



## Local beef delivered direct to your door

Get fresh, locally-sourced, Longhorn beef delivered fresh from the farm to your door at the click of a button

With a history dating back to 1269, Maydencroft Manor is a farm with a fascinating royal history. It was owned by the English royal family - a number of whom visited and stayed. King Henry VIII was rescued from drowning in a ditch whilst hunting at Maydencroft. Today the Manor is a family farm focused on rearing native breeds of cattle and sheep, with a pedigree herd of

majestic English Longhorn Cattle.

At Maydencroft they have established how their native breeds can support wildlife, through 'Conservation Grazing' on sensitive wildlife sites such as Broxbourne Woods nature reserve. Native breeds are perfectly adapted, and less fussy about what they eat than modern commercial breeds. They keep scrub under control, allowing wildflowers like cowslips, and reliant species of wildlife to thrive. Their varied diet creates beef that's scientifically proven to have higher levels of omega 3, as well as a beautiful taste and distinctive marbling. After John Torode visited Maydencroft Manor, he declared the meat to be "Wonderful, absolutely extraordinary! Full of texture, full of flavour."

Maydencroft Manor Native Breeds Farm sells fresh boxes of beef full of succulent cuts, steaks and burgers seasonally direct from the farm through [www.maydencroftmanor.co.uk](http://www.maydencroftmanor.co.uk) with free delivery to your door. ♦

01462 420851 ♦ [www.maydencroftmanor.co.uk](http://www.maydencroftmanor.co.uk)

## FINE FOODIE

Herts-based food and drink writer and photographer Sharon Struckman shares her latest county finds



# Tea break with the norm

Sharon finds a monthly tea delivery service with a twist



I love tea and have found a local company that has taken the drink to new heights with tastes, colours and fragrances that are exquisite.

Harpden's Twist Tea Company was created last year when Nicky Kavanaugh, Claire Ayres and Fraser Tant decided to do something innovative for tea lovers. Their range of fine whole leaf teas, herbs and fruits are full of little surprises that make them stand apart from an everyday brew.

They trio has started Twist Tea Club, where every month subscribers can receive a selection of their 'Blends with Benefits'. From £5 per month they offer 15 corn silk biodegradable pyramid tea bags or 50g of loose leaf blends. To start a subscription you simply choose which club you'd like to join - the Whole Leaf Tea Club (teas containing caffeine, like Breakfast Boost, Earl Great and Mint Choc Chip), or the Fruit and Herbal Tea Club (teas such as Apple and Blueberry, Chamomile Yawn and the Rooibos-based Mint Humbug). You can also decide whether you want teabags or loose-leaf, and in what quantity.

Teas are posted free on the first Wednesday of the month. Whatever your mood, there is a tea to suit.

The clever flavour combinations mean they don't contain added sugar or artificial sweeteners and they are just as good hot, cold, or even added to food recipes.

Contact: [whatishootieat@gmail.com](mailto:whatishootieat@gmail.com)  
[@whatishootieat](https://twitter.com/whatishootieat)

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### BASIL & LEMON POLENTA CAKE

*'A flourless citrus cake with the sweet scent of basil, perfect for summer'*

#### Ingredients

(serves: six-eight)

2 tbsp chopped fresh basil  
 200g unsalted butter  
 225g caster sugar  
 3 eggs  
 225g ground almonds  
 225g polenta  
 1 tsp baking powder  
 3 lemons  
 Icing sugar dust  
 For the glaze:  
 2 lemons  
 3 tbsp. caster sugar

2. Place the butter and sugar in a mixer until combined, then gradually add the eggs.

3. Stir in the ground almonds, baking powder and polenta, mix until combined.

4. Add the lemon rind and juice, mix again, then carefully transfer to the baking tin.

5. Bake in the oven for 1 hour 15 minutes. Once cooked, leave in the tin to cool.

6. While the cake is cooling, make the glaze. Place the lemon juice and sugar in a bowl and mix well. Prick the cake surface and pour the glaze over the top. Leave for at least 10-15 minutes.

7. Serve with fresh whipped cream or ice cream.

Recipe by Tina Richardson, Stanstead Abbots author of a Cook's Guide to Herbs

