

Something Fishy

Fish Pie

1lb Filleted white fish (Haddock, cod etc)
3/4 pint milk, salt & pepper, 3 black peppercorns, 1 onion
1 bay leaf, 1oz butter
1oz flour, 2oz cheddar cheese Topping, 2 hard boiled eggs sliced, 1lb potatoes boiled and mashed with 1oz butter and beaten egg.

Place fish in ovenproof dish with milk, salt peppercorns, onion and bay leaf. Cover and bake in oven 180c/350f gas mark 4 for 15 - 20 mins until fish is tender.

Remove the fish from the dish and flake with a fork, discard skin, Keep warm. Strain the fluid and keep.

Melt butter in pan stir in flour and cook for two minutes stirring constantly. Remove the pan from the heat, gradually add the milk mixture stirring vigorously. When all the liquid is added, return to heat and slowly bring to boil stirring all the time to avoid lumps.

Add grated cheese salt & pepper to taste. Cook sauce for 2/3 mins or until cheese melts.

Fold the flaked fish into sauce then transfer to deep ovenproof dish.

Place the sliced hard boiled eggs in a layer for the top of fish, and the mashed potatoes on top of the eggs. Mark potatoes with fork and bake on top shelf of a hot oven for 15 minutes until potatoes golden brown.

Variations: Add a slice of smoked cod for haddock to the fish mixture, or a handful of prawns or both. Put chunks of leeks in with the potatoes and mash together add any extras you feel like.

This years festival was the best yet people from all over the UK descended on Silloth many for the first time, vowing to spread the word to their friends and returning for next year.



Wednesday evening saw a kids disco warm up the festivities. Thursday evening saw 'The Nightriders' take the stage impressing everybody present with their sheer professionalism, they got the proceedings off to a brilliant start.

Friday evening saw 'The Hamsters' take the stage to a full house of over 700 punters, many from West Cumbria enjoying two excellent sets from one of the nations top blues/rock acts. Many of the

beers were so popular by Friday evening they had already sold out. Saturday lunch saw the Dearham Brass Band entertain a large crowd, the organisers were totally overwhelmed by the numbers, but after a great deal of effort by volunteers they managed to provide a nice afternoons entertainment all free for the local pensioners. Next year will be better with professional caterers already booked.

Saturday evening saw the return of 'Sour Mash' after last years success, they proved very

popular once again getting everyone on their feet for a thoroughly superb evening.

Sunday lunch really caught the organisers on the hop, nearly 700 people turned

up for a great days entertainment featuring local talent, with Malc Wise once again retaining his crown & £250 1st prize as 'The King' of Silloth Karaoke.



By now with all the beer drunk and glasses run out the organisers called time on the most successful event in Silloth's history.

Thanks to all the volunteers, committee,

sponsors, Silloth Town Council, Winters Newsagents, Paul Sherwin Carnegie Theatre, Rural Regeneration Cumbria, Solway Arts, Silloth

Tourism Action Group, Black Sheep Brewery and the ladies from Silloth Community Shop.

This festival is a real community event with all ages helping, the youngest volunteers only 18 and the oldest almost 80, thanks very much for all your help.

The Beer Festival AGM will be held on 11th November at 7pm in The Golf Hotel, all welcome. Next years event is already in the planning stage, with negotiations already taking place with a nationally known band for the Friday evening.

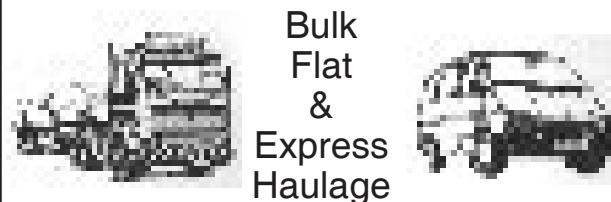
People are already talking about who can beat Malc Wise for his title. Any comments on how to improve the festival to The Buzz please.

Next years dates are 9th, 10th, 11th & 12th September.

See these pictures and more in colour on: www.solwaybuzz.co.uk



MARKLEY TRANSPORT LTD



Bulk Flat & Express Haulage

Control Tower • The Airfield
Silloth • CA7 4NS
Tel: 016973 31276

STANWIX PARK HOLIDAY CENTRE
016973 32666
www.stanwix.com

Introducing the NEW SunVision 180 XXL

The Very Latest in Tanning Technology is Here



Cool Breeze System
Exceptional Tanning Results

Phone now for details or to book your session

David Allen & Co provide a complete package of accountancy and taxation services.

We have 24 accountants and tax advisers and our services include Accountancy, Bookkeeping, Tax Compliance and Tax Planning, PAYE, VAT, Software Training and Limited Company services.

Please do not hesitate to contact one of our team for a free no obligation consultation.

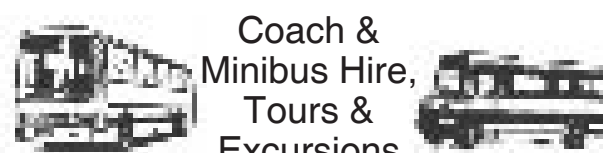
DAVID ALLEN & Co

CHARTERED ACCOUNTANTS

Dalmar House
Barras Lane Estate, Dalston
Carlisle, CA5 7NY
Tel: 01228 711888
Fax: 01228 711826
email: mail@david-allen.co.uk
website: www.david-allen.co.uk

Registered to carry on audit work and regulated for a range of investment business activities by the Institute of Chartered Accountants in England & Wales.

CARRS COACHES



Coach & Minibus Hire, Tours & Excursions
Tyres, Servicing & Repairs

Control Tower • The Airfield
Silloth • CA7 4NS
Tel: 016973 31276