

The Tilly Times

Week Four!

We hope you have all had a relaxing Easter!

I've read many posts this week, from our local community, about this being a rollercoaster of a time; some days are good, others not so good, but the main theme shining through is our wonderful positivity and a true sense of community spirit!

We can all look forward to raising a glass (or two) together when we are on the other side of this, but for now, please keep the comments and ideas flowing for our newsletter and continue to support each other.

CROWDFUNDER FOR TILSTON'S KEYWORKERS - KEEP IT GOING!

Amanda Barr has kindly set up a crowdfunding page to support the wellbeing of the key-workers in our community. She has set the target at £3000 and so far has pledges totalling £95. This is a great start; thank you to everyone who has contributed.

Update from Amanda: 'The plan at the moment is to let this run until after half-term, then work with Plumage Catering and Tilston Village Store to send everyone home with dinner. We have a few families at school and it would be lovely to help others in the village, such as our wonderful Post Lady or food delivery drivers and shop staff in Tilston Village Store or the Spar on Holt Road. To do this, we need £200, so please if you could spare £5, contribute using the link: [Crowdfunder Tilston Key-Workers'](#)

Big Maz's Exercise Corner

I can't believe this is edition 4 of the amazing Tilly Times!!! I am now an excellent cook having followed Adele's recipes. I hope you all had a lovely Easter. As the lockdown continues, I am finding different ways to exercise. These include reseeding the back garden, getting on a space hopper, playing swing ball, jumping on the trampoline, getting the headphones on and dancing around the kitchen. I have played the "mummy monster" chasing the children around the house. There are lots of different exercise videos out there. I have trialled a couple of live zoom classes and will send out an invite on the various what's app groups if anyone wants to join in!! I will looking at doing an over 40s exercise class on you tube at the end of lockdown, so any good names, let me know!!!! Whatever you are doing just move around, run up and down those stairs, squat on and off your favourite chair, laugh, embrace your inner child, have fun, be kind, be safe!!!

Love, Big Maz (Aka Mary Richardson!)

Adele Barry's Wonderful Menu of the Week (I don't complete my food shopping order until I have seen this!) Thank you Adele.

Paella (Jamie Oliver)

- 400g mixed seafood
- 4 chicken thighs, skinless and boneless cut into bite size pieces
- 4 rashers smoked streaky bacon, sliced
- 1 onion
- 2 cloves garlic
- 100g chorizo, sliced
- 1 chicken stock cube mixed into 1.5l water
- 400g paella or short grain rice
- 2 handfuls frozen peas
- 2 lemons

Fry the chicken, chorizo and bacon in a large casserole dish until chicken turns brown. Add



the onion and garlic and cook for 5 minutes. Add the rice to the pan with a pinch of salt and pepper. Pour in the stock and bring to the boil, keep stirring. Put a lid on the pan and turn the heat down to simmer. Cook the rice according to the instructions on the packet. When the rice is almost done stir in the seafood and peas and squeeze in the juice of 1 lemon. Cook for 5 minutes. Add extra water if it looks dry. Serve in the centre of the table with the remaining lemon cut into wedges.



Bean Burritos

- 1 large onion, finely chopped
- 2 cloves garlic, finely chopped
- 1 tsp cumin
- 1 tsp oregano
- 400g tin mixed beans
- 400g tin chopped tomatoes
- 1 tbsp tomato puree
- Salt and pepper
- 8 tortillas
- Crème fraiche
- Salsa
- Cheese

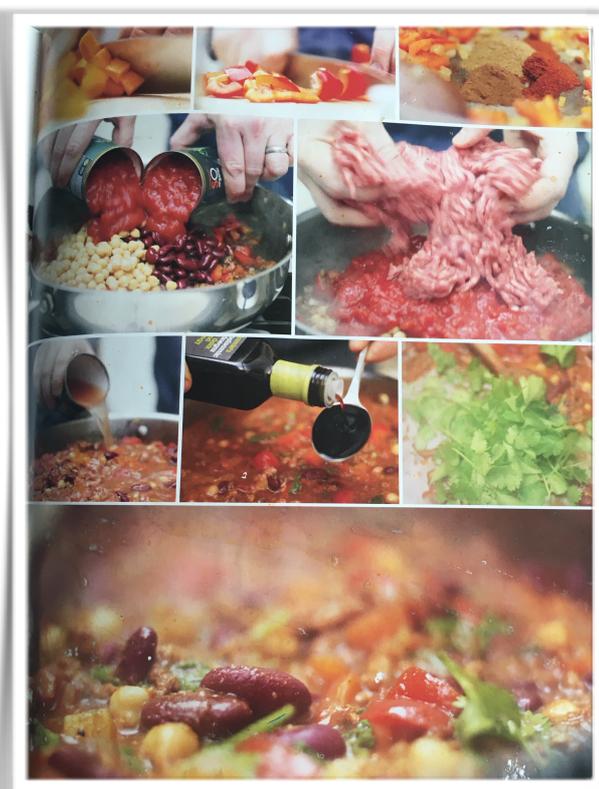
Sauté onion and garlic for 5 minutes. Add the remaining ingredients. Simmer for 15 min. Season to taste. Warm tortillas. Fill tortilla with bean mixture and top with crème fraiche, salsa, cheese and jalapenos.

Sausage Casserole (Hairy Bikers)

1-2 tbsp sunflower oil
 12 sausages, cut into thirds
 6 rashers rindless streaky bacon, cut into 2.5cm/1in lengths
 2 onions, thinly sliced
 2 garlic cloves, crushed
 ½-1 tsp hot chilli powder or smoked paprika
 400g tin chopped tomatoes
 300ml chicken stock
 2 tbsp tomato purée
 1 tbsp Worcestershire sauce
 1 tbsp dark brown muscovado sugar
 1 tsp dried mixed herbs
 2 bay leaves
 3-4 fresh thyme sprigs
 100ml/3½ fl oz red or white wine (or water)
 400g tin butter beans or mixed beans, drained and rinsed

Fry the sausages gently for 10 minutes, until browned all over. Set aside. Fry the bacon brown and crisp and set aside with the sausages. Fry the onions for 5 minutes in a large casserole pan until they start to soften, stirring often. Add the garlic and cook for 2-3 minutes. Sprinkle over the chilli powder and cook together for a few seconds longer. Stir in the tomatoes, stock, tomato purée, Worcestershire sauce, brown sugar and herbs. Pour in the wine, or water and bring to a simmer.

Return the sausages and bacon to the pan. Reduce the heat, cover the pan loosely with a lid and leave to simmer for 20 minutes, stirring from time to time. Stir the beans into the casserole, and continue to cook for 10 minutes, stirring occasionally, until the sauce is thick. Season to taste and serve with rice or crusty bread.

**Chilli Con Carne (Jamie Oliver)**

2 onions, diced
 2 cloves garlic, crushed
 2 carrots, diced
 2 sticks celery, thinly sliced
 2 red peppers, diced
 olive oil
 1 heaped tsp chilli powder
 1 heaped tsp ground cumin
 1 heaped tsp ground cinnamon
 1 tin of chickpeas
 1 tin of red kidney beans
 2 tin of chopped tomatoes
 500g minced beef
 1/2 a bunch of fresh coriander
 2 tbsp balsamic vinegar
 400g basmati rice
 Crème fraîche
 Cheese

Fry the onion and garlic in a large pan until soft. Add the carrots, celery and peppers. Fry the mince in a separate pan and once browned, drain any fat off and add to the vegetables. Add the spices, tinned tomatoes, chickpeas, kidney beans and balsamic vinegar. Bring to the boil, loosely place a lid on and reduce to a simmer. Cook for approx. 1 hour. Serve with a dollop of crème fraiche, cheese and rice.

Pesto Salmon (Adapted from Jamie Oliver)

4 handfuls of green beans, trimmed and halved
 4 salmon fillets
 4 heaped tbsp green pesto
 Olive oil
 Salt and pepper
 Tin foil

Cut four squares of tin foil, enough to cover the salmon fillet. Place the beans in the centre of the foil. Put the salmon on top, skin side down.

Spread the pesto on top of the salmon. Season. Wrap the foil around the salmon leaving a tiny vent in the top. Cook for 15-20 min at 200c. Serve with rice.



Quick Roast Chicken (Adapted from Lorraine Pascale)

1/2 bulb garlic, unpeeled, broken into cloves

Oil, for drizzling

1.5 - 2kg whole chicken

2 pinches mustard powder

1 lemon, finely sliced

1/2 tsp dried tarragon

1 glass white wine

Turn the chicken breast side down and using a pair of scissors cut along the side of the backbone so the bird opens up flat. Turn it over so it's breast side up. Place your hand on the breastbone and push down firmly until you hear a small crack. Place in a roasting tin.

Rub the chicken with some oil and sprinkle over the mustard powder. Scatter the lemon over the chicken and sprinkle over the garlic cloves. Sprinkle over the tarragon. Season. Roast at 220c for 45-50 min until cooked. Serve with potato wedges and vegetables or salad.

Chicken and Leek Pie (From BBC Good Food)

1 packet of ready rolled pastry (or make your own if feeling adventurous!)

Left over chicken from yesterday, cut into small pieces

1 leek or onion, chopped

1/2 packet of smoked streaky bacon cut into little pieces

20g sliced mushrooms

1 vegetable stock cube dissolved in 250ml water

100ml milk

30g plain flour

15g butter and a little oil (vegetable or olive)

Sauté leek (or onion), bacon and mushrooms in the butter and oil.

When soft, add flour.

Add stock, stirring continuously then add the milk. If the sauce is a little thick, add more liquid.

Add the chicken and stir until meat is coated. Empty contents into a large pie dish.

Cover with pastry, making a vent in the pie top, and brush with milk or egg.

Bake at 200c for approx. 25mins or until golden.



FRENCH

Salut tout le monde!

Tout va bien? J'espère que oui! 👍

This week we have

1. Les Mots Croisés - Crossword

Something different with the vocabulary we've been learning since Christmas. By all means use Google Translate if you need to.

2. Le Quiz Mots - Les Jours et Les Mois

In the grid you'll find the days of the week and the months of the year. And as an extra, see if you can work out which now famous veteran is hidden in the grid, the date of his/her birthday and also the age s/he will be. 😊

3. Le Vocabulaire - Here are the words from last week's word search.

4. There'll be no **French Fun on Zoom** next week as children and parents will be figuring out a new routine that works!

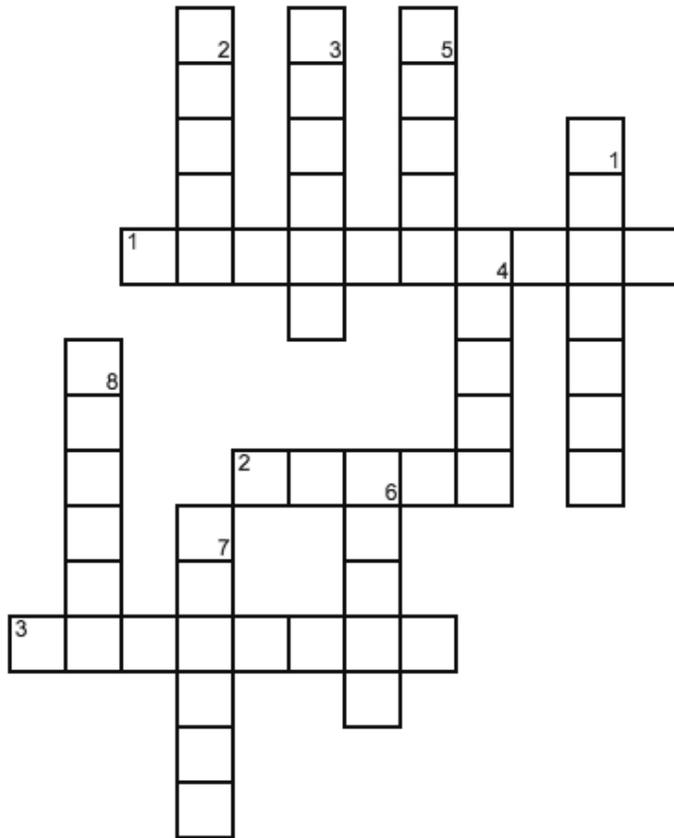
So, as well as keeping up with Tilly Times, I hope you have all the vocabulary from the past few weeks stored in a safe place. 🤪 And when we meet next, as well as general stuff, I'd like you to tell me:

- When is your birthday - mon anniversaire est le 30 décembre for example.
- What day you were born on - Je suis né le vendredi.
- Your favourite colour - Mon couleur préféré est bleu.

Amusez-vous bien! Bon courage.

Mme Wallace-Clark

LES MOTS CROISES



Across

1. Jingle Bells
2. hi or bye
3. goodbye

Down

1. hello
2. thank you
3. Easter
4. twenty
5. a colour, sounds like June
6. Peter is a famous one
7. lucky for some
8. popular British Easter roast

LE QUIZ MOTS**LES JOURS ET LES MOIS**

L J U D K R G D I M A N C H E L I R V A
 O H E A J K A C M A B M A Y Q H D I G L
 F U I T A A W X Q X P G L P Q D D D L K
 G A D K N P N O V E M B R E T W V E Z A
 J D E R V F D Z A R B Q M X V I T M S C
 V I R J I O N E R J S J K Z D R G A L N
 Z H D S E G X F Q R C K X E E X L S I X
 A F N X R V B X A I T G R N R R E N V G
 C F E C S W I M D E E C T A S I P U O Q
 D D V R E D M R L P R E A C V R U K K V
 V Z R Z N Z A L H E A Z O C T M G U Q D
 S Z C U J M I H M V Z J U M R U R V E V
 N G L F Z U L T R B W Y T N G I T C L X
 A G D J J F J I O I X A K I U I E E J M
 T X L R D F L C A D Y P T O M M O O R E
 N N E V J U T M A U R C G I B J X F D N
 E H H H O S F C E K J Q R D G U U J U
 C O G Z B N C J S J K P E F E V R I E R
 S V E R B M E T P E S Y J Q H P T H N Z
 X W E U K F O W X O I G W S G A R B J D

Les Jours - Days

LUNDI
 MARDI
 MERCREDI
 JEUDI
 VENDREDI
 SAMEDI
 DIMANCHE

Les Mois - Months

JANVIER	JUILLET
FEVRIER	AOUT
MARS	SEPTEMBRE
AVRIL	OCTOBRE
MAI	NOVEMBRE
JUIN	DECEMBRE

Find the words in the grid and have a go at translating them with Google Translate or a good old-fashioned dictionary, if your parents have one!

Bonne chance!

3. LE VOCABULAIRE**LES PAQUES - EASTER**

Les Paques - Easter	Les Poulets - Chicks
Vendredi Saint - Good Friday	Les Agneaux - Lambs
Le Jour de Paques - Easter Day	Le Printemps - Spring
L'Oeuf de Paques - Easter Egg (not typically a French tradition)	Les Vacances - Holidays
Les Bonbons - Sweets	Les Fetes - Parties
Le Chocolat - Chocolate	Jouer dehors - Play outside
Les Lapins - Rabbits	L'église - Church
	Le croix - The Cross

Claire Blake has kindly set up a Virtual Rainbow Trail to add some cheer to our newsletter. We are sure you will agree that they are all fabulous - thank you for sharing them and thank you to Claire for organising.

TILSTON RAINBOW TRAIL

Thanking all of our fantastic NHS Staff

Albert Jones
Age 3



TILSTON RAINBOW TRAIL

Thanking all of our fantastic NHS Staff



Anna Andrews
Age 4



Megan Hayward
Age 9



Alice & Oliver Corlett
Age 10 & 12

TILSTON RAINBOW TRAIL

Thanking all of our fantastic NHS Staff



Dylan Andrews
Age 9



Lucy Blake
Age 10

TILSTON RAINBOW TRAIL

Thanking all of our fantastic NHS Staff



Carys Williams
Age 8



Grace Jones
Age 5

TILSTON RAINBOW TRAIL

Thanking all of our fantastic NHS Staff



Erin & Lilly
Harnden



Lottie Hannaby
Age 11

TILSTON RAINBOW TRAIL

Thanking all of our fantastic NHS Staff



Tilston Primary
School

What a fantastic job they have all done!
It would be great to feature some more pictures next
week, so if you would like to be included please email
photos to claireblake1@live.co.uk

The Rainbow Children

The history books will talk of now,
That time the world stood still.
When every family stayed at home,
Waved out from windowsills-
At those they loved but could not hold,
Because they loved them so.
Yet, whilst they did they noticed all the flowers start to grow.

The sun came out, they can recall,
And windows, rainbows filled.
They kicked a football in their yards,
Until the night drew in.
They walked each day but not too close,
That time the world stood still.
When people walked straight down the roads,
That once the cars did fill.

They saw that people became ill,
They knew the world was scared.
But whilst the world stood still they saw,
How much the whole world cared.
They clapped on Thursdays from their doors,
They cheered for the brave.
For people who would risk their lives,
So others could be saved.

The schools closed down, they missed their friends,
They missed their teachers so.
Their Mam's and Dad's helped with their work,
They helped their minds to grow.
The parents used to worry that,
As schools were put on hold,
Their children wouldn't have the tools,
They'd need as they grew old.
But history books will talk of them,
Now adults, fully grown.
Those little boys and girls back then,
The ones who stayed at home.
They'll tell you that they fixed this world,
Of all they would fulfil.
The RAINBOW children building dreams,
They'd dreamed whilst time stood still

by Gemma Peacock



Kids' Corner

Could you create something like this?

Zoe Hughes has sent in this idea.
How creative could you be?

Please send in any ideas you may have
to jazz up snacks, lunches or dinners.



Please join us in
wishing Isabella
Crompton a very happy
6th birthday for the
25th April



Food availability

As we are struggling to secure supermarket delivery slots and perhaps more reluctant to visit larger shops, we will continue to add any local food delivery or collection services.

Lost Barn Coffee Roasters

Speciality, artisan coffee roasters creating award-winning, ethically sourced coffee with mouth-watering depths of flavour and freshness. Roasted daily.

Order coffee from here and collect from the farm between Tilston and Stretton. The company leave the product in a box outside so there is no contact.



Thank you so much again for your wonderful contributions. Please keep them coming!

Send in any birthday announcements, recipes, ideas or anything else you can think of :)

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