

Pub quiz

1. What is the capital of Switzerland?
2. What would an Algerian do with some shakshouka?
3. Which US city is referred to as The Mile High City?
4. The pa'anga is the official currency of which Pacific island nation?
5. Where would you find the Sea of Tranquillity?
6. What is the name of Richard Branson's space flight company?
7. What is the name of the only country beginning with the letter "O"?
8. What country is GYAPRAAU an anagram for?
9. What happened to the Ponte Morandi bridge in Genoa, Italy on 14 Aug 2018?
10. Which ocean contains the deepest trench in the world?
11. What country is this collection of pictures spelling out?



Unscramble

HOW many words can you make out of these nine letters? Every word needs to include the centre letter, have four letters or more and not be a proper noun or a plural. You can only use each letter once.

B	E	I
A	C	L
M	N	A

Good – 17 words
Very good – 26 words
Excellent – 34 words

NOTE: We've used Chambers Dictionary to decide what words are acceptable.

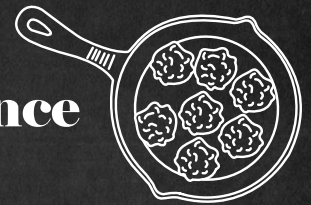
ANSWERS 03 JUL

Pub quiz: 1 Saint Vincent, Antilles, 2 True, 3 White, 4 Stockholm, 5 The Zloty, 6 Norwegian Encore, 7 The Atlantic, 8 Argentina, 9 New Orleans, 10 The Murray River, 11 Bucharest (book + ah + rest)

Where in the world: Traffic Light Tree, Poplar, London, England

8	2	7	1	9	6	4	5	3
6	4	5	3	8	2	9	7	1
3	9	1	7	4	5	6	8	2
9	1	3	8	6	4	7	2	5
2	6	4	5	1	7	3	9	8
5	7	8	9	2	3	1	4	6
1	8	2	6	7	9	5	3	4
4	3	9	2	5	1	8	6	7
7	5	6	4	3	8	2	1	9

Travel the world with mince and meatballs



THIS week we're heading to the US for our mince fix.

This recipe for meatloaf comes from Colorado restaurant, Bent Fork Grill, which has two outposts in Denver and Loveland. It might be a while before we can

head to the US again so why not travel there with your tastebuds and whip up this for dinner this week.

xx *Jenny*

Jenny Piper
 Owner,
 Business
 Publishing
 Group



Bent Fork Grill Meatloaf

INGREDIENTS

MEATLOAF

- 4.5kg mince beef
- ¼ cup garlic, chopped
- 1 red onion, finely chopped
- 5 tbsp dried oregano
- Handful Panko breadcrumbs
- 1 ¼ cups tomato sauce
- 8 tbsp fresh mint, chopped
- 8 tbsp fresh parsley, chopped
- 5 tbsp kosher salt
- 6 tbsp black pepper
- 2 ½ cups feta (optional, if you want a Mediterranean twist)

MEATLOAF GLAZE

- 2 cups tomato sauce
- 1 cup wholegrain mustard
- 1 tsp Cayenne Pepper
- 1 tsp Cinnamon
- 1.5 tbsp Paprika
- 1 cup brown sugar
- 1.5 tbsp red wine vinegar

METHOD

Preheat oven to 200°C.

Combine all meatloaf ingredients in a mixer and stir until combined well.

Place mixture in an oven safe rectangular dish (5cm deep) and evenly spread out. Bake in oven for 35-45 mins or until internal temperature reaches 74°C.

While the meatloaf is baking, prepare the glaze by mixing all glaze ingredients until smooth.

Once the meatloaf has been in the oven for 35-45mins and is nicely brown, spread meatloaf glaze on top of the meatloaf and bake for another 10 minutes.

Serve family style with selection of vegetables.