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GET THE DEAL

LANCASHIRE

Contents

Hello to everyone and welcome back to the July edition of Get the Deal Lancashire magazine.



While we have all been adjusting to a new way of living it has given all of us a chance to appreciate our surroundings.

As we look forward to Summer hopefully we can re-connect with our local businesses who have been affected over the last few months, we wish them all well.



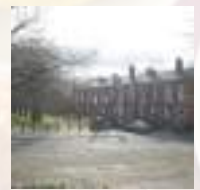
In this edition we have a feature from the Friends of Winckley Square and our regular recipes from Booths.



We hope you enjoy this edition and we look forward to our next edition in September.



Best Wishes
Michael



Disclaimer

All advertisements are carefully checked when compiling Get-the-Deal Lancashire magazine. Occasionally errors do occur so we ask advertisers to check advertisements. Inclusion in the magazine does not imply endorsement of the business, services or products.

Vintage Broadgate

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* GARDEN FURNITURE

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- LUGGAGE – LEATHER SUITCASES/TRAVEL/TRUNKS
- OLD SHOP FITTINGS/HABERDASHERY /COUNTERS
- INDUSTRIAL ITEMS/SIGNS/TOYS
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- ATTIC/GARAGE CLEARED
- FULL OR PART HOUSE CLEARANCE WELCOME
- CASH PAYMENTS



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David H Myers Opticians Penwortham

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Homematas are based in Bamber Bridge, just around the corner from Matalan. We specialize in design, project management and fitting of bathrooms, bedrooms, kitchens and tiles with over 35 years experience.

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Once the design is complete our trusted team of craftsmen work together to bring your design to life. All our craftsmen are highly skilled, extremely motivated, hardworking, honest, reliable, tidy and take great pride in their work. *All the craftsmen who will be working at your home have also worked in our homes.*

Homematas, a *5-time award winner of Lancashire County Council's Safe Trader award* provide a free measuring and design service. We have a 7,000 square foot showroom which is has a stunning array of displays that showcase all bathroom, bedroom and kitchen furniture. We also stock over 10,000 metres of high quality, affordable tiles that will complete your dream renovation.

Our showroom is due to undergo a renovation itself with *over 40 new ranges of tiles to arrive in March 2020* which will be built around the latest designs of bathroom furniture. Therefore, we will have various stock and displays that will be *available at unbeatable prices.*

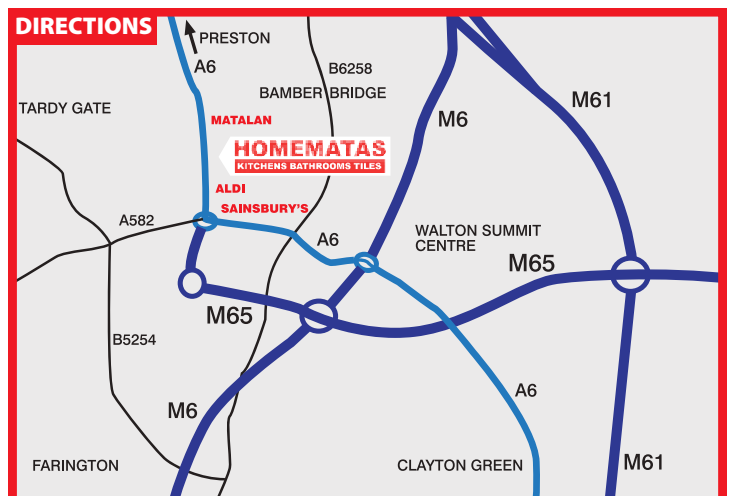


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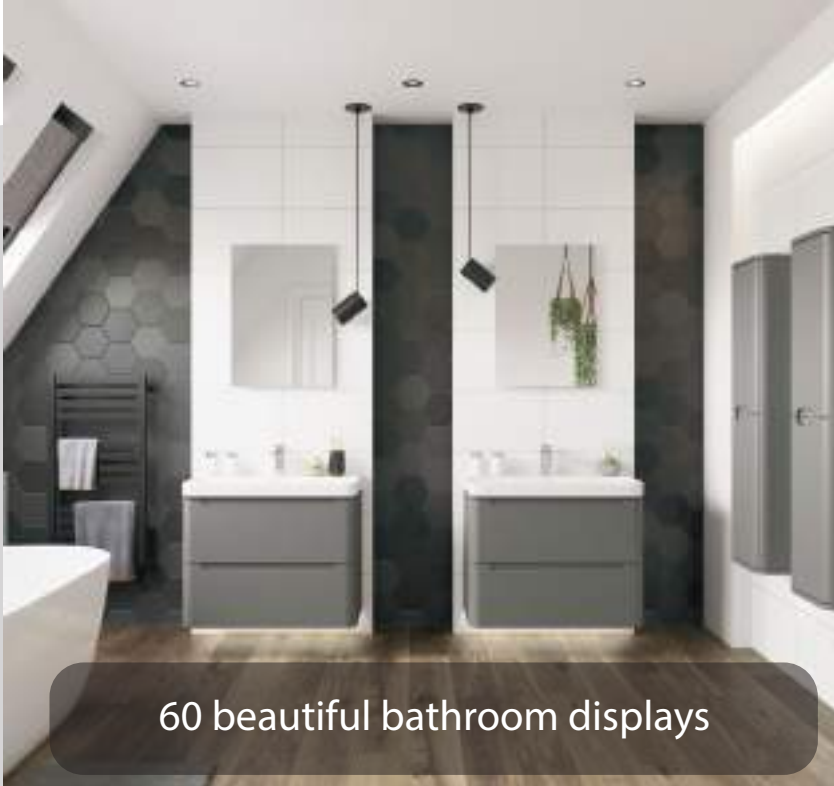


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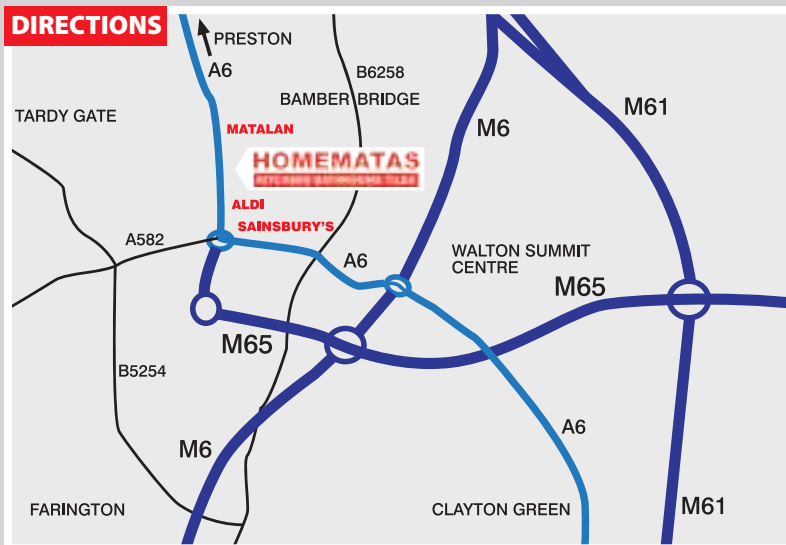
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BOOTH'S

THANK YOU FOR YOUR SUPPORT

We have a special message of thanks for all of our customers, suppliers and colleagues who have been so supportive in what have been testing circumstances, as well as our amazing NHS and fantastic key workers to whom we are so grateful.

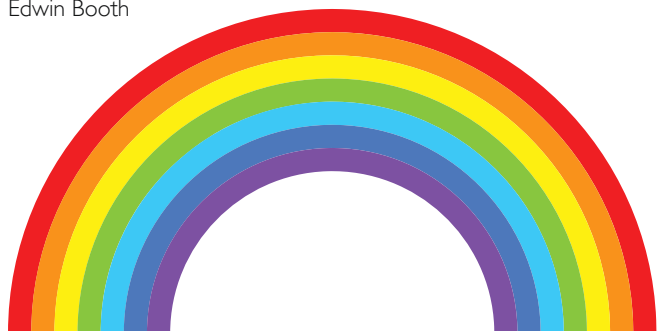
"I'd like to take a moment to say thank you to all of our customers who have shared messages of support with us and our colleagues here at Booth's: your kind words at a time like this have meant so much, and help to keep us going. Thank you.

We're so proud of every single member of the team here at Booth's, who have all come together in unprecedented circumstances to do their bit, to the very best of their ability. From our support teams in the offices, maintenance and security, to our food manufacturing teams, our teams in product supply, warehousing and transport, our suppliers and of course our fantastic colleagues in store who have been on the frontline every day. Everyone in our business is putting their customers and communities first. We're lucky to count you as part of our Booth's family.

Those working in the NHS and public services have been magnificent in dealing with an emergency that none of us could have foreseen, and all of us at Booth's have taken great pride in showing our appreciation every Thursday evening.

I hope that we will remember the essential work that they do day in day out when the COVID-19 crisis comes to an end. My family and I send you our warm best wishes at this difficult time and hope that you will all keep safe and well."

Edwin Booth



SPRING CHICKEN ONE POT

4

Serves

10

mins

Prep

40

mins

Cooks

SPRING CHICKEN ONE POT

INGREDIENTS

A drizzle of olive oil
8 chicken thighs
3 cloves of garlic, sliced
1 leek, sliced
½ bulb of fennel, sliced
50ml white wine (optional)
2 tbsp plain flour
450ml chicken stock
4 baby courgettes, sliced in half
50g sugar snap peas
50g frozen peas
1 x 400g tin butter beans, drained
100g crème fraîche
50g baby spinach leaves
Salt and pepper
5g flat leaf parsley, chopped

METHOD

- 1 Heat a drizzle of olive oil in a large saucepan. Add the chicken thighs and cook for 5 minutes. Turn the thighs over and cook for a further 5 minutes. Remove and set to one side.
- 2 Add the garlic, leek and fennel to the pan, sauté for 3 minutes.
- 3 Add the white wine and cook for 1 minute.
- 4 Add the flour, stir well and cook for 1 minute.
- 5 Add the chicken stock stir well and bring to a simmer.
- 6 Return the chicken thighs to the pan, cover and simmer for 10 minutes.
- 7 Remove the lid and simmer for a further 5 minutes.
- 8 Add the courgettes, sugar snap peas and frozen peas. Simmer for 5 minutes.
- 9 Add the butter beans, crème fraîche and spinach, cook for 2 minutes to warm through.
- 10 Season to taste and garnish with chopped flat leaf parsley.

CHEF'S TIP We have used butter beans in this recipe but these can be swapped for chickpeas or cannellini beans. You can swap and change the spring vegetables you use in the dish. Asparagus, broad beans and fine beans all work well.

Nearest Booths store: Preston, Fulwood, Garstang, Longton, Tarleton, Penwortham

TEMPURA TOFU WITH WARM GRAPEFRUIT TABBOULEH

4

Serves

30

mins

Prep

10

mins

Cooks



TEMPURA TOFU WITH WARM GRAPEFRUIT TABBOULEH

INGREDIENTS

FOR THE TABBOULEH

250g bulgur wheat
½ vegetable stock cube
2 grapefruits
½ grapefruit, juice only
10g flat leaf parsley

10g coriander

FOR THE SAUCE

4 tbsp sweet chilli sauce

½ grapefruit, juice only

1 tbsp coriander

FOR THE BATTER

100g plain flour

1 tbsp cornflour

1 tsp baking powder

½ tsp salt

225ml sparkling water

5g coriander

TO FRY

1 litre vegetable oil

FOR THE TEMPURA

200g firm tofu

4 spring onions, halved

8 asparagus spears

8 sugar snap peas

8 mangetout

½ bulb of fennel

4 baby courgettes

500ml sunflower oil

Salt and pepper

METHOD

1 To make the tabbouleh place the bulgur wheat into a bowl. Prepare the stock cube with boiling water and pour over the bulgur wheat to cover by approximately one centimetre. Cover the bowl with cling film and allow to stand for 30 minutes.

2 To make the dipping sauce, roughly chop the coriander then mix all of the ingredients in a bowl and set to one side.

3 To make the tempura batter, place the dry ingredients into a bowl, slowly add the chilled sparkling water whisking continually to avoid lumps. Finely chop the coriander, add to the mixture and mix well.

4 Thinly slice the fennel and halve the baby courgettes lengthwise. Heat the oil in a heavy based saucepan to approximately 180°C. Slice the tofu into 8 pieces then dip the vegetables and tofu into the batter and fry for 2-3 minutes (do this in batches). Remove using a slotted spoon and drain on kitchen roll.

5 To finish the tabbouleh, peel the grapefruits and cut into segments. Finely chop the flat leaf parsley and coriander. Mix these ingredients in with the bulgur wheat and grapefruit juice. Season to taste.

6 Serve the warm tabbouleh with a selection of tempura and the dipping sauce.

CHEF'S TIP This is a great base tempura recipe, add a pinch of chilli flakes to the batter and use king prawns or squid to make this dish for meat eaters.

SOUR CHERRY RUM COOLER

2

Serves

5

mins

Prep



SOUR CHERRY RUM COOLER

SHAKER

INGREDIENTS

70ml Harrogate Rum

2 lemons juiced

4 tsp cherry Jam

1 egg white

A few of cubes of ice

GARNISH

INGREDIENTS

1 Sprig of Mint to

Garnish

METHOD

1 Add all ingredients into cocktail shaker or large jam jar and shake for 30 seconds.

2 Fill two glasses with ice and pour the shaker of cocktail over the ice.

3 Garnish with a sprig of mint and serve.

CHEF'S TIP Keep your large jam jars and use them as a cocktail a cocktail shaker.

BOOTH'S
Love the difference

LUXURY FISH PIE

4

Serves

35
mins

Prep

30
mins

Cooks



LUXURY FISH PIE

INGREDIENTS

FOR THE MASH

1kg Maris Piper potatoes, peeled and quartered
25g butter
50ml milk
10g flat leaf parsley, chopped

FOR THE FILLING

A drizzle of olive oil
1 onion, diced
1 leek, sliced
50ml white wine (optional)
400ml fish stock
500g Booths fish pie mix
200g raw king prawns

FOR THE SAUCE

50g butter
50g plain flour
200ml whipping cream
1 tbsp Dijon mustard
5g flat leaf parsley, chopped
Salt and pepper

METHOD

- 1 Place the potatoes into a pan of salted cold water. Bring to the boil and cook for 15 minutes. Drain, set to one side.
- 2 To make the filling, heat a drizzle of olive oil in a saucepan, add the onion and leeks and sauté for 5 minutes. Add the white wine and cook for 1 minute.
- 3 Add the fish stock, bring to a simmer and add the fish pie mix and prawns. Simmer for 3 minutes.
- 4 Remove the fish and prawns from the poaching stock. Reserve the stock to make the sauce and set the fish and prawns to one side.
- 5 For the sauce, melt the butter over a low heat add the flour, stir to combine. Cook until it starts to bubble.
- 6 Slowly add the reserved poaching stock to the pan a little at a time allowing the stock to warm in the pan before whisking into the mix, this will help prevent lumps. Add the cream and bring the sauce to the boil.
- 7 Remove from the heat, add the mustard and parsley. Season to taste. Add the reserved fish to the sauce and spoon into an oven proof dish.
- 8 Pre-heat the oven to 180°C (fan) / 200°C / 400°F / gas mark 6. For the topping, mash the cooked potatoes, add the butter, milk and parsley and mix well. Season to taste then spoon over the prepared filling.
- 9 Cook for 30 minutes or until the top is golden brown.

COLEY SPRING CHOWDER

4

Serves

10
mins

Prep

20
mins

Cooks



COLEY SPRING CHOWDER

INGREDIENTS

A drizzle of olive oil
1 onion, sliced
1 leek, sliced
50ml white wine (optional)
1 tbsp plain flour
500ml fish stock
400g coley fillet, skin removed and pin boned
1 corn on the cob
75g asparagus, halved
75g sugar snap peas
2 spring onions, sliced
300ml whole milk
50g baby spinach leaves
Salt and pepper
1 lemon, sliced

METHOD

- 1 Heat a drizzle of olive oil in a large saucepan. Add the onion and leek and sauté for 5 minutes.
- 2 Add the white wine and cook for one minute.
- 3 Add the flour, stir well and cook for one minute.
- 4 Add the fish stock and bring to a simmer. Add the coley and simmer for 5 minutes.
- 5 Remove the kernels from the corn on the cob and add with the asparagus, sugar snap peas, spring onion and milk. Cook for 3 minutes.
- 6 Add the spinach leaves and cook for 1 minute.
- 7 Check the coley is cooked through, season to taste with salt and pepper and spoon into warmed serving bowls. Garnish with sliced lemon.

CHEF'S TIP This is a great base chowder recipe. Swap coley for cod or salmon and garnish with chopped smoked salmon for a change.

NECTARINE GALETTE

4

Serves

20

mins

Prep

35

mins

Cooks



The optimum time and temperature varies by individual ovens - these are guidelines only. Please ensure all cooked recipes are served piping hot. Keep raw meat separate from cooked food. Use separate kitchen utensils and surfaces for raw and cooked foods, or wash thoroughly in between use. Wash hands after handling raw meat. Some products may only be available in our larger stores. All content © Booths 2020.

ORANGE BLOSSOM & ROSE GIN

2

Serves

5

mins

Prep



ORANGE BLOSSOM & ROSE GIN

SHAKER

INGREDIENTS

60ml Cuckoo Gin
4 tsp Orange Blossom Water
1 tsp Rose Water
1 orange peel shaving
A few of cubes of ice

GARNISH

INGREDIENTS

Orange peel
A few juniper berries

METHOD

- 1 To make the galette pastry, place the flour, caster sugar and salt into a bowl. Stir to combine.
- 2 Add the chilled butter and rub into the flour using your fingertips until the mix resembles fine bread crumbs.
- 3 Add one egg and stir to combine using a fork. Use your hands to bring the mix together and roll into a ball. Wrap and chill in the fridge for 1 hour.
- 4 Meanwhile, mix the sliced nectarines, demerara sugar, cornflour, vanilla and thyme in a bowl.
- 5 Pre-heat the oven to 180°C (fan) / 200°C / 400°F / gas mark 6.
- 6 Once the pastry has chilled, lightly dust a work surface with flour and roll the pastry into a circle approximately the thickness of a pound coin. Place the pastry circle on a baking tray lined with baking paper. Spoon the nectarine mix onto the pastry circle leaving a 1.5 inch border around the edge.
- 7 Fold the border edge slightly over the fruit filling, pushing down gently to seal.
- 8 Brush the pastry edge with the beaten egg and scatter over the demerara sugar.
- 9 Bake in a pre-heated oven for 35 minutes or until the pastry is golden brown.
- 10 To make the honey and thyme cream, place all of the ingredients into a bowl and stir well.
- 11 Serve the galette warm with a generous dollop of honey and thyme cream.

METHOD

- 1 Add all ingredients into cocktail shaker or large jam jar and shake for 30 seconds.
- 2 Fill two glasses with ice and pour the shaker of cocktail over the ice.
- 3 Garnish with a sprig of mint and serve.

CHEF'S TIP Use a potato peeler to create the orange peel garnish.

BOOTH'S



Penwortham

Home Improvements

Please note: Due to Covid-19 we are taking extra care around our customers. We have also started accepting Bank Transfer payments on completion

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- Karen Williams

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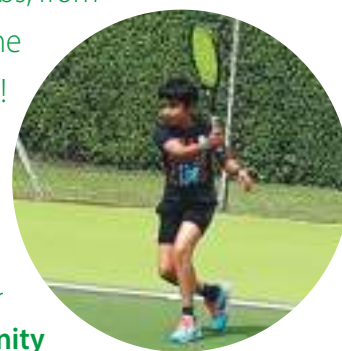
Fulwood Lawn Tennis Club Resurfacing Project

Fulwood LTC is run entirely by volunteers and 3 years ago faced issues, like many sports clubs, from a shortage of members to help, along with a declining membership, lack of interest from the community and courts desperately in need of re-surfacing. We needed an injection of help! The future of the Club depended on volunteers and 18 months ago, Club Chairman Jane Blackwell decided to go to the membership for them to decide their future.

As a result, 18 members stepped forward to help and the 3 Officers of the Club, Chairman Jane, Hannah Catlow, Treasurer and Denise Ratcliffe, Membership Secretary have lead the volunteer team in making improvements to the Club and rolling out new initiatives to raise the profile of the Club within the community.



With the larger volunteer workforce, the Club started a remarkable turnaround in a short space of time. On the back of the success of club development and driven by the members, Jane was successful in grant applications to enable their new court project. Thanks to **The Harris Charity**, a local charity supporting young people under 25, to access activities for social and community well-being and a large award from **The Sport England Community Asset Fund**, the 4 floodlit courts have just been resurfaced with an all-weather, high quality artificial grass. **Sport England** is a Government backed body, committed to building an active nation, with their **Community Asset Fund** dedicated to enhancing the spaces in local communities, to give people the opportunity to be active.



“We are grateful to **The Harris Charity** and **Sport England** for their award from their **Community Asset Fund**. It has been recognised that our tennis facilities are a vital asset to our community, clearly demonstrated by our tennis community, the driving force behind the project. The Club is now thriving, not just surviving, and we can look forward to a healthy future.” Overseen by our Facilities Manager Ian Topping, the project was completed during lockdown, taking longer with skeleton staff, re-opening on Sunday 31st May after tennis was permitted. Our members already know the physical, mental and social benefits of getting outdoors and being active, but in the current situation, our facilities are appreciated even more and new members have been rolling in, even before re-opening.



Volunteering brings huge benefits and is an extremely rewarding and fulfilling aspect of our lives: whether that contribution is large or small, you can help to make a difference. By utilising our skills, developing new ones and connecting with others, we can share our passion for tennis and give something back. Our new courts are testament to the collective hard work of our volunteer team and we feel very proud to have resurrected an important and historic part of the Fulwood Community.

Come and give tennis a try, we welcome new members and visitors and have discounted rates for new members. Please contact Jane on 07708182036 or email fulwoodtennis@hotmail.com or check out our website <https://clubspark.lta.org.uk/FulwoodLawnTennisClub>

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'Not much history around here'

By Steve Harrison:
Friend of Winckley Square

What is apparent to the Friends of Winckley Square (FoWS) is that every aspect of the history of the Winckley Quarter is a tiny piece of the jigsaw which makes up the much larger canvas of the History of Preston and South Ribble and in turn national and international history.

Many individuals and organisations continue to research, interpret, explain and share our local heritage. Every contribution helps build the bigger picture. Our part of Lancashire has so much history to celebrate but is often a closed book to many.



Extract from Buck's prospect of Preston 1728, showing the Church and the former bridge across the Ribble at Walton le Dale.

Crossing the road by St Leonard's Church Walton le Dale

Last year I was on a history walk in South Ribble led by Dr David Hunt. We met at St Leonard's Church, Walton le Dale; high up on Church Brow. As the group crossed the road from the church a prosperous looking driver slowed his car, opened the window and asked what we were doing. 'On a history walk,' replied one of the group. The driver looked bemused. 'History? There's nothing historical to see around here' he told us. He laughed, pitying us, and then was on his way.

From that viewpoint, looking north across the Ribble, we stood within a two mile radius of important sites and events in the history, not just of our area, but of the whole British Isles.

The Romans built and occupied a large camp here. Vikings buried treasure at Cuerdale by the Ribble. Stuart armies were defeated by Cromwell's forces in the civil war and later Jacobite armies marched, fought and retreated in the area we overlook from Church Brow. Arkwright's water frame was invented near Stonegate. The world's largest power loom weaving shed stood near Fishergate. What later became the West Coast Mainline crossed the Ribble west of here in 1838; linking Preston to the coalfields of Wigan and access to cheaper fuel for the steam engines that increasingly powered the mills. Just beyond the site of the Viking treasure runs the M6; the first stretch of Motorway in the UK. Not much further east is the Roman fort at Ribchester. 'Not much history around here' indeed.



Replica of the ceremonial Roman cavalry helmet (c100 A.D.) discovered at Ribchester in 1796; photo Steve Harrison

The Geography is key to the History

The Ribble Valley acts both as a route and as a barrier. St Leonard's is built on top of the millstone grit hill which stands between the Rivers Ribble and Darwen. A church has stood there since at least 1150 and parts of the current building date from the 16th Century. To the north there is an uninterrupted view across the valley of the Ribble to Preston; standing high above the river on its outcrop of Sherwood Sandstone.



The Ribble has always been a route east-west and a barrier north-south; photo Steve Harrison

The Ribble served as a barrier to north-south travel west of the Pennines. As we look down on the current Capitol Centre we are viewing a Roman site. Probably used as a supply base for the Roman military. It was never as important as Ribchester but its area was extensive.

Up-river, towards the M6, is the site of the Cuerdale Hoard. Here the Ribble was not a barrier but an east-west route. The Hoard, one of the largest hoards of Viking treasure ever found in Europe, was buried over a thousand years ago in the early 900s. The Ribble was used by the Vikings as a route between their centres at Dublin and York. We'll never know for certain who buried the

8,600 pieces or why, but we can see items from the hoard in the Harris Museum (and the British Museum) and we can speculate; just as historians have done since the find was made in 1840. A wooden bridge linked Walton le Dale with Preston in mediaeval times. Here was the lowest bridging point for the Ribble until the 1750s when 'Old Penwortham Bridge' was built. A number of stone bridges followed at Walton; probably from the 15th Century onwards. The bridge we see today, crossing the Ribble at Walton le Dale, was preceded by an earlier stone bridge about 90m downstream; the scene of clashes of national and international importance.



Until the 1750s Walton le Dale was the lowest bridging point of the Ribble; photo Steve Harrison

Death of a King

In August 1648 the bridge was pivotal in what proved to be the deciding battle of the second English Civil War. The battle on Ribbleton Moor was followed by hand to hand fighting on the bridge over the Ribble. After hours of 'push of pike' the victory of the Parliamentary forces, led by General Cromwell, was secured. From Church Brow we can see clearly the bank of the Ribble at Fishwick Bottoms from where the Lancashire Militias, led by Colonel Ralph Assheton, attacked the Royalist forces from the east. This battle was key. It was not a foregone conclusion. The Royal armies outnumbered the Parliamentary forces. The outcome led directly to the collapse of the Royalist cause and within six months the execution of Charles I.

Charles II rode south across the bridge in August 1651 with his Scottish army before defeat by Cromwell at Worcester in September. He would spend the next nine years in exile waiting for the Restoration of the Monarchy following the death of Cromwell.

Winckley Square is named after Frances Winckley who later became Lady Shelley. She was proud of her family's Jacobite past and she treasured a locket which held blood-stained hair from Charles I's execution.



Lady Shelley

The last battle fought on English soil was the battle of Preston in 1715. Jacobites (the word comes from the Latin for James-Jacobus) were the supporters of James, the Old Pretender; son of the deposed James II. They wanted to see the Stuart line restored in place of the Protestant George I.

The Jacobites occupied Preston in November 1715. Meanwhile the Government forces marched from the south and east to Preston. The Jacobites made no attempt to block the bridge at Walton. The Government forces of George I marched

unchallenged across the bridge and began to surround Preston town centre. The battle that followed resulted in far more Government deaths than of Jacobites but led ultimately to the surrender of the supporters of James. It was recorded at the time that the Jacobite Gentlemen Officers, having declared James the King in Preston Market Square, spent the next few days celebrating and drinking; enchanted by the beauty of the women of Preston. Having married a beautiful woman I met in a Preston pub, not far from the same market square, I know the feeling.



Avenham Walk was visited by The Young Pretender, Prince Charles Edward Stuart (Bonnie Prince Charlie), in 1745. From the south end he admired the view over the Ribble of what he hoped would soon be part of his kingdom; photo Steve Harrison

Once again, in November 1745, Jacobites marched through Preston and over the Ribble at Walton le Dale on their way south to Derby in support of Bonnie Prince Charlie; only to return north over the same bridge in December on their long journey back to Scotland and ultimate defeat at Culloden.

And that only takes us up to pre-industrial Preston- 'Not much history around here' indeed!

Why not get involved and find out more about the history of our area? The Friends of Winckley Square offer events, walks, talks and a website about our heritage and history. <https://www.winckleysquarepreston.org/>

Preston Historical Society has an annual programme of lectures to which all are welcome. <http://www.prestonhistoricalsociety.org.uk/>

We have great museums <http://www.harrismuseum.org.uk/> and <http://south-ribble.co.uk/srmuseum/index.html> and the excellent County Archives on our doorstep <https://www.lancashire.gov.uk/libraries-and-archives/archives-and-record-office/>

Check out the Preston History website where Peter Smith has made available outstanding local resources <https://prestonhistory.com/>

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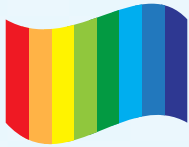
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Although lockdown has been extremely difficult for some people, for others, it has been quite a positive revelation. You may have actually enjoyed slowing down, spending more time with your family or discovering activities and routines that have made your life richer and more meaningful.

You may have realised that life doesn't have to be hectic and stressful all the time to be fun and pleasurable. You also may have found a new way of working and as the restrictions ease, you're not looking forward to going back to the daily grind and commute.

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