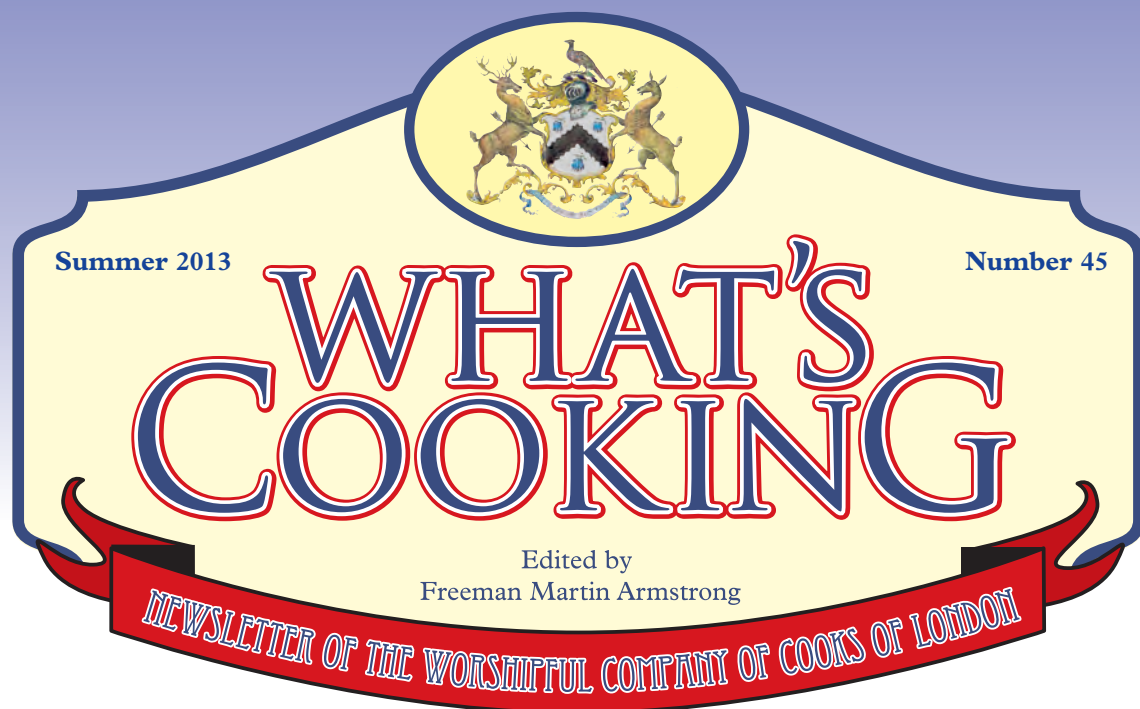




MASTER'S HALF-TERM REPORT

It really doesn't seem possible that, by the time that this edition of "What's Cooking" is published, I shall be well over half-way through my year as Master of this great Company. Back in November, one late Master after another, told me what a hugely memorable experience it would be and to enjoy the year to the full. The evidence of my first six months in office suggests that "hugely enjoyable" was an understatement.

The generous hospitality of many Livery Companies has been appreciated to the full and I have enjoyed good food and wine and warm hospitality everywhere. A few years ago, I served on a small working party whose task was to raise catering standards across the City. At the time, I'm not sure that we actually made a major contribution, but as a 'real cook' I am able to applaud a variety, creativity and accuracy of the gastronomy we experience today.

Every event that I have had the good fortune to attend has been very special in its particular way but I would mention a few that will remain in my memory. Firstly, the Service at Christchurch, Spitalfields, commemorating the contribution of the Huguenots to the work, life and culture of the East End initially and this Country as a whole, later. The address by Dr Richard Chartres, Bishop of London, himself of Huguenot descent, was outstanding. Secondly, the visit to Treloar's, in the company of the Lord Mayor and Sheriffs. We were privileged to be entertained at a concert given by a number of the most severely disabled students. Imagine the effect on the audience when one young lady sang "I dreamed a dream" from Les Misérables. Thirdly, the visit to Christ's Hospital to attend Speech Day - again in the presence of the Lord Mayor and Sheriffs, where the Mistress Cook and I had the opportunity of meeting Matilda and Katrina, the Company's presentees. The slogan 'A School Like No Other' is the perfect description of this wonderful establishment, where spirit and energy coupled with pride is at the forefront of everyday life. Dinner with the ACC



Photograph courtesy of Michael O'Sullivan Photography

Officers' Dining Club at Worthy Down, was tremendous fun, meeting many former officers of the Corps, some of whom I have known for forty years or more. The Garden Party, in the presence of Her Majesty and several other Members of the Royal Family, wasn't bad either!!

On two occasions, I was reminded of how small our world is. On attending dinner with the Barber Surgeons, I discovered that their Master Jonathan Rounce had been a student at Westminster College during my tenure as Head of the School of Hospitality. A few weeks later, I had lunch with the Poulterers' Company and was amazed to learn that on that very day, Philip Britten, Head Chef at the Capital in Knightsbridge during my post College years as Personnel Director for the Group, had been made a Liveryman of the Company.

Without going into considerable detail, I should report that we are now making steps to implement some of the recommendations arising from the 'Strategic Review', the initiative of Past Master Graham Craddock. The Master's Committee, though still finding its way, is having the effect of distilling key issues by frank and sometimes lengthy discussion, unhampered by the pressures of a long agenda. As such, it is able to make well thought out and clear recommendations to the Court for final approval. Another product of the Review was the recommendation to run a Cooks' Company Apprenticeship Scheme, which will commence in September this year. Further detail is in the

Warden's report below.

At the start of my year, I undertook to continue to encourage members of the Company, to make donations to the Cooks' Charity. The initial response was encouraging and I thank all those who contributed for their generosity. More effort is required however. At a time when our income streams from both the Stock Market and the Aldersgate property have been under pressure, it is vital that we maintain a strong capital base. Our reputation for punching far above our weight in terms of charitable giving is well known. It would be a great pity if we were to have to reduce our commitments in this direction. It is fully appreciated that individual financial circumstances vary considerably across the membership of the Company. **However, I would urge those who have not already done so to consider a positive response to my appeal.** Perhaps, those who have not made Wills will consider the Cooks' Charity as a beneficiary. Those of you who have already arrangements, might consider putting a codicil in place which benefits the Charity.

There is still much to do and to look forward to in the coming months. Meanwhile, may I express my thanks to my Fellow Officers for their support and to Peter and Tracey for their outstanding organisational skills and guidance, which have been invaluable in keeping me on the straight and narrow.

Bev Puxley

WCC APPRENTICESHIP SCHEME

One of the first clear recommendations of the 2010-13 Strategic Review has come to fruition - the Worshipful Company of Cooks Apprenticeship Programme. The Programme is now set up and due to take in a first cohort of 12 student apprentices in September this year. The first cohort will pilot the Programme at Level 2 with a view to incrementing to both Level 2 and Level 3 in 2014, as well as looking to expand the Programme more widely after that.

The aim of the Programme is to generate a body of cook apprentices that might benefit from the unique attributes of the WCC - its history and place in the City of London. Equally, it may generate a reservoir of 'new' Cooks' Company members. The Programme will be governed by Marcus Appleton, Simon Fooks, Steve Gibson, and David Smith from the Company, while its management and administration will be conducted by Westminster Kingsway College under the direction of Geoff Booth. The Governors have planned and will develop an 'enrichment' module appropriate to the Livery and the City that differentiates our Programme from other apprenticeship programmes. This will include: familiarisation visits to the City markets; work experience inside Merchant Taylors' Hall; field cooking with the Armed Forces; and, 'enterprise' certification. The funding for this module is additional to the government funding

that the entire Programme's training and education will attract, and additional to employee wages paid by employers to the apprentice students. This enrichment module funding - some £12,000 per cohort per Level - will come from the Cooks Charity fund.



One of the Governors' key responsibilities is to identify suitable employers with which apprentice students can be placed. Clearly, amongst the entire Company there may be help to achieve such placements appropriate to the Company and appropriate to a prestigious scheme of this nature. Similarly, the Governors will be looking for 'mentors' within the Company to take on an encouraging and inspirational role for the students. The Governors would be pleased to hear from anyone within the Company who might be able to contribute to this effort in either of these ways.

As all speakers at the Civic Dinner noted earlier in May this year, this is a timely, appropriate, and authentic project for the Cooks' Company to be engaged in. Indeed it is partly why we organised in the first place. We wish the Governors and Westminster Kingsway College well with this new Programme.

Warden Steve Gibson

MESSENT AND FRIENDS' Rickshaw Challenge

The challenge had been set: Drive 3,500km across India in an old battered auto-rickshaw (tuk tuk) to help raise money for charity. With an engine the size of only 500cc, traffic worse than London rush hour, roads with more potholes than any human could count and a non-existent highway code there were doubts as to whether the challenge was even possible to complete alive.

The trip involved driving from Cochin in South-West India, across mountains to the East coast, then all the way up and around Calcutta and Bangladesh to finish in Shillong in the mountainous region of Meghalaya. As a team of three (the other members of our team included fellow Londoners and good friends Henry Gilmour and William Sheppard) we had relatively little experience as mechanics so we weren't especially reassured when we were told by the people who lent us our Rickshaw that we should expect to break down... a lot!

The motivation for our trip (besides our own insanity) was to raise a target £2,500 for the charity Frank Water. Frank Water specialises in saving lives through funding innovative and sustainable clean water project in developing countries. With the help of a sizeable £200 donation from The Worshipful Company Of Cooks we reached way beyond our target and including Gift Aid we raised a grand total of £2,979.03.

It has to be said that this charitable donation feels well deserved. Some "not-so-funny-at-the-time" setbacks included multiple flat tyres, our engine almost falling out of the back of our rickshaw because the mount holding it broke and blowing an entire hole in part of our engine (requiring a replacement piston). Luckily thanks to the conversion rate a repair job that would cost hundreds or possibly thousands of pounds in the UK never set us back more than £25 worth of local currency out there.

Now of course there were some real perks to the trip. While travelling in our rickshaw we got to explore parts of India no ordinary travellers would visit. We got to sample truly



authentic Indian cuisine from multiple regions of India and we got to watch the culture develop right in front of us as we travelled from one region to the next. Plus as we drove through (and broke down in) rural villages we'd get to interact with people who'd never seen any Westerners before and it was always fun watching the crowd of 30 or more Indians eagerly surround our rickshaw when they discovered us.

The biggest challenge of the trip though had to be mastering the Indian roads. There really is no highway code out there so while we'd keep to the left side of the road (the correct side) we'd still have to keep our eyes open for twenty five ton lorries that would come hurtling towards us driving the wrong way down the national highway. None-the-less minus a few heart stopping experiences and near crashes with oncoming buses that had decided to overtake at a time that was convenient them, but not so much for us... we were able to leave our rickshaw at the finish line without any scratches.



I'd once again like to personally thank The Worshipful Company Of Cooks for contributing to the meaningful cause of helping people in countries like India get the clean water that is so easy for us to take for granted.

Freeman David Messent



Candlemas 2013

celebrated at
St Botolph-without-Aldersgate and
afterwards at Carpenters' Hall



As is our custom, this year's Candlemas Service was held at the church of St Botolph-without -Aldersgate – a splendid edifice. Because Candlemas fell on a Saturday, our celebration took place on Friday 1st February 2013. The Service was conducted by our Company Chaplain, Past Master The Reverend Keith Powell.

There has been a church on the site for over 1,000 years, with the first Rector recorded in 1108. The original Saxon building was enlarged in 1418 and almost entirely rebuilt in the next century. This church was later demolished as unsafe in 1739 and rebuilt between 1741-44. The interior was redecorated by John Francis Bentley the architect of Westminster Cathedral but the church was severely bombed at intervals during the London Blitz of the second world war. Then, after its restoration it was again damaged by an inexplicable outbreak of fire in 1965, so that further restoration had to be carried out.



What is Candlemas? The celebration of Candlemas originated in the late 5th century as a tribute to the light of God's glory that was manifested in Christ Jesus. The earliest known observance within the church was in AD 496, during the time of Pope Gelasius. The name Candlemas was derived from the Gospel of Luke 2:22- 40, wherein Simeon the priest and Anna the prophetess met the infant Jesus in the temple at the time of his consecration. Simeon's prophecy declared Jesus to be the Lord's salvation and "a light for revelation to the Gentiles and for glory to your people Israel." During Candelaria, candles are blessed, lit and borne in a procession in celebration to Jesus being the light of the world and the candles are generally considered to represent the inner light of Christ which he brought to share with the world.

Carpenters' Hall.

Following our spiritual sustenance, we repaired to the magnificent Carpenters' Hall, on London Wall, where Assistant Mark Grove and his Cook and Butler team looked after the 'inner man' – admirably! The first Carpenters' hall was built in 1429 and the Carpenters' Company has been located on London Wall ever since. The site was originally part of the estate of the Hospital of St Mary without Bishopsgate, also known as St Mary Spital. A fire in the mid-19th century severely weakened the building and a second Hall was built during the 1870s, opening in 1880. The third Hall, which stands today, was built after the second hall was destroyed by fire in 1941, during an air raid. The craft of carpentry is much in evidence. The floral table decorations complemented the occasion beautifully and we were most grateful to be there by kind permission of the Master of the Carpenters' Company, Mr Martin Samuel, who joined us with his wife, Rosemary, at lunch.

WINES	MENU
José Michel Brut NV Champagne	Canapés
Château Bel Air Blanc 2011 Entre Deux Mers	Battered fillet of grouper with Mango and coconut risotto and Green tomato compote
Château Les Hauts de la Gaffelière 2010 Saint Emilion	Charolais-Black Angus beef Madeira sauce Dauphinoise potatoes Roasted shallots Green beans with toasted almonds
Muskat Offener Spätlese 2008 Julius Häfner Mönchhof Neusiedlersee	Dark chocolate flan Caramelised orange segments with Pistachio crème Anglaise and White chocolate brow
Barão de Vilar LBV Port Hennessy VS Cognac	Coffee and Truffles



CITY FOOD LECTURE 2013

The Guildhall is always an impressive place and what finer setting for an equally impressive address by the Nestlé Chief Executive Officer, Paul Bulcke. On 25 February he delivered the 2013 City Food Lecture, 'Water – the linchpin of food security', using the occasion to warn the food industry that water scarcity is one of the greatest threats it faces. Mr Bulcke argued that overuse of fresh water poses not only a serious environmental hazard but also a major risk to political and social stability. He predicted that water scarcity would be the cause of massive food shortages within the next 15-20 years and that now was the time for industry, governments and other stakeholders to act decisively. A transcript and video of the lecture may be accessed via our website at www.cookslivery.org.uk/. (Simply use the search box to find 'City Food Lecture' which appears on the second page of listings.)

*Serena, Master Bev, Graham
and Chris lined up waiting for the off!*



TREE-GENERATION PUXLEY PANCAKES!

A chilly Shrove Tuesday at the Guildhall Yard saw what must be a first for the WCC – three generations of the same family competing in the annual Inter-Livery Pancake Race, organised by the Poulterers' Company! The Master, Bev Puxley, his son Liveryman Graham and grandson Freeman Christopher were supported by Serena Dickens, in the 2013 Race.

Standing head and shoulders above the crowd, Graham entered the Novelty Race, sporting a magnificent tree hat fashioned from a cycling helmet with 'foliage' representing the logo of one of the Lord Mayor's charities for 2013, The Gifford Wood Appeal which aims to fund the planting of 4,500 trees on a thirty acre site recently acquired by the City of London. This will extend Epping Forest and will be planted mainly with native oak and hornbeam, to reflect the mix of trees in this ancient forest. Epping forest has 50,000 veteran trees, far more than any other UK site, and is one of the most important sites in Europe. The project will also provide an opportunity to plant some pioneer

species more tolerant of projected changes in climate, and potentially create a seed bank to secure these species for the future. 'Future proofing' will not only safeguard habitats for the diverse species in Epping Forest's woodland, but will provide valuable insight for those visiting 'The View', Epping Forest's newly opened visitor centre, into the need for planning ahead to conserve our countryside heritage. For more information about Epping Forest and the Gifford Wood Appeal please visit www.cityoflondon.gov.uk/eppingforest

No pancakes were dropped but despite much enthusiasm, herculean effort and stoical smiles to keep out the cold, the team failed to win but thoroughly enjoyed the challenge. For those wishing to get a flavour of the event, take a peep at www.youtube.com/watch?v=SRunuhmmwsg This is a short (2½ minute) City of London video. Afterwards, Assistant Mark Grove once again worked his Cook and Butler magic by producing an excellent fork buffet in the Guildhall Crypt.



Serena and Christopher giving it their all.

Results

The Masters' Race
Glovers

The Novelty Race
Tylers and Bricklayers

The Livery Race
Furniture Makers

Novelty Best Costume
Surveyors

The Ladies Race
Information Technologists

Victor Ludorum
Tylers and Bricklayers



The Master – in Recovery Mode!



Buffet in the Crypt.

Obituaries

MICHAEL HUGH POWELL 1929 - 2013



The Father of the Cooks' Company died on 23rd March 2013 at the age of 83. Michael was admitted to the Livery, by patrimony, in 1954 and to the Court in 1970, serving as Master in 1976/77, the Queen's Silver Jubilee year, and inaugurated the Queen's Silver Jubilee Trophy. As Past Master he chaired The Assistance of

Cookery Committee and in 2011 became the Father of the Company. As well as Michael's long term devotion and service to the Cooks he brought a dry sense of humour and fun, was a memorable raconteur and, until 2006, the unofficial wine buyer for the company's functions, using his experience from his years working in the wine trade.

Michael was brought up in Bickley and attended Bickley Park School. He was made head boy and then went on to Bishop's Stortford College where he developed his love of rugby, athletics and drama. In 1947 he was called up to do National Service in the RASC, ending up in Austria with the Allied Occupation Forces, spending most of the time playing rugby, representing the British Troops in Austria. He continued to play rugby for Beckenham RUFC until 1965.

Michael then began his career in the wine trade with a variety of companies though his preferred choice would have been acting, a calling he felt after playing 'Gratiano' in 'The Merchant of Venice' at the age of 8. So from the age of 25 Michael joined BADS, the Beckenham Amateur Dramatic Society, playing many character parts and serving as chairman and then as president.

Eventually Michael received his Equity membership card after joining the Kent Repertory Company, which mainly performed open air theatre at venues such as Leeds Castle, Hever Castle and the Minnack Theatre in Cornwall.

Michael also enjoyed contributing as a reader and presenter for the Bromley Talking Newspaper for the Blind, served as governor of Bickley Park School, President of the Bromley Theatre Guild and founder and chairman of the Wine Trade Club.

Undergirding everything was his Christian faith and his contributions to the life of St George's Church, Bickley, which he attended faithfully from the age of 6 until his death, acting as a server for 74 years, PCC member, assistant with the chalice and chairman of the youth club.

Although he never married Michael had many friends who will miss him greatly and remember him with great affection.

JOHN BERNARD KANE 1930 - 2012



Past Master John Kane died in Sussex on 8 December after a short illness. John was admitted to the livery in 1969, served as Master in 1995-96 and was actively involved as a member of the Charities Committee (later as Chair) taking a keen interest in the projects which the Company supported.

John was a lifelong rugby man and he became a referee after his playing days finished. He was installed as President of the LSRFUR (London Society of Rugby Football Union Referees) the evening after he stood down as Master of the Cooks! He stayed involved as a mentor of younger referees spending many cold Saturdays watching, evaluating and training referees.

In 1997, John and his wife, Maura moved to Lindfield in West Sussex to be closer to their daughter and grandchildren. John continued his interests there as a Trustee of the St Peter and St James Hospice for over a decade and as mentor and assessor of referees in the South East, being President of Sussex referees and involved in rugby charities. He was also a 'hands on' granddad to Isabel and Katharine and involved in their interests. He continued to play an active part in the Cooks and was pleased to be back at the September dinner after a second major heart operation.

John's funeral took place on 20th December 2012 at the Sussex and Surrey crematorium in a service taken by Fr David Lawrence-March, the Chaplain of Ardingly College, at which Michael Thatcher paid tribute along with the Chief Executive of the St Peter & St James Hospice. Both spoke of John with affection remembering his skills as a public speaker and as an effective committee man.

John is survived by his wife of 59 years Maura (nee Barrington), his daughter Anne, son in law Liveryman Steven Hughes and his granddaughters. The Company and its fellowship meant a great deal to him and John would have been very touched by the support shown to his family and the attendance of several Cooks including the Master at his funeral. The Master wrote to Maura that John's 'energy, his wisdom and his openness was of huge value to the Company' and that he was sure John 'will continue to keep an eye on what we're doing and will make sure that, wearing his referee's kit, we stick to the rules of the game'.

PAST MASTER CHRISTOPHER KENYON OBE died at home in Dorset on 10th February 2013, more than 56 years after his admission to the Livery in November 1956. He served as Master in 1980. His funeral was held at St Thomas a Beckett church, Lydlinch on Monday 4 March 2013, with a memorial service at St James' church, Paddington on 18th March. The family would like to thank the Master and other members of the Company for their support and kind wishes. An obituary written by his daughter, Freeman Charlotte Kenyon, will be published in the forthcoming Winter edition.

THE FUTURE LOOKS BRIGHT FOR CATERING SUPPORT REGIMENT

The last 12 months has been a hectic yet exciting time for the Regiment and this has been compounded by the imminent Tranche 3 of Army redundancies. The Chef trade is set to lose 240 soldiers this summer and this is well on the way to halving the regular Chef component. There is a silver lining to this somewhat grey cloud in that pending the Future Reserves announcement later this year we are likely to grow as a Regiment and fill this void. This will be a challenging time for us but also one full of fantastic opportunities for our soldiers.

During the last year we have been involved in a plethora of tasks all over the world as well as in the UK. One particularly high profile event was, of course, Operation OLYMPICS where we supported Flt Lt 'Badger' Drayton and the team from RAF 3 Mobile Catering Support Squadron in Hainault (mentioned in the previous "What's Cooking") with 50 chefs as well as deploying to another 10 sites in the London. As well as this task we have sent our lads and lasses off to support the Regular Army in Afghanistan, Cyprus, Kenya, Canada and the USA. Professional, dedicated and enthusiastic, our soldiers have provided stalwart support to the Regular Army, sometimes at a moment's notice.

Versatile is also a word that sums up our team here in Grantham. Aside from operational tasks we provided the

catering for the 20th Anniversary of the Royal Logistic Corps this April. This was no mean feat and preparing and cooking a banquet for 500 VIPs (including our Colonel in Chief, HRH The Princess Royal) in a field kitchen was carried out with style and panache. Our chefs are talented under pressure and have achieved some great results and honours within various culinary arts catering competitions this year. Lance Corporal Fowler won Best in Class at the NEC Hospitality Show whilst the Regiment gave a medal winning performance at 'SCOTHOC', Glasgow, during the "Restaurant of Nations" event taking on our civilian counterparts from around the world.

We have had an amazing year and our men and women have been outstanding ambassadors for our unique Regiment. As for the future? With the changes to the Territorial Army being announced this summer we are expecting a positive outlook for the Catering Support Regiment. If we are to grow in size, we will be able to increasingly support the Regular Army and this means, in turn, some tremendous opportunities for our soldiers in terms of training and deployments. Whatever happens we are ready for the challenges this brings and look forward to what could potentially be a bigger, better resourced and increasingly energised organisation.

*Lieutenant Colonel Ian Skipper RLC
CO Catering Support Regiment*



*It's not all seasoning and soufflés for
Catering Support Regiment Chefs!!*

WCC Prize



Glenn Noel
*City & Guilds
Cherry Grainger Prize*



Sharon Roden
*City & Guilds
Cherry Grainger Prize*



Clare P
City University



Matthew Colk
*Club Secretaries &
Managers Association
Young Chef of the Year*



Steward Andrew Walker
RFA Steward of the Year



Captain Alan Manship
*Outstanding Contribution to
Military Catering*



L/Cpl Candice Kotze
*Army Senior Chef
of the Year & Interservices Cook
& Serve Team*



SAC Kirsty Hone
RAF Steward of the Year

At The Court and
held at Innho
Wednesday 6
The Master prese
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The awards are made
and team achieve
encourage
Our congratulati
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Winners 2012



anjiwani
MSc Dissertation

Prizewinners Lunch
Holders' Hall on
March 2013,
anted prizes to all
e catering profession.
to reward individual
ment as well as to
excellence.
ons go to all the
our warmest wishes
nued success.



Ellie Cook
Care Cook of the Year



Ldg Chef Samantha Neil
*RN Senior Chef &
Inter-Services
Senior Chef of the Year*



CPO Cook Matt Rowberry
RFA Chef of the Year



Cpl Louise Hodgson
*Outstanding Army Caterer of the
Year and Inter-Services
Cook & Serve Team*



Mr Michael Mcallan
*Inter-Services
Cook & Serve Team*



Pte Natasha Mackie
Army Junior Chef of the Year



Cadet L/Cpl Dylan Carter
Cadet Cookery Competition

THE COMPANY SUMMER OUTING TO STOURHEAD HOUSE AND GARDEN

23rd May 2013



Henry the Magnificent - what a wonderful title! The Members of the company and their guests had the pleasure of seeing the results of his work at Stourhead; this most visited National Trust property in the country. The river Stour rises on the estate; hence Stourhead.

Sir Richard Colt Hoare (2nd Baronet 1758-1838) worked at the family bank, C Hoare and Co in Fleet Street, before he inherited Stourhead and his son Henry planned and oversaw the enormous changes to the gardens. The links to the City remained with three Lord Mayors. The House, in Palladian villa style, is not too large and is filled with family portraits, Chippendale furniture and a library of over 6,000 classical books. The gardens are truly magnificent, including seven types of oak tree. At this time of year, vast swathes of rhododendrons and azaleas can be seen at every turn around the extensive lake with its classical temples, bridges and mystical grottoes. Alan Power, the Gardens and Estate Manager has done great work in recent years, cutting back lots of undergrowth to allow views of the wonderful trees sweeping down to the lake.



Gardens & Estate Manager Alan Power with Liveryman Graham Puxley



We were met by the Master and coached to Stourton Village Hall - actually titled the Memorial Hall by the family. Very good and welcome coffee preceded a spirited illustrated talk by Alan Power.

An excellent four course lunch, with wine, followed, provided and sponsored by Liveryman Graham Puxley. Our coach then took us to Stourhead House, where we were given every assistance to tour and enjoy the very many treasures. Later, the more fit went off for an hour's walk around the gardens, guided by Alan Power, whilst the 'walking wounded' enjoyed a much more leisurely stroll around part of the lake, viewing the flowers, classical buildings and wildlife, expertly guided by the Master. The gardens looked very good in blazing sunshine and most of us managed to escape the occasional heavy shower of rain.

Back at the Village Hall, we all enjoyed pink champagne before wending our various ways home after a truly memorable Summer Outing in which I am sure that Peter our Gallant Clerk (and Photographer!) had an organisational hand.

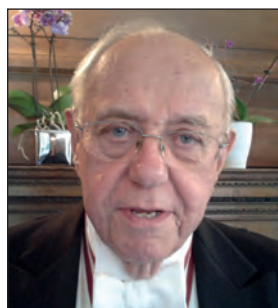
Honorary Freeman Bob Lawrenson



SPOTLIGHT

The appointment of a new Father, Past Master Colin Cleugh; an MBE for Past Master Paul Herbage; the admission to the Livery of Freeman Paul Budd, Stanley Liu and Jonathan Righton, and the admission as Freeman of Mark Sweeney gives us the opportunity to say Congratulations!

Photograph courtesy of Michael O'Sullivan Photography



Past Master Colin Cleugh assumed the Office of Father of the Company following the sad death of Past Master Michael Powell. Like all Officers in the Company, that of Father is an ancient one and records reveal that one Robert Wood was Father in 1639, having served as Master in 1619. Nothing is known about him but it is hoped that Liveryman Jonathan Wood can

trace his ancestry back to Robert Wood. The Father is the only officer whose appointment is not by election but is conferred automatically on the Past Master who has been summoned to the most Court meetings. Colin became eligible having been summoned to 292 meetings since 1971. (More recent Court Assistants' attendance can be measured in single figures so have a long way to go!) The duties of Father are not onerous. He proposes a toast to the outgoing Master at the Election Court and leads the procession at the Crowning Ceremony at the Confirmation Dinner. He is also an ex-officio member of the six Court Committees – a duty more honoured in breach than observance!

Photograph courtesy of Michael O'Sullivan Photography



Past Master Paul Herbage MBE has been honoured in The Queen's Birthday Honours List 2013, by being made a Member of the Order of the British Empire, recognising Paul's voluntary services to St John's Ambulance Service in London. More details about this will be published in the Winter edition. On behalf of all our readers, Many congratulations Paul!

Photograph courtesy of Michael O'Sullivan Photography



Following Westminster College, **Liveryman Colonel Paul Budd** was commissioned from Sandhurst in 1977 into the Army Catering Corps which later merged into the Royal Logistic Corps. The high points of his 32 years' service being delivering innovative feeding solutions to Bosnia and Kosovo, for which he was appointed OBE, and later Sierra Leone and Oman. Before

taking early retirement in 2006 he established the new Defence Food Services School and served as its first Commandant. Setting up the family home with Brigid near Shaftesbury, he then spent a short period as Secretary of the Special Forces Club but is now General Manager at Leander Club in Henley-on-Thames. As a one-time GB Junior rower he is now back where he started - by the river. Paul is on the Committee of the Reunion de Gastronomes, is a member of the Assistance to Cookery Committee and also the Company shooting team where his performance is 'consistent'!

Photograph courtesy of Michael O'Sullivan Photography



Liveryman Stanley Liu followed his father into the Catering industry after completing the HCIMA Course at Henley College in 1983. The first decade of his career was in the event catering field with Letheby & Christopher on the racecourses and football stadia, with Graisons at Lords Cricket Ground and with National Leisure Catering at Wembley Stadium. In 1993 he became General Manager at Church House Conference Centre in Westminster for 6 years during which time the venue won Best Conference & Banqueting Staff at the M.I.T. Industry Awards in 1994. Mansion House beckoned in 1999 when he took the position of General Manager with Chester Boyd where he firmly established his City credentials with the Livery. After 2006, He was invited to become Operations Manager at the Army & Navy Club in Pall Mall. In March 2012 he returned to the City as Operation Manager with Life's Kitchen based at Pewterers' and Wax Chandlers' Hall as well as involvement with Tallow Chandlers', Painter Stainers' and Butchers' Hall. Stanley has a strong City Connection being a Liveryman with 2 other food-related Livery Companies, the Butchers' and the Poulterers', is a Past Master of Lime Street Ward Club and a member of the Guild of Freeman. Within the Industry, he is a Member of the Institute of Hospitality, the Academy of Food & Wine Service, the Association Culinaire Francaise, Conseil Culinaire Francaise de Grande Bretagne, Reunion des Gastronomes and an Officer of the Order des Coteaux de Champagne. Stanley's interests are cooking, cycling, genealogy, militaria and travelling.

Photograph courtesy of Michael O'Sullivan Photography



Freeman Mark Sweeney joined the RAF in 1991 and is currently serving as Personal Chef to the Chief of the Air Staff in London. Duties have taken him to destinations around the UK, Falklands, Cyprus, and Brussels. As an experienced competition chef he has competed for many years as member of the Combined Services Culinary Arts Team. His proudest moment was representing Great Britain at Hotelympia in 2004, taking the title of British Culinary Champions. He has always mentored the junior competitors, sharing his wealth of knowledge and craft skills, leading to their own individual success. This year saw him mentoring the England Junior National Culinary Team. Also as an Accredited Judge of the World Association of Chefs Societies he officiates at major culinary competitions. London has been the highlight of his career, not only because of the clientele he has served but also having the spoils of some of the greatest restaurants the UK has to offer. Food is and always will be his first passion. Welcome Mark!

(Continued on next page)



Liveryman Jonathan Righton, son of Past Master John Righton, works in financial operations for HSBC in the City of London, where he has previously worked for both Morgan Stanley and Bank of America. Jonathan graduated from The University of Warwick, having studied and obtained an honours degree in Law and Business, before moving on to complete the Legal Practice

Course (LPC) at the College of Law in Guilford. Brought up in Weybridge and having always played and enjoyed rugby,

Jonathan attended Claremont Fan Court School (Head Boy) Jonathan now resides in Thames Ditton with his girlfriend Sarah, across the river from Hampton Court Palace. Jonathan plays saxophone for Elmbridge Big Band and has performed at charity concerts across Surrey and London. He is an avid sports viewer and follows Arsenal Football Club and, under the encouragement of his Welsh father, naturally supports the Welsh Rugby Union team. Growing up with a fantastic chef, his Mother Kathy, Jonathan has developed a taste for great culinary experiences as well as experimenting with cooking himself. Once fully recovered from a recent broken foot, he is especially looking forward to being part of the Cooks' Company sporting calendar, where his performance is ... 'consistent'!

Clerk's Corner

We are well into our second year now and it does feel as though Tracey and I are finally getting used to the pace and rhythm of the Company: the formal functions, the committee meetings and the email traffic; but, as ever, please accept my apologies if I have failed to reply or asked you for the same information more than once.

As the latter half of this year approaches, please do take just a few seconds to check your entry in the 'White Book' – address, phone number and, most importantly in this day and age, your email address, especially if you have changed your broadband provider. We will go to print immediately after the Confirmation Court and Dinner in November, so that the book for 2014 can be sent out just prior to Christmas.

Can I also take this opportunity to remind you of the excellent courses that the Livery Committee runs regularly. Amongst the various courses, the "City Briefings" are aimed particularly at new Liverymen and Freemen; but partners are also welcome, as are members of the Court and Liverymen of longer standing, who have not previously attended a Briefing. There is always an opportunity to ask questions of the speakers and the Briefing is followed by a finger buffet, which provides the chance to mix with other Liverymen and Freemen.

Although there is a small charge, the Company will pay this on your behalf! For more information either send me an email or visit the website (www.liverycommittee.org).

Finally can I draw your attention to some dates for your diary (All the dates for next year will appear in the White Book as usual).

Monday 9th December 2013 – the Associated Companies' Carol Service – and this year it is our turn to lead. The Service will be held at St Botolph's without Aldersgate where it is also planned to hold the reception. More details to follow.

Monday 3rd February 2014 – We will celebrate Candlemas a day late in 2014 and so the Service and luncheon will be held on Monday 3rd Feb, not on Sunday 2nd.

Tuesday 4th March 2014 - Pancake Races – It's not too early to start your training regime before the selection trials for the Cooks' team. The key date for your diary being Shrove Tuesday – Tuesday 4th March - for both participants and spectators.

Vice Admiral Peter Wilkinson

THE 6TH PROTEIN SUMMIT AND THE COOKS' LECTURE AT CAMBRIDGE, MARCH 2014

Past Master Peter Messent will be a speaker at the 6th Protein Summit, to be held on 24 & 25th September 2013 in Rotterdam, The Netherlands. This will discuss the prospects for achieving the agricultural production and the suitable products required to supply expected future needs for protein in the world. The summit is looking at many aspects, including future supply, new technologies and protein sources and the importance of protein for health. The Chair is Professor Rob Hamer, Vice President of Discovery at Unilever.

Food sustainability will also be the area for discussion at the next **Cooks Lecture** at Pembroke, Cambridge. This lecture is scheduled for Monday 10th March 2014 at Pembroke College. The final planning is in progress, and further details will be announced once available.

Past Master Peter Messent

Need a Brooch?

When the Clerk wanted brooches for the Masters' ladies, he turned to Mary Dean who uses an ancient method known as 'cire perdue', or lost-wax casting. A combustible pattern is eliminated from its hardened, baked casing of clay or plaster and then replaced with molten metal. The Cooks' brooch is made from two original wax patterns – one for the surrounding motif and one for the central shield which is subsequently 'brought-on' to the finished brooch after it has been enamelled. Mary's pieces range from jewellery to free-standing sculpture and she much enjoys this endlessly versatile technique.



Enquiries to: Mary Dean, 12 Lorne Road, London EC7 0LJ Tel: 0208 555 6379



Photograph Courtesy of Stephen Forward

From left to right: Dr Kirsty Hunter, Ellie Cook, The Master.

NATIONAL ASSOCIATION FOR CARE CATERING – ‘CARE COOK OF THE YEAR’

Once again I was asked to chair the judging panel for the competition which continues to be sponsored by the WCC and is one of the longest standing independent live cookery competitions in the UK. My fellow judges were Dr. Kirsty Hunter, Lecturer in Nutrition at Nottingham Trent University together with Ellie Cook, last year's winner.

The NACC Care Cook of the Year Competition challenges chefs and cooks working in the Care Sector to really push themselves, honing their skills and knowledge, and demonstrating culinary flair in a bid to be named the Nation's Best Care Cook. Entrants are required to devise new and exciting recipes appropriate for a care environment and create a delicious and nutritionally balanced two course menu, main and dessert, suitable for service users, and meeting the set budget of no more than £1.30 per head. Innovation, costing, suitability for the environment, adherence to nutritional guidelines, taste and balance were the key factors judged.

The Care Cook of the Year Competition is vital for the Care Sector of the Industry. As well as celebrating the true talent that exists within the field, it also fulfils the important role of raising the profile of the sector and highlighting the specific culinary knowledge, skills, flair and dedication required to ensure consistent excellence. This year's competition and particularly the Grand Final, succeeded in doing just that. The overall standard of entries was higher than ever before, with entrants really pushing the boundaries and sharing best practice. The finalists gave a real master class in Care Catering. Their menus showed creativity and aptitude underpinned by a real understanding of the fundamental issues faced every day in a care environment. On top of this, all the dishes were tasty and well presented.

This year's winner was Simon Lawrence, executive chef for Hadrian Health Care Group, based at Wetherby Manor. During ninety minutes of intense competition, Simon impressed us with his creativity, knowledge and culinary



Photograph Courtesy of Stephen Forward

Winning smiles!

excellence and proved that he was the finalist worthy of the crown. We praised Simon's thoughtful and organised approach and the great flavours of his winning menu of:

*Oat crumbed mackerel and sweet potato fish cakes served
with pea purée & roasted thyme potatoes
& a home-made horseradish sauce*

Lemon pannacotta with roasted rhubarb and caramelised fig

As he received the award, Simon commented "It has been a real pleasure to compete against other chefs, who are so passionate and genuinely care about catering in the Care Sector. After 3 years of competing in the Northern heats, I knew I had to improve to just compete in the final, and to finally succeed is a very proud achievement."

We, the Cooks' Company, are also proud to be able to support this most worthy annual event.

Bev Puxley - Master

PROFILE:

PHILIPPE ROSSITER

Hon DLitt MBA FIH FTS FCMi FRGS

... and with fingers in many pies!



Photograph courtesy of Michael O'Sullivan Photography

Urbane, dapper, conspicuously smart, distinguished, learned, modest, diplomatic – these are just some of the adjectives that could be used to describe Honorary Freeman Philippe Rossiter. Born and educated in London, his mother French and his father English, Philippe started his working life as an insurance broker in the City. However, earlier Saturday morning jobs with tailors while at school provided an opportunity to apply for the post of Manager of the Paris Branch of Moss Bros. This was all a very satisfactory fit, Sir, but Philippe soon realised that he was hungry for greater challenges. Growing up in Greenwich, he might have pursued a naval career but perhaps because his father had served in the RAF, Philippe wanted to fly. However, his application for a commission led to the offer of a career as a ground branch officer. That was not what he wanted and having previously joined the City TA unit, the Inns of Court & City Yeomanry, he

applied and was accepted for attendance at Mons Officer Cadet School at Aldershot, from where he was commissioned into the Royal Signals.

Army life suited Philippe but not in the Royal Signals where the absence of a science background soon revealed that the communications world was the wrong choice, even though his TA unit had been part of the Signals Regiment. Instead, he transferred to the Army Catering Corps (ACC) where he thrived. Tours in Northern Ireland and Germany provided many challenges including catering for some 1,000 Royal, VIP and other guests at the Queen's Review of the Royal Artillery at Dortmund in 1984. Clearly being groomed for greater things, Philippe was selected to attend Surrey University to read for its Hotel and Catering Management Degree to augment what he had learned within the ACC. There followed a later tour as Commandant of the Army School of Catering at St Omer Barracks, a post that facilitated forging links within the civilian catering industry, particularly in education, and also saw him developing the Army's first modern Apprenticeship programme.

At St Omer Barracks, Aldershot, Philippe was not only responsible for many prestigious, international military catering achievements but also for establishing links with the town of St Omer in France from where the camp derived its name. There were reciprocal visits with French catering students coming to Aldershot while groups of Army trainees went to St Omer to cook for or participate in the town's pageants. This close liaison culminated in the surprise election of Philippe as a 'Citoyen d'Honneur' (Freeman), an honour which at that stage had been conferred on only one other Briton – Douglas Bader. This link with the French grew still further when, on leaving the Army, Philippe took up a post at the British Embassy in Paris where he thoroughly enjoyed life as a diplomat, becoming involved with many commemorative ceremonies including the 200th anniversary of the signing of the Treaty of Amiens between Britain and France, the annual anniversary Mass for Napoleon 1st at Les Invalides and the annual 1st July Service commemorating the Battle of the Somme.

Despite his best intentions of remaining in France, Philippe was delivered a swerving ball in the form of an invitation to become the Chief Executive of The Institute of Hospitality, in 2002, a busy but highly fulfilling appointment that immersed him ever more deeply in the world of catering and hospitality management. Inevitably, he has held appointments within many of the profession's Boards and Committees, some of which continue following his retirement from the Institute of Hospitality last year. These include, the Swiss Education Group and the AA's Hospitality Awards Panel. On relinquishing his post at the Institute of Hospitality, Philippe assumed a part-time role as Executive Secretary to the Master Innholders, a small association of elite hoteliers. He is a Fellow of the Institute of Hospitality, the Chartered Management Institute, the Royal



... the *eightsome* becomes a *ninesome*!

Geographical Society, The Tourism Society, an Associate of the Chartered Institute of Linguists and, as well as being an Honorary Freeman of the Cooks, is a Liveryman of the Innholders and a Freeman of the City of London. Fingers in many pies indeed but if that isn't enough, this year he was elected as President of the Réunion des Gastronomes!

Despite this very full professional life, Philippe has always made time for his family. With his wife Pauline, whom he met at school where dancing classes led to marriage in 1971 and an enduring 'eightsome reel'! Together, they have 6 children – 4 sons and twin daughters – all pictured (left) at the 2011 wedding of his son Captain Thomas Rossiter RLC to Sandra (the bride!). The family evidently still keeps Philippe on his toes! During his leisure time, he enjoys running but they escape from the family home in Fleet to relax at their cottage in Normandy whenever they can. Philippe has also served his church with distinction and in 2000, was honoured by the Pope by being awarded the Pro Ecclesia et Pontifice medal.



Papal Medal.

Recipe Corner

A delicious and substantial all-in-one soup by
Liveryman Simon Fooks



GUMBO SOUP

Serves 4

- 50g / 2oz butter
- 2 rashers smoked bacon, chopped
- 1 large chicken breast skinned and sliced
- 1 small onion chopped
- ½ leek, chopped
- 1 garlic clove crushed
- ½ tsp caraway seeds
- ¼ tsp cayenne pepper
- Pinch of saffron
- 1 tbsp brandy
- 2 tsp plain flour
- 1 tbsp tomato purée
- 1.2 litres / 2pints chicken or vegetable stock
- 85g / 3oz basmati rice
- 50g / 2oz peeled cooked prawns
- 2 tsp chopped parsley
- 4 tbsp double cream
- Crème fraîche to serve
- 4 cooked prawns in their shells to garnish
- Sprig thyme



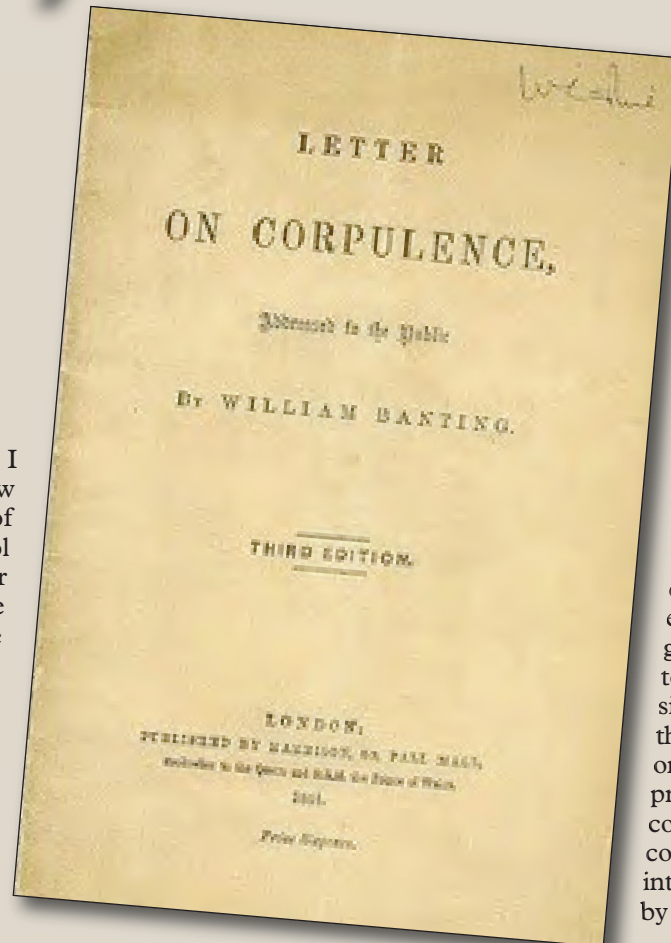
Melt the butter in a large pan and add the bacon, chicken, onion, leek, garlic, caraway seeds and cayenne. Fry, stirring for 8-10 minutes until golden. Add the saffron and brandy then stir in the flour and purée. Cook gently for 5 minutes. Stir in the stock slowly and bring to the boil. Add the rice, then reduce the heat and simmer gently for 15 minutes or until the rice is cooked. Remove from the heat and stir in the prawns, parsley and cream. Season with half a teaspoon of pepper. Serve with a dollop of crème fraîche, a cooked prawn if you like and a sprinkling of pepper.

A HISTORY LESSON ON *Corpulence*



Over the past two years I have assisted the now Royal Academy of Culinary Arts in a local school in Clapham which my daughter and son attend. As well as the splendid cooking course delivered by Idris Caldora making anything from salads to bread, we also run two other classes in parallel, 'nutrition' and 'food in the curriculum', creating a food morning every term for ninety children. We do this for years 4, 5 (and year 6 next term) so we will be visiting 180 children each term. By the end of next year the 90 children we started with will have been 'visited' by us nine times. As part of the 'food in the curriculum' class I may explore with the older children an intriguing bit of 19th Century food research and politics: William Banting's 'Letter on Corpulence'.

William Banting was a prosperous 19th century undertaker living in London. He had spent thirty years pursuing every known way to lose weight - a problem more common at the time than we probably imagine. At 66 years old he was 5 feet 5 inches tall and weighed 202 lbs! He was so 'corpulent' that he had bandages on his knees and ankles to support them, he went down stairs backwards for safety, he could not attend to his 'private matters', let alone tie his shoe laces. If that wasn't enough he was going blind and deaf too. He visited a certain specialist, Dr. William Harvey at Great Ormond Street Hospital, who realised that it was Banting's excessive weight that was causing his loss of hearing. Dr. Harvey simply put Banting on a 'diet', describing it as 'common knowledge'. Banting was not initially impressed



by the diet but decided to give it a go anyhow. Twelve months later, by 12th September 1863, Banting had lost an incredible 42 lbs! Moreover Banting claimed to have done so without any effort. He was euphoric and wanted to share the good news with the world. So he tested the diet on acquaintances with similar results, and in 1864 published the famous and controversial 'Letter on Corpulence'. He vowed never to profit from this knowledge and only covered his costs, which were considerable since it became an international best seller and even read by Royalty.

The medical fraternity were up in arms and launched a series of discrediting attacks circulating rumours that Banting had died as a consequence of his diet, that it was made up and that his ideas had come from France. Yet Banting never claimed any of the ideas to be his own. His writing is modest and earnest, his approach scientific and diligent.

Banting lived to eighty and is buried in Brompton Cemetery. His book and hopes seemed to have died with him, yet he has recently had somewhat of a revival and is once again being debated and discussed in scientific circles. His book is available on the internet for free, as he would have wanted. I wonder what Year 6 will make of it? I think they will like this Banting fellow and maybe his ideas will be more accepted this time round since 'corpulence' is affecting one in three children below the age of ten.

Liveryman Adriano Leto



COMPANY SHOOTING

The teams comprised (from left to right) Liverymen Paul Budd, Liveryman Mark Herbage, Neil Bond, Liveryman Justin Hughestone Roberts, Nigel Allsop, Liveryman John Bennett (back row), Freeman Charlotte Kenyon, and Liveryman Adriano Leto.

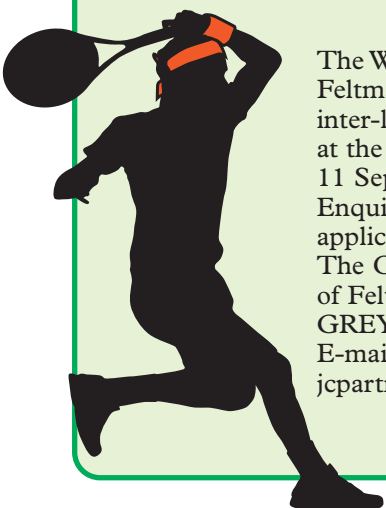
After a day of competitive selection under the watchful eye of Liveryman David Smith, the Shoot Captain, two teams were selected to represent the Company at the annual Inter-Livery Company shoot at the Holland and Holland ground at Ruislip on Wednesday 22nd May.

Top Company shot for the day was Liveryman John Bennett who was 8 points clear of the pack. The Company trophy was presented to him by Liveryman Paul Budd who deputised as team Captain for the day.

Liveryman Paul Budd



Inter-Livery Tennis

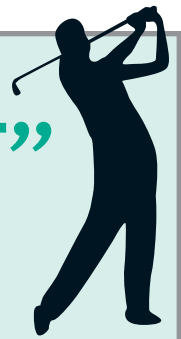


The Worshipful Company of Feltmakers are holding an inter-livery Tennis Competition at the Queen's Club on 11 September 2013 at 11.00am. Enquiries to and application from: The Clerk, Worshipful Company of Feltmakers, Post Cottage, GREYWELL, Hants RG29 1DA E-mail: jcpartnership@btopenworld.com



FLY FISHING - 'THE LAST CAST'

The Worshipful Company of Security professionals are holding the inaugural Livery fly fishing event on the River Kennet near Hungerford on a private beat on the 4th and 11th October 2013. The Master is running this event and can be contacted on: gerald.moor@inkerman.com



“THE RUB OF THE GREEN” – COMPANY GOLF –

Match v The Girdlers' Company for the Pickwick Cup, held at Chobham GC on Monday 22nd April.

The constant endeavours of our Secretary, Past Master Peter Messent came to fruition with this match for the Pickwick Cup; the fourth match since the cup was presented by Past Master J Herbert Bishop over 80 years ago. The golfing conditions were excellent, with little wind and some sunshine. The match was scheduled to be played between two teams of 6 players playing 3 four ball matches. The Girdlers included 3 Past Masters and their current Master, so it was a very experienced team. Unfortunately Richard Herbage of the Cooks team broke his finger playing in the England Veterans Hockey Final just the day before and no alternate player could be arranged. Peter Messent had to play his game against the better ball of 2 Girdlers, and finally lost on the 18th green. Simon Young, playing with Cooks' rookie player Nigel Savage, won their game also at the 18th. Unfortunately David Smith and Claudius Algar lost their game, so the Cooks lost the overall match by 1 win to 2. As the Cooks' were the holders, but lost this day, honours are even. The match was played in excellent spirit and all enjoyed good golf and company on a course in excellent condition for April. The Girdlers' Company have therefore taken possession of the Pickwick Cup for now, but the Cooks plan a return match, possibly as early as next year. The Girdlers' were keen to play this at the Cooks' Golf Secretary's present home course, El Plantio near Alicante, so it might be an international event next time!

The Pickwick Cup.



Inter-Livery Golf Day for the Prince Arthur Cup held at Walton Heath GC on Thursday 16th May

The all-day form of this most taxing competition has been described in past editions of 'What's Cooking'. It is certainly not for the faint hearted or those with 'dodgy' knees.

The teams of Michael Messent with Simon Young and Michael Fogarty with Peter Messent made up the Cooks' entry for this annual inter-Livery Company competition.

Unusually, the golf conditions were excellent with some sun and little wind, but good scoring proved very difficult. The greens were especially tough, being set up for the US Open European qualifying rounds to be held 2 weeks later. Many shots were lost around the greens, but neither team lost a ball over the 36 holes. The M. Messent and Young combination won the Renter Warden Cups with the better score of 7 down to par on the 36 holes played, with the Company total being 17 down.

What had seemed a poor score as they walked off the course was about mid-table on the day, as other teams also scored poorly in this difficult format on very exacting greens. The Cooks finished 28th out of 51 teams and are sure to be invited back to compete in 2014; match date 15th May.

I am most grateful to Past Master Peter Messent for these reports.

Honorary Freeman Bob Lawrenson

And Finally ...



Thank you to all those who have contributed to this edition. Without our readers' support, 'What's Cooking' will go off the boil!

Contributions to the next edition, which will be published in December, should reach the Editor no later than **30 November 2013** and should be sent to either:
martin-armstrong@supanet.com

or if with large attachments, to:
martinarmstrong23@gmail.com

or by post to:
Hope Cottage, Horsted Lane, Daneshill, East Sussex RH17 7HP