. When they finally learn of Ahmet's story, they are determined to help him and seek the help of the one person in the country that they know can help: The Queen.

A moving story this directly challenges attitudes towards refugees and the children encounter adults who are sympathetic towards his plight, but also those who are not. Simple events show the kindness of strangers (the gift of a pomegranate) and gives hope that this next generation can be the one to bring in a change of attitude and a realisation that we are all one humanity. All too often we are quick to judge – and Rauf uses a very clever technique to bring this to the fore, leaving the reader re-evaluating everything they have read with just a few pages to go – rather than accepting. Ahmet's story is sadly not just a story created in an author's imagination but is one that too many children are experiencing – tattered backpack and all.

***By Willow Coby***



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*Thank you for supporting St Catherine's Hospice*

# Get your next adventure in the diary!

Whilst we totally appreciate the last few months have been very difficult for everyone, we feel like this is the right time to get excited and start to plan your *2021 or 2022 adventure.*

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## EMPLOYERS URGED TO REWARD STAFF AND KEEP MONEY LOCAL WITH THE PRESTON GIFT CARD THIS CHRISTMAS

Preston BID is encouraging employers in the area to consider rewarding staff with the Preston Gift Card for Christmas this year, keeping money local and supporting local economic recovery.

A survey published in HR Review found that less than one fifth of UK companies are planning an office Christmas party for 2020. Ongoing restrictions surrounding the coronavirus pandemic mean that many employers are looking for new ways to reward their staff for their dedication during a challenging year. The Preston Gift Card can be redeemed at more than 50 places in the city centre, from independents to national brands, and the list is growing daily.

The Card is available for employers to purchase from £10-£500. Recipients of the Preston Gift Card can use the card like local currency, in one transaction or many, and on retail, hospitality, services and leisure.

Each Preston Gift Card is a prepaid Mastercard which is valid for 12 months from purchase, offering employers a secure way to gift. Cards can be purchased online and delivered straight to the recipient. Employers can make bulk orders of the gift card directly with Preston BID.

Employers in the area who reward staff with the Preston Gift Card can take advantage of the UK trivial benefits scheme. A business can give an employee a benefit of up to £50 without paying tax, but only if the benefit isn't in cash!

The Preston Gift Card is delivered in partnership with Miconex, an award-winning company specialising in destination Gift Cards.

The Gift Card and Voucher Association valued the UK gift card market at £7bn in 2019, also reporting that 98.6% of gift cards are spent within a year of being received and 65% will be spent on top of the value of the card received. The Incentive Research Foundation research placed gift card programmes at the top of incentive wish lists for employees.

Employee gift cards can be reserved by contacting Preston BID on:

**(01772) 653000**

or emailing [bid@lancschamber.co.uk](mailto:bid@lancschamber.co.uk)

Jonathan Halton of Preston BID said: "The Preston Gift Card is a socially conscious choice for employers wanting to support Preston whilst giving their staff a reward they will appreciate.

"There are approximately 100,000 adults living in the city of Preston. If each adult in the city buys, or is gifted, a £10 Preston Gift Card, that is over £1m that we would lock into Preston, which would have a huge impact on employment."



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## The Christmas Wreath...

Over the festive season a wonderful way to welcome family and friends to your home is to hang a beautiful Christmas wreath to enhance and create a magical festive feeling.

Today it's almost as essential to have a Christmas wreath as it is our beautiful decorative Christmas trees as part of our festive decorations, it's so special to share nature elegance by hanging a Christmas wreath especially in these difficult times.

Christmas wreaths are very popular as Christmas decorations and beautiful for everyone to enjoy.

They are made of different evergreen foliage adding colour and texture, the foliage used in the wreaths represent strength as all the foliage used can survive very cold winters. So whether you like to design and create your very own Christmas wreaths or buy one from your local florist believe me you will be the envy of your neighbourhood and will bring a smile to people passing by.

The word wreath is drawn from an old English word 'writhen' meaning to twist. Over centuries wreaths have been associated with a number of different cultures, it is believed that wreaths go as far back as ancient Egypt and Ancient Greece, the wreaths in Roman times symbolised status and victory when either hung on their doors or also worn as headdresses, these were usually made from laurel. The Christians believe the wreaths to represent eternal life.

Each part of the Christmas wreath has its own meaning, for example; the circle shape is said to have a few different meanings both to Christians and non Christians alike for some it represents the hope of eternal life and for others it represents the seasons from spring to winter and eventually back to spring. The materials used in the wreath making in earlier days was evergreen foliage each different species having its own meaning,



Holly represents the crown of thorns, Cedar is well known for its healing qualities, Laurel for strength and victory, Pine and Yew symbolise eternal life and finally Pine cones and seed heads represent birth and rebirth. The colours of the Christmas wreaths also have special meaning the traditional colours are red and green, red represents the blood Christ shed on the cross and the green symbolises life and growth. Whatever your beliefs this is just a small taster of some of the wreaths history, the tradition of hanging a Christmas wreath has a surprisingly deep rich history which is so very interesting.

There are so many beautiful design of wreaths these days from the natural traditional Christmas wreaths to the flamboyant wreath using silk bows and glittered baubles. Which ever one you choose to adorn you door please remember you will make someone smile and give them a little bit of Christmas joy

Merry Christmas to you all. Jane x

**By Jane McNeela**  
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## What Has Covid-19 Done for Our Community Spirit?

The end of the year is a traditional time for reflection though we might be forgiven for wanting to put 2020 behind us without the need to re-examine events! But far from wanting to forget it ever happened, there are certain aspects of the last 12 months that bear revisiting and prove that there are more positive things going on in the world than negative ones.

The UK's response to Covid-19 has had an unexpected upside: it has demonstrated that we have an amazing capacity for generosity and community spirit at times of severe crisis. Feel-good stories about neighbours helping neighbours, clapping for the NHS and carers, and the heart-warming campaign of Captain Sir Tom Moore regularly graced the headlines, giving us a sense that all was not lost even as we battened down the hatches for a second time.

The nationwide and regional lockdowns placed a huge emphasis on local communities and the need for people to help each other, particularly the elderly and vulnerable. Caring for others has always been part of human nature but the pressures of modern life meant it often got pushed down the priorities list. Being forced to stay at home means we've unilaterally developed a new habit of looking out for one another and its one we're apparently keen to stick with. According to a recent survey 68% of UK adults want to continue helping others even after the current crisis has passed.

It seems we're getting used to being active members of our local communities. We've been discovering the joys of shopping locally, nodding at strangers even as we keep our distance on long walks, litter picking in the local park, shopping for elderly neighbours and offering up surplus loo rolls. Even during the pared-down VE celebrations in May many people set up picnic tables in their front



gardens and drives, waving to each other and chatting from behind garden gates and privet hedges as they drank tea or quaffed a cocktail or two.

Who can forget the images of people singing on balconies in Italy? Or that over 750,000 people signed up to be an NHS volunteer? Or the hand drawings of rainbows in windows? This renewed sense of togetherness is a boost to our mental health, so its one that we should all work to nurture, not just for now but long into the future. Doing good gives us a rush, making us feel good in return, reducing our own stress and improving our wellbeing.

As we head into the new year we should try to remember that despite all the panic and fear that this historic global pandemic has brought, despite the uncertainty and the disruption, this crisis has truly illuminated the best of humanity. We've witnessed a revolution of kindness and communities coming together just when we needed it most. Don't let it die.

**By Helen Say**  
Freelance Writer  
([www.cblservices.co.uk](http://www.cblservices.co.uk))

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Calluses are rough or thick waxy areas of skin appearing on similar areas of the feet but much less painful. They are both caused by pressure to the feet. If they are left untreated, they can build up and become more painful and could eventually break down and cause ulcers.

The best prevention is properly fitting footwear with a low heel, the daily application of moisturising cream (avoiding the areas between the toes) keeping the skin supple and the gentle

## Corns & Callus

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## Hard-Working Ivy

*The Holly and the Ivy,  
When they are both full grown,  
Of all the trees that are in the wood,  
The Holly bears the crown.*

Holly is much coveted festive greenery but what about ivy, or *Hedera* to give it the botanical name? It makes up the trio of festive plants, the other being mistletoe, and frankly it's usually seen as a bit of a poor relation, misunderstood and mostly unloved.

Yet ivy is a great workhorse in the garden. It's evergreen, it attracts wildlife and is excellent on those north-facing walls and fences where nothing else seems to grow. It's not just a dark green cloak either; there are many cultivars with different leaf shapes and variegated foliage. The variegated varieties are great in those areas that catch just a little sunlight during part of the day as they suddenly seem to illuminate a usually dull spot.

Ivy is great for disguising an ugly wall, a bare fence, or an old tree stump. It's a reliable and self-clinging climber if you choose the right variety and remember to prune it correctly. The young climbing stems are slender and flexible with small aerial roots that fix the shoot to a surface. Adult stems are thicker, self-supporting and do not have roots. Unlike mistletoe ivy isn't parasitic so won't harm trees but be careful about letting it grow on the walls of your house as it will damage weak mortar and pebbledash. If growing on a property it needs to be clipped back in spring and summer, so it doesn't do any damage to structure underneath. Don't let it get into gutters because it will clog them then infiltrate under tiles or slates.

Ivy is excellent ground cover. It will scramble over areas of poor soil and brighten the ground between shrubs during the dark winter months. Persian ivy, *Hedera colchica* 'Dentata Variegata', is lovely because of its large, yellow-edged leaves. *Hedera canariensis* 'Gloire de Marengo' is also good. Its red stems and large leaves



with splashes of yellow looks rather splendid. If you need an area covered quickly try *Hedera Hibernica*, which is a vigorous native ivy.

*Hedera helix* is the other native ivy and this one has numerous cultivars including Goldheart, which has yellow-centred leaves, Green Ripple, with frilly edged leaves and 'Buttercup' which is bright yellow.

If you love to support the wildlife in your garden, then ivy is a terrific plant. During autumn and early winter adult ivies produce small greenish-yellow flowers. These are especially rich in nectar so attract bees, butterflies, hoverflies, and other insects, providing them with a place to overwinter. Birds like thrushes, blackbirds and robins enjoy the purple black berries which ripen from late winter to mid-spring, providing a much-needed winter food source.

I hope I've made a good case for growing ivy in your garden. Holly might bear the crown, but I reckon ivy deserves a tiara at the very least!

Happy gardening and Merry Christmas.

**By Rachael Leverton**

## Cauliflower Cheese Pithivier with Leek, Chestnut & Truffle Oil



Prep time: 40 minutes

Cook time: 40 minutes



4 servings

### Instructions

#### Method

- 1 - Pre-heat oven to 200°C / fan 180°C / gas mark 6. Unroll the pastry and cut out 2 discs. Make one slightly larger than the other.
- 2 - Cook the leeks in the oil with the garlic, thyme and season. Add the diced chestnuts.
- 3 - Cook the whole cauliflower in salted water until tender, then cool.
- 4 - For the cheese sauce, melt the butter in a pan and then add the flour. Add the milk a little at a time and whisk until smooth with no lumps. Add the mustard, tabasco, 100g Cheddar cheese, 50g Parmesan and the truffle oil. Leave to cool a little.
- 5 - Pour the sauce over the cold cauliflower until it has an even thick layer and sprinkle with the remaining cheese.
- 6 - To assemble the pithivier, place the smaller puff pastry disc onto a parchment lined baking tray. Add the leeks mixture to the puff pastry, leave a 2cm edge. Sit the cheesy cooked cauliflower on top of the leeks then brush the edge of the pastry with a little bit of the beaten egg.
- 7 - Place the larger puff pastry disc on top and seal the edges. Be careful to have a nice seal with no gaps. Brush the remaining beaten egg on top and cut a few holes in the centre.
- 8 - Crimp the edges tight with a floured fork and bake for 25-30 minutes until golden and serve with green vegetables.

### Ingredients

- 2 packs full butter ready rolled puff pastry
- 1 tbsp vegetable oil
- 2 leeks, sliced
- 1 small cauliflower
- 1 clove garlic, crushed
- 1 pack cooked peeled chestnuts, diced
- ½ tsp thyme
- 1 egg, beaten

#### FOR THE CHEESE SAUCE

- 25g butter
- 25g plain flour
- 250ml milk
- ½ tsp English mustard
- 125g grated mature Cheddar
- 60g grated Parmesan
- 1 tsp truffle oil
- Dash of tabasco

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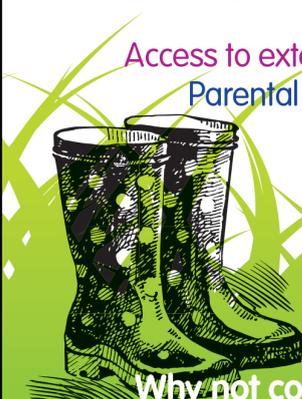
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A Snowman

## Useful Numbers

### Police (Non Emergency) 101

Eastern Area 01772 415745  
Crime Stoppers 0800 555 111

### Fire (Non Emergency)

Free Fire Safety Checks 0800 169 1125  
Bamber Bridge Station 01772 334911

### Health Services

#### NHS (Non Emergency) 111

NHS Direct 0845 4647/111  
Samaritans 116 123  
Royal Preston Hospital 01772 716565

### Community Centres

Gregson Lane CC 01254 852998  
W-L-D Youth Ctr 01772 338106

### Bus Enquiries

Preston Bus 01772 821199  
Stagecoach 01772 255777

### Rail Enquiries

National Rail 0845 748 4950

### Councils

Preston CC 01772 906900  
South Ribble BC 01772 421491

### Animal Care

RSPCA Advice 0300 1234555  
RSPCA Emergency 0300 1234999

### Leisure Centres

Westview 01772 796788  
Fulwood 01772 716085  
Bamber Bridge 01772 322012

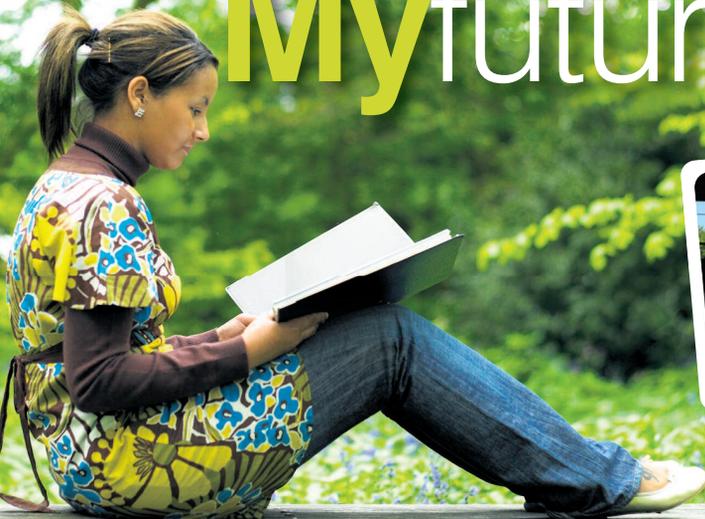
### Libraries

Bamber Bridge 0300 123 6703  
Harris Central 0300 123 6703

### Utility Providers

Electricity (Utd Utilities) 0800 195 4141  
Transco Gas Emergency 0800 111 999  
Water (Utd Utilities) 0845 746 2200

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