



# Pantry Patter



October 2005

Hello again – Is everyone enjoying the “slightly” cooler weather?

**Marmite**: How about a little history on Marmite? You either love it or you hate it! Ha. The Marmite Company was formed in 1902, the main ingredient is yeast, and yeast is found to contain and provide a good source of the many B vitamins. Marmite was served to soldiers on military duty to combat outbreaks of beri-beri and other diseases. The trick to using Marmite is to spread very thinly because of its strong flavor. Marmite is sold at the British Pantry.

**Trivia**: With over 600 of them, what is the most common Pub name in the UK? \*

**Just in**: One of our best sellers is back-“ Hovis bread-“ drop in and pick up a loaf.

**Recipe for the month**: “Toad in the hole”

## **Batter**

4 oz flour set oven 425°F

½ tsp salt

¼ pint milk

¼ pint water

1 egg

Mix altogether – beat until smooth. Leave batter to stand for at least 30 mins.

**1 lb sausages**. Place sausages in hot fat and put in oven for 5 mins. Pour batter over the sausages and cook for 40 mins. Until a golden brown.

Serve with gravy, peas and potatoes. Sausages are available at the British Pantry.

**New item**: Mcvites orange Digestives. Elizabethan orange marmalade with whisky liqueur.

**Fact**: James 1 made November 5<sup>th</sup> a public holiday after Guy Fawkes was caught about to blow up the Houses of Parliament in 1605.

**Fact**: In 1649 Charles I was the first British King to be executed.

**Don't forget to pick up your' Brit' candy for Halloween.**

**This month**: 10% off selected biscuits.

\* Trivia answer: The Red Lion.

Our Thoughts and prayers go out to the victims of Hurricane Katrina.