



CLWYD WEB

July 2010

http://www.spindizzy.net/clwyd_web

Registered Charity no. 518270

Next Meetings

<p>July 17th</p>	<p>Dyeing with Natural Dye Extracts</p> <p>This In-House Workshop is a chance to try out some of the new natural dye extracts eg Pure Tinctoria, Earth Hues, which are sold as powders or concentrated liquids – no need to book, no extra charge for members. Visitors are welcome (there will be the usual fee) Dyes and mordants will be provided.</p> <p>We should be meeting in the cafeteria, where surfaces are easier to keep clean, but in any case, come prepared to cover your work surface (eg newspaper and/or a plastic sheet) also bring protective wear for yourself – apron, rubber gloves, tongs or stick for handling yarn.</p> <p>If you have a portable electric ring please bring it along plus any suitable containers (ie stainless steel or enamel) .</p> <p>We will only be trying to dye protein fibres ie wool, alpaca, mohair, silk and perhaps some of the fibres that Fiona suggested would dye in the same way eg soy silk, so bring along small skeins of interesting yarns or fibre (and something distinctive like a tie of a coloured synthetic yarn to help identify). (Note, coloured fleece often dyes very pleasing shades). I wonder if the "Crab" fibre will dye – It's made from chitin from crab/lobster/shrimp shells – does anyone know how well these extracts dye fingernails?</p> <p>Please keep the quantities small eg 5 or 10gms skeins (25 gms is approximately 1 oz).</p> <p>Some natural dyes such as walnut hulls are substantive and these dye with no assistance, but for most things we'll need to mordant before dyeing. The easiest (and least polluting) mordanting seems to be with a combination of alum and cream of tartar. If the quantities are correct, very little of the mordant should be left in the waste water. This means that it will be environmentally good as well as good practice, to weigh samples first. So if anyone has accurate scales that can bring along, please do. Other useful items will be a plastic bag for taking your samples home – they may still be wet, and if anyone has a microwave that they're willing to have used for dyeing, and can bring along, it should be interesting to test whether that is a successful technique.</p> <p>Finally - don't worry if you haven't got any or all of the things I've suggested, there will be extras to share.</p>
<p>August 14th</p>	<p>Montgomery Guild Friendship Day</p>
<p>August at Homes</p>	<p>TBA But we hope to have a get together with the Cilcain Group which meets every Monday at Cilcain Village Hall.</p>
<p>August 30th Bank Holiday Monday</p>	<p>Cilcain Show. Either in the Village Hall or the Church, so please contact Joyce if you can help.</p>

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From Janet Strivens Open Garden:

(Pity about the clash with the football, but the weather was lovely, the scenery marvellous, the spinners skilled and sociable - and the garden looked good too)

Chris's Blackcurrant Cheesecake

(evolved from a BBC Good Food site recipe for a raspberry cheesecake)

Ingredients:

- 8 digestive biscuits
- 50g butter , melted (2oz)
- 600g cream cheese (2 packs plus a bit)
eg Philly or own brand substitute – the low fat version works nearly as well (tastes as good but texture is a bit sloppier) but full fat is better, this is never going to be slimming desert.
- 2 tbsp plain flour
- 175g caster sugar (6oz)
- vanilla extract
- 2 eggs , plus 1 yolk
- 142ml (small) pot soured cream

For the topping

- 250g blackcurrants (approx 8oz) or more or raspberries, loganberries, blackberries – but blackcurrants are best. (The picture shows the original raspberry version with fruit stirred into the filling before cooking. I much prefer to leave all the fruit on top.
- icing sugar
- arrowroot or cornflour to thicken

Preparation and cooking times

Prep 20 mins Cook 40 mins

Method

1. Heat the oven to 180C/fan 160C/gas 4. Crush the biscuits in a food processor (or put in a plastic bag and bash with a rolling pin). Mix with the butter. Press into a 20cm springform tin and bake for 5 minutes, then cool.
2. Beat the cream cheese with the flour, sugar, a few drops of vanilla, eggs, the yolk and soured cream until light and fluffy. Bake for 40 minutes and then check, it should be set but slightly wobbly in the centre. Leave in the tin to cool.
3. Put the blackcurrants in a pan with 1 tbsp icing sugar (or to taste). Heat until juicy. Mix some arrowroot (start with a couple of teaspoons) with a very small amount of coldwater until smooth and pour in some of the juice, stir well and stir the whole lot back into the warm fruit. Arrowroot thickens warm juice without extra heating – you just want to topping just thick enough so as not to completely run off the top when the cheesecake is sliced. (You could also thicken with cornflour – mix in much the same way, but cornflour need a bit more heating to thicken and cook.)

This recipe makes much too much for almost anybody, so I usually do half quantity, with one egg, one 250gm pack of soft cheese, about half of the rest of the ingredients and a 7" tin.

Disclaimer 1: I take no responsibility for the disastrous effect of this on anyone's diet.

Disclaimer 2: This cheesecake contains no nuts, but may be prepared in a kitchen where nuts are occasionally present.

Please Contact Chris if you have anything of interest for the newsletter.