

Take five with North Norfolk

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

1 Headlining this week



In the house

You can now visit inside Blickling Hall again, as well as enjoying the grounds. After five months, some of the house's rooms have recently been reopened to visitors, so you can once again discover Blickling's collections and learn more about the important 18th century Long Gallery library.

The house is open from 11am daily, with the last entry at 2.30pm. Safety measures are in place and visitors need to pre-book for entry to Blickling Estate. Due to the queuing system in place for the house, entry is not guaranteed.

www.nationaltrust.org.uk/blickling



Glorious gardens

Dersingham Open Gardens has been rescheduled to this Saturday 5 and Sunday 6 September, from 11am to 5pm, giving visitors a chance to get some late summer/ autumnal horticultural inspiration. Tickets cost £5 on the door and refreshments will be served in the Village Centre. The government's Covid-19 guidelines will be in place. Proceeds will be shared between St Nicholas Church and the Village Centre.

Dersingham Pottery & Gallery is definitely worth a pit stop on your garden tour - their summer exhibition continues, and they'll be open from 10am to 5pm on both days.

www.dersinghamopengardens.co.uk; www.dersinghampottery.co.uk

4 BOOK CHAT

SUMMER READS FROM THE NNL TEAM

The Secret Seaside Escape by Heidi Swain
Simon & Schuster, £7.99

Published in April, local author Heidi Swain's 10th novel has proved to be an ideal lockdown read. Romance, the coast, need I say more... Following a shocking discovery, Tess Tyler escapes from her high-pressure job working for her father, to the seaside town of Wymouth on the North Norfolk coast, where she used to holiday as a child. Tess settles into life in the town, making friends and growing close to barman, Sam. But the past and its secrets don't always stay in the past...

The Secret Seaside Escape does what it says - it offers sheer escapism, and a cast of characters I hope we'll hear from again!

Read my interview with Heidi at
www.northnorfolkliving.co.uk



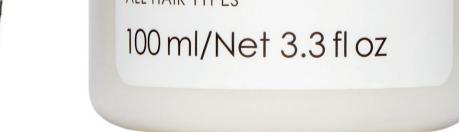
5 Fab finds...

FOR SOME END OF SUMMER PAMPERING



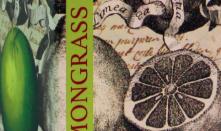
BUMBLE AND BUMBLE WHILE YOU SLEEP OVERNIGHT DAMAGE REPAIR MASQUE £40, Barnetts, Drove Orchards, Thornham; email salon@barnetts-hair.co.uk to purchase

OLAPLEX NO.3 HAIR PERFECTOR £26, Apple Hair Design, Holt; email info@applehairdesign.com to order



100 ml/Net 3.3 fl oz

ELEMIS SUPERFOOD AHA GLOW CLEANSING BUTTER £30 and ELEMIS SUPERFOOD GLOW PRIMING MOISTURISER £39, The Retreat, The Old Stables, Brancaster Hall; call 01485 210387 or email hello@theretreat-spa.co.uk to purchase



KEW GARDENS LEMONGRASS AND LIME HAND CREAM £9, The Old Stores, Roydon; 01485 600591 www.theoldstoresroydon.co.uk

ELEMIS SUPERFOOD AHA GLOW CLEANSING BUTTER £30 and ELEMIS SUPERFOOD GLOW PRIMING MOISTURISER £39, The Retreat, The Old Stables, Brancaster Hall; call 01485 210387 or email hello@theretreat-spa.co.uk to purchase

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Foodie facts



Chris Mann, head chef at Titchwell Manor, shares his recipe for flank steak marinated in Korean BBQ sauce, Norfolk heritage tomatoes and chimichurri

Serves 2-3

The steak

1 flank steak
4 tbsp dark muscovado sugar
10 tbsp soy sauce
2 tbsp honey
6 garlic cloves crushed
1 tsp gochujang paste
2 tbsp rice wine vinegar
2 tbsp sesame oil
1/2 tsp ground black pepper

- Marinade all together for at least two hours, preferably overnight
- Cook for 2 minutes either side in a searing hot pan or on a barbecue, and allow to rest for 10 to 15 minutes

You'll need 6 to 8 heritage tomatoes, sliced 1/2cm thick and arranged on a large plate

For the chimichurri, finely chop

1 large handful oregano
1 large handful flat leaf parsley
1 red onion
1 garlic clove

Mix together in a bowl with

1 lemon zest and juice
1 tbsp rice wine vinegar
1 large pinch red pepper flakes
100ml of good olive oil

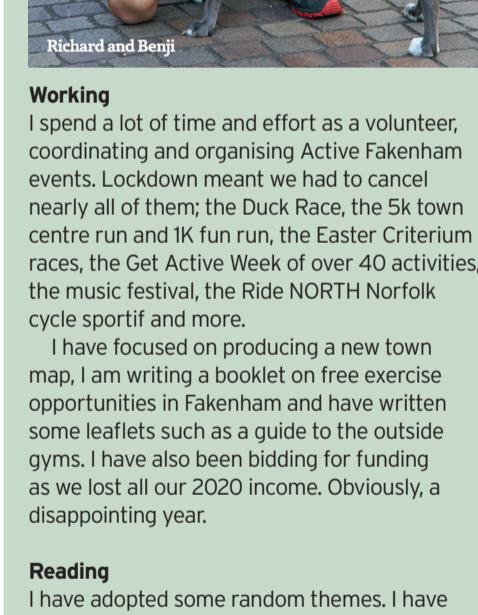
- Drizzle the chimichurri over the tomatoes, slice the steak and serve

www.titchwellmanor.com

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Lockdown living with...

RICHARD CROOK OF ACTIVE FAKENHAM



Working

I spend a lot of time and effort as a volunteer, coordinating and organising Active Fakenham events. Lockdown meant we had to cancel nearly all of them; the Duck Race, the 5k town centre run and 1K fun run, the Easter Criterium races, the Get Active Week of over 40 activities, the music festival, the Ride NORTH Norfolk cycle sportif and more.

I have focused on producing a new town map, I am writing a booklet on free exercise opportunities in Fakenham and have written some leaflets such as a guide to the outside gyms. I have also been bidding for funding as we lost all our 2020 income. Obviously, a disappointing year.

Reading

I have adopted some random themes. I have taken on a young dog for the first time, so I have enjoyed reading dog training books (Total Recall still a work in progress) which I am passing on to the dog, but he seems to be ignoring them. Also, travel adventure books about extreme feats such as cycling round the world. I am currently reading Walden by Henry Thoreau.

Watching

I normally watch sport but there wasn't any, which was weird. We seem to have a million channels and nothing I feel like watching although I am sometimes happy to watch whatever is on. I enjoyed The Durrells.

Listening to

Sometimes driven to nostalgia, I think. I listen to the radio a lot, Sounds of the 70s and loads of news and current affairs which I need to limit to avoid getting overwhelmed. I listen to podcasts.

Following

I do look at social media, probably too much I think. Partly for Active Fakenham which has several channels and then I get distracted and led to something else.

Destressing by

I used to do lots of sport and exercise, but I have had a few operations recently, so I am doing lots of dog walking which he seems to appreciate despite looking glum. Reading, chatting - the usual things.

Growing

Tomatoes, cucumbers, peppers, chillies, courgettes etc. I am not a gardener and most of these seem to be in the house. The garden is mostly for sitting in and mowing.

www.activefakenham.org.uk