



North Yorkshire West Federation News

**December
2020**

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theWI
INSPIRING WOMEN

Sticking together and finding support



***Through
uncertain
times***

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Office Closed: Until January
2021. For the best phone numbers
for available contacts, please see
page 2.

9.30am –12pm & 1–3pm
Find us on Twitter & Facebook
NYWFWI Charity Reg. No. 513934

Important Notice

Due to the reduced hours of the secretary position, the trustees agreed to share this workload until 2021 when a further review will be taken before advertising and appointing a replacement secretary.

This now means if you require help from the Federation you need to telephone, between 9.30am – 3.30pm

Monday, Heather- 07973 381 320

Tuesday, Liz, - 07779 737953

Wednesday, **Office closed**

Thursday, Anne - 07792348223

Friday, Liz—07779 737953

Or contact us via email:

Julie: j-a-clarke@hotmail.co.uk

Pauline: Pauline.bowman@icloud.com

And we will all do our best to answer your queries.

Federation Updates

Thank you to all those WIs that returned such positive messages to their WI Advisers following receipt of their letters. It is so good to know that WIs have maintained some contact with their members. Your accounts will need completing at the usual time and audited if extending your Annual Meeting to next year; they should be presented then to your members. Remember **there is no need** to change your year end to fit with the NFWI extended Annual Subscriptions to April 2021.

National Raffle Results

Unfortunately we did not sell any winning tickets, however the Federation did receive £400.45 as a result of sales. The trustees thank you all for supporting the raffle. Selling tickets during these difficult times has given a boost to our finances.
Thank you.

National Annual Meeting

The National Annual Meeting 19th April 2021 at the Albert Hall London, as yet we still have not heard how many Delegate/tickets we will be allocated.

Federation Update – URGENT

The Federation was informed from National on 13th November as a result of consultation with the Charity Commission and National's solicitors, all WI's must hold an **Annual Meeting** in 2020 before the 30th December, together with Audited accounts plus the usual reports. So if you cannot arrange to have your AM before the 30th Dec., will you please notify the Federation in writing why this has not been possible, so if the Charity Commission ask in 2021, the information is available.

Chairman's Update

by Julie Clarke (j-a-clarke@hotmail.co.uk)



Considering this is the last Federation News for 2020, what a year this has been! Many of our Institutes have had to think outside the box to keep their WI relevant to all the members; even those that have used technology have found not all members are able or willing to partake and embrace this method of communicating. With all the Covid restrictions, it has raised concern around membership as many have not wanted to be involved, leaving some more isolated.

I know many of you have engaged regularly either by telephone or simply a chat over the gate when dropping off the newsletter, or even helping with shopping for those members who have had to isolate for long periods of time. Having spoken to some presidents, I hear many are planning a little goodie bag to be given to all members. What a wonderful gesture including all members, as many I know have not joined in the zoom meeting, so this will be something inclusive for all. I must thank all the Presidents, Secretaries and Committee members who have received what we have sent via email to keep you all informed of what your Institute has been doing and what's been happening within the Federation.

Thinking of 2021 I wonder if you have enjoyed the various articles in the WI Life magazine—especially the 2020 vision starting on page 25, in the October edition, looking towards the future and how we should embrace ideas to move forward and value what opportunities there are within our organisation. If you have success stories on any of the themes why not send them to vision@nfwi.org.uk, I know they will be delighted to hear just what you have been doing.

Also, do take advantage of the “Count Me In!” survey. You have until Sunday 31st January 2021 to submit and your feedback will assist the Membership and Engagement Team at National study the results, since the theme for the organisation is “Moving Forward Together”.

Lastly, all I can wish you over the Christmas period is peace and happiness in what ever we are allowed to do within the current restrictions, looking towards 2021. Take advantage of the 3 months extension of subscriptions and hope opportunities arise that allow us to enjoy what the WI has to offer.

Take care and keep safe, best wishes for the future.

Julie

Reports from Committees

Zoom In for Fun

by Judith Stansfield (judstass@gmail.com)



Now the colder weather and shorter days make it harder to meet up with friends and family outdoors, we hope you will appreciate the programme of talks and demonstrations we have arranged. We have organised a means of signing up for the sessions with Eventbrite which is a quick and easy way for you to sign up and get an immediate email back to confirm your place - you can even decide to join only a few hours ahead on the same day! If you are a bit diffident of interacting online, you can get a friend to do it for you.

We do appreciate that WI is really about meeting up with other members, but whilst we are still not allowed to meet in large groups, a good alternative is to Zoom in for Fun. You can do it in the comfort of your own house or you could join a friend or family member to enjoy a session together. Unlike watching TV or YouTube, you can have a chat before and after the session!

We have a few craft interest sessions in December and are having a short break over Christmas and New Year, but will be back again in January. In the first session **Perveen Ahmad** will be introducing you to aspects of South Asian food, culture and clothing from her life experience, which is very different from life in rural North Yorkshire. **Jan Bell** will be reviving the Bell Bobbin Knitting craft that many of us did at school and showing some interesting new ideas for using the product. **Elizabeth Fawcett** from Humble Pie Cooking School in Hawes will be showing us how to make some exciting festive fair. **Felicity Jennings** will be giving us another craft session making a Christmas table decoration and a gift wrap. **Rachel Poole** will demonstrate how you can make environmentally friendly Eco products to keep your home clean. If you want some help in getting going with Zoom or other computer issues, **Hazel Smyth** will be available at a free session on 1st Dec 7:30pm in time for you to join some of the craft/cookery sessions before Christmas.

Check out dates and times online at www.yorkshire-north-west.thewi.org.uk/nyw-zoom-along - we are adding details of new courses on a regular basis.

Do have a go and try at least one session! They only cost £5.00 and you will be supporting each other and the Federation in these difficult times and if not quite like meeting up with friends, it is a good substitute in these difficult times. Stay safe and keep well!

Treasurer's Report
by Pauline Bowman



Any queries on anything to do with WI Finance, don't hesitate to contact me directly on my personal email above, or nywfwfwi.treasurer@btconnect.com. Whichever way your query reaches me, I am always happy to help.

As we prepare for the year end at the Federation I'm sure we all hope there will never be another one like 2020. It has been especially difficult to manage the finances without the freedom to fund raise in our usual ways. We have applied to every organisation we have heard of for grant funding and introduced Zoom presentations to raise some much needed income. Both have been a little disappointing with only a tepid response but we will carry on and hopefully both will improve.

The Trustees have formulated a Strategic Plan for the future rather than focusing on 2021 alone, as it is unlikely that the losses that we have incurred can be replaced within the next 12 months. But I can assure you as soon as life returns to normal or as normal as we need to accept, we will be presenting a full programme of events/workshops for you all to enjoy.

Our planned Treasurer's workshop will be one of the first, as the material was all ready to roll out just as this terrible pandemic took over our lives and like everything else had to be mothballed. If anyone needs any help with their WI accounts going into 2021 please get in touch -

pauline.bowman@icloud.com.

With Christmas festivities around the corner, albeit more subdued than normal, the goodwill that has emerged during Covid, should be more prominent than in previous years. If anyone is aware of someone alone and lonely, a telephone call, a socially distanced chat on the doorstep or even just a Christmas card will mean so much. I wish you all a happy Christmas, however we are able to celebrate and a very healthy Covid-free New Year.

Public Affairs

by Liz Whapples (liz.whapples@gmail.com)



Christmas is nearly with us —somehow I think that is possibly going to be different from 2019. However, WI continues with hope for a brighter future as we move forward with our Resolution(s) which will be taken forward to the AGM at The Royal Albert Hall in April. As you are aware Aspin WI submitted a Resolution which unfortunately wasn't chosen, but thank you so much for submitting the Resolution and please keep trying - it will eventually be worth it. You will have received the shortlist which was published in the November My WI, however, once again, I include a brief explanation of the Resolutions here.

2020/21 Resolution Shortlist

1. A call to increase awareness of the subtle signs of ovarian cancer

Every two hours in the UK someone dies of ovarian cancer. Making sure GPs and the public know what to look for will not only ensure the early detection and treatment of this disease, but transform lives today and for generations to come. NFWI calls on WI members everywhere to help increase awareness of the subtle signs of ovarian cancer.

2. Stop women dying prematurely from coronary heart disease (CHD)!

Coronary heart disease (CHD) is twice as deadly for women in the UK than breast cancer. To avoid premature deaths caused by a lack of awareness of the symptoms and misdiagnosis, the NFWI calls on WI members to improve understanding among the public and healthcare professionals of the symptoms of a heart attack and its prevalence in society, particularly among women, and to campaign to tackle inequalities in treatment.

3. Racism and discrimination

Systemic racism and discrimination is still a prominent challenge.. The global protests surrounding the Black Lives Matter Movement have once again emphasised the inequality and injustice that BAME communities still face across a wide range of settings including the justice system, employment, education and healthcare. The NFWI and its members agree to take concrete action to stamp out racial inequalities including by raising public awareness and campaigning for decision-makers to implement recommendations of existing reviews on racial inequality and take action.

4. Protect your nature space to create wildlife-friendly communities

UK wildlife is in decline, but solutions exist within all our communities. The NFWI calls on its members to participate in national schemes and local organisations and mobilise their groups to take action to protect wildlife in their own or local green spaces, protecting biodiversity and the environment, and creating a network of accessible wildlife-friendly communities throughout the UK.

5. Stop the destruction of peat bogs to tackle climate change

Peat cutting for compost is harming both our natural environment and our efforts to tackle climate change. 80% of peatlands in the UK are damaged and release millions of tonnes of CO2 into the atmosphere each year. The WI calls on its members to cease using peat-based compost, to persuade others to cease using it and to work with garden centres to encourage them to stock alternative products which already exist, thereby reducing the



demand for peat to be harvested.

The support information for these proposed Resolutions are on the website which I urge those of you that can to access this and then try and make an informed decision on which Resolution you would like to go forward. Once you have decided you can then let your Secretary/President know who will then forward the final numbers to myself in order for me to collate the figures which I will then forward to National. These final figures have to be sent to me by the 16 th January. As WIs are meeting in various ways, some actually meeting socially distanced in a large hall but many of you still unable to meet up and have meetings via Zoom it is, of course, helpful in making your decision that you can get some information beforehand. Each member has the opportunity to an individual vote.

If you are zooming you can actually organise to vote on zoom and if you need help with this do not hesitate to contact web.nwyorkswi@yahoo.co.uk. By February we will be informed of

which Resolution/Resolutions each WI will vote on to go forward at the AGM in London in April.

I must apologise for such a lot of information to take in but hope it has been useful and hopefully you will get the chance by some means to have healthy discussions on the proposed Resolutions which will I am sure give us all food for thought.

How is your Christmas shopping going? One area we could all do our small amount to help climate change is perhaps look at some of the gifts we buy. Perhaps consider more eco friendly products

There are so many items now available and if WI member replaced one gift with a sustainable one e.g. bamboo socks instead of polyester, a reusable drinks holder, wooden toothbrush etc as a collective it would make a huge difference. Perhaps think about wrapping presents in brown paper rather than coloured Xmas wrapping? Finally can I pass on Christmas wishes from the Public Affairs Team and hope that we will be able to offer some interesting topics in 2021.

Craft & Home Economics

by Judith Stansfield (judstass@gmail.com)

We still can't provide face to face sessions, but the emphasis of the Zoom Sessions is on Craft this month (see pg4). It is not quite the same as attending a day course, but you can interact with the tutor through the Chat box and ask live questions after the demo. Do give them a try and if you have suggestions for topics and/or tutors for future sessions, please get in touch!

With being more confined to home

over the past few months, you will probably have been producing more craft

objects and may have finished projects that had been hanging around. If so, do send me pictures and a brief description of what you have done and we can show some in the newsletter and/or on the website.

Have as good a Christmas as you can and hopefully a much better New Year!



Arts and Leisure

by Heather Stoney (hjstoney48@gmail.com)



Here we are with the last Ripon Cathedral, instead of the newsletter of 2020. How would Carol Service.

you best describe your year? I am sure we would all describe it differently, sadly though it is going to carry on into 2021.

Because of this I would request that you all remember people that are on their own or suffering loss this Christmas. Now more than ever we need to be kind to others, no matter what our own circumstances are, there is always someone in a worse situation.

At our Carol Service in the Cathedral we always try to uplift people with music, verse and prayers. We will miss the camaraderie and fellowship this year. Sadly Church services are very different, but we are resilient ladies and we will make the most of changing times.

In 2021 we are planning on having a Service of Thanksgiving on Saturday 20th November at 2pm at

There has been no word yet from National on the Lady Denman winners. I am keeping my fingers crossed that North Yorkshire West is successful, as all entries were brilliant, and that is not me being biased.

I am still attending the meetings concerning the restart of Walking Netball. There are so many changes and restrictions because of the high amount of contact; it is taking a while; then there has to be government approval. I will keep you posted.

Plans are still being made for activities for 2021, hopefully we will be able to have them.

Please can I take this opportunity to wish you a Happy Christmas and Peaceful and Healthy New Year. Stay Safe and be kind to others.

Denman Online

by Judith Stansfield (judstass@gmail.com)

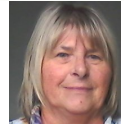


Denman has now closed and Hazel Smyth and I made a long day trip down to Marcham to clear the two NYWFWI rooms in Brunner and Holly. It was a sad day with no one else there except someone sorting out the Cookery School.

We brought back most of the contents of the two rooms and have catalogued them. The electrical items need to be PAT tested and some items belonging to individual WIs will be returned to them. The duvet and pillows have been given to the Darlington Women's Refuge who have facilities to sterilize them. The Visitors' books and some pictures will be kept at Alma House, but eventually the rest of the catalogue will be open for bids.

Membership Support

by Sue Armstrong (smea48@yahoo.co.uk)



I cannot believe it's the end of the year already - what a strange year we have had to deal with! I know most of you have amazing ways to keep in contact with your members and we are so pleased that you do.

As I compiled our list of Advisers, I noticed a lot of email details that were not correct or had been misspelt. Since this is our way of communicating with you, it is imperative that this information is up to date. If you do not have someone to do your MCS (Membership Communication System), please get in touch with your adviser or myself. We don't bite!

Annual report forms are completed after your Annual meeting and can

be sent to Alma House.

Julie Clarke is kindly calling every week to check the office and pick up the mail, and these will be looked at once we are back in the office.

I know we have had to deal with a lot this year so thank you all for your resilience over these tough times. We are confident that we can get back to normal in 2021, once the government and healthcare workers find a vaccination for this terrible virus.

Wishing you a very good Christmas, hopefully with your families, and may 2021 be a better year for us and the world.

Zoom and Your Television

A number of members have mentioned that Zoom Talks/Calls are difficult to access because of the size of their computer screen. These notes are designed to provide an outline of how to connect your Computer to your TV – something you may not be aware is possible.

You need to establish what sockets you have on the back of your TV and Computer. There are few standard ones: USB, VGA, Display Port, HDMI, Apple.

Once you know what ports you have you can then purchase a cable to link the two together – I suggest getting one long enough, so your computer can sit in front of the TV. Cables can be purchased in store, or on online via Amazon, PCWorld, etc.

You will need to set your TV input to be able to take a feed from your PC (just like when you change from TV to Video/Digital input). Once connected your PC will usually duplicate your normal display on the TV. A Google search on the internet of “How to connect your computer to TV” or “How to connect an iPad to TV” will produce detailed instructions.

If your TV is already connected to the internet then you can Zoom directly. Once sorted you can sit in your favourite armchair and Zoom in comfort.

If you have a query - please email me on web.nwyorkswi@yahoo.co.uk

Challenging Climate Change

by Wendy Knight, Ure with Leyburn WI



Over the summer, I have bought very few clothes. I am tall, and in my youth was a 'plus size', UK 14. Yes, shopping on the fashionable High Street in the 70's was an exercise in shame. Rarely did I find even one size 14; 'standard' sizes were 8 to 12, hence a lifelong aversion to taking my clothes off in changing rooms, communal or otherwise.

However, a positive has emerged from the strangest summer I have lived through (though not the most frightening - I was at school during the Bay of Pigs, at college during the Vietnam War, and received a govt. leaflet during my first years of marriage advising me to whitewash our windows and shelter under the table in the event of a nuclear strike).

The upside for me has been the fun of making clothes and mending them. I have, for the first time, actually worn the elbows out of two tee shirts. They have now been transformed - short sleeved!

On Friday I attended a virtual seminar, organised by a climate ambassador for WI Essex. The panel included: a year 7 pupil and farmer's daughter; a WI Youth Ambassador; Gareth Redmond-King, Head of World Wildlife Fund, Climate; and two MPs, both on climate and conservation committees.

The 2 hour session was fascinating, informative, frightening and hopeful, and I would like to share some statistics from another panelist at the seminar: *WI member from Luddenden, Jean Tallis.*

Fast Fashion, from production to landfill

The UK has more 'seasons' and consumes more fashion, clothing and accessories than any other European country. Each year, UK uses 26.7kg per capita (A very large suitcase). This compares to a consumption rate in the next-highest countries of 16.7 - Germany and 16 - Denmark, and just 12.6 in Sweden. UK residents also consume more cheap, 'throwaway' clothing and keep their clothes less long.

An estimated £140 million worth (around 350,000 tonnes) of used clothing goes to landfill in the UK every year, much of it acrylics, which contribute massively to ocean micro plastic pollution, by leeching from soil, into rivers as well as from washing.



Which of the three sectors emit more global CO₂: air transport, shipping or fashion?

The shocking answer is that the fashion industry emits more than the other two sectors combined!



1 cotton teeshirt uses 27,000 litres of water in growing and production (irrigation) - that is 3 years' drinking water for a person. By 2025, 2/3 of the world will face water shortages. Vast amounts of chemicals are used in standard cotton production, to kill pests and promote growth; communities employed in growing cotton have higher cancer rates than control populations.

But cotton is compostable, biodegradable and far better than synthetics... So, what can we do?

Look for Organic cotton garments. Organic cotton is rain fed uses up to 91% less water (in most growing areas). It also does not use pesticides or artificial fertiliser. Look for this or similar logos:



Other sustainable fibres to look for are Tencel (from wood pulp), bamboo, hemp, wool and alpaca, recycled cotton, and of course, pre-owned items from charity shops.

Synthetic clothing is made from fossil fuels. Half the clothing consumed in UK is synthetic and 1/3 of micro plastics in the world's oceans comes from washing clothes.

The advice is, wash less - only when needed; fill your machine up (half loads create more friction and shedding); use a short, low temperature cycle, unless clothes are heavily soiled.

A question we should all ask ourselves is: **Do I need it and how long will it last?**

Some apps and sites to help identify sustainable brands:

[goodonyou.eco.app](https://goodonyou.eco/app)

www.fashionrevolution.org

You can also find useful information by searching for 'Good Housekeeping sustainable fashion brands'.

In order for the public to make informed choices, the UK needs to lead on a universal clothing labelling scheme, which identifies the carbon footprint and explains source material (e.g. made from fossil fuels). The subject of a WI campaign, ladies?

Around the Federation

An Open Letter from Sutton in Craven WI

by President Gillian Law and the members of Sutton-in-Craven WI

Dear Ladies of the WI,

PPE may be for personal use, to keep us all safe: but is it becoming a danger to us all?

Have you noticed a disposable face mask dropped as litter near your home? Or a stray plastic glove?



Here in Sutton in Craven, North Yorkshire, we first noticed an increase in litter created by PPE when the wearing of face masks became compulsory on buses and later in shops. This increase alarms us. The ladies of Sutton in Craven WI, led by our President, Mrs Gillian Law, have put out messages, put up posters and worked with our Parish Council, who have helped in our campaign to raise awareness of this anti social habit.

This dangerous litter is most noticeable where there is a high volume of traffic, in car parks and near shops; but facemasks can also be seen littering our countryside roads and grass verges, a long distance from the towns.

Would you want your child to pick up a used facemask? They are unsightly, unhygienic and potentially dangerous. This litter is worse than dog fouling, in that it is not biodegradable and is carelessly created by humans who are clearly not thinking of keeping others safe. The people who drop disposable face masks on the ground are only thinking of their own convenience: leaving them for someone else to dispose of them safely.

Please: help us raise awareness. Remind others to take masks home and dispose of all PPE responsibly and safely. Help save lives.



Bee, Bits & Bobs workshop

by Janet Kazlauciunas from Knaresborough WI



I have attended workshops that Rachel Poole had run previously at Alma House but I could not zoom on my laptop. I contacted Hazel Smyth for help getting me onto Zoom, it was so easy—how had I failed before?!

During the week I had received a box of goodies that Rachel had sent out, everything was packaged and labelled together with the recipe cards and methods. The smells were very inviting. Saturday arrived, rain was lashing at the window but undeterred I logged onto the workshop via Zoom, so easy. There were 8 of us on the workshop. We started with Rachel in her kitchen set up to start the workshop. She went through the box contents and then we were ready for Recipe 1: this was a Honey & Willow Bee Balm, Rachel was just explaining the method when suddenly the electricity went. Oh no, poor Rachel had a power cut. She still had power to her laptop (battery backup), so she went in search of an extension and possibly some help to reconnect. She tried again unfortunately it failed, so we had to go to plan B. Rachel then went through Recipes 1-3 explaining the method on how to make them. These were all lovely balms which were to be put in small tins. We then moved onto recipes 4-6. These were a lovely Honey & Ginger scrub, Goats milk, Honey & Pollen Soap and finally Beeswax rolled Candles. Again Rachel explained the method and any problems we might encounter and did a quick demo on how to start rolling the Beeswax for the Candles. Finally Recipes 7-9 started with a St Clements Wood Polish, a Leather Conditioning Cream and finally Beeswax Food Wraps. She also explained how to revive any wraps you might have had before. Perfect.

She ended up by explaining that the next workshop this year is one on Household products that are kind to the environment, on the 15th December. I will certainly be signing up for that one. I have so far managed to make the St Clements Wood Polish and the Leather Conditioning Cream, both very easy and once decanted to their respective tins waiting to be used. I also made the soap. You have to have a bit of patience to wait for the goods to cool or set, but I can honestly say that I thoroughly enjoyed the workshop. Rachel left her contact details in case any of us had questions or queries, or help was required. Everything that Rachel had supplied was fully recyclable and kind to Septic Tanks something that I am getting used to. Further chats and questions were asked before it was time to finish a thoroughly enjoyable workshop, with lovely products to use, or give as presents.

Notices

Important Delivery

- Members' Voucher Booklets for 2021 will be delivered to your secretary ready for distribution in January 2021.
- The delivery date will be before Christmas 2020.
- The number you receive will be in accordance with number of members listed for your Institute on the MCS.

200 Club Results

Congratulations to the following, who have won this month's prizes:

£100—Ripon Belles
£50—Michelle Gracey
£25—Julie Hirst, Ripon Centre

First Recipe of the Month: Rum Sauce for Christmas Pudding

You'll have seen in the November issue we gave a recipe for a delicious Christmas pudding. Now, you can make the perfect rum sauce to go with it! This is a very old recipe when flour was mainly used for thickening, it has been handed down from my grandmother. It is delicious and is so popular when my WI does their Christmas lunch for the village.

Ingredients

600ml (1pt) full cream milk
300 ml (1/2pt) water
115g (4oz) butter
80g (3oz) plain flour
80g (3oz) dark brown sugar
Approx. 4 - 6 tbsp of rum or brandy to taste!



Method

1. Put the milk, water and butter in a pan, bring to boil.
2. Meanwhile, blend the flour with a little milk/water in a large jug to a smooth mixture. Stir in the sugar.
3. When milk is boiling pour into jug, stirring all the time. Pour back into pan, if lumpy pass through a sieve.
4. Bring back to boil and simmer for a few minutes to cook the flour.
5. Add rum to taste. If too thick add a little more milk. Pour into serving jug.
6. Can be made earlier and reheated in microwave just before serving.

Second Recipe of the Month: Lemony Bakewell Tart

Recently I have become a zoom fanatic! I have joined many “Denman at Home” courses - especially the cookery demonstrations—well worth £5 and very easy to book. Our Federation is now offering a selection of our own sessions! We have a Christmas Cookery demo this month by Liz

Fawcett, who is now running her own cookery school in Hawes.

Now, no one is more useless on a computer than me. I have a simple iPad, and with the help of my daughter-in-law and Hazel Smyth, I'm up and running! I'm attending one of Hazel's training courses, so if you're unsure, join us for this too. The recipe I'm sharing is one I watched on a zoom demo with Alison Haigh, a past Denman tutor. I've made it and it is scrumptious - I'm eating a slice as I write this!

LEMONY BAKEWELL TART. You will need an 8 to 9 ins loose bottom tart tin

Ingredients

Sweet shortcrust pastry:

175g plain flour

Pinch of salt

2 tbsp icing sugar

115g chilled butter, cubed

1 egg yolk

2 tbsp iced water

To spread on base : a small jar or

100g good quality lemon curd

Almond filling :

150g caster sugar

150g soft butter

150g ground almonds

3 eggs

Finely grated zest 1

lemon

To finish: 30g flaked almonds and

icing sugar to dust



Method

1. Make the pastry. Put flour, salt, icing sugar and cut up butter in a bowl and rub in. Stir in egg yolk and enough iced water to bind. This can be done in food processor. Knead gently, shape into a disc, wrap and refrigerate for 20 to 30 mins not too hard.
2. Heat oven 190°C/170°C fan/gas mark 5. Roll out pastry to line tin, no need to grease.
3. Spread the lemon curd onto base of pastry case, refrigerate whilst prepare filling.
4. Place caster sugar, butter, ground almonds, eggs, and fine lemon zest into a bowl and mix together to form a cake batter. Can be done in food processor.
5. Spread the mixture evenly over lemon curd, sprinkle with flaked almonds. Place in oven for approx. 40 minutes until mixture is a deep golden colour and firm.
6. Leave in tin to cool, then push up loose base and slide onto a serving plate. Dust with icing sugar.
To make a gluten-free tart, simply substitute the pastry for a ready made gluten free pastry.

Enjoy!

NYWF's Stance on Coronavirus

The Federation office at Alma House is still closed and will remain so until further notice.

Telephone calls will be answered but we would appreciate you trying to keep these to a minimum. Please see page 2 for further details.

There will be NO regular postal correspondence from the Federation and WI Secretaries are urged to check for email communications daily.

If anyone is aware of a Secretary that does not use email please pass this message on, asking them to contact the office for help.

Any notices, updates or announcements will be posted on Facebook and our Website.

Please bear with us during this difficult period but do not hesitate to contact any Trustee or your Adviser if you need help, we will do our best to help you.

