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Welcome AUTUMN 2017

Welcome to our autumn magazine. Now the chillier evenings are approaching, we take a look at different ways of heating your period home, as well as some inspiring ideas for creating a bathroom to indulge yourself in!

Adrian Wood of WW Carpentry, talks to us about his passion for restoring period properties, and why he purchased Crown cottage, a grade II listed building, that has now been sympathetically bought into the 21st century.

We have our regular Kent produce, what wines to drink this autumn, and some great local restaurants that deserve a visit. Plus, win a signed copy of *The Sportsman*, the long-awaited debut food book by Stephen Harris.

Clocks go back on 29th October, enjoy the extra hour in bed!

Until next time...

Dawn





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What's inside

AUTUMN 2017

14	Glorious grapes How to grow your own	84	The Sportsman A look at the long-awaited debut book from Stephen Harris
20	The hard truth How good hard landscaping can transform your garden	90	Against the grain We talk to Ingrid Eissfeldt, founder of the UK's only organic gluten-free bakery
30	A "perfick" job Oast cowl renovation by Dude & Arnette	96	Restaurant review An elegant six-course taster menu at Frasers, Egerton
39	Heritage-style bathrooms Add a touch of vintage-inspired glamour	104	Autumn reds for chillier evenings Rowena Hawtin gives us some seasonal wine recommendations
65	How to heat your period home We explore the options		



AUTUMN GARDENING

Autumn is the mellow season, all the hectic flowering and reproductive activity of the summer is over. Seed-heads and berries look their best; and the changing colour of leaves signals the beginning of the end of the growing season. For the gardener, this is the time to start putting the garden to bed.



GOODNESTONE GARDENS

Goodnestone Park Gardens is a peaceful and romantic garden with connections to Jane Austen. The gardens have centuries of history behind them, created by generations of the Fitzwalter family who have lived here since they built the house. It has been described by various writers as 'the very heart of rural England', 'one of the loveliest gardens in Kent', 'a haven of beautiful tranquillity hidden away in south east Kent'. The next garden open day is on Sunday 1st October (goodnestoneparkgardens.co.uk)



Making leaf mould

A little bit of time invested now in making leaf mould will pay dividends in the garden later. All you need is a pile of deciduous leaves, a heavy duty refuse sack and a tie. Steer clear of conifers and evergreens which take longer to break down and thick leaves such as horse chestnut should ideally be shredded first.

Place the leaves in a refuse bag and add some water if they are dry. Tie the top of the bag and pierce some holes in it. Then leave them behind the shed, out of sight and every couple of months turn the bag upside down. In about a year it will be ready to use as a mulch.

BULB PLANTING

Tulip bulbs should be planted in November, but narcissi can be planted at the end of September and October. To create a natural drift in the lawn, simply throw your bulbs, this will give a natural look and for easy planting use a bulb planter. When buying bulbs, look for the largest and avoid those that are damaged. Very small bulbs may not produce a flower in the first year.



CREATE A CARPET OF COLOUR

When it comes to foliage colour Heuchera beats pretty much every other genus of plants hands down. Acid greens, yellows, oranges, scarlets, maroons... heucheras offer them all, and in a seemingly limitless range of combinations. Not only that, they thrive in partial shade and are near-evergreen, so they're perfect for brightening up difficult spots in the garden. You need to divide them to reinvigorate them and increase stock, and now is the time to do it.

PLANT IT NOW

Some very hardy chrysanthemums flower as late as November, extending the season of interest in the garden. One such cultivar is 'Emperor of China' an upright, woody-based perennial with aromatic, deeply-divided, dark grey-green leaves, often flushed red in autumn, and dark pink buds opening to double, fragrant, silvery, pale pink flowers. An added bonus is that the foliage becomes richly suffused and veined with crimson in autumn. Grow in full sun in well drained soil.



Seasonal gardening tips

- Keep deadheading, to keep annual bedding displays going until the first frosts.
- Lift and divide any overcrowded herbaceous perennials whilst the soil is still warm.
- Plant bareroot ornamental trees and shrubs.
- Take hardwood cuttings from shrubs and roses.
- Plant out any perennials or biennials you've grown from seed this year.
- If your lawn looks slightly worse for wear then autumn is the perfect time to revitalise it. Try aerating your lawn with a garden fork, raking thatch from the surface and repairing dead patches.

CORE VALUES

Apple lovers take note! The annual Brogdale Apple Fair takes place on 14th & 15th October, a timely opportunity to celebrate Kent's favourite fruit. Got a bumper crop? Grow at Brogdale have cider and juice making equipment by the experts at Vigo from £245. (brogdaleonline.co.uk)



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GLORIOUS GRAPES

GRAPES ARE A SUPER CLIMBER IN THE GARDEN OR ALLOTMENT AND ARE ESPECIALLY RELIABLE IN A GREENHOUSE. THE PLANTING OF GRAPE VINES IN THE UK HAS GROWN IN POPULARITY OVER THE PAST FEW YEARS AND SEPTEMBER IS THE START OF THE GRAPE SEASON WITH MANY VARIETIES READY TO BE PICKED FROM NOW!

Grapes are a welcome addition to any garden or allotment. They can be trained up walls, on trellis or over arches and need very little space if pruned carefully. Vines need reasonably deep, free-draining soil and plenty of sunlight to ripen properly and will happily grow on any good garden soil and sunny site in southern Britain.

Vines can be grown outdoors here in Kent but need a sheltered site in full sun, ideally against a south or south-west facing wall, or on a south or south-west facing slope with the rows running north to south. Avoid frost pockets unless temporary protection can be provided using horticultural fleece.

Vines tolerate a range of soil types, providing they are free draining. Sandy gravel over chalk is ideal. Improve drainage on heavy soils by adding well-rotted organic matter and grit. The best time to plant your wine or dessert vine is between October and March into weed free ground so that the roots can become established over the dormant period.



Autumnal fruits

- GROW YOUR OWN -

RECOMMENDED VARIETIES

We asked expert Donna Cooper at Grow Brogdale for her personal recommendations.

BRANT

“I love this vigorous and hardy grapevine, which forms long woody stems and has large light green palmate foliage. It has a lovely autumn colour which makes a respectable red wine. These small sweet black grapes, ripen in late September to October”.

BLACK HAMBURG

“This is a delicious black grape originating from Germany where it is known locally as Trollinger. A lovely example can be found at Hampton Court Palace where it was planted in 1768. It bears masses of fruit that have a delicious sweet flavour which can be used to

make excellent wine. This plant needs shelter from cold winters and frosts, and I would highly recommend it for greenhouse or conservatory cultivation. A protected site where full sun or partial shade is available is also suitable, preferably against a south facing wall”.

EARLY VAN DER LAAN

“A great Dutch variety with pale yellow to green grapes which are excellent for dessert wine. It gives an early regular crop of quality fruit with a vine which is suitable for both indoors and outdoors. Like all grapes it benefits from being south facing”.

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There are a number of things to take into consideration before taking the plunge. Think about the best position for your patio. Where does the sun sit in your garden at the time you are most likely to use the space? Consider how you can take advantage of views or alternatively create a private retreat.

Are you planning a cosy area for two people, an area for the family to dine alfresco or even an outdoor kitchen for entertaining? Ensure the furniture you will need fits in the space with room to walk around it.

Think about your personal style and be sensitive to the style of your house. Traditional paving lends itself well to period properties.

SET YOUR BUDGET

Knowing what you want to spend and tracking your purchases are important parts of the planning process. Whether you need to account for a professional landscaper or you want to

splurge on new planting, setting a budget at the start of the project will mitigate overspend. Always be sure to allow an extra 5% to cover any wastage as well as potentially give you spare blocks in case any are broken and need replacing.

Stone is a classic, hard-wearing surface that improves with age. York stone is attractive but can become slippery when it's wet; reclaimed York stone is much sought after, and is not necessarily cheaper; the slabs will be of different thicknesses and sizes. Sandstone (mostly from India and China) is less expensive and is very attractive.

FRONT GARDENS

If you want to cover an area of more than five square metres with an impermeable material, with nowhere for the rainwater to drain, you'll need planning permission. You don't need this if the area is less than five square metres, if the new surface is permeable, i.e. gravel, permeable concrete paving or porous asphalt; or if rainwater can drain into a lawn or border.

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A HIDDEN GEM

uncovered

ADRIAN WOOD EXPLAINS HOW HE PAINTSTAKINGLY RESTORED A HISTORICAL 'CHOCOLATE BOX' GRADE II LISTED 16TH CENTURY THATCHED COTTAGE TO PROVIDE THE PERFECT 21ST LIVING ACCOMMODATION

It was the location that attracted Adrian Wood to the rather forlorn Crown Hill Cottage in his hunt for a family home. The rural half-acre site on the edge of ancient woodland 'ticked all our boxes', he says, so Adrian and his wife successfully bid for the property.

Their initial thoughts were to demolish the tired-looking house and build something new. Plans were drawn up and submitted to the council but, as he started stripping out the cottage, Adrian came across features which indicated it was very old indeed. Having worked on restorations for others in his trade as a carpenter, he realised that he himself may now be the owner of something special.

Canterbury Archaeological Society took a look and dated the house to the 16th century, saying that the typical Kentish cottage was one of only a few surviving intact with the original frame and, most impressively, a very rare wooden smoke hood (most of these have been unsurprisingly destroyed by fire). The house had been built almost certainly with timber taken from the surrounding Perry Wood. Other original internal features include wattle and daub, and a patch of chalk and flint wall which Adrian has left exposed.

The house was quickly spot-listed as of Grade II importance. "We changed our plans to a project of restoration, with a sympathetic new

extension at the rear," says Adrian. It's taken a long time – he bought the house in 2007 and only moved in at Christmas in 2012 – but all the family are more than satisfied. "When my wife had stepped inside the house for the first time, she didn't like it at all. It was smelly and neglected. Now she would not live anywhere else," says Adrian. "We love it here."

For a while, the family split their time between a flat in Canterbury and a caravan in the cottage garden. It was difficult to get a loan for the work until the house was habitable, and Adrian had to fit the restoration of his own house around his work commitments to clients.

Now it's finished he's clearly proud of his labour of love, which has served to confirm his professional view that property projects tend to evolve. It's important to start with an architect's plan, he says, "but you never know what's going to turn up" - and he advises his customers that they have to be prepared for that. "This is why I like working with old buildings," he says. "They are wonky and twisted and need skill."

That suspiciously steep roof has been thatched, as it would have been originally, and many beams have been carefully uncovered. The transition from the old rooms of the tiny cottage is seamless into the modern extension, which has new beams in keeping with the old

- CASE STUDY -



but of course many mod-cons too.

Adrian established WW Carpentry and Building in 1992 and specialises in projects such as farm building conversions, period property restorations, listed building works and traditional oak framing throughout Kent and Sussex. "The Passion of Imagination and Creativity" is how he describes his work on his website wwcarpentryltd.co.uk - and perhaps nowhere illustrates this quality more clearly than his own beautiful Kentish cottage home.

Before and during renovation





After renovation



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RESTORING HOP KILNS TAKES GREAT SKILL AND PRECISION, AND DUDE AND ARNETTE HAS RESTORED HUNDREDS OF COWLS AROUND THE UK INCLUDING THE FAMOUS HOP FARM FAMILY PARK HERE IN KENT.



In the destructive wake of Storm Doris back in February, popular family attraction The Hop Farm near Paddock Wood needed urgent repairs to its famous collection of oast houses.

High winds had ripped off one cowl completely and badly damaged four others, but luckily Dude & Arnette, the UK's leading specialist in cowls, was handily based in Barming near Maidstone to come to the rescue.

The company, a fourth generation family business, is delighted to have now agreed an ongoing maintenance programme with the Hop Farm to ensure the oasts always look their best for thousands of visitors to enjoy year after year.

Cowls are the distinctive white ‘chimneys’ on top of oast houses, in a style which dates back to the 17th century after hops were introduced to the UK as part of the beer brewing process. Harvested hops were laid out on thin floors to be dried by hot air rising from wood or charcoal fires below, with the heat eventually escaping through the cowl.

The final design of oast houses, a usually brick-built base with a conical roof, was settled on in the 18th century. These are generally associated with Kent and East Sussex, with a slightly different style developing in the other main hop-growing area of Hereford and Worcester where they are known as hop kilns.

Today oast houses are still numerous and distinctive in the Kentish countryside, most of

Dude & Arnette

- LOCAL ARTISAN -



them having been converted to private homes.

Dude & Arnette undertake repairs and restoration of all styles of cowl – the Sussex version is very similar to the Kentish while West Midland cowls are quite different, having pointed tips instead of caps.

If a cowl is beyond restoration, the company will make a new one from Russian or Scandinavian white wood which is treated to be weather-resistant and durable, including FIVE coats of paint!

They take on work from all over the country, offering maintenance not only to cowls but also to oast house roofs, including working with traditional Kentish peg tiles. They are immensely proud of their 'niche' trade and expertise built up since 1937.

Another recent local project was on the 'Darling Buds of May' oast between Pluckley and Betchersden, which featured in the ITV filming of the H E Bates novel.

As the chief character Pop Larkin would no doubt have said, they carried out a 'perfick' job...



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Hop-ology

- According to the British Hop Association, it is traditionally thought that the first hop garden was established near Canterbury in 1520. Until then, hops were imported from France, Holland and Germany.
- Hops are used to flavour beers, their bitterness balancing the sweetness of malt.
- Today, the two main growing areas are the South-East counties and the West Midlands.
- The flowers are harvested at the end of summer. For many decades, this job was done by whole families who came 'hopping' from East London – up to 80,000 people at peak times.
- English varieties of hop include Fuggles and Golding.
- Other uses for hops include decoration, with garlands displayed in many Kent pubs, and sleep-inducement: hop pillows are offered as a remedy for insomnia.
- Hops are the flowers of a vigorous climbing plant, usually trained to grow up strings in a hop garden.

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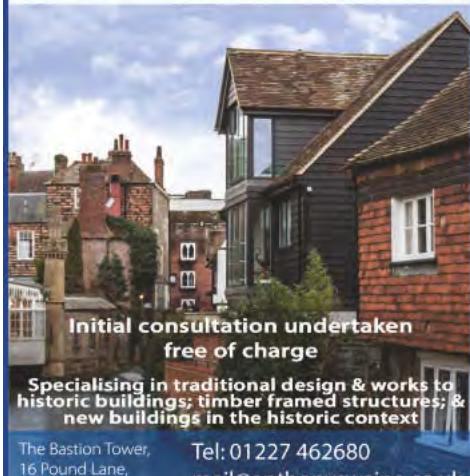
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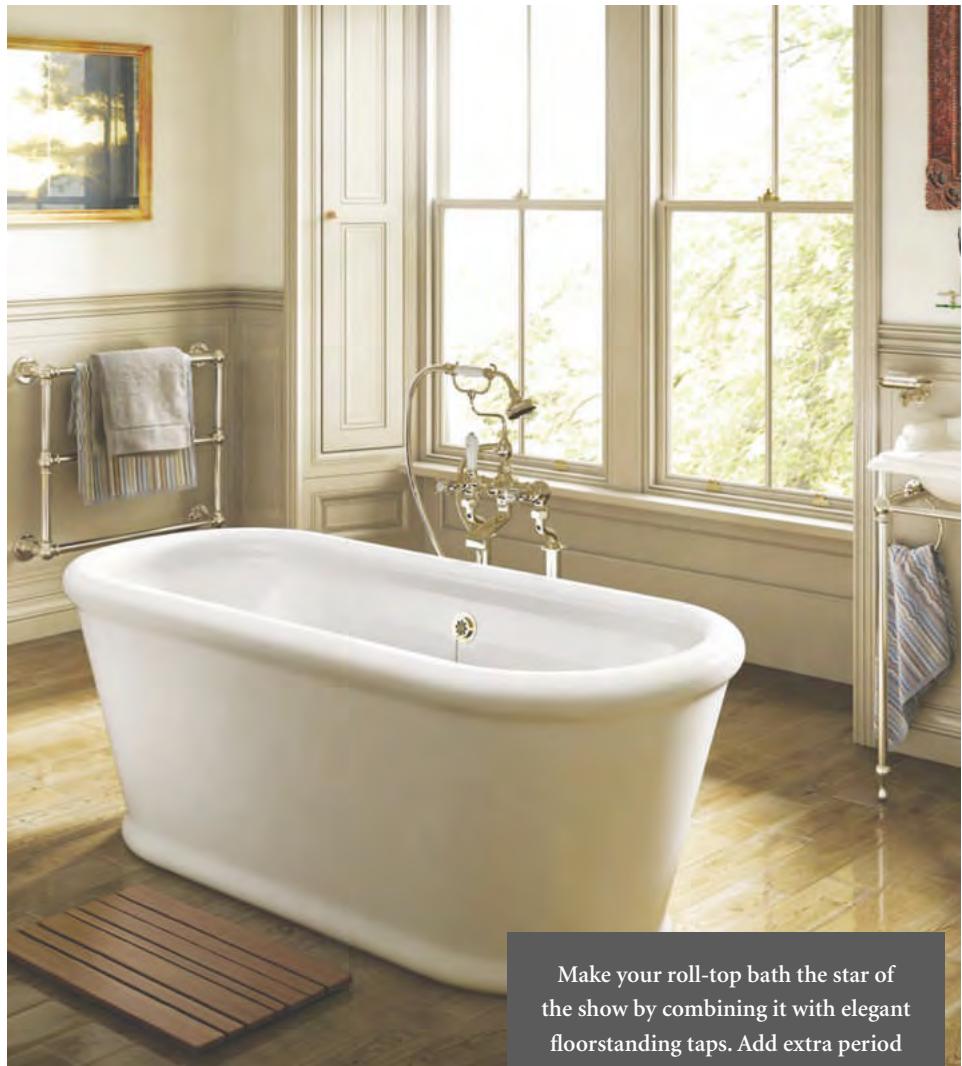
HERITAGE STYLE

bathrooms

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Living in a period property means that you have a range of choices when it comes to choosing your interior design style. Although an ultra-modern approach can work well, most people choose to decorate in a way that is sympathetic to the original building itself. Having said that, you don't have to live in an older property to enjoy traditional style.

Make your roll-top bath the star of the show by combining it with elegant floorstanding taps. Add extra period charm with a high-level loo and traditional washstand. Marlborough stone resin bath and bath-shower mixer tap set, from £5,400, Thomas Crapper

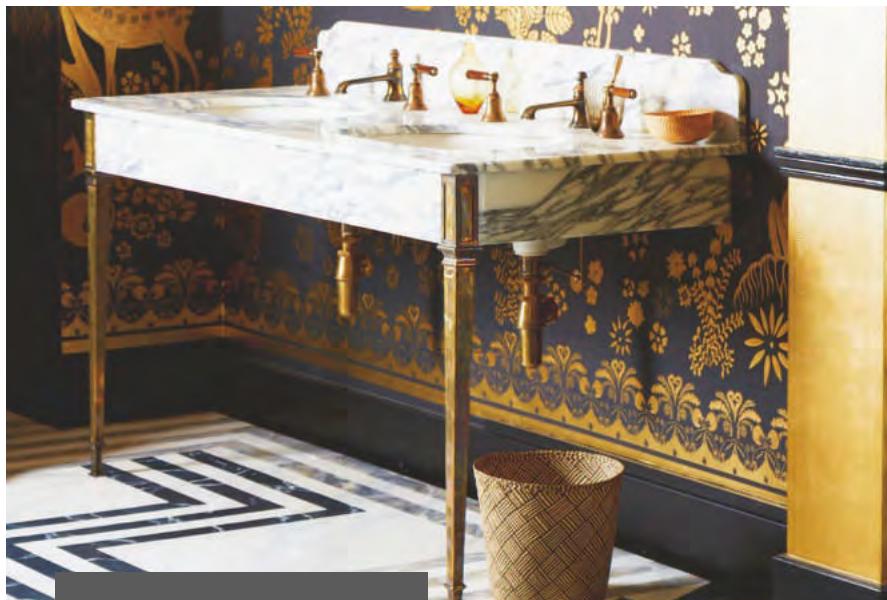
Period bathrooms are filled with character. Typified by freestanding roll-top baths, sculpted sanitaryware and classic brass fittings, it's a look that's adaptable for new-build homes and listed properties alike.

In many cases, the rooms in a period house will have more character: for example, alcoves can be used for storage solutions and an old fireplace can be used to give your bathroom a retro spa feeling by filling it with candles or other accessories.

High ceilings mean plenty of lighting opportunities, often with large windows that deliver ample natural light. Chandelier style lights can add a real touch of glamour.

ADD MODERN TOUCHES

You might love the look of authentic pieces, but no-one wants to have to suffer the indignities of Victorian plumbing so it's worth investing in a few modern luxuries. Power showers, loos with eco-flushes and taps with ceramic washers are just as easy to incorporate if you select good-quality replicas. Look out for manufacturers whose designs are based on historic drawings and traditional construction methods.



Select a period

The popularity of period-style bathrooms is on the up and as a result there's a wide variety of choice when it comes to Victorian and Edwardian-style reproduction fixtures and fittings. The recent trend for geometrics has also seen a rise in Art Deco-style designs.

SEEING DOUBLE

If space allows, installing a double basin is the ultimate 'his and hers' bathroom luxury. This Art Deco-inspired Double

Hebden vanity basin unit with Arabescato marble and brass exterior finish, £7,194 from Drummonds, definitely has wow-factor style.

www.drummonds-uk.com

*Romini free-standing bath from Allbits,
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GET SOME METAL

The metallics trend has finally made its way back into the bathroom, with brass, copper and rose gold making welcome returns. Look out for taps, mirror frames and towel rails in these soft metal tones that will add warmth to a dramatic scheme.

PAPER THE WALLS

Feature wallpaper isn't just for living and dining rooms – this dark and dramatic floral pattern creates the perfect country mansion feel along with period furniture and accessories and an opulent freestanding bath.

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Original fittings

If you like the idea of restoration work and want authentic fittings and furniture, then you could consider trawling salvage yards, auctions and restoration specialists for bathtubs, basins and brassware. Remember to check with your plumber that your chosen items are suitable for modern plumbing systems before you buy or you could be in for some expensive mistakes.

BUY THE KEY PIECES

Make your bathing experience as relaxing as possible by placing a table beside your tub, so you've got everything you need close to hand.

Make your roll-top bath the star of the show by combining it with elegant floorstanding taps. Add extra period charm with a high-level loo and traditional washstand.

Pale, glossy finishes that reflect light will not only provide 'wow' factor, but give your bathroom a bright and open feel, too.



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SMALL BUT BEAUTIFUL

There are many ways to achieve an opulent look that won't cost the earth. Sometimes simply using a single statement piece, such as a light fitting or vanity unit, is all that is needed to transform the look and feel of a room. Waterproof shutters specifically designed for

bathrooms are the perfect finishing touch for a period scheme.

As a small space, the downstairs toilet can often be forgotten, but there's no reason why it, too, shouldn't receive the luxury treatment – in fact, it's the ideal room for trying a look that's a little bit different.



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Colour is back

AS FAR AS BATHROOMS ARE CONCERNED, THE TIME HAS COME FOR CHANGE – A SOMEWHAT COLOURFUL ONE.

For a long time, bathroom interiors have typically taken on a highly natural and minimal aesthetic. You may be all-too familiar with the ever-popular Scandi style that has graced the pages of design magazines over the last few years.

While this look still has a place in the market, the colour palettes for 2017/18 come with a twist. Stark white walls are being replaced with muted, chalky, earthier tones. The colour combinations that really struck the Conservation News team were the soft, subtle shades of green and pink. Both hues offer a feeling of freshness and liveliness, yet reflect peace and tranquillity.

Green and pink have a calming, restful and renewing effect which makes them perfect for a bathroom interior. There are two particular

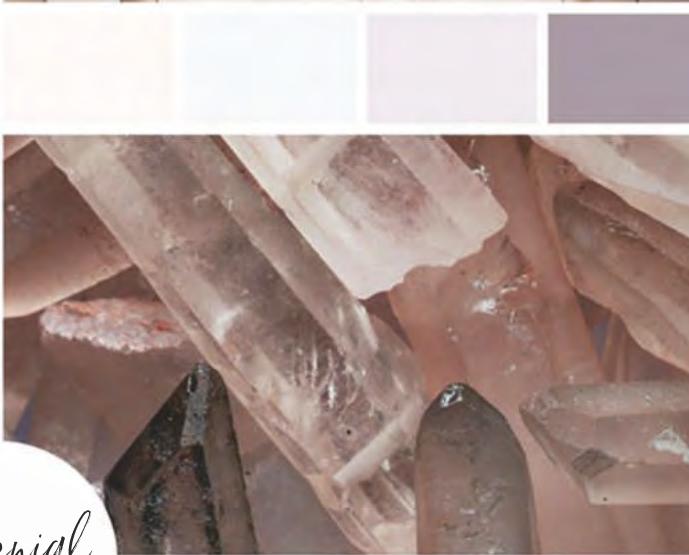
shades expected to become the ‘new neutral’: allow us to introduce ‘Millennial Pink’ and ‘Seafoam Green’.

A demand for more colour in the home has been at the top of many designers’ and home-makers minds and this is now being translated to bathroom spaces. Pale pinks and muted greens are bringing a sense of lushness and intimacy with them as we embrace a less hard-lined approach to bathrooms.

Tactile finishes and colour are bringing warmth and a sense of calm to these spaces which can sometimes be left feeling a little too cold and clinical. Bathrooms will also be transformed with an array of raw, warm metal finishes such as Aged Brass, Flemish Copper, Iron Bronze, Brushed Gold or Brushed Nickel.







Millennial
pink



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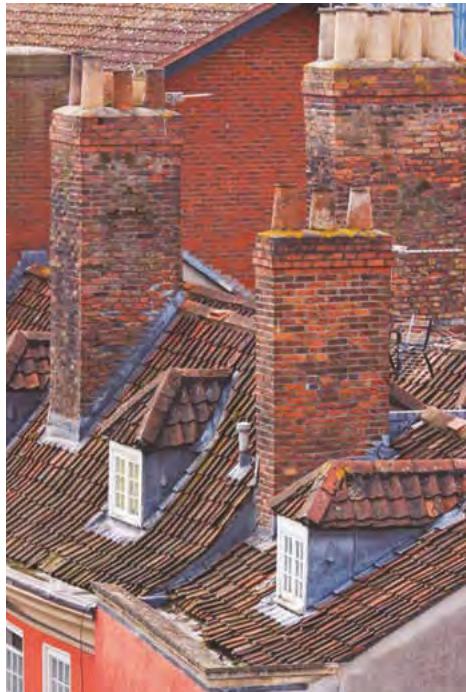
The history of chimney design is derived from the opposing needs to obtain maximum on the one hand, while controlling the fire inside the building on the other.

Chimneys and flues are subjected to intense heating and cooling cycles, condensation and aggressive chemical reactions caused by hot flue gases. Above the roof line the chimney stack is exposed to the full force of weather. To withstand such conditions, maintenance and repairs need to be of the highest standard, and it is important that design elements of such significance are conserved properly. Yet works are often badly executed by unqualified contractors using inappropriate materials and ill-conceived methods. The result can be damaging to the character and fabric of the building, and may even be dangerous.

A neglected stack can be an accident waiting to happen – the prospect of chunks of heavy masonry dislodged by storms and crashing on to the roof above your bedroom isn't a risk worth taking. So if your building survey flags up defects, it's usually advisable to get things sorted sooner rather than later.

Probably the most common issue with

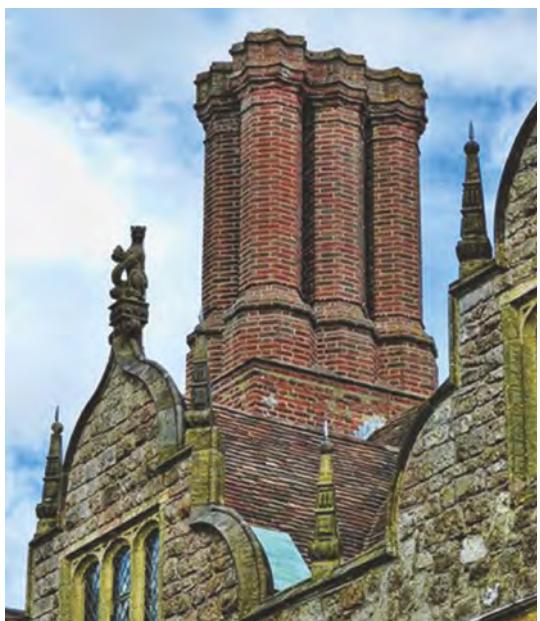
chimney stacks is eroded pointing. In itself this may not sound too serious, but if neglected it will hasten the onset of more serious problems such as instability, water penetration and even disintegration. If caught in time, all that may be required to fix this and prevent further deterioration is a spot of localised repointing.



RESTORATION TIPS

Before starting work on chimneys, there are a number of important points to consider:

1. Temporarily seal up fireplaces to prevent clouds of soot and debris rattling down the flues and creating a mess inside.
2. A lot of stacks are perched on party walls with the other half belonging to the neighbour, so it's worth persuading co-owner(s) to jointly contribute to the works. Sorting the whole thing in one go makes sense both structurally and aesthetically – not to mention economically. Where it's just your side of the stack that's being worked on, make sure the builder and scaffolders steer clear of next-door's roof and pre-empt any risk of damage.
3. Chimneys are sometimes used to support TV aerials, and these may need to be taken down and later reinstalled. However, the art of optimising TV reception is one that's probably best left to aerial specialists – which can add to costs.
4. It's not unknown for tiles or slates to get broken during the repair process. For the roofer to return after the scaffolding has gone and replace a few tiles or slates will incur extra costs – so make a point of checking the condition of the roof while access is still possible. As a precaution, sourcing some matching replacement tiles in advance is a good idea.



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Alongside this, the showroom means that customers get to view various stoves (styles and sizes) in a realistic setting. Although every effort has been made to provide a broad selection of display models, Ablaze supply and install all major stove manufacturers products, so brochures can be provided.

The popularity of stoves and fires has risen tremendously over the past few years, returning to the days of old. The essence of a real fire brings warmth to any room in the



conventional sense as well as visually, many express the captivating dance of the flames to bring a strong sense of nostalgia. Along with the aesthetic benefits that come with fires, there is also the cost-effective heating in comparison to constantly rising gas and oil prices. Many Ablaze customers have said they now struggle to see their home without their newly installed fire.

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STOVES

Woodburning and multi-fuel stoves are a popular and cost effective way of heating traditional homes. Their growing popularity has led to contemporary alternatives being released onto the market, with larger panes of glass and cylindrical bodies. Traditional styles are usually smaller, with little windows and hinged doors. These are well suited to cottages, farmhouses and anyone trying to create a period feel in the home.

Ranging from freestanding appliances positioned in the corner of a room to those designed to sit within traditional fire surrounds, stoves are a flexible choice. They are mainly available in cast iron or steel, and can be enamelled with a coloured finish.

If you choose a multi-fuel stove, it can be used with wood or coal, and you will need a grate when burning coal/smokeless fuel. This grate is removed when using logs, as they burn better on a 'hotbed' of ash. Solid-fuel stoves tend to produce large amounts of heat, but are less controllable than gas, oil and pellet models.

For a basic estimate of the size of stove you need, calculate the volume of your room in cubic metres by multiplying its length x width x height. You need 1kW heat output for every 14 cubic metres to give a consistent room temperature of 21°C when the temperature outside is zero.



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COMPACT

The Willow may be the smallest of the Valor stoves collection, but with a 4kW heat output, it still radiates heat to every corner of the room. Delicately designed, Willow can equally stand alone or sit comfortably within a cosy inglenook.

FIREPLACES

Widely considered to be a more authentic option for period properties, traditional open fires are not as efficient as stoves. If you are lucky enough to have an original fireplace or grate, you should look to restore rather than replace.

You want to be sure that the surround you choose is appropriate for your property's era.

In Georgian homes, fireplaces were often open – inglenooks were introduced – with a fire basket or hob grate. Surrounds were of brick or stone. In later years, and in grander houses, marble, slate or wood were used.

In the Victorian era, hob grates were popular, but from 1850 the cast-iron register grate appeared. Corbels were often used to support the mantel and from 1880 the smoke hood was introduced.

In Edwardian times cast-iron register grates



were common, before Art Nouveau designs came into fashion. Simple, classical models were also popular, often using marble or enamelled slate. Glazed bricks were also often used, as were ornate oak surrounds with mirrors and shelves.



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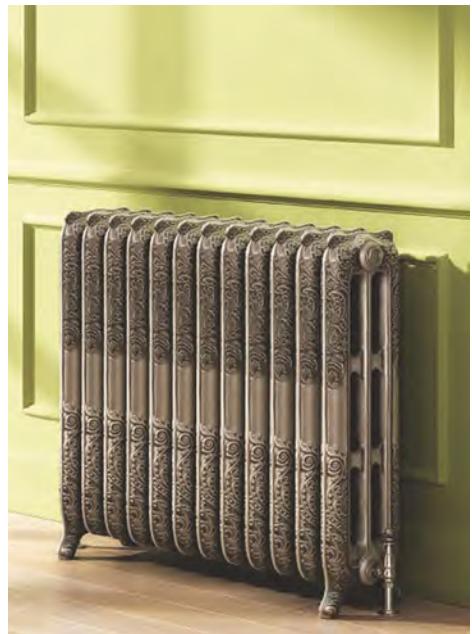


RADIATORS

It's fair to say that radiator designs of the 1970s and 1980s were often ugly affairs, and if you live in a restored period property, they can really let down your look.

Traditional cast iron radiators are constructed out of columns and sections. Columns are the number of vertical bars from front to back, which usually come in one to six column sections. These sections are the individual cast iron pieces which fix together to make a radiator. The more columns and sections your radiator has, the higher its heat output will be.

Combine a high number of columns and sections with a tall radiator and you can get a generous heat output for an enormous room. Cast iron radiators also retain their heat for longer than their modern equivalents, so in really



CAST IRON

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large rooms, you may only need one or two.

You can find original Victorian cast iron radiators in reclamation yards. These are often beautiful and, if you can find an expert to restore them, they can become a treasured possession in a period home. However, buying non-reconditioned models from a salvage yard or at auction might seem budget-conscious, but be sure to find out refurbishment costs before investing.

The downside of restored radiators is that their efficiency and heat output is often not very high, so unless your room is small and well insulated, you may need additional radiators to achieve your desired level of warmth.

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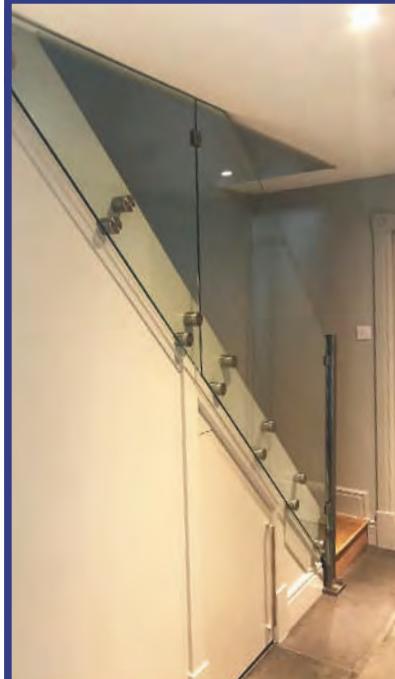
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Outside, much time and landscaping has taken place to create separate areas for relaxing, cultivating and possibly keeping a small

holding for chickens and the like. To the front, the property is approached via a five bar gated shingle driveway with off road parking for 4-5 vehicles. Immediately to the rear, there is a circular lawned area bordered by flowers and shrubs with a patio area and brick pizza oven. The rear garden backs onto paddocks offering wonderful place to relax including a garden pond.

PROPERTY DETAILS

Address: Charing, Kent Price: £540,000

For more information contact: Saddlers Reed House, 1-3 Old Ashford Road, Charing TN27 0JG Tel: 01233 713127
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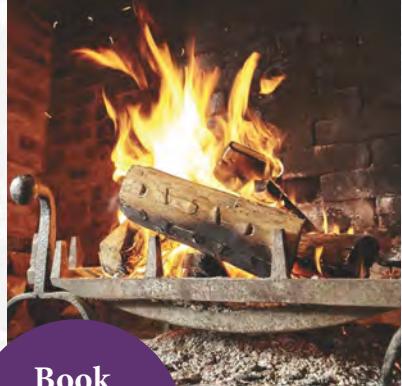
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Trip Advisor

The Red Lion is a quintessential English pub serving quality home-cooked food and a good range of beers, ales and wines. Open 7 days a week, with a large beer garden and off-road parking. We believe in supplying quality fresh produce and take great pride in working with the best local suppliers to create delicious and diverse dishes for our seasonal, ever-changing menus.



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The Sportsman

THE SPORTSMAN IS THE LONG-AWAITED AND DEBUT FOOD BOOK FROM SELF-TAUGHT CHEF STEPHEN HARRIS WHO TRANSFORMED WHAT WAS ONCE CALLED A "GROTTY RUNDOWN PUB BY THE SEA" INTO A MICHELIN-STARRED RESTAURANT.

This book is much more than a cookbook, telling the story of the The Sportsman's transformation from sticky carpet boozer into an internationally acclaimed restaurant serving innovative regional cuisine and a cult following around the world. It also tells the story of Stephen Harris' own transformation from financial advisor to self-taught cook to world renowned chef with a reputation for his pared back style.

The Sportsman uses the best ingredients available in the immediate land surrounding the pub and its seaside environs – the salt marsh lamb is sourced from the farm adjacent to the farm next door which supplies the pork; sea beet, sea purslane and gutweed is plundered from the shore and the salt is sourced from the grey sea that often peels the paint off the front of the seaside pub.

The simple, stylish recipes epitomise all that is great about British cooking, showcasing 50 Sportsman classics including Slip Sole in Seaweed Butter, Mussel and Bacon Chowder, Pork Belly and Apple Sauce and Salmagundi (the 17th century name for an English mixed salad). Many recipes are accompanied by Harris' own personal memories of the dishes, highlights including reflections on the importance of roe in his recipe for Turbot with a Smoked Roe Sauce

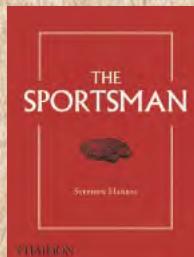
and the history and inspiration for his Summer Fruit Salad. This book is truly a tribute to the land, coast and people who have made The Sportsman the revered destination it is today.

The recipes are divided into six chapters that follow Harris' concept of the Kentish terroir: The Sea; The Salt Marshes; The Farms; The Woodlands; The Gardens and The Orchards. Essays by Harris introduce each of the sections, emphasising the significance the surrounding area has on his cooking and approach to food. A section on 'The basics' includes recipes for the infamous Homemade Butter, Seaweed Butter, Focaccia, Parsley Purée and Spinach Purée served at the restaurant.

*Faversham Road, Seasalter, Whitstable
CT5 4BP. Tel 01227 273370*

WIN A COPY

For your chance to win a signed copy of The Sportsman, please email your name,



address and telephone number to dawn@cnkent.co.uk. Closing date for entries is Friday 20th October 2017. Good luck!



PORK BELLY AND APPLE SAUCE

This method is exactly the way we make it in the restaurant kitchen and you won't get the same results with the recipe scaled down.

CONFIT PORK BELLY

1 x 2 kg/4 lb 8 oz pork belly, bone in

Good handful of sel gris

3 litres/ 100 fl oz (12 cups) duck fat

METHOD

Sit the pork belly in a large roasting pan and rub the salt into the pork flesh. Put the pan into the refrigerator and pour in enough water to cover the meat completely. After 12 hours, take out of the refrigerator and pour away the water. Rinse well.

Preheat the oven to 100°C/210°F. Put the duck fat into a large pan and melt it slowly. Pour a layer of fat into the roasting pan and arrange the pork belly on top, skin side down. Pour in the rest of the fat and cover loosely with greaseproof (wax) paper. Cook for 12 hours.

After 12 hours, check that the pork belly is cooked by pulling at a rib bone. If it doesn't move freely, then return to the oven for another 20 minutes and check again.

Remove from the oven and leave to cool. You can strain off the duck fat to be used again. Transfer the pork belly to the refrigerator and leave overnight to set hard.

Remove the bones and trim the edges to create a neat rectangle. Keep the trimmings to make the pork scratchings.

Cut the belly in half down the middle and then divide into portions as you wish. We get 8–10 main course portions from one belly. Wrap the individual portions in clingfilm (plastic wrap) until they are needed.

When ready to serve, preheat the oven to 180°C/350°F and take the belly portions out of the refrigerator.

**SERVES
8-10
AS PART OF
TASTING
MENU**

Arrange the belly portions in a non-stick, ovenproof frying pan and loosely cover with a baking paper. Roast for 20 minutes, then remove from the oven. If the skin isn't nicely browned, then finish on direct heat on the stove. Remember the skin is like glass: it will be gel like when hot, but will crisp up as it cools. Turn the portions over and leave to cool slightly before serving with apple sauce, mashed potatoes and cabbage.

MASHED POTATOES

5 medium potatoes

300 ml/10 oz (1cups) double (heavy) cream

50 g/2 oz (cup) butter

1 teaspoon salt

METHOD

Preheat the oven to 180°C/350°F. Roast the potatoes in their skins for 2 hours, then remove from the oven and allow to cool slightly.

Cut the potatoes in half and scoop out the flesh. Press the potato flesh through a ricer into a mixing bowl. Heat the cream in a small pan and simmer for 5 minutes, taking care it doesn't catch on the bottom of the pan. Mix the hot cream into the potato then press it through a fine sieve. Mix in the butter then season with salt and serve.

The Sportsman

- RECIPE -

SAUTEED CABBAGE

1 Savoy cabbage, outer leaves discarded
50 g/ 2 oz (1/4 cup) butter
lemon juice
sea salt and pepper

METHOD

Cut the cabbage into quarters and discard the hard core sections. Cut into thin slices and wash. Melt 20 g/ 3/4 oz of the butter in a lidded frying pan. Add the wet cabbage, cover the pan, and cook for 2 minutes over medium heat. Remove the lid and cook for around 2 minutes, or until the water has evaporated and the cabbage is soft, but still green. Add the remaining butter, then add lemon juice and seasoning to taste. Stir briskly to amalgamate, check the seasoning again, then serve.

APPLE SAUCE

Makes 600 ml/ 20 fl oz (2 1/2 cups)
2 large Bramley apples, unpeeled,
quartered and cored
350 ml/12 fl oz (1 1/2 cups) sugar syrup

METHOD

To make the apple sauce, cut the apples into small chunks and put into a small food processor or jug blender. Pour in enough sugar syrup to almost cover the apples. Blitz on high until you have a smooth, bright green sauce.

The Sportsman by Stephen Harris is
published by Phaidon on 25th September
at £29.95 (www.phaidon.com)



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October Dining Club - Ladies Night - Wed 18th October, 7pm start

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AGAINST *the grain*

WE TALK TO INGRID EISSFELDT, FOUNDER OF THE THE UK'S ONLY ORGANIC GLUTEN-FREE BAKERY.

Artisan Bread Organic (ABO) – the UK's only organic gluten-free bakery was set up in 2001 by Ingrid Eissfeldt, based in Whitstable.

ABO bread breaks all moulds with a host of innovative products. The ABO bakery went 100% gluten free in 2014 and differs hugely from your average gluten-free bakery. Not only is it the only organic gluten-free bakery – around seven different grains and pulses are freshly milled in-house each day, to avoid oxidation and to ensure a sweet and fresh taste.

No baker's yeast is added - instead Ingrid & her team of talented bakers have developed their own leaven and use a 15hour fermentation process. The bread is ripened

before it is baked resulting in superb taste, texture and digestibility.

No chemicals or Xanthan gum is used, as is so common in gluten-free baking the world over. Only freshly milled flour, water, sea salt, seaweed and a multi mineral plus the leaven is used to make a perfect loaf of ABO bread.

Choose from Quinoa, Buckwheat, Rice, Soya, Linseed, Toastie White, Poppy White, Pea and Pizza bases. In addition to an exciting range of bread, you will find delicious gluten-free scones, cakes, cookies and more.

WHICH BREAD IS RIGHT FOR ME?

ABO use seven different grains and pulses for bread, cakes and snacks so it's easy to find something for everybody. Ingrid is an avid

follower of Dr D'Adamo's work and ABO's recipes have been designed with the blood group and the GenoType diet in mind.

For those who are interested in personalised nutrition ABO also offers a unique nutrition plan which can be found on their website under the lifestyle section.

* Artisan Bread Organic

16-17, John Wilson Business Park,
Harvey Drive, Whitstable, CT5 3QJ
www.artisanbread-abo.com





SERVES
6-8





CRANBERRY, ROSEMARY & CORNISH SEA SALT BREAD

A moist fruity loaf with a Cornish sea salt encrusted top. Excellent with cheeses, cold cuts, soups and casseroles. Baking in the round casserole gives this bread a unique shape, also the heat retention properties of the cast iron aids the speed and evenness of the baking.

YOU WILL NEED

2 tbsp olive oil, plus extra to grease the casserole

750g strong white flour, plus extra to dust the casserole and for kneading

2 tsp Cornish sea salt, crushed

1 tsp freshly ground black pepper

1 sachet (7g) instant fast-acting dried yeast

375ml very hot water

125ml milk

2 tbsp olive oil

70g semi-dried cranberries

3 tbsp freshly chopped rosemary

2 tsp Cornish sea salt for the topping

METHOD

Preheat the oven to 190°C/375°F/gas mark 5. Grease the casserole with a little oil and dust lightly with some of the extra flour. The lid is not required for this recipe.

Sieve the flour into a large warm bowl and stir in the yeast, black pepper and the 2 tsp crushed sea salt.

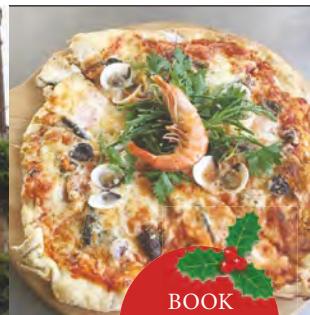
Put 375ml very hot water into a jug and add the cold milk and the olive oil to it. This will give you the correct temperature for mixing.

Stir the cranberries and rosemary into the dry ingredients then gradually stir in the liquid. The dough should be slightly wet, but not sticky – if it seems a little dry, add a little more milk.

Turn the dough out onto a well-floured surface, knead gently for 1-2 minutes until smooth and roll into a ball.

Transfer the dough ball to the casserole with any seams or folds tucked underneath. Brush the top with a little olive oil. Cover loosely with oiled cling film and leave in a warm place to rise for between 40 minutes to 1 hour. The dough should be well risen and just over the rim when ready to bake.

Remove the cling film and sprinkle the sea salt over the top of the dough before baking in the centre of the oven for 35-40 minutes until risen and golden brown. Cool in the dish for 5 minutes before turning out.



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Frasers are delighted to announce the launch of our festive menus available from mid November and throughout December. Our set menus start from £26.50 per person. Contact us for more information and to book a table.

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Web: www.frasers-events.co.uk
Email: lisa@frasers-events.co.uk



EATING  OUT

FRASERS

WE HEAD OFF TO THE IDYLLIC KENT COUNTRYSIDE
TO SAMPLE THE DELIGHTS OF THIS WELL
RENNOWNED RESTAURANT'S TASTER MENU.

Frasers is located in the 13th century village of Egerton. The village boasts over 80 listed buildings, with the Old Bakers featured in the 1990s television series Darling Buds of May. The working farm set in around 300 acres of beautiful countryside, consists of a traditionally built oak-framed Kentish style barn and other outbuildings which are used to house the five star accomodation arranged around the original farm house and courtyard.

Having been warmly greeted by our charming host Mark we were shown to our table in the impressive barn style restaurant which boasts magnificent double height ceilings with a wealth of exposed oak beams. This tranquil setting is the perfect 'getaway from it all' venue to enjoy a fabulous meal whilst overlooking the unspoilt views of the Kent countryside.

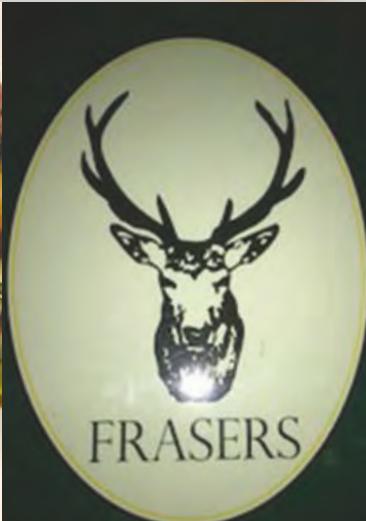
Talented Head Chef Robert Bryant has worked hard to produce an impressive array of dishes and his enthusiasm and boundless energy for the Frasers environmentally friendly ethos of ensuring a 'guilt-free' experience means that all the food is from a local group of suppliers, hence the 'food-miles' are far lower. All the primary produce is traceable and seasonal, and the menus

reflect this seasonality.

We had the six-course taster menu which started with pea soup, fresh peas and pea shoots. This was followed by salt baked heritage carrot with crispy skin; then came the baked cod loin, samphire and mussel casserole. The next course was roast rump of lamb, potato emulsion, charred leeks and lamb sauce. To finish we had two superb desserts, the first was toasted marshmallow, poached strawberries and honeycomb; this was followed by an indulgent dark chocolate and passion fruit.

The meal itself was magnificent; thoughtfully balanced with plenty of contrast and cooked to utter perfection. Add that to the friendly, helpful staff who go out of their way to make your visit both succinct and succulent and all in all, you'll be in for a very pleasant evening indeed. Frasers is shaping up to be a notable landmark on the Kent dining scene, and is a good reason for planning a trip to Egerton this autumn... or any other season, for that matter.

* **FRASERS, Coldharbour Farm,
Barham's Mill Road, Egerton TN27 9DD.
01233 756122; www.frasers-events.co.uk**



WHAT'S IN SEASON

autumn

HOME-GROWN PRODUCE IS STILL ABUNDANT AT THIS TIME OF YEAR,
SO LOOK OUT FOR LOCAL FRUIT AND VEGETABLES, ESPECIALLY
MUSHROOMS OF ALL SHAPES AND SIZES



BEANS (RUNNER AND BROAD)

There won't be too many about now, so enjoy them steamed, tossed in a little butter or olive oil and freshly ground black pepper.

BEETROOT

Have it in soups, salads or on its own, grated when warm. You can boil it, but it's lovely roasted.

BLACKCURRANTS

They are coming to an end soon, but it's still worth buying extra as they freeze well and are superb in winter crumbles.

CARROTS

Look out for little fat Chantenay carrots, famous for their sweet flavour. Larger types can be served with chopped fresh dill, parsley or chives.

COURGETTES

Best roasted, griddled or lightly sautéed in olive oil, they can be added to stir-fries and risottos. Buy them as small and firm as you can.

DAMSONS

They may not be widely available, but they are certainly worth the effort of seeking out. Try them in jam, chutney or a cobbler. They also make a fine gin in place of sloes.

KALE

A superfood, kale is an excellent source of calcium, B vitamins and antioxidants. Steam, then serve with butter or olive oil, a squeeze of lemon juice and freshly ground black pepper.

MUSHROOMS

It's the peak of the wild mushroom season right now, but unless you know what you're looking for, stick to searching for them on the supermarket shelves or better still, at local farmers' markets.



GOOSEBERRIES

Often overlooked due to their sharp flavour, they make a fantastic crumble, as well as a sour compote that cuts through the flavour of oily fish

FENNEL

Trim off the ends of the stalk and top leaves, cut in half or thirds and then steam, roast, braise or fry.

PLUMS

At their best now and plentiful, so make the most of them, baked or poached, or cooked in crumbles and pies.

BROCCOLI

Packed with nutrients, this superfood goes really well with salty flavours, so try some with anchovies and olive oil or serve with feta cheese.



AUTUMN ICON

Wild berries have a superior taste and you'll often see people picking from the hedgerows in the Kent countryside. Alternatively find a pick-your-own farm or try the local farmers' market - and buy plenty as they freeze really well.



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At A La Turka we serve dishes originating from Gazientep, a city and settlement in Turkey's south eastern region. Being on the Silk Route, the region has a huge diversity and fusion of cultures, and its' cuisines being from all over the world, give the region the name 'Food Paradise'.

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Get your fish fix IN 1066

HASTINGS has one of Britain's oldest fishing fleets. Boats have worked from the shingle beach known as the Stade (an old Saxon word for 'landing place') for over a thousand years. Today the fleet is made up of over 25 under-10-metre boats, making it Europe's largest beach-launched fishing fleet. Hastings has always been a sustainable fishery, and traditional netting techniques are still used.

When the boats come ashore, usually in late morning, they are winched up the beach and

the fish are unloaded into boxes and taken to the fish market, where they are sold wholesale. Cod, plaice, mackerel, dab, gurnard, scallops, sea bass, John Dory, turbot, herring, lemon sole, Dover sole, sprats and cuttlefish are landed, among many others.

Each year, the town holds three festivals to showcase the excellent quality and variety of fish landed by the Hastings fleet: The Midsummer Fish Festival in June, Seafood & Wine in September and The Herring Fair in



November. The fishermen demonstrate their skills and their catch, while Billingsgate Seafood School and local chefs hold sessions on how to prepare fish and cook delicious seafood recipes.

Local restaurants sell a wide variety of delicious fish dishes (as well as vegetarian and non-fish options), accompanied by fantastic locally made wines and beers. Plus there is always non-stop live acoustic music, along with craft activities for the whole family and fun activities for children.

Tickets can be bought in advance from the Hastings Tourist Information Centre, or on the gate, and cover admission for the whole weekend.

www.visit1066country.com/fishfestivals
Stade Open Space, Hastings Old Town





AUTUMN REDS *for chillier evenings*

Reader offer

I'm offering a 20% discount off any of my private wine tastings for those readers who mention they saw this article in Conservation News (www.discoverthevine.co.uk).

IT'S TIME TO SWITCH YOUR WINE SELECTION FROM CRISP, SUMMER SAUVIGNON TO RICH, COMFORTING RIOJA. WINE EXPERT ROWENA HAWTIN TALKS US THROUGH HER TOP PICKS...



LUIS FILIPE EDWARDS GRAN RESERVA MERLOT 2015. COLCHAGUA VALLEY CHILE 14% ABV MAJESTIC £9.99

This family run winery has been producing wine since 1976 and their priority has always been to produce wine with quality and distinct personalities. This wine doesn't disappoint with aromas of plums and cherries, the lovely freshness of the fruit on the palate is due to 15% of the grapes coming from the cooler Casablanca region which adds balance to this lovely wine. Aged for 12 months in American oak, this wine will add warmth and spice to most autumn evenings. Excellent value for money.

JIM BARRY COVER DRIVE CABERNET SAUVIGNON 2015 COONAWARRA AUSTRALIA 14% ABV MAJESTIC £14.99

I've had this lovely full bodied red many times and it never fails to disappoint. Luscious aromas of cassis and eucalyptus which comes from the terra rossa which give it its unique flavours. Aged in French and American oak, the tannins are smooth, but the wine still has plenty of bite and structure with black fruit coming through on the

palate. Enjoy now with big bold food such as steak and roast meats but this wine will keep for up to five years or more.

PEDRONCELLI RUSSIAN RIVER VALLEY PINOT NOIR 2015 CALIFORNIA 13.5% ABV WINE SOCIETY £12.50

Pinot Noir thrives in a cool to moderate climate which makes the Russian River Valley in Sonoma county an ideal location. With aromas of plump red fruit and subtle earthy flavours on the palate this is a fine example of a Californian Pinot Noir. Enjoy with Charcuterie, cooked meats or even a salmon fillet.

RIPASSA VALPOLICELLA SUPERIORE, ZENATO 2013 TRENTO NORTHERN ITALY 14% ABV WINE SOCIETY £18

Why not treat yourself to this gorgeous Ripasso to rival many Amarones? The dried grape skins of the Amarone are added to the basic Valpolicella and a second fermentation adds a rich, complex structure leaving you savouring each mouthful. The producers have chosen to call the wine ripassa suggesting that the female version adds more finesse than the male! Ideal food matches would be BBQs, beef kebabs and hard cheeses.

RIOJA GRAN RESERVA 2008 VINA ALARDE SPAIN 13.5% ABV MAJESTIC £11.99

This luscious Gran Reserva is made from Tempranillo and Garnache and has spent at least 3 years in oak and another 3 years in the bottle to give it lovely aromas of red fruit, hints of vanilla and lovely soft smooth tannins. Delicious with lamb, roast meat and especially Manchego cheese.

Looking to promote your business?



CONSERVATION NEWS Kent is delivered to thousands of Grade I & II Listed Building by Royal Mail, through conservation areas, surrounding villages and large period homes. We are a free quarterly publication, created to enable local businesses, artisans and tradesmen to market their trade and services to reach a unique target audience.

We are editorial led with well written features and case studies, covering period homes, gardens, renovations, interiors and Kentish food and produce to promote a variety of Kent businesses.

If you would like to market and grow your business in this niche publication then please contact us on 07725 732535 or send an e-mail to dawn@cnkent.co.uk.

Copies are available on request and can be picked up in selected hotels, coffee shops, garden centres and public buildings.

The cover of the Autumn 2017 issue of Conservation News Kent. The title 'CONSERVATION NEWS' is at the top, with 'Kent' underneath. Below the title is the subtitle 'Autumn 2017 • Complimentary'. The central image is a photograph of a dark, clawfoot bathtub in a bathroom setting. A wooden ladder-style towel rack is on the wall behind the tub, holding towels. A small round table next to the tub holds a lit candle and some greenery. The text 'Heritage style BATHROOMS' is printed above the image. In the bottom right corner of the cover, there is a smaller image of a person's face with the text 'How to HEAT your period home'. At the very bottom of the cover, there is a line of text: 'PERIOD HOMES • RENOVATION • INTERIORS • GARDENS • FOOD'.

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