

Spanish Conversation July

Six of us met indoors due to the extreme heat to discuss our favourite drinks while drinking iced water and eating delicious home-made blueberry muffins. We discovered that Barnard Castle used to be famous for making drugget- a coarse woollen woven, or felted material used for floor coverings and we were sad at the lack of a vegetarian restaurant in Barney, after having the delightful Proctor's café here many years ago.

Acai berry smoothies were one person's favourite drink, which is a Brazilian "superfruit" that is now gaining global fame, although difficult to source locally.

It depended on the time of day and situation according to another, coffee with breakfast, tea at the crack of dawn, tap water at lunch, gin and tonic as an aperitif, white wine with dinner. And late evening if still hungry, porridge or cereal with very cold milk.

Another liked to drink "café nube" which is hot milk with a small amount of coffee or the thirst quenching "tinto de Verano" a red wine diluted with soda or lemonade.

One wag stole the words of the song - I like a nice cup of tea

In the morning, For to start the day you see, And at half past eleven

Well my idea of heaven, Is a nice cup of tea. I like a nice cup of tea with me dinner, And a nice cup of tea with me tea, And when it's time for bed

As I think I may have said I'd like a nice cup of tea.

Milk was another's favourite drink. It doesn't make you garrulous or tipsy or maudlin. It quenches your thirst and is good for you and he loved desserts made with it like semolina and flans. It is versatile and used to make butter and cheese. Ice cold butter on new potatoes is a culinary feast. And then there is yoghurt and keffir now almost superfoods. Since 1942 there has been a government study of milk versus non milk drinkers, which says benefits for milk drinkers include less cancer, less hospitalisations, less health issues and you live longer. But you have to start drinking it at an early age to benefit from longevity!

Tap water, prosecco or gin and tonic were another's drinks of choice, depending on the mood and occasion.

Our August topic is Do you like doing crossword puzzles and jigsaws?

Stay safe

Lusia McAnna