

BR7 Baking

CITRUS FRUITS

You can't beat the flavour of citrus fruit. From sweet to savoury dishes, they are so versatile and give your dish that extra zesty taste.

Citrus fruits contain several different antioxidants, that can help prevent a range of health issues. Vitamin C, in particular is great for eye health.

LEMON POSSET—MAKES 6

Ingredients

600ml Double Cream

200g Caster Sugar

Juice and Zest of 4 lemons

Instructions

Place the double cream and caster sugar into a saucepan over a medium heat. Slowly warm through the mixture, stirring continuously, until small bubbles appear. You want the mixture to be warm and lightly coating the back of a spoon. It is important NOT to let it boil though.

Remove from the heat and add the juice and zest. Stir until smooth.

Pour the mixture into ramekins. Once cooled place in the fridge for at least 2 hours to set.

Twists & Tips

- For a smoother posset, sieve the mixture to remove the zest before pouring into the ramekins.
- For a cheats lemon tart, pour this mixture into a cooked pastry case, leave to cool in the fridge for 3 hours, cut and serve.



This month we have been working with **LINKLATER AND WARREN**

Based in the high street, Linklater and Warren have a team of highly trained optometrists who have access to the latest technology in their consulting rooms.



Treating their patients as individuals, taking pride in the quality of their products, and staying on track with the latest sunglasses and spectacle trends.



LIME AND ORANGE DRIZZLE—SERVES 10

Ingredients

225g Butter, softened
225g Caster Sugar
225g Self Raising Flour
4 eggs

Juice and Zest of 3 Limes
Juice and Zest of 1 Orange
100g Granulated Sugar

Instructions

Preheat your oven to 180C/gas 6.

In a bowl, using an electric whisk, mix together the butter and caster sugar. Add the lime and orange zest, eggs and flour. Mix until you have a smooth batter.

Grease and Line a loaf tin and pour in the cake mix. Bake for approx. 40-50 minutes until golden brown.

To make the drizzle, in a jug mix together the granulated sugar, orange and lime juice.

Once the cake is cooked remove from the oven. Using a fork make small holes all over the top of the cake. Pour drizzle over the cake while its still hot and then leave to cool.



We would love to hear how you got on with this month's recipe. Good or Bad! Send us your comments and pictures to contact@visitchislehurst.org.uk

OR post your pictures on social media and tag **Visit Chislehurst**

Thank you to **Team from Linklater and Warren** working on this month's issue and **Clare Herriot** for the photos and video.

Now that summer is drawing to a close, it's time for many of us to get ready for the new school year. But with all the excitement, have you had a chance to book an eye test for your child? While some schools offer vision screening, did you know that all children are entitled to full NHS-funded sight tests and help towards the cost of spectacles should they be needed?

The Association of Optometrists 'A B See' campaign, featured in the news recently, recommends that children have a sight test at their local Opticians around the age of three so that eye conditions are picked up and treated early. So why not visit our friendly team at Linklater & Warren Opticians. Located in Chislehurst High Street, we are here to make the experience fun and enjoyable, whilst getting the best results from your child!

Children have few reference points against which to judge how they see things. For them, their vision of the world is perfectly normal. An eye exam confirms whether both eyes are seeing well as one in 50 children develop amblyopia, known as a 'lazy eye'. This is where one eye or both eyes are unable to build a strong link to the brain causing vision to not develop properly. This can have a detrimental impact on social and academic development as well as career options later in life. Treatments such as glasses and eye patching are much more effective when amblyopia is diagnosed early. So why not book your appointment with us today either online at www.linklaterwarren.co.uk or phone 020 8295 5131. For more information about the 'A B See' campaign visit www.aop.org.uk/childrens-eye-health

The team at Linklater & Warren Opticians look forward to seeing you soon!

