

THE **E** LIST

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Your **FREE**
Magazine
featuring 200+
things to do
locally

Your cultural life in and around Walthamstow, Leyton, Leytonstone, and Wanstead

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FELLOWSHIP IS LIFE

E~LICIOUS

A DIRECTORY OF FINE THINGS TO
EAT, DRINK AND SAVOUR



E17 Cook Book Club

Words Silvana Gambini ~ Photography Simon Goodwin



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Cooking up a storm...

This October, **Silvana Gambini** interviewed members of the monthly E17 Cook Book Club at the Italian Regional cuisine meet up. And **Simon Goodwin** showed immense restraint in photographing all the great food on offer before finally chowing down!

Jules Haley and Rachel Yates (pictured top right) – better known as the ‘Walthamstow Foodies’, authors of the well-respected local food blog – had wanted to run a regular foodie event for some time and, in November 2014, they launched the E17 Cook Book Club. Their vision was for something informal, self-sufficient, fun and democratically run. A passion for food is the only requirement for membership, with every level from novice cooks to ‘master chefs’ welcome.

But how does it work? It’s simple - you bring one or more dishes you’ve cooked based on that month’s theme; set everything out on the buffet table; everyone introduces their dish/es and talks about their sources – family, cook book or online recipe; then the eating and chatting commence. People ‘chew the fat’ about anything and everything as they break bread together – of course the food they’re eating is a popular topic!

Members predominantly live in the E17 area and there is a diverse mix of people – singles and couples, gay and straight, with some people hailing from outside the UK – Ecuador, America, Brazil, Turkey, Holland, Italy, France - which leads to some great culinary exchanges.

Newcomer Nusreen Brown confessed “I was really scared about coming tonight, but I’m really glad that I did! Everyone is so friendly and welcoming and the food is amazing.” Regular attendees, Siu Hing Lo and Ceri Wilkinson agreed that they’d approached their first meet ups with trepidation, but that feeling had quickly dissipated once they got into the swing of things. Lisa Brown enthused “I really love this group! It was a great way of meeting locals when we first moved to E17 and so many of these guys have now become friends to me and Chris, my partner”.

Another member Julio Kettley, ex-lawyer turned caterer, reached the final of the Brazilian version of ‘The Taste’. An amateur at the time, he unwittingly managed to slip through the TV show’s recruitment process for professional chefs. A talented patissier, he even called his cat Mary Berry! But people don’t have to go overboard in the preparation of their dishes. In fact, for me, some of the most memorable dishes have been amongst the simplest to prepare – Julia Newcomb’s delicious salad of sliced beef tomatoes with a fresh ginger and honey dressing and Tom Kettley’s mouth-watering bruschetta made with heritage tomatoes, garlic and basil fresh from his mum’s allotment.

What’s cookin’ for 2017? The upcoming culinary themes are already posted in the Facebook group, as members collectively decide them in advance. Popular past events include Americana, seasonal vegetarian,

Brazilian and Delia Smith. The first meet up of the New Year will be Indian cuisine and takes place on Burns Night on January 25th. I am considering some kind of Indian/Scottish fusion mash up in honour of the Scottish Bard, but what to choose? Haggis pakoras of course! Now where did I put that deep fat fryer and can I get hold of a bagpipe player to pipe in my pakoras?

E17 Cook Book Club

8.30pm on the last Wednesday of the month, January to November. Rear function room of the Bell Pub, 617 Forest Road E17 4NE

£3 each to cover a tip for the pub staff and plastic cutlery, plates & napkins

[f](#) E17 Cook Book Club

Rachel & Jules’ Food Blog:
walthamstowfoodies.com

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