

October Lunch Group Report.

Thirteen members of the U3A Lunch group met on the 18th October, this time at Coghlan's, which is situated in pretty Barningham, only about 20 minutes from Barnard Castle. Coghlan's have an award winning tea-room as well as a Deli Shop and also do outside catering. They were especially busy over the Covid Lockdown period supplying "Dine at Home"!

The restaurant was very busy and we had a long table for thirteen. There was plenty of choice on the menu with "specials of the day" as well as their ordinary menu. The starter "specials" were fresh mushroom soup, ham hock terrine with salad garnish & chutney, or a smoked salmon & prawn salad, all served with freshly baked artisan breads.

The main courses included fresh sea bream, chicken with a veloute sauce in a puff pastry case and a roast tomato quiche with salads. Nine of us were drawn to the sea bream cooked with a light lemon butter, delmonico potatoes, samphire, broccoli & sugar snap peas. It was delicious, fresh & very light! The remaining members went for the quiche & the chicken specials, or a larger version of the smoked salmon & prawn salad, again all served with salads or cooked vegetables.

To finish the meal, if you had any room, there were beautiful light meringues with fresh strawberries & cream or a clementine & lemon tart & apple tart with a walnut crumble. All looked very tempting!!

We would all say that the food was delicious and we would definitely revisit Coghlan's.

The next U3A lunch meeting on the 15th November will be at The Fox Hole, Piercebridge promptly at 12.00.

Christine Watkinson