

# Take five with North Norfolk

WHAT'S ON, WHAT'S GOOD AND WHERE TO GO! LIVING



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## Foodie facts

**A refreshingly sweet treat: The White Horse Lemon Tart, by Fran Hartshorne, head chef at The White Horse, Brancaster Staithe**

**Sweet pastry**  
250g butter  
500g plain flour  
4 egg yolks  
140g icing sugar

Dice the butter and rub into the flour and icing sugar. Add egg yolks and bring together, if needed add a splash of water. Wrap in clingfilm and rest in the fridge for 30 minutes minimum.

**Filling**  
5 eggs  
140g caster sugar  
150ml double cream  
100ml lemon juice and zest

Mix all the ingredients together and set aside. Blind bake cases on 140C for the first 10 minutes then remove baking beans and cook until golden.

Add lemon tart mix and bake for 15 to 20 minutes, until set. Enjoy!

[www.whitehorsebrancaster.co.uk](http://www.whitehorsebrancaster.co.uk)

## 1 Headlining this week



Wolterton Park

### CLASSIC SOUNDS

Wolterton Park will play host to open air recitals this August - two evenings of string music in aid of the Help Musicians charity.

The Wolterton Park Recitals will bring together nine internationally acclaimed musicians as The Wolterton Ensemble, under the musical direction of Norfolk-based Hannah Perowne. They'll be performing a Baroque Recital on Friday 21 August and a Romantic Recital the following evening.

Enjoy the recital from a three by three metre reserved area of the South Lawn. A maximum of six guests is permitted per booking. Tickets cost £30 per person.

Head over to [www.woltertonpark.co.uk](http://www.woltertonpark.co.uk) for more details and to book.

### ZOOM IN

The Garage in Norwich has a packed programme of activities via Zoom this summer. They're running a Performing Arts Week from Monday 17 to Friday 21 August, a week of bespoke one to one and group sessions in acting, dance and musical theatre for ages eight to 17 years.

There's also a D4Dance Summer Workshop on Tuesday 18 August for ages 12+, and two weeks of taster sessions for their termly classes and accredited courses, in theatre, dance and fitness from 24 August to 4 September for all age groups; from baby ballet to street dance, and mat Pilates.

Visit [www.thegarage.org.uk](http://www.thegarage.org.uk) for more details and to book.



The Garage dance lessons, July 2019

### ART AND ABOUT

It's West Acre Gallery's Summer Art Fair this weekend, a socially-distanced indoor and outdoor market featuring affordable art, homewares, cards and handmade gifts created by local artists, designers, makers and artisans.

Look out for original artworks, quirky one-off items of jewellery, ceramics and more. There'll be refreshments too.

Saturday 8 and Sunday 9 August, 11am to 4pm; free entry.

[www.westacregallery.co.uk](http://www.westacregallery.co.uk)

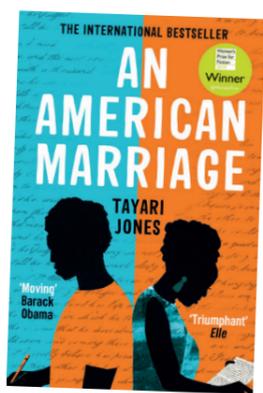


'Flight' by Gill Thornton, who'll be at the Summer Art Fair

## 3 BOOK CHAT

### SUMMER READS FROM THE NNL TEAM

**An American Marriage by Tayari Jones**  
Oneworld, £8.99



Life is good for newlyweds Celestial, an artist, and Roy, a young executive, in Atlanta. But their happiness is short-lived; on a night away, Roy is arrested, and later sentenced to 12 years in prison, for a crime his wife knows he didn't commit.

This award-winning novel movingly explores love and loss, family and friendship, and crucially, racial injustice and its profound effects. This is definitely one for your to-read list this summer.



**Richard Campey, owner of The One Shop Nature Shop in Burnham Deepdale**

### Working

During lockdown on my photographic library and finally sorting out some photo books from previous birdwatching trips to Oman, France, Spain and Bulgaria. Also, the usual things everyone else has done during lockdown like growing vegetables, trying to make bread properly, failed with sourdough, and of course decorating.

### Reading

During lockdown I reverted to some old favourites like the Zoo Quest black and white books written by David Attenborough, in particular Zoo Quest for a Dragon, well before his now fantastic world prominence as a conservationist.

### Watching

You'd expect me to say many wildlife boxsets but I have lapsed into watching series I'd never normally go for and been very surprised by some of them namely The Handmaid's Tale, The Young Montelblano, Westworld series 3 (still trying to work it out) and Saturday Kitchen when I'm normally working - this leads to many new attempted recipes in the kitchen - not always successful!

### Listening to

Birds in the garden in particular the nesting house martins and ever hopeful that I'll hear the return of our tree sparrows, absent for five months now. The dawn chorus with the lack of traffic has been deafening.

### Discovering

A bit of DIY with the help of YouTube (I installed drive over manhole covers for drains!) However, best was walking the fields of Great Bircham. Daily walks into new areas I have never had time to look at before and amazed by the numbers of nesting whitethroats and lesser whitethroats. Also had time to start following some great photographers' blogs and feeds, Gary Pearson (landscape), David Tipling (wildlife), Tim White (astro), to name just a few.

### Destressing by

Taking our dog Teasel on walks and enjoying her enthusiasm at the additional time spent outside. Taking 30 minutes relaxation on the settee doing absolutely nothing.

### Growing

Hmm... the courgettes have become marrows, the broad beans are probably the most expensive per broad bean in the county, but beetroot is the winner! Oh yes and the freezer is full of spinach soup.

## 5 Fab finds... FOR A BIT OF FLOWER POWER!



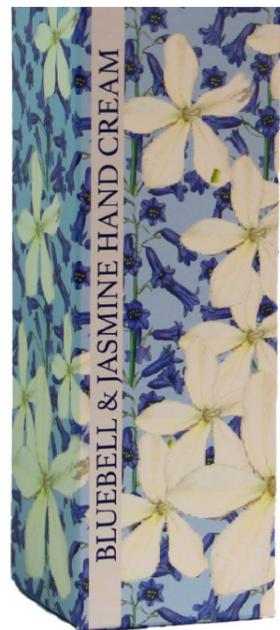
MICHA SKIRT £69, Allez Chic, Castle Rising; [www.allezchic.co.uk](http://www.allezchic.co.uk)



PYJAMAS £42.95, The Barn at Artemis, Cley; [www.artemisclay.co.uk](http://www.artemisclay.co.uk)



PANACHE SWIM FLORENTINE BANDEAU BIKINI TOP £36 and MIMI PANT £21, Pollard & Read, Holt; [www.pollardandread.co.uk](http://www.pollardandread.co.uk)



KEW GARDENS BLUEBELL & JASMINE HAND CREAM £9, The Old Stores, Roydon; [www.theoldstoresroydon.co.uk](http://www.theoldstoresroydon.co.uk)



BASEBALL CAP £8, Relish, Burnham Deepdale; [www.relishonline.com](http://www.relishonline.com)