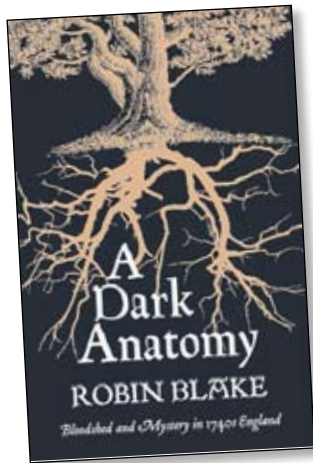


The Knowledge

Top tips to make life more fun

Read it

A DARK ANATOMY
ROBIN BLAKE



Prolific historical writer, producer and former journalist Robin Blake takes us on a dark journey through 1740s Lancashire. In earnest coroner Titus Cragg, we have a detective who strides purposefully from the page with the potential

to stand alongside the great historical sleuths of fiction. With his whip-smart associate Dr Luke Fidelis, Cragg is swept up into a twisting conspiracy of death when the local squire's wife is found dead in the woods in mysterious circumstances. Whispers of spiritual sanctimony, hints of social unrest and emotional dissatisfaction float at the edges of the story, while depictions of the assorted denizens of 18th century Preston are sharp and vivid in contrast. Rich in detail, with florid descriptions of food and convincing historical specifics, not least concerning legal conventions, *A Dark Anatomy* is an extremely engaging work. Any fans of a complex, intelligent mystery would enjoy this murky, writhing tale.

MACMILLAN, HARDBACK £12.99

It's Friday – and our experts are here to tell you how to get the most out of your weekend. Jayne Dawson talks to them



THE National Media Museum is a free museum in Bradford devoted to film, photography, TV, radio, gaming and the web.

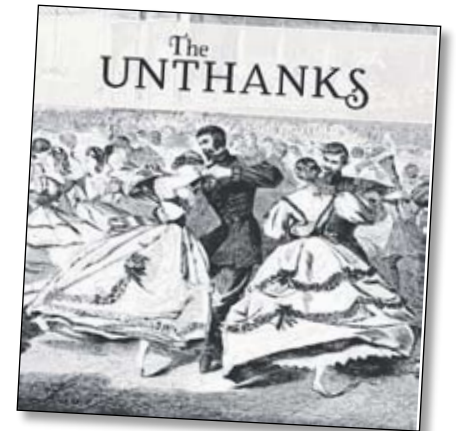
Journey through popular photography, discover the past, present and future of television in Experience TV, watch your favourite TV moments in

Visit it

TV Heaven, play with light, lenses and colour in the Magic Factory, explore the world of animation and get gaming in the new Games Lounge. The National Media Museum is also home to Yorkshire's only IMAX cinema with a screen the size of screen the

size of four double-decker buses and enhanced sound. For more information, Call the box office on 0844 856 3797 or visit www.nationalmediamuseum.org.uk/IMAX for details. The museum is open Tuesday to Sunday (along with Bank and school holiday Mondays) from 10:00am until 6.00pm. Admission to the museum is free, but charges apply for the cinema.

Listen to it



LAST
THE UNTHANKS

IN his notes for the new album by The Unthanks, pianist, producer and arranger Adrian McNally admits its title may be misconstrued. It is not, he stresses, the Northumberland folk quintet's swan song. "The word is meant in its most positive definition, as a call to arms, in terms of the emotional future of mankind and of the Earth itself. It's all a bit Pink Floyd in that big picture/disillusionment/alienation kind of way." Like its predecessors, *The Bairns* and *Here's The Tender Coming*, *Last* draws on the rich songwriting tradition of their home county, with traditional ditties such as *Gan To The Kye* and *The Gallowgate Lad* adapted for strings and brass. The arrangements are stately, the combination of sisters Rachel and Becky Unthank's voices sublime. Fresh readings of songs by Tom Waits and King Crimson fit in nicely. "It's no surprise in the Simon Cowell era that the cover version is viewed as a lowly trick," says McNally, "but at the same time I think we are getting back to the value and sheer fun of artists interpreting each other's writing as well as the happy thing that is the resurgence of traditional music in our country and others." He's right. *Last* is The Unthanks' best record yet. ● The band play at the Howard Assembly Rooms on March 25 and 26.

Nest building



Interior design is not just about how something looks, it's about how a space feels and appeals to our senses, and the most powerful of all the senses is our sense of smell. A certain smell can evoke memories, soothe us or energise us, in much the same way as colours affect our moods. A scented candle is an inexpensive way to change the atmosphere of a room and Barker and Stonehouse has a candle to suit every occasion. The True Grace range is delicately scented with everything from Seashore to Jasmine Tea while the exotic-looking Voluspa two and three wick collections come in a variety of shapes and colours with the eleven-ounce Crisp Champagne Metallo Candle taking centre stage. As recommended by www.barkerandstonehouse.co.uk

Half-time Leek, Ham and Cheddar Pasties

Serves 6

Ingredients

- 450g (1lb) plain flour
- Pinch of salt
- ½ tsp dry mustard powder (optional)
- 200g (7oz) TRES
- 75g (3oz) mature Cheddar cheese, grated

Filling

- 1 leek, thinly sliced
- 1 carrot, diced
- 75g (3oz) cooked ham, diced
- 75g (3oz) mature Cheddar cheese, diced
- 1 tbsp chopped fresh thyme, parsley or chives
- Freshly ground black pepper
- Beaten egg, to glaze

Method

1. Preheat the oven to 200°C, fan oven 180°C, Gas Mark 6. Lightly grease 2 baking sheets with a little TRES.
2. Sift the flour, salt and mustard powder (if using) into a mixing bowl and rub in the TRES with your fingertips until the mixture looks like fine crumbs. Stir the



Eat it

grated cheese into the mixture, then add just enough chilled water to make a smooth, but not sticky dough. Wrap and chill for 10-15 minutes.

3. Meanwhile, simmer the leek and carrot in lightly salted water for 10 minutes, until just tender. Drain and leave to cool.
4. Roll out the pastry on a lightly floured surface to form a large rectangle. Use a saucer as a template to cut out six circles measuring 15cm (6in) in diameter, re-rolling the pastry as

necessary.

5. Mix the cooled vegetables with the ham, diced cheese and herbs. Season with black pepper. Share between the pastry circles, leaving a border around the edge. Brush the border with beaten egg, then fold the pastry over to make semi-circles. Seal the pastry, crimping the edges together.
6. Arrange the pasties on the baking sheets and brush with beaten egg. Bake for 25-30 minutes until golden brown. Cool for a few minutes, then serve.

Expert tip
Try using different regional British cheeses, such as Red Leicester, Cheshire or Wensleydale.

Get fit

Each week, trainer Richard Hill, of Iveridge Health Club in Rothwell, Leeds, is recommending one lifestyle change to help you become healthier without much effort.

"Kettlebells. Ever heard of them? You soon will. A kettlebell workout is the latest way to stay in great shape and give you a total aerobic and strength based workout in one session. They are great for burning around 700k/cal an hour and will help to speed up your resting metabolic rate. Ask your club and get involved with something different."

For information on Iveridge health club, visit www.iveridgehealthclub.co.uk or call 01132 887 666. The club is now offering a free, 60-minute trial. To book, call 0113 288 7666.

