

Creton Village Shop & Post Office



February 2020

Shriving Time

Shrove Tuesday approaches. Shrove is an interesting word, a form of shrive which means to obtain absolution for one's sins, something that Christians do prior to the fasting period of Lent. Shrovetide was celebrated in the week up to Lent and Shrove Tuesday, the day before the start of Lent, was when the sugar, flour, eggs and butter were used up.

Pancakes are a favourite staple in many cultures' diets and seem to have been around forever—or at least over 30,000 years. Otzi the Iceman's 5,300 year-old body was recovered from a glacier in 1991, had recently eaten a meal that included pancake-like food before his demise.

In ancient Greece and Rome, pancakes were made from wheat flour, olive oil, honey, and curdled milk. During the English Renaissance pancakes were flavored with spices, rosewater, sherry, and apples.

Pancakes exist all over the world and it seems that each culture has its own unique take on them. They are served for breakfast, lunch, and dinner all over the globe and appear as crepes, potato latkes, Irish boxty, Russian blini, Welsh crampog, Indian poori, Hungarian palacsinta, and Dutch pannenkoeken.

Recipe

All ingredients available at Creton Village Shop!

- 100g plain flour
- 2 large eggs
- 300ml milk
- 1 tbsp vegetable or sunflower oil
- Lemon
- Caster sugar



Put plain flour, eggs, milk, oil and a pinch of salt into a bowl or large jug, then whisk to a smooth batter.

Set aside for 30 mins to rest.

Use a medium frying pan or crêpe pan over a medium heat and carefully wipe it with some oiled kitchen paper.

When hot, cook your pancakes for 1 min on each side until golden, keeping them warm in a low oven as you go.

Serve with lemon wedges and caster sugar, or your favourite filling.

Once cold, you can layer the pancakes between baking parchment, then wrap in cling film and freeze for up to 2 months.

FEBRUARY 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

Did you know?

- 1st century Romans ate a pancake called *Alita Dolcia* from stalls on the corners of market squares
- In 15th century Europe pancakes were made from a variety of ingredients including wine and ale
- In 18th century Friesland, the traditional wedding breakfast, known as *pannenkoek*, was served with milk and honey
- The savoury, crispy pancake cooked in Japan is called *okonomiyaki*
- Shrove Tuesday is also known as Mardi Gras which means Fat Tuesday
- The annual Pancake Race in Olney (left) started in 1445
- In 1950 the Olney Race became an international event when challenged by the town of Liberal, Kansas, USA. The two towns now compete every year.
- In 1935 Vogue magazine said that "pancakes are frankly difficult and not worth eating at all unless they are of paper thinness and succulent tenderness"
- Aunt Jemima Mix was the world's first pancake mix, made by RT Davis Milling Company in the USA in 1890
- In 2014 a Manchester restaurant sold "the most expensive pancake in the world" for £800 but it did include lobster, caviar and Dom Perignon champagne

Local Focus

They Call Me Mellow Yellow



One of the strengths of Creaton Village Shop is the way it supports local producers.

Currently there are over 30 suppliers from within Northamptonshire or in a 30-mile radius of the shop. Many of these are small artisan-style foodmakers or produce items for a local or regional market. But it may surprise you to know that there are also many producers whose products can be found all over the country, sold through national supermarkets.

One of these products is Farrington's Mellow Yellow, a range of oils, dressings and mayonnaises. Duncan Farrington, who developed

the business was born and brought up on Bottom Farm in the beautiful Northamptonshire village of Hargrave.

Following university, he joined his parents in the family business as a fourth generation farmer, but it was soon evident that farming, driving tractors and growing crops alone was not going to sustain the family business for a further four generations.

Returning to his university research on rapeseed oil, a passion was awoken, which quickly turned into an obsession for the fantastic culinary properties and nutritional benefits packed in those tiny little seeds. Following years of research, he launched Farrington's Mellow Yellow® in 2005, as Britain's first 'seed to bottle' cold-pressed rapeseed oil.

With his mother's help bottling the oil, he would drive around local shops in his old battered car, gaining customers who remain loyal to this day. Later in their farmhouse kitchen, his wife Eli, with her superior taste buds and trusty jam jar to hand, started creating salad dressings and mayonnaises to add to the range.

Today, Farrington's Mellow Yellow range is sold in shops and restaurants nationwide and abroad, producing as many bottles in a day as they did in the whole of their first year.

Provenance remains as important as ever and with their fantastic team they ensure that the same passion, attention to detail and quality ingredients goes into every bottle they make.

Buy Farrington's Mellow Yellow range at Creaton Village Shop.

More than Two-for-One

Creton Village Shop is blessed with the volunteers that support all aspects of keeping the business ticking over smoothly. Those volunteers that you will see regularly are the ones that work behind the counter and Sally Fell is one them. Like the other volunteers, Sally fits in volunteering with a busy life. As you will see, we not only get the benefit of Sally behind the counter but also from her catering skills.



Sally moved to Hollowell with her husband Jerry in 2017 from Northampton where

she grew up: "We immediately felt at home in this beautiful environment that offers so much more than a bustling town with its stunning countryside and friendly people".

Being very much a people person, when Creton Village Store opened its doors and advertised for volunteers, Sally had no hesitation in offering her services giving her the opportunity to play a small but rewarding role in community life. However, as with all our volunteers, scratch the surface and you find lots going on and fascinating histories.

Catering is Sally's life blood. Leaving school she immediately enrolled at catering college where she attained her City & Guilds in food preparation and hygiene. After a stint in a supervisory role with the local council overseeing the school meals service, Sally was appointed head chef at Althorp House by Countess Raine Spencer. During this period of her career Sally catered on several occasions for Prince Charles and the late Diana, Princess of Wales on their numerous visits to Northamptonshire.

Following Althorp Sally was in charge of corporate catering at Northampton Saints RFC which she ran in conjunction with a catering business she had set up earlier, offering private parties and wedding catering. The rugby club then embarked on a large re-development plan at Franklins Gardens due to the change from amateur to professional status. Although offered the franchise with the club Sally declined as she felt it would mean her becoming a full time corporate caterer and would not give her enough time to concentrate on private sector catering which was her first love.

In partnership with husband Jerry, Sally decided to take the outside catering to another level and the Austin-Fell Partnership (www.austin-fell.co.uk) was born. Now after over twenty years in business they are both still very active with a reputation for quality and service albeit on a smaller scale.

Locally Sally was asked by a neighbour if she would kindly prepare some freezer food for her ageing mother who was housebound. The food was accepted with great enthusiasm which gave Sally the idea of promoting her own brand of freezer foods locally. Creton Village Shop agreed to run a trial promotion which was greeted with a very positive response from the local community and is now in ever increasing demand. It's an old saying that home-made is always best and we hope this comes across in Sally's dishes which are all prepared and assembled by Sally with great care and attention in her own kitchen in Hollowell.

Creaton Village Shop & Post Office

Keeping a shop and a Post Office in the heart of the community

Creaton Village Shop & Post Office
2a Welford Road
Creaton
Northampton
NN6 8NH

Phone: 01604 328877
Email: shop@creatonvillageshop.co.uk
Web: www.creatonvillageshop.co.uk
Facebook: Creaton Village Shop
Twitter: CreatonVillageShop
Instagram: creatonvillageshop

Opening Times

Mon: 7:30am-6pm
Tue: 7:30am-6pm
Wed: 7:30am-6pm
Thu: 7:30am-6pm
Fri: 7:30am-6pm
Sat: 8am-12noon
Sun: 8am-12noon
When the shop is open, the Post Office is open.

Creaton Village Shop is run by Creaton Community Benefit Society Ltd (CCBS) on behalf of the local community. CCBS is grateful for the support from the organisations listed below.



Supported by
The Community Business Trade Up Programme



Volunteers ^{always} Needed

This is Your Shop – Our Shop. Please help keep it that way.

We are always looking for people to help keep Creaton Village Shop running smoothly. If you are 14 or over then this may be what you have been looking for.

For young people, volunteering is a great thing to have on your CV and is an excellent way to gain experience in a professional setting. Older people find working at the shop a great opportunity to do something different, to contribute to the community and a way to meet new friends.

Why not support your local community shop by offering a bit of time? You only need 2 hours a week—but you can do more! Ask at the shop for an application form or email Patsy at:

volunteers@creatonvillageshop.co.uk

A New Face at the Post Office



Have you met our new face behind the Post Office counter? For some of you Dave McDermott is not unfamiliar. Why? Dave was the owner of the Post Office in Ravensthorpe but after running the shop for 24 years he decided that it was time to retire. So, since March 2019 Dave has been relaxing and having time off from work, “but I have missed employment”.

This was lucky for Creaton Village Shop and since the end of January Dave has joined the team, working part-time, and, he says, “thoroughly enjoying it”. Say hello to Dave when you are next in the shop.

Share in our Success!

Your Shop, Our Shop – Creaton Village Shop

As you may know, Creaton Village Shop has been open for 18 months now and is becoming more successful every day. If you are already a shareholder, thank you. If you are not yet a shareholder, consider becoming part of this exciting community project, providing a valuable village amenity. By becoming a shareholder you will be supporting the shop and the community, as well as receiving regular updates, and invitations to exclusive events - and you'll be able to have your say in the future of the shop.

Shares cost £20 each and a single share entitles you to vote as part of the Creaton Community Benefit Society. Shareholders must be at least 16 years old

Why not tell your friends and family about our success and suggest they buy a share, or give one as a gift?

To purchase a share please ask at the shop or go to creatonvillageshop.co.uk

Did you know the Post Office holds euros and dollars? Other currencies can be ordered.