

31st May 2020

# The Tilly Times

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We hope you have all had a lovely half-term break and have been enjoying this beautiful weather. As the country is beginning to try to slowly recover and we see businesses and schools re-open, it seems a fitting time to make this the last of the Tilly Times.

Thank you for all of your contributions and positivity; it has been wonderful to share your stories and adventures. I have certainly regained my passion for cooking, largely helped by Adele's Menu of the Week!

## Huge thanks to:

- ▶ **Carla Wallace-Clark for French Fun**
- ▶ **Big Maz a.k.a. Mary Richardson for her advice on keeping us all fit and healthy**
- ▶ **Adele Barry for her ravishing recipes**

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## Cheshire West and Chester Cycle Routes

With more and more people cycling, Cheshire West have put together some information regarding purchasing bicycles, maintenance and cycle routes. Follow the link for full details.

### Traffic-free routes

#### Canal Pathway

An approximate 15km/10 mile journey along the Shropshire Union Canal towpath from Waverton to Ellesmere Port. The paths are all flat except for a short hill leading to the Northgate Locks in the heart of Chester. The canal towpath can at times become narrow and you will have to negotiate some low bridges, so it's not suitable for bikes towing trailers.

- [Canal pathway \(PDF, 1.2MB\)](#)

#### Railway Path/Chester Greenway

The Greenway starts in Mickle Trafford and ends in Deeside. This route utilises the track bed of the disused railway line, the path which is part of the National Cycle Network route 5, was constructed in 2000 and is also known as the Millennium Grenway, and extends past Kingsway and onto Mickle Trafford.

- [Chester Greenway \(PDF, 1.2MB\)](#)

<http://itravelmart.co.uk/cycle/?fbclid=IwAR2E4nkVOI4ikDSxt5nnwhgLXELVnOS8fAWEIjnDU7SIYKIT7FH0peyz61g>

## Adele's Menu of the Week

### Lamb Koftas with Greek salad (from Joe Wicks, Lean in 15, Shift)

700g lamb mince

2 tsp cinnamon

2 tsp cumin

4 spring onions, finely sliced

2 cloves finely chopped garlic

Salt and pepper

Mix all ingredients together in a big bowl.

Mould into sausage shapes, pop a skewer through the centre, or leave as they are.

Grill until browned and cooked. Approx 8 min each side.

Serve with pitta bread or flatbreads, tzatziki, hummus and Greek salad (tomato, cucumber, olives, feta)



### Mixed Bean Tacos

1 large onion, finely chopped

2 cloves garlic, finely chopped

1 tsp cumin

1 tsp oregano

400g tin mixed beans

400g tin chopped tomatoes

1 tbsp tomato puree

Salt and pepper

1 pack tacos

Sauté onion and garlic for 5 minutes. Add the remaining ingredients. Simmer for 15 min. Season to taste. Warm tacos.

Serve with crème fraiche, salsa, cheese, jalapenos or rice.

### Chicken and bacon salad

Iceberg lettuce

3 chicken breasts, cooked

1 packet of bacon, grilled

4 hard-boiled eggs, cut into quarters

150g sundried tomatoes

2 carrots, grated

Honey and mustard salad dressing

Garlic bread

Mix all ingredients together and pour over dressing. Serve with garlic bread or baked potato





### BBQ - Tandoori chicken

4 chicken breasts, cut into thirds  
 4 tbsp of natural Greek yogurt or crème fraiche  
 3 tbsp tandoori powder

Mix the yogurt/crème fraiche in a large bowl. Add the tandoori powder. Add the raw chicken, stir and make sure you coat all the pieces. Cover and pop in the fridge for as long as you can. Ideally overnight or in the morning but you can do an hour before. The longer it marinates the better it tastes!

Cook on a baking sheet in a 180c oven for 20-25 min until chicken is cooked. This is also delicious on the bbq! Serve with salad, rice or naan bread.

### Sticky Chinese Chicken Tray Bake (from BBC Good Food)

8 chicken thighs, skin off  
 4 tbsp hoisin sauce  
 2 tsp sesame oil  
 2 tbsp honey  
 2 tsp Chinese five spice powder  
 1 tsp ginger  
 2 garlic cloves, crushed  
 Bunch spring onions chopped  
 1 red pepper, thinly sliced  
 50g cashew nuts



Mix the hoisin sauce, sesame oil, honey, five spice powder, ginger and garlic. Coat the chicken with the mix. Leave to marinate for a minimum of 30 min. Ideally overnight. Cook in a baking tray at 180c for 30 min. Remove and stir in the spring onions, peppers and cashew nuts. Cook for a further five minutes.

### BBQ - Mustard Potato Salad Side (I didn't have vinegar or horseradish and it was still lovely)



800g new potatoes  
 2 tsp wholegrain mustard  
 2 tbsp white wine vinegar  
 4 tbsp olive oil  
 Small bunch of spring onions, finely chopped  
 3 tbsp mayonnaise  
 2 tbsp sour cream or crème fraiche  
 1 tbsp horseradish

Boil the potatoes for 10 min, leave to cool. Mix all other ingredients in a bowl. When the potatoes are cold stir into the mixture.



**Slow cooked Frito Pie (Adapted from Simon Rimmer)**

1kg stewing beef or chuck steak, cut into chunks,

1 onion, finely diced

1 chilli, finely diced

1 tsp garlic powder

1 tbsp tomato puree

1 tbsp cayenne pepper

1 tbsp smoked paprika

1 tbsp ground cumin

250ml tomato passata

500ml beef stock



To serve: 300g of tortillas chips, the finely chopped chilli, 200g of sour cream/crème fraiche, jalapeno slices, lime wedges, chopped avocado and 225g grated cheese.

Fry the beef in a frying pan until lightly browned. Remove from pan. Add onion, chilli and garlic powder to the pan, cook on a low heat for 10 min. Add tomato puree, cayenne pepper, paprika and cumin, cook for five min. Add passata and beef stock, stir well. Cover and put in over at 140C or in a slow cooker on low. Cook for 6-8 hours. Serve with accompaniments on top of the tortilla chips.

### Big Maz's Exercise Corner

Well the lockdown continues, however the weather has just been perfect which has allowed us to get out a bit more. There is no change in what I am able to do in terms of classes so the weekly zoom sessions continue. Monday is Cardio, Wednesday is core and weights, and as a one off next Friday, I am do a dancefit session. I had a practice with a few willing participants, and once I pulled Simon out of a meeting with his bosses, all went well. There is no need to be good at dancing, its all about having fun!!! All classes start at 6pm , which I know is teatime, but there is no time that suits everyone!!! I will put out a general invite on Whats App, if I don't have your number, please contact me on 07970102464. In the meantime, Keep Well, Keep Safe!!!

Big Maz xxxx



If you have enjoyed the taste of language learning offered by Madame Wallace-Clark or wish to take up learning languages, please get in touch:



**Salut!**

**Ciao!**



Ever fancied learning the lingo?  
French or Italian?

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*(Classes can also be held online via video link)*

Give me a call on 07881 627156 or email  
wallace\_carla@yahoo.co.uk and...



**A bientôt!**

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**Ci vediamo!**

Thank you once again for contributing and reading the Tilly Times over the past ten or so weeks. Now, let us look forward and enjoy each moment as we re-connect with our loved ones wherever possible.

Rachel Corlett