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# A Note

## From the Editor

Welcome to our February/March Edition.

February is the month of love. It is the shortest month of the year, but the days are getting longer. It is also the month of beautiful flowers.

The last of the snowdrops glisten in gardens, verges and parks. There are plenty of snowdrop festivals around the country where you can enjoy the wonderful floral delights. Red rose is perhaps the most well-known February flower because of Valentines Day. But Valentines Day is not just for couples, single people can also enjoy and celebrate it too. For many February 14th is the day of treating yourself, so why not book in and enjoy a pamper session at a spa, delight in some retail therapy, enjoy a movie marathon. Or why not perform a random act of kindness, write a letter to someone you haven't heard from for a while, pay for a stranger's cup of coffee, smile at bar staff and waiters, ask if the bus or taxi driver is having a nice day.

This year Mother's Day falls on Sunday 15th March. On this day many of us will treat our mums to a lovely card and perhaps a bouquet of flowers, some will make them breakfast in bed, treat them to a special lunch out or afternoon tea. But one priceless gift to mums is the gift of time, spending quality time together enjoying each other's company makes for memories that last a lifetime. A home cooked Sunday lunch is a special treat and shows you love your mum. And a walk in the Spring sunshine lets us catch up and share the important things in our lives.

Getting out and about is what early Spring is all about, out into the countryside, or parks, to a historic site or to the beach, and at the end of this month the clocks are put forward one hour, so the evenings get lighter giving us more leisure time outside!

Here are some dates for your calendar:  
14th February - Valentine's Day; 17th February - Pancake Day; 15th March - Mother's Day; 17th March - St. Patrick's Day; 29th March - Daylight Saving Time starts.

As always, we ask you to please remember to mention Stonesthrow Directories when calling our Advertisers.

However you chose to spend the next couple of months - please remember to keep your heart and your business local.

Yours, Stonesthrow Publications.

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NEXT DEADLINE  
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EDITION  
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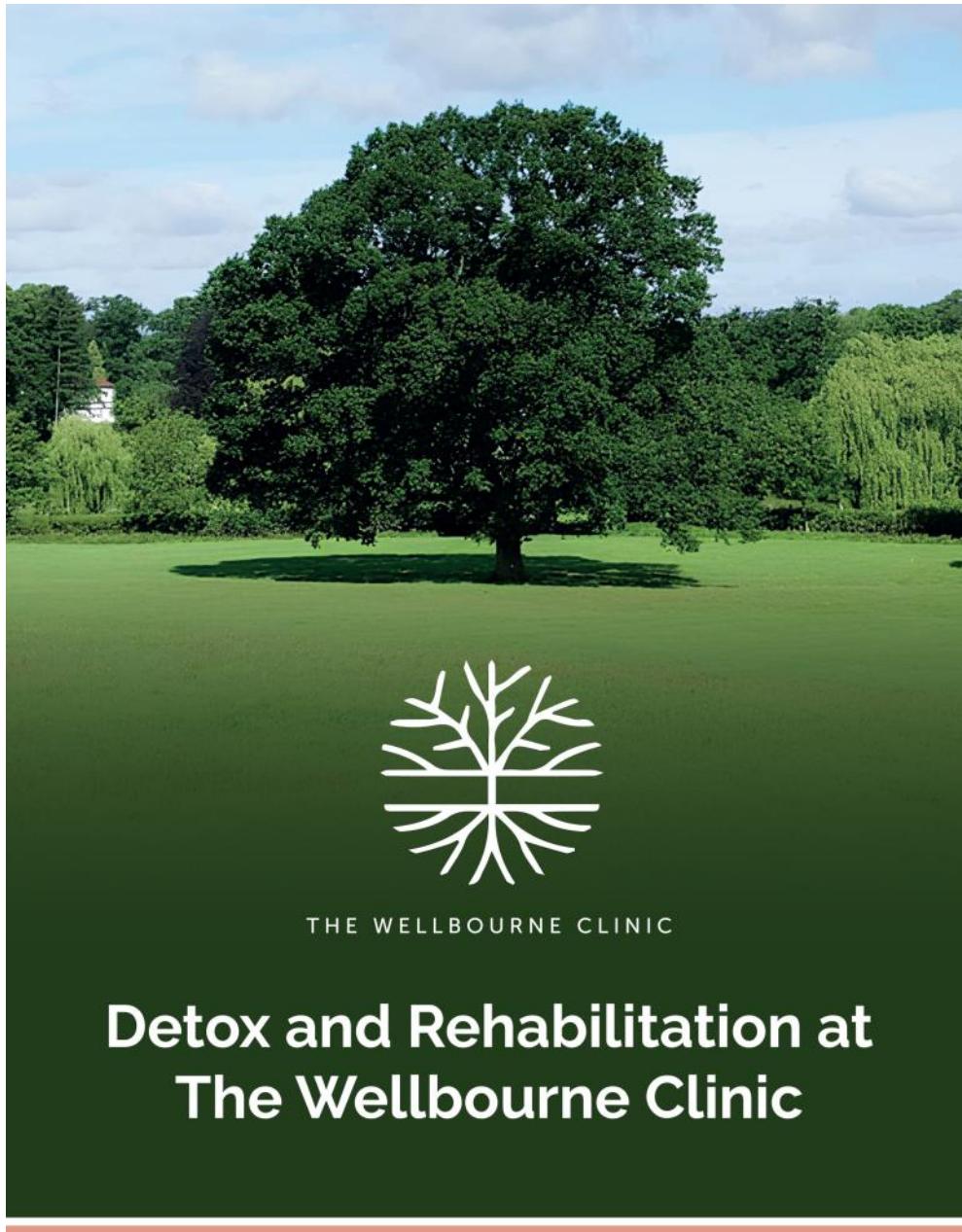
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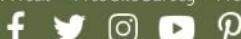
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# Valentine's Day: Date Ideas



*February 14<sup>th</sup> may be the most romantic day of the year, but spending time with your other half ought to be a priority year-round.*

*Here are a few ways to make the special person in your life feel extra-special.*

## CLASSIC DATES

Sometimes you just want to keep it simple. Enjoy a hearty meal in a traditional country pub, for example, or exhibit your cool, nerdy side by watching an independent film at that local cinema which has a bar and posh crisps.

For those feeling really high-brow, why not treat your beloved to a play or musical or simply take a romantic walk in a beautiful park, because feeling comfortable enough to silently stroll is the ultimate couple goal.

## DARING DATES

If things have become a little stale, why not try an escape room challenge (working together to solve puzzles and escape before time runs out), or go on a ghost tour. Adrenaline junkies can try go-karting (because a little racing competition is healthy for a couple), let loose at a trampoline park, or hit the ropes together by indoor climbing - the ultimate trust challenge to prove true love!

## QUIRKY DATES

If dinner dates seem expensive and dull, check out a comedy night instead, because laughter is

vital for a good relationship.

Alternatively, you could get creative at a pottery or painting café, check out an art gallery, have a game of miniature golf, or visit that food market you've always wanted to go to. Exploring and discovering the world with the one you love is a wonderful way to reinforce that special bond.

## OUTDOOR DATES

Get a little wild with your sweetheart. Take a beach walk at sunset, pack a hamper with favourite treats and a bottle of wine, to be enjoyed in the wilderness, stay out late and look up at the stars.

Do something crazy like a hot air balloon ride, or go on a good old-fashioned pub crawl, by foot or by bike, because there is nothing more romantic than the birds and the bees.

## STAY HOME

Finally, whether everywhere is booked up or you simply can't be bothered to leave the house, you can still have a super romantic evening. Maybe you could cook a meal together, have a home spa night with facemasks, massages and a relaxing bath, watch the most romantic films on earth – e.g. Casablanca, True Romance, Titanic – play video, card or board games for some light-hearted fun. Ultimately, love is whatever you want it to be.

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# The Colour of Money

The paint colours that help sell your house... versus the ones that probably don't!

The world of estate agency is a useful guide in how to present a house at its most desirable. Flowers, mood lighting, elegant, classic décor and the smell of freshly baked cookies wafting through. In other words, home. So, if you're wanting to sell a property that requires a lick of paint, think carefully about the palette.

## THE BEST

### Neutral tones

Shades such as white, beige, light grey and taupe are universally appealing. They make spaces look larger, brighter, and allow potential buyers to envision their own furniture and style in the home. This is the no-brainer option, offering maximum neutrality to spark their imagination. However, this can feel ubiquitous in a flooded market.

### Soft blues

Light blue tones, especially in bathrooms and bedrooms, are calming, often associated with cleanliness and tranquillity. The key is to keep it subtle and avoiding anything too kitsch such as maritime themes and seashell toilet seats.

### Greens

Subtle greens essentially bring the outside in. This is particularly effective in urban areas where nature is scarce, and a rich olive shade or leafy hue can create a calming atmosphere. You can also add plants to offer that living element of colour.

### Off-White

While you don't want to be that person obsessing between 'polar bear' and 'frost', off-white shades really do add warmth without being too imposing, creating a homely yet stylish mood. It's also worth investing in good quality paint with a high percentage of pigments and binders for key areas such as hallways and lounges.

## THE WORST

### Bold or dark colours

Deep reds, purples and dark browns can make rooms feel small, gloomy or overly personalised, which may turn off buyers. The key is to create a sunny, calm and welcoming space.

### Bright colours

Vivid oranges, yellows or greens might overpower a space and make it difficult for viewers to imagine the home as their own. Also, buyers may be reluctant to pay the maximum for somewhere they need to do a costly repaint job, so tone it down.

### Unusual colours

Strong pinks, bright blues or quirky accent walls can be a distraction and very off-putting for the average buyer. Remember, the point is not to present your personality, it's to appeal to the broadest market possible. So back off and embrace your most conventional side, because you can unleash the real you onto your next home.

### Black

Why not just leave the chalk body outline and pentagram drawing on the floor? In other words, no. Just no.



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Come and have a cup of tea or coffee with us along with home-made cakes and goodies. Our range of foods includes cakes to die for, savoury meals you can pop in the freezer for later in the week and jams and marmalades in a class of their own. We have splendid flower arrangements, plants for your garden that include both the unusual and old favourites. Our fruits and vegetables are home grown and wholesome.

## Coffee Together

Date: first Saturday of every month / Time: 10.30am - 12noon; Venue: The Jubilee Centre, 225 Station Rd, Balsall Common CV7 7FE  
Organised by Churches together in Balsall Common and Berkswell. Entry fee is £2. this includes coffee and pre-wrapped biscuit. All profits go to charity. Enquiries to Clare Laland at [clmap18@gmail.com](mailto:clmap18@gmail.com)

## Balsall Common Memories Cafe

Date: 2nd Wednesday of every month / Time: 1.15pm – 3.00pm / Venue: Balsall Common Village Hall, Station Road CV7 7FF  
We meet for social chat, laughter, entertainment, activities, raffle all accompanied by refreshments. Coffee & Chat 1st Thursday of the month 11 - 12.30pm at Balsall Common Library. For those with Dementia and their carer, all are welcome. Further information 07974 140353.

## Card Club

Date: every 2 weeks on Mondays / Time: 2.15 - 4pm / Venue: Balsall Common Library  
Refreshments are provided for a small charge. For more information please ask at help desk, call us on 01676 532 590 or visit [www.solihull.gov.uk/library-events](http://www.solihull.gov.uk/library-events)

## Land Rover Sports and Social Club

Date: First Tuesday of every month / Time: 12pm – 3.00pm / Venue: Land Rover Sports & Social Club, 6 Billsmore Green B92 9LN  
Join Age UK Solihull staff and volunteers for this monthly lunch club with a hot meal, weekly raffle and occasional singer. £10 to attend (includes meal).

## Free Digital Training for older Solihull residents

Various times.

Age UK Solihull are offering free digital training

for older Solihull residents who would like to improve their digital skills. Group courses and one-to-one support is available, for both beginners and those who already have basic digital skills. The training can help with online shopping, video calling, searching for information, accessing online learning, downloading and using apps, and more. For more information, contact Ashlee on 07397 718 455 or visit [www.ageuk.org.uk/solihull/digital-champions](http://www.ageuk.org.uk/solihull/digital-champions)

## Berkswell and Balsall Common Sports & Community Association

Date: varied / Time: varied / Venue: The Lant, Meeting House Lane, Balsall Common  
With cricket, hockey, running, sailing and tennis clubs plus a clubhouse and bar. Facilities also available for private hire. See [www.bbcsca.co.uk](http://www.bbcsca.co.uk) or Facebook - BBCSCA / Berkswell Sports Bar

## Firebird Singers

Date: every Friday / Time: 7pm - 9pm / Venue: Meriden Village Hall, Main Road, Meriden  
A small and friendly choir, singing for pleasure whilst raising money for charity. Anyone 16+ that enjoys singing is welcome to join the choir. Come along, learn new songs, participate in our local concerts, make new friends. If you are interested in joining please contact Val on 01676522963 or Anna on 07792525999.

## Balsall Common Methodist Church Toddlers Group

Date: every Tuesday / Time: 10am - 11.30am / Venue: Church Hall, Station Road  
Term time only, £3 per adult, refreshments included. Open to all carers of pre-school children. All will be made very welcome. For further details contact Joy on 01676 532006.

## Balsall Common Bat and Chat

Date: 2nd, 3rd and 4th Friday of the month / Venue: The Jubilee Centre.  
Jacqui Clark has started a non-profit making Table Tennis Club. Come along and play Table Tennis. All abilities and ages very welcome. £5 per session which includes a cuppa and biscuits.

## Warm Welcome Café

Date: Mondays / Time: 9.30 - 11.30am / Venue: Balsall Common Methodist Church, Station Road; Date: Thursdays / Time: 2 - 4pm / Venue: St Peter's Church, Balsall Street East; Date: Fridays / Time: 2 - 4pm / Venue: Balsall Common Methodist Church, Station Road. The Cafe does run during school holidays. Please also see Solihull Council web-site: [www.solihull.gov.uk/here2help/warm-welcome-hubs](http://www.solihull.gov.uk/here2help/warm-welcome-hubs).

## Balsall Common u3a All-Members Meetings

Date: first Thursday of the month; Time: 2 pm / Venue: St Peter's Church Hall, Holly Lane  
If you are looking to meet new people, try something different, or pick up a hobby you've

always been curious about? The U3A is the place for you. We have over 390 members and 40 interest groups ranging from table tennis to photography to theatre trips, giving you the chance to explore new interests and share experiences with others. We welcome those who are semi-retired or retired. Find out more: [www.balsallcommon.u3asite.co.uk](http://www.balsallcommon.u3asite.co.uk).

### **Trivia Night**

Date: every Thursday / Time: 8pm / Venue: Ye Olde Saracens Head, Balsall Common  
Hosted by Liam Sawyer, all proceeds go to Balsall Common primary school. £3 entry.

### **Heart of England WI**

Date: 2nd Thursday of the month / Time: 7.30pm / Venue: Balsall Common Village Hall, 112 Station Road CV7 7FF

Heart of England Women's Institute is a thriving group, with lively members enjoying rambles, meals out, coffee mornings and craft evenings. New members welcome. 13th February: "Motorbiking Adventures in Peru" by Kate Wetherall; 12th March: "Jane Austen" by Sheila Wolfe. Contacts: Lynn 07933 353600 and Liz 07834 072238

### **Stories and Painting**

Date: every Monday / Time: 2.15 - 2.45pm / Venue: Meriden Library

A favourite story and painting fun for under 5s and their grown-ups.

### **Hobs Meadow Lunch Club**

Date: Every Thursday EXCEPT the first Thursday of each month / Time: 12pm - 3pm / Venue: Hobs Meadow Pub, Ulleries Road B92 8ED  
Come along to this lunch club for a hot meal, entertainment and wonderful company. £10 to attend (includes 2 course lunch, hot drinks and activities).

### **Welcome Wednesdays**

Date: First Wednesday of every month / Time: 2pm - 3.30pm / Venue: Eastcote Park Care Home, Knowle Road, Barston B91 0JA

Enjoy hot drinks, cake, activities and a chat with others. Suggested donation to attend - £3.

### **Sew at the Jubilee**

Date: First Friday in the month / Time: 10am - 4pm / Venue: The Jubilee, Balsall Common  
Bring your own project and equipment and enjoy the company and experience of fellow stitches. Irons and drinks provided. For further information contact Joy Fine 07773994847

### **Charity Quiz Night at The White Horse**

Date: 8th February / Time: 7.30pm / Venue: The White Horse, Kenilworth Road, Balsall Common, CV7 7DT

Grab your team and join us for a night of fun, trivia, and friendly competition, and support this amazing local cause. Prizes for the winners and,

more important, bragging rights for the best team in Balsall Common! £5 per person - all proceeds go to good causes, so book in your Quiz Team through Lion Mark Whitfield (07795 184745, or [lionmarkwhitfield@gmail.com](mailto:lionmarkwhitfield@gmail.com) )

### **Safer Internet Day**

Date: 10th February / Time: 2 - 4pm / Venue: Eastcote Park, Knowle Road, Barston, B92 0JA  
Digital Safety & Scam Awareness for over 65's  
Join us for an informative session designed to help you stay safe online and protect yourself from scams.

### **Gentlemen's Club**

Date: 25th February / Time: 2:30 - 4pm / Venue: Eastcote Park, Knowle Road, Barston, B92 0JA  
Join us to celebrate the Six Nations in true rugby spirit. We'll be marking the tournament with a special screening of Invictus - an unforgettable film about leadership, unity, and the love of the game.

### **Spring Charity Quiz**

Date: 12th March / Time: 7pm / Venue: Eastcote Park, Knowle Road, Barston, B92 0JA  
Supporting the Cameron Grant Memorial Trust, gather your best team and come along for the challenge. Teams of up to 6 and £10 per team.

### **Gentlemen's Club Workshop**

Date: 25th March / Time: 2.30 - 4pm / Venue: Eastcote Park, Knowle Road, Barston, B92 0JA  
Led by Adam, our Gardener. Adam will guide you through creating bug houses and bird feeders, helping to prepare your garden for Spring. All materials are provided, along with Adam's expert guidance.

### **Live Music Night with International Singer Jordan Williams**

Date: 28th March / Time: 7.30pm / Venue: Heart of England School

Jordan Williams is bringing his incredible voice, energy, and showmanship to our event, giving you an unforgettable evening packed with great music and feel-good vibes. As seen on ITV's Starstruck & The X Factor. A huge mix of songs across all genres. £20 per ticket, including fish and chip supper. Email: [contact@balsallcommonlions.org](mailto:contact@balsallcommonlions.org)

### **Firebird Singers Concert - "Rise Up"**

Date: 26th April / Time: 1.30 - 6.30pm / Venue: The Manor Hotel Meriden CV7 7NH

A Concert for Peace and Hope. Tickets £10 each please contact Anna 07792525999 or Val 01676 522963. Our Chosen Charity for this season is the RNLI.

*While we do our best to ensure the accuracy of our listings, events may be postponed or cancelled without notice. Please confirm with the organiser before making any plans for attending events. For your news, events and group meetings to be featured free of charge on our What's On Page please email Ksenia: [info@stonesthrowpublications.co.uk](mailto:info@stonesthrowpublications.co.uk)*

# Horoscopes: February



## ARIES

(MARCH 21 - APRIL 20)

Five planets are occupying a pivotal point of your chart this month, all indicate that this the perfect time to make a go of anything that you are ready to change. Stay alert to any opportunities that come your way. The spectacular Saturn Neptune conjunction in your sign on the 20th truly represents dynamic new beginning. Success comes through community projects.

## TAURUS

(APRIL 21 - MAY 21)

February opens up some brilliant opportunities and ideas for you to further your career and status. The Aquarian new moon and the start of the Fire Horse year on the 17th are particularly auspicious. The cosmic message this month encourages you to trust in your intuition and have the courage to leave the past behind and welcome any innovative and creative change that comes your way.

## GEMINI

(MAY 22 - JUNE 21)

February suggests that your plans for further education and travel will need some reviewing. Take some time to really examine how you feel about where your life is right now, your heart may tell you that you are ready for some major adventures. The pioneering Aquarian new moon and the start of the auspicious Fire Horse year on the 17th both ensure positive outcomes.

## CANCER

(JUNE 22 - JULY 22)

The first part of February offers you a great deal of energy as the accumulation of planets in your financial and resource sector invite a review. The auspicious Leo full moon on the 1st suggest some creative solutions will suddenly appear out of nowhere. Saturn and Neptune arriving at the highest point of your solar chart on the 20th indicate major change on the career and status front.

## LEO

(JULY 23 - AUGUST 23)

The Sun and Pluto are strong in your opposite sign during February, and the new moon in your sign on the 1st suggests that this is a great month for making those creative changes that you have been pondering over for some time. The Aquarian new moon and the start of the Fire Horse year on the 17th offers dynamic planetary energy for drive and vitality to follow your passion.

## VIRGO

(AUGUST 24 - SEPTEMBER 22)

February offers some big changes in the health and fitness sector of your chart; be on the lookout for some important new information related to your plans. The Aquarian new moon on the 17th is a turning point helping you to reach a positive outcome, perhaps it's time to stand on your own feet and make your own decisions - be mindful and trust your intuition.

## LIBRA

(SEPTEMBER 23 - OCTOBER 23)

New and exciting creative opportunities are suggested during February as five planets occupy this pivotal sector of your chart. Romantic encounters are also in strong focus, particularly around the time of the powerful Aquarian new moon on the 17th. The dynamic Fire Horse year begins and partnerships could take on a much more passionate aspect.

## SCORPIO

(OCTOBER 24 - NOVEMBER 22)

February shines a spotlight on your domestic area and puts you in a rather assertive mood as you strive to take on a more independent approach to your work life balance. The Saturn Neptune conjunction highlights how you operate, suggesting that renewed insight helps you to remain positive. The Aquarian new moon on the 17th offers some radical change.

## SAGITTARIUS

(NOVEMBER 23 - DECEMBER 21)

Five planets in your communication sector all suggest an active and very positive start to this month. With your enhanced resourcefulness it's a good time to make some major decisions concerning your goals for 2026. The exciting Aquarian new moon on the 17th highlights all types of communication and gives you extra powers of persuasion and insight.

## CAPRICORN

(DECEMBER 22 - JANUARY 20)

Five planets in Aquarius in your financial area ensure that this could be a breakthrough month. Your practical organisational skills will help define and manifest a positive way forward. Confident thinking is the answer and the exciting Aquarian new moon and the start of the Chinese New Year on the 17th looks set to bring some great opportunities your way.

## AQUARIUS

(JANUARY 21 - FEBRUARY 18)

February is your birthday month and the favourable and dynamic new moon in your sign on the 17th ensures that positive change is not far off. The year of the Fire Horse is also offering exciting new beginnings. This is truly an inspirational month, bursting with new ideas and the opportunity to act on them. Your intuitive nature should ensure that you make the right decisions.

## PISCES

(FEBRUARY 19 - MARCH 20)

Saturn and Neptune both leave your sign for good this month signalling that exciting new beginnings are eminent. Lucky Jupiter shines brightly in Cancer, highlighting love, romance and renewed connections. Your powers of communication are looking favourable, pushing you to take full advantage of this chance to usher in a whole new era of confidence and success.

*Christine Chalklin, Inspirational Astrologer and Life Coach*

*Take a refreshing new look at the year ahead by booking an astrological reading now. Consultations are available on Zoom, WhatsApp or telephone. Mobile: 07813 483549 / [www.restyleyourlife.co.uk](http://www.restyleyourlife.co.uk) / [christine\\_chalklin@hotmail.com](mailto:christine_chalklin@hotmail.com)*

# Cracking Easter fun

*Easter has a habit of sneaking up on families. One minute it's spring term, the next it's chocolate overload and two weeks to fill. But with a little planning and a willingness to get out and about, Easter can become one of the most enjoyable, sociable breaks of the year for children. Here are six ways to make it memorable in 2026.*

## GO BEYOND THE BACK GARDEN EGG HUNT

Traditional egg hunts are still a hit, but many families are now opting for organised community versions. Parks, farms, heritage sites and local attractions often run Easter trails with clues, activities and prizes. These events add structure, variety and a sense of occasion, as well as giving children something to talk about afterwards.

## TRY A CHURCH OR COMMUNITY EASTER EVENT

Even for families who aren't regularly religious, Easter events hosted by churches can be welcoming, creative and child-friendly. Many offer craft sessions, storytelling, music or child-focused services that explain the Easter story in an accessible way. For our young stars, it adds meaning and a sense of tradition to the holiday.

## MAKE A DAY OF A SPRING OUTING

It doesn't all have to be about chocolate! Easter is one of the first chances of the year to properly enjoy being outdoors again. Zoos, wildlife parks, gardens and countryside attractions often programme special Easter activities. A simple day out – perhaps factoring in a picnic, walk or nature trail – can feel like a proper seasonal marker for children.

## GET INVOLVED IN SOMETHING HANDS-ON

Children remember what they do more than what they're given. Craft workshops, baking sessions, pottery painting or farm experiences give

kids something tactile and creative to focus on. Many local venues run short Easter holiday workshops designed specifically for younger age groups.

## CREATE A MINI EASTER TRADITION

Not everything has to be an event. Families are increasingly creating their own small Easter rituals: a special breakfast, a spring walk on Easter morning, decorating eggs together, or visiting the same café or park each year. It's these repeated moments that can often provoke the most meaningful memories.

## BALANCE TREATS WITH TIME TOGETHER

Chocolate is part of Easter, but so is shared time. Board games, film afternoons, outdoor play or helping to cook a meal together all help children associate Easter with connection, not just consumption.

*Ultimately, Easter doesn't need to be expensive or over-planned. At its best, it's social, seasonal and shared - a chance to slow down, step outside, and give children experiences that feel joyful, grounding and just a little bit special.*



# Restaurants & Takeaways

Please send  
any updates to  
[stpdirectories@hotmail.com](mailto:stpdirectories@hotmail.com)

## BALSALL COMMON, BERKSWELL

**Sumatrah** *Indian*

351 Kenilworth Rd, Balsall Common CV7 7DL  
**02475 920 797**

**Masala Club** *Indian*

235-239 Station Rd, Balsall Common CV7 7EG  
**01676 533 210**

**The Brickmakers Arms** *Gastropub*

307 Station Road, Berkswell CV7 7EG  
**01676 533 890**

**The White Horse** *British, European*

Kenilworth Rd, Balsall Common CV7 7DT  
**01676 533 207**

**The George in the Tree** *Gastropub*

Kenilworth Rd CV7 7EX  
**01676 533 118**

**Cafe Tamarinds** *Pan-Asian*

376 Kenilworth Rd CV7 7ER  
**01676 533 308**

**Balsall Common Fish Bar** *Fish & Chips*

207 Station Rd, Balsall Common CV7 7FE  
**01676 533 576**

**La Delicia** *British, European*

231 Station Rd, Balsall Common CV7 7EG  
**01676 532 177**

**Oriental Express** *Chinese Takeaway*

176 Station Rd, Balsall Common CV7 7FD  
**01676 535 900**

**Costa Coffee** *Café*

unit 2 Station Rd, Balsall Common CV7 7FE  
**01676 529 277**

**McKees Brasserie** *British, European*

273 Kenilworth Road, Balsall Common CV7 7EL  
**01676 533 004**

**Oakes farm Shop & Café** *Café*

Balsall Street, Balsall Common CV7 7AQ  
**01676 535 537**

**Ye Olde Saracens Head** *Gastropub*

Balsall Street, Balsall Common CV7 7AS  
**01676 533 862**

**Domino's Pizza** *Takeaway Pizza*

209 Station Road, Balsall Common, CV7 7FE  
**01676 530 099**

**The Railway** *Gastropub*

547 Station Rd, Balsall Common CV7 7EF  
**01676 533 284**

**The Oak Room at Nailcote Hall Hotel** *British,*

*European*

Nailcote Lane, Berkswell  
**02476 466 174**

**Bear Inn** *Gastropub*

Spencers Lane, Berkswell CV7 7BB  
**01676 925 562**

**Bewitched Coffee** *Café*

345 Kenilworth Rd, Balsall Common CV7 7D

**Store & Stove** *Café*

10 Church Lane, Berkswell CV7 7BJ  
**01676 248384**

**Monica's Bakes** *Café*

231 Station Road CV7 7EG  
**07984 990241**

## MERIDEN

**The Barn at Berryfields Farm** *Cafe*

The Berryfields Farm Shop, Berkswell Road,  
Meriden CV7 7LB  
**01676 522 155**

**Marco Pierre White** *European*

The Manor Hotel at Meriden, Main Road,  
Meriden CV7 7NH  
**01676 522 735**

**Strawberry Bank Hotel & Restaurant** *British*

Main Rd, Meriden CV7 7NF  
**01676 522 117**

**The Bulls Head** *Gastropub*

Main Rd, Meriden CV7 7NN  
**01676 523 798**

**Toby Carvery** *British*

Stonebridge Island, Coventry Rd, Meriden CV7 7HL  
**01675 442 326**

## HAMPTON IN ARDEN

**The Lake at Barston** *Global Grill*

Marsh House Farm Ln, Barston B92 0LB  
**01675 444 890**

**The White Lion Inn** *Gastropub*

High Street, Hampton-in-Arden B92 0AA  
**01675 442 833**

**Soho Tavern** *Gastropub*

Hampton-in-Arden B92 0AH  
**01675 442 277**

**Peel's Restaurant**, *British, European*

Hampton Manor, Shadow Brook Lane, B92 0EN  
**01675 446 080**

## Ginger Peanut Chicken

### PREPARATION TIME:

20 mins + soaking and marinating time

### COOKING TIME:

50 minutes

**SERVES:** 4

### INGREDIENTS:

#### Ginger chicken

500g chicken, cut into small bite-sized chunks  
Thum-sized piece of ginger, grated  
3 spring onions, thinly sliced  
Zest and juice of 1-2 limes  
2 tbsps brown sugar  
1 - 1/2 tsp salt  
1 tbsp olive oil or avocado oil  
2 - 3 cloves garlic, minced  
50g chopped roasted peanuts (dry roasted are great)  
20g coriander  
Pak choi

**Coconut Rice**

250-30g Jasmine rice  
1 tin coconut milk

### METHOD

In an oven-proof dish (either non-metallic or stainless steel), mix the chicken with the ginger, half the spring onions, lime zest, brown sugar, salt, and oil. Marinate for 2 hours.

#### For fluffy coconut rice

Wash the rice until the water is quite clear, to remove the starch. This is important because coconut milk is thicker than water, so without washing, the rice will be gluey. Then let the rice soak for an hour.

Preheat the oven to 200°C/ 180°C fan / Gas 4. In a large oven proof saucepan combine the can of coconut milk with a can of water and bring the mixture to the boil. Then add the rice. Cover with foil and bake, for 40 minutes. Oven-cooking allows the rice to steam without scorching the base of the pot. After 40 minutes, remove the pan from the oven and leave to rest for 15 minutes. The rice will absorb any remaining moisture and become fluffy.

#### The ginger chicken

Heat a large frying pan or wok to medium-high heat. Add the marinated chicken to the pan (split it into 2-3 batches depending on the size of your wok). Don't stir the chicken too much, to allow it to develop a caramelised surface.

When all the chicken is cooked and caramelised, reduce the heat slightly and add the peanuts and garlic. Sauté for 3-5 minutes until the garlic is fragrant.

Add the coriander, the remainder of the spring onions, and the pak choi. Squeeze lime juice into the pan and season with more salt and pepper as needed.





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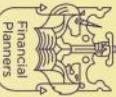
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