

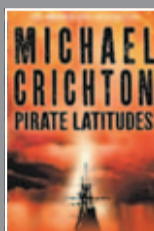
BOOKS

FOOD & DRINK

LATE AUTHOR PRODUCES A RIPPING YARN

PIRATE LATITUDES by Michael Crichton is published in hardback by Harper Collins, priced £18.99. Available now.

THE late Michael Crichton's watchword in all of his fictional works was research, and the posthumously-published *Pirate Latitudes* is a believable telling of swashbuckling, based on the story of a real-life privateer.



With his famed attention to detail, Crichton transports the reader to the Caribbean, painting a thrilling picture of life on the high seas.

There's enough action to keep anyone interested – Spanish gold, sea battles, the mythical sea monster known as the Kraken, and plenty of fighting thrown in. But as with all pirates, in-fighting and backbiting sees our hero doomed to finish his days shunned by the king he had secretly served and unable to discover where his treasure was buried by a crewmate who turned against him.

A ripping yarn, this tale of cut-throat seafarers fits in well alongside the Jurassic Park author's many other works – **RODDY BROOKS**

A CHANGE IN ALTITUDE by Anita Shreve is published in hardback by Little Brown, priced £16.99. Available now.



THE latest book by award-winning American writer Anita Shreve is a slow-burner, but seeps into your conscience – rather like the environs for its setting, Kenya.

It tells the story of a young American couple who have been invited by a middle-class British couple to join them and their Dutch friends on an adventurous trip to Mount Kenya. The stark cultural differences in the

different tribes of Kenyans that the couple encounter offer an intriguing strand to the narrative, which is essentially a rediscovery of love and spirit.

Shreve has succinctly captured the essence of difference, of chances taken and of hope for the couple, and of the landscape surrounding them, which they are both surprised and horrified by.

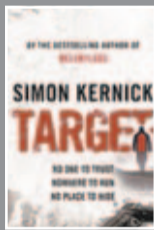
A Change in Altitude is an evocative addition to Shreve's oeuvre – **DENISE BAILEY**

TARGET by Simon Kernick is published by Corgi, priced £6.99. Available now.

DISILLUSIONED writer Rob Fallon is at the flat of his best friend's girlfriend after a drunken night out when he sees two men kidnap her. His world then starts to collapse as no one believes Rob's claims that Jenny was taken.

On the run from her kidnapers, he joins forces with cop Tina Boyd and together they become embroiled in a terrorist plot involving IRA activists.

Rob's mission to try to save Jenny is an attempt to make up for past mistakes. *Target* is more of a chase novel rather than a thriller. It lacks background stories for its characters to explain why they're doing what they're doing. It's a quick-paced read, but the end comes to a less-than-thrilling climax – **EMMA EVERINGHAM**



THE HELL OF IT ALL by Charlie Brooker is published in hardback by Faber, priced £12.99. Available now.



FOR those who aren't familiar with Charlie Brooker, you'd be forgiven for thinking that the self-deprecating writer's second book is just 388 pages of things that have annoyed him.

The Hell of It All is actually a collection of Brooker's columns in the Guardian. Subjects of discussion include Barack Obama, Katie Price – a "cardboard box

that's learned to bark" – and he compares spiders to terrorists and reveals his idea for Extreme Kinder Eggs.

Brooker has a hilarious outlook on inane things but sometimes this feels like a self-indulgent rant. He does tackle harder issues but adds a few funny observations so it doesn't seem too depressing. Fans of Brooker will lap this up, but others may find the humour hard to understand – **EMMA EVERINGHAM**

Cook with class on new cuisine course

By LIZ LAMB

BUDDING chefs can sharpen up their skills at a new cookery school in the North.

Lady G's Cookery School is run by Cordon Bleu chefs Lady Georgina Anderson and Caroline Whalley.

The pair, who have extensive experience in the catering industry, are running one day courses at Middleton Lodge, a private Georgian mansion in North Yorkshire.

Wannabe chefs can spend a day in the kitchen learning new techniques and recipes before serving up their hard work for dinner.

Guests can also stay overnight before enjoying breakfast and leaving with a recipe folder and a goodie bag.

Lady G's will also offer a range of cookery courses, ranging from those designed for gap year students to tailormade days in the kitchen. Celebrity chef Tiffany Goodall, who studied at Newcastle University will demonstrate on some courses.

Chef and tutor Caroline Whalley says: "We're delighted to be launching a cookery school in the luxury of Middleton Lodge.

"The one-day residential course is perfect for those looking to treat their loved ones to a truly magical experience this Christmas, while helping to put the confidence back into their cooking and having lots of fun in the process."

The courses are aimed at giving people a renewed energy for cooking and putting a spring back into their cookery stride.

Georgina's background includes running her own catering company, which specialised in weddings, parties and corporate



LIFE IS SWEET: this great dessert recipe came from chefs Caroline Whalley and Georgina Anderson, inset, left to right, of Lady G's Cookery School in North Yorkshire.

functions. Caroline began her cooking career in her husband's wine bar and restaurant and has worked as a head chef and freelance chef working for high profile clients.

The next one-day course will be held on Monday, November 30, but there are courses throughout 2010.

We asked Lady G's for a great dessert recipe and here's what they came up with . . .

LAVENDER PANACOTTA WITH BLACKBERRY COMPOTE

SERVES: Eight

INGREDIENTS:
800ml of double cream
260ml full cream milk
6 sheets of gelatine
70g caster sugar

A few drops of lavender extract

For the compote: 500g blackberries, 50ml Creme de Cassis, sugar to taste

8 x Daroile moulds

METHOD:

Pannacotta:

● Place the gelatine in cold water to soften (use a wide dish and cover gelatine with water)

● Place cream, milk, lavender and sugar in saucepan and bring to the boil, remove as soon as it boils.

● Squeeze water from the gelatine, place in hot cream and whisk for a few minutes. If you want more sugar, add it now, whisking all the time until it dissolves.

● Pour the mixture into moulds and place in fridge to set for at least four hours.

TO SERVE:

● DIP each mould into a bowl of boiling water to loosen the edges and tip out onto a plate, serve with compote and a dusting of icing sugar.

Compote:

● Wash the blackberries and place in a pan with cassis, warm through until the blackberries are just beginning to soften, add sugar to taste.

● Leave the compote to cool and serve at room temperature with the panacotta.

● For more information on Lady G's visit www.ladygcookeryschool.com Middleton Lodge is in Middleton Tyas, near Richmond. It is a private home run by James Allison and is usually reserved for weddings. Call 01325-377977.

STRENGTH OF HOLY SPIRIT

By MIKE KELLY

WHEN it comes to booze which knocks you out, our Christian brethren can teach us a thing or two.

For example, Trappist monks are responsible for a series of mean brews. Of the 170-plus Trappist monasteries around the world, seven produce beer – six in Belgium and one in Holland – with the best known, to local drinkers, probably being Chimay.

It's a good job the monks who produce it don't indulge in it themselves as their vow of silence would be severely strained after a session, particularly the morning after.

Groans of "Oh my head" would, of course, lead to ex-communication or whatever it is that happens to Trappist monks who open their, well, traps.

Throughout the Middle Ages, after Christians finally decided that drinking booze was OK, monks brewed virtually all the best quality beer. Then they turned their attention to wines.

The famous champagne Dom Perignon was named after a

Benedictine monk, then there is our very own Lindisfarne Mead, made from a recipe created by monks.

Finally, there is Buckfast Tonic Wine. Known as Buckfast or Buckie, it is produced at Buckfast Abbey in Devon, and Benedictine monks are, again, the brains behind it.

Its high strength – 15% ABV – relatively low price and sweetness give it great appeal to underage drinkers and is particularly notorious North of the border where it has been blamed – the producers say wrongly – for much anti-social behaviour.

Just last week Scotland's top prison doctor called on the monks who make it to start selling their wine in plastic bottles to stop them glassing people.

But a Buckfast spokesman said: "The people who commit crimes are the ones who have to take

responsibility. It is wrong to blame the knife manufacturer if someone stabs someone."

On a less violent note – and not a Charver's drink of choice – is Chateauf-du-Pape, pictured, a wine with history and links to the Church too. It literally means "New castle of the Pope" and got its name in the 14th century, when the Papacy was relocated to Avignon, France.

This week's wine is the Palais des Anciens Chateauf-du-Pape 2007 and is on offer at the Co-op, reduced to £11.99 from £16.99 until December 1.

A bit steep for some, it's a blend of Grenache and Syrah grapes, producing an elegant red. It has spice and cherries on the nose, while its taste is rich in black fruits with a hint of bubblegum and herbs. One for French wine fans not New World red fans as it is medium, not full-bodied.

