

# SUSSEX BOOKENDS

A WEEKLY CELEBRATION OF THE SUSSEX CHARACTER

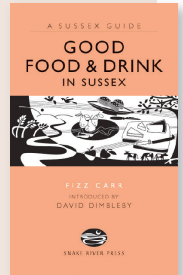
If any dish can be said to be associated with the county then it must be Sussex Pond Pudding - although I must admit that I have lived here for over 30 years and have never even seen it on a menu, let alone been served it! It sounds like real comfort food: a suet crust pudding stuffed with sugar, butter and a whole lemon that, when cut open, oozes a runny confection of buttery, lemony, sugar juices, hence the appellation 'pond.'

Original early recipes omitted the lemon, a tropical ingredient most likely unavailable at many small country markets. As Fizz Carr writes amusingly in her book *Good Food & Drink in Sussex*, 'The reputation of Sussex as a centre for suet cookery was such that it was said to venture into the county was to risk being turned into a pudding yourself.' It is doubtless our current preoccupation with trim waistlines and the trend for low-fat processed desserts that has consigned this delicious sounding pud to near mythical status.

## Food & Drink Quiz

- 1 Which local brewery has a brew called Quids In? **Brightelmstone in the eighteenth century?**
- 2 Who wrote the Sussex drinking song which begins 'On Sussex Downs, where I was bred'?
- 3 Which Sussex doctor encouraged 'taking the waters' for their health-giving properties at **Bottom and where would you find it?**
- 4 What is Breaky **What is Breaky Bottom and where would you find it?**
- 5 What is 'shackle'?

Email your answers, along with your name and address to: [editorial@snakeriverpress.co.uk](mailto:editorial@snakeriverpress.co.uk) The sender of the first set of correct answers received wins a copy of *Good Food & Drink in Sussex* by Fizz Carr worth £8.99. The correct answers will be posted at [www.snakeriverpress.co.uk](http://www.snakeriverpress.co.uk) next Saturday.



## Live & learn

Our coast is still rich in fish. Fishermen's records show that the following were line-caught on the stretch of coast between West Wittering and Selsey Bill between 2003 and 2006:

- Bream** (including *Gilthead*) . . . . .
- Codling** . . . . .
- Dogfish** . . . . .
- Flounder** . . . . .
- Gurnard** . . . . .
- Huss** . . . . .
- Mackerel** . . . . .
- Mullet** . . . . .
- Plaice** . . . . .
- Pouting** . . . . .
- Ray** . . . . .
- Sole** . . . . .
- Whiting** . . . . .

We would love to hear from readers of similar interesting, quirky or strange facts relating to the county. Email us at: [editorial@snakeriverpress.co.uk](mailto:editorial@snakeriverpress.co.uk)

## Sussex Celebrity

### Elizabeth David 1913-1992



Almost every famous British cookery writer cites Elizabeth David as a seminal influence. With such titles as *Mediterranean Food* (1950) and *French Provincial Cooking* (1951) she seems to have almost single handedly changed the face of post-war British cuisine. Into drab kitchens beset with the privations of rationing, she brought the impossibly continental glamour of pungent garlic, luscious olive oil and piquant herbs.

David was born in Sussex, at Wootton Manor, Folkington, just a few miles outside Eastbourne, the second of four daughters of local MP Rupert Sackville Gwynne. Her love of good food was awakened while studying art and French at the Sorbonne in Paris. She lived a rather colourful life, travelling widely and drifting in and out of love affairs. Her grave at St Peter's Church, Folkington, is marked by a wonderful headstone, appropriately decorated with pots, pans and vegetables.

Read more about Elizabeth David in *Sussex Women* by Ann Kramer published by Snake River Press.

## Lost words

“Sussex offspring, whether children or livestock, were often said to be 'good do'ers', meaning that they thrived without much trouble. This was doubtless due in part to the plentiful food available in a county rich in agriculture and fishing, including fruit growing.

### Word of the Week

**Coddle:** To parboil. Apples so cooked are called coddled-apples.

Do you know any other picturesque old Sussex words for food or drink? If so email them to [editorial@snakeriverpress.co.uk](mailto:editorial@snakeriverpress.co.uk) The most interesting ones will be posted at [www.snakeriverpress.co.uk](http://www.snakeriverpress.co.uk) next Saturday.

## Out & About in Sussex

If you are looking for a really unusual Sunday afternoon treat in which all the family can partake, then you could not do better than to take a trip over to Petworth House and Park tomorrow to take part in their Medieval Murder Mystery.

Exercise your detective skills by interviewing characters and suspects who will be strategically placed

throughout the house, then attend the trial held in the Servant's Hall to discover the truth! The mystery begins to unravel at 2pm followed by the nail-biting trial at 3.30pm.

To sharpen your wits get there early and enjoy a bracing walk through the wonderful grounds. For more details call 01798 342207 or visit [www.nationatrust.org.uk](http://www.nationatrust.org.uk)

## An Apple a Day...

It was in the late 1870s that Lord Egremont of Petworth raised the eponymous Egremont Russet. Undoubtedly delicious, it is still popular and one wonders if its commercial success is in part attributable to its aristocratic name, which rather overshadows another local strain, the less grandly titled Knobbly Russett (raised at Midhurst).

A list of old Sussex varieties shows how widely spread apple-growing has been across the county: Ashdown seedling, Crawley Beauty, the pippin varieties Eastbourne, Goodwood and Wadhurst are just a sample. And we must not forget Alfriston, home to Snake River Press, which has a superior cooking apple named after it.