

# Carlisle Living

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tribute artist

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Stars in  
their eyes

# JULIE JONES

NEW COOK BOOK, RECIPE & NEWS

£3.50



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# At the tips of her fingers

Chef Julie Jones has a new book out, has relaunched her Carlisle supper club and is bringing classes and workshops, previously only available in the capital, to her home city

WORDS ELEANOR JARY PHOTOGRAPHY STUART WALKER







## JULIE JONES

**M**eeting chef and author Julie Jones at Carvetii Town and Country Interiors in Carlisle she arrives with the makings of a rhubarb and apple tart.

Julie, who talks to Carlisle Living a couple of days before her latest book *The Pastry School* comes out, has in tow her “nanna trolley” – a wheeled shopper packed with bowls, a sieve, butter, eggs, sugar and flour. “I don’t have an assistant,” she tells Carlisle Living, “I just have a nanna trolley. It always comes down to London with me.”

The trolley’s going to see some graft over the next few weeks with planned demonstrations and classes at Jamie Oliver’s cookery school and at Divertimenti in Knightsbridge plus launch events for the book in London and Carlisle.

The *Pastry School*, published on March 5, did so well on pre-orders, a second run is planned even before the first edition is out and at time of writing Amazon has it listed as a best seller “.

Julie is an haute cuisine chef who trained at Carlisle and Kendal colleges and completed a stage at The Fat Duck with Heston Blumenthal, but the deal for her first book *Soulful Baker* arrived when she caught publishers’ attention through her hugely popular Instagram account @julie\_jonesuk where she has 141k followers.

Alongside her exquisitely presented and well-tested recipes Julie shared how baking with her mum Joyce, who had dementia, was a comfort and therapy for both of them.

Joyce died unexpectedly late last year – although she had dementia, she had been physically quite strong. It was a shock and for several weeks Julie says she felt lost. “I struggled with Instagram because Mum was such a big part of it. I didn’t know what to post.”

She had been looking forward to spending more time with her mum at the end of an intense period of work, completing *The Pastry School* in nine months, working seven days a week, into the night. “At first I felt guilty because of the time I’d spent on the book – the hours and love that’s gone into it is unbelievable – that’s me, all or nothing. “And that’s what got me through, knowing that my mum would have wanted me to give it my all.”



**‘I struggled with Instagram because Mum was such a big part of it. I didn’t know what to post’**

She picked herself up, told followers she’d “been to Doomsville” but was back and went on to launch her website [juliejones.online](http://juliejones.online) and threw herself into promoting the book.

The *Pastry School*, like *Soulful Baker*, taps into how food, cooking and eating are all mixed in with memories and relationships. “When I think back to special moments, they usually involve pastry – Nana Maud’s custard tarts, mince pies at Christmas or these special little pastries from Italy on holiday.”

And Julie also enjoys the mindfulness of what she calls “faffing about” – creating those gorgeously presented pieces that make her Instagram feed so sumptuous. But she adds: “They have to bake and taste as good as they look – that’s why I always post my bakes, which not everyone does.”

At this point she’s cutting into the apple and rhubarb tart, proudly tapping its golden brown base – “No soggy bottoms here!”

It’s eleven o’clock, perfect timing for a slice of fruit tart that’s just the right side of sweet. The pastry gives way to a full-bodied, sweet almond filling, streaked with a tangy stripe of rhubarb.

We’re at Carvetii Interiors, previously Town and



**Julie Jones's first book**

Country Kitchens, on Victoria Viaduct because this is Julie's new Carlisle base for a series of workshops in coming months. Anita Sweetman, from Carvetii Interiors, joins us for a slice and the builders working on another part of the showroom, take note of how much we're enjoying ours and decide they too fancy trying some when it's offered.

Julie, who organises all her events herself, was keen to run classes in Cumbria. "It's so expensive down in London - I would never charge that here. And because I'm not having to travel, I can give people a nice experience but not at London prices."

She's also relaunched her supper club, running in Cumwhinton at St John's village hall on a monthly basis. "It's a no frills approach - the food in front of you is the focus and the people around you. Everyone sits together."

Priced at \$35 per head and BYO - tickets for the first one in February sold out in three days. The next one is April 17 squeezed between trips to Knightsbridge. The irrepressible Julie Jones will be there, doing what she loves most, with her nanna trolley in tow.

For upcoming events see panel or go to [juliejones.online](http://juliejones.online)



## KEEPING UP WITH THE JONES

Fresh from launching her new book *The Pastry School* and providing classes at Jamie Oliver's cookery school in north London, chef Julie Jones has a busy few weeks ahead...

For full and the most up-to-date details go to: [juliejones.online](http://juliejones.online)

### ALTERNATIVE PASTRY - A HANDS ON GUIDE

Monday, March 30, 2020, Divertimenti Knightsbridge, London

### HOT WATER PASTRY - A DEMONSTRATION

Tuesday, March 31, 2020, Divertimenti Knightsbridge, London

### PUDDING CLUB

Friday, April 3, 2020, LetThemSeeCake, Cardiff

### IN CONVERSATION WITH JULIE JONES

Thursday, April 16, 2020, 7:30 PM - 9:30 PM, Cakes and Ale Café, Carlisle

### SUPPER CLUB

Friday, April 17, 2020, 7:30 PM - 10:30 PM, St Johns Village Hall, Cumwhinton

### CREATIVE PASTRY - PIES & TARTS

Saturday, April 25, 2020, 10:30 AM - 1:30 PM, Carvetii - Town and Country Interiors

### DEMENTIA WEEK - MY STORY

Tuesday, May 12, 2020, 6:00 PM - 7:30 PM, Tullie House, Carlisle

### SUPPER CLUB

Friday, May 29, 2020, 7:30 PM - 10:30 PM, St Johns Village Hall, Cumwhinton



# The Pastry School

RECIPE FROM JULIE JONES LATEST BOOK



With plaudits from Diana Henry and Jamie Oliver, *The Pastry School* has big hitters from the food scene among its fans.

It's as beautiful as you would expect from an author with 141k followers on Instagram, but it's also a seriously informative guide to making pastry and pastry dishes.

The format takes the reader through 10 different pastry making methods, including the classics but also vegan and gluten-free, complete with stage-by-stage photographic guide.

The only equipment required is basic utensils: rolling pin, sieve, bowls and also good sized ruler - this is crucial! Then the second section of the book is made up of recipes that can be made with whichever style of pastry you like most.

*The Pastry School* by Julie Jones is published by Kyle Books, £25. Photography by Peter Cassidy

## PISTACHIO TART WITH RHUBARB TILES

I love rhubarb. It has one of those distinct flavours that transports me back to childhood. I've many happy memories of eating overly sweetened rhubarb swamped in custard round at Nana Maud's house, the perfect ending to her epic Sunday roast dinners. This recipe celebrates rhubarb's characteristic tartness rather than disguising it with too much sugar. I've used early forced rhubarb, which is such a treat to use – the beautiful pink to red stems giving a sweeter, more delicate flavour. Sadly, the season is short, but up to late summer you can use later greener rhubarb, which works

equally well, although a generous dusting of sugar prior to baking may be needed to balance the sharper taste.

### SERVES 9

Using a loose-bottomed, fluted square tin measuring 23 x 23 x 2.5cm (9 x 9 x 1in)  
1 quantity Sweet Shortcrust pastry (see recipe)  
Egg wash

### For the frangipane

100g (3½oz/½ cup minus 1 tablespoon) unsalted butter, at room temperature  
100g (3½oz/½ cup) caster (superfine) sugar, plus extra for sprinkling  
70g (2½oz) ground pistachios  
80g (2¾oz) ground almonds  
100g (3½oz) eggs (shelled weight), lightly beaten

### For the fruit decoration

4–6 rhubarb stems, depending on thickness  
4 eating apples – Pink Lady work well  
juice of 2 large lemons  
8 blackberries or blueberries (optional)

### To finish

pastry decorations  
100ml (3½fl oz/⅓ cup plus 1 tablespoon) water  
50g (1¾oz/¼ cup) caster (superfine) sugar  
½ teaspoon ground ginger  
slivered pistachios (optional)

### TART METHOD

Make the pastry following the recipe. After resting, line, blind bake and trim the pastry case. Any spare pastry can be cut into shapes and used to make decorations. Keep the baked pastry case in its tin for later use.

For the frangipane, beat together the softened butter and sugar, either by hand or with a freestanding mixer.

When combined, add one-third of each of the ground nuts, mix to combine, then add one-third of the eggs, mix to combine, and so on, until all of the ingredients have been added. Be careful not to overmix, as this will introduce too much air into the frangipane, which will have an effect on the finished bake.

Half-fill the pastry case with a layer of the frangipane, smoothing it out evenly with a palette knife and place in the fridge while you prepare the fruit. If decorating the tart as shown, you will need to select rhubarb stems that are similar in width to one another.

Carefully slice the rhubarb across each stem into 1cm (½in) thick pieces, trimming the coloured skin off the flat side of half the slices, to expose the white flesh inside.

Core and half apples with skin on, then slice really fine. Add to simmering water (just enough to cover) containing the juice of one lemon and check every 30 seconds. If a slice cracks it's not ready. Once pliable plunge into cold water containing juice of the second lemon.

Remove the tart base from the fridge and start to lay the rhubarb tiles onto the frangipane in a staggered effect – working from adjacent corners, alternating between the red and white sides of the rhubarb, until most of the frangipane is covered (leave a diagonal strip clear for the extra fruit).

Before adding the apples, dry well on a tea towel then place them in a decorative manner along the exposed frangipane.

You may not need all of the slices. Add the berries and any pastry decorations you have prepared (remembering to egg wash those). When you are happy with your design, make a sugar syrup by boiling the water, sugar and ground ginger together in a small pan for a few minutes until thickened. Allow to cool for 5 minutes, then brush over the rhubarb and apple. Place in the fridge for at least an hour before baking. Preheat the oven to 160°C (325°F), Gas Mark 3.

Sprinkle the tart with a dusting of sugar before placing it onto a baking sheet. Cover with kitchen foil and place in the oven. The tart can take up to 2 hours to cook, the time depending on how deep the frangipane has been spread, oven accuracy and how thick the fruit has been sliced. I suggest checking after the first hour, then every 20 minutes thereafter, removing the foil for the final 20 minutes. The tart is ready when you can see that the frangipane has dried, leaving the sides of the pastry case, and the fruit is tender. Remove from the oven and allow the tart to cool before removing from the tin. Sprinkle with pistachio slivers, if using, then slice and serve either warm or cold.

### SWEET SHORTCRUST PASTRY

This classic pastry is my go-to recipe for most of the sweet pies and tarts in this book. No alterations are needed from one recipe to the next, other than the quantity needed. That said, if you are feeling experimental, additional flavourings such as citrus zest, vanilla, ground nuts and spices



can be added successfully, although do use them sparingly. To overpower the perfect buttery taste that this pastry offers would be a great shame. Personally, I prefer to focus the layering of flavour into the pie or tart filling instead. One quantity of pastry is enough to line a large circular tin measuring 23 x 3.5cm (9 x 1½in), with extra remaining for small decorations. For a fully covered decorative pie, a double quantity will be needed.

#### MAKES 1 QUANTITY

230g (8oz/1¾ cups) plain (all-purpose) flour  
 125g (4½oz/½ cup plus 1 tablespoon) cold unsalted butter, cut into 1cm (½in) cubes, no need to be precise  
 50g (1¾oz/heaping ⅓ cup) icing (powdered) sugar  
 1 egg yolk  
 2 tablespoons milk

#### For egg wash – if and when the recipe calls for it

1 egg yolk  
 boiling water

Place the flour and butter into the bowl of a freestanding mixer and attach the paddle beater. Mix on a medium speed until the butter has been incorporated into the flour and resembles fine breadcrumbs (1). Add the icing (powdered) sugar and mix for a few seconds before adding the egg yolk and milk

(2). Continue to mix until a cohesive dough forms

(3) This should only take 30–60 seconds, depending on your mixer. Turn out the pastry onto a work surface – there's no need for more flour – and bring it swiftly together with your hands, without overworking it

(4). Lay out a long sheet of cling film and place the dough on one half. Flatten the pastry with the palms of your hands, then fold the remaining cling film over the top, fully encasing the dough. Roll out swiftly between the cling film

(5) to an approximate depth of 5mm (¼in), trying your best to keep it in a circular shape. Place in the fridge for at least an hour before using.

After resting, roll out between two sheets of non-stick baking paper

(6) – there's no need for more flour – and use according to the relevant recipe.

One quantity of pastry is enough to line a large circular tin measuring 23 x 3.5cm (9 x 1½in), with extra remaining for small decorations.

For a fully covered decorative pie, a double quantity will be needed.

