

Lewtrenchard WI February Report

We met on February 10, 22 members and 6 guests attended. We sang Jerusalem.

Barbara introduced Dave Sargent, a private chef, who supplies a bespoke gourmet experience combined with the qualities of a top restaurant in clients' own homes. He does a weekly men's mental health podcast, has written a book and is going to tell us about his experiences and travels, he brought some recipes.

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INSPIRING WOMEN

Dave Sargent took to the stage so to speak, because he was ever so entertaining. He came along with his trusted assistant, the lovely Fiona, his girlfriend. He talked about his career,

how he always wanted to be a chef from the tender age of 11, he found the challenge of working odd days/hours most fascinating, a 9-5 job was not for him. He has been to some beautiful homes and to his pleasure and surprise forged some real friendships with his clients. He admits to getting quite nervous sometimes but masks it well by cracking jokes. It is not easy to walk into someone's home and cook a gourmet meal in an unfamiliar kitchen, but this is all part of the charm of his job. He brought along some honeycomb, chocolate truffles and a salted caramel/chocolate sauce. Of course, someone had to try it! In fact, everyone got to taste those delicious morsels. After quite a few questions from the floor, including tips on knowing how much coating of ice cream should be on a spoon, we stopped for some refreshments. Dave and



Fiona very kindly judged our cake and photo competition for the Tamar Group meeting. To find out more about Dave or book him visit: <https://www.chefsargent.co.uk/>

**Date and venue for next meeting: Monday March 10 at 7pm,
Lewdown Victory Hall, Hairdressing with Lisa**

Dates for your diary:

- 8 Mar Saturday 10am - 12pm WI Coffee Morning Shopping Event @ LVH
- 20 Mar Thursday Coffee morning - Alder Vineyard
Monday walks are suspended during winter, will resume in soon...
- 7 Apr 7.30pm Advance notice for the April meeting