

u3a

Newsletter express

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The winner of Cook for the King enjoying their crowning meal with friends and family.

Dear Derek

One of the wonderful things about our movement is that whatever events are happening in the world and around us, each member is part of a movement that connects and shares skills with each other.

To this end, we thought the coronation was an opportunity for members to share their cookery talents with each other and the larger community. This was the idea behind the u3a Cook for the King competition, which sought to find a u3a member-created dish that celebrates Britain in 2023.

We are delighted to announce the winning dish, which you will see below. Thank you to everyone who has taken part. The amount of talent, skills and creativity within the movement is an inspiration.

hope you have a lovely bank holiday.

very best

Sam Mauger,
Chief Executive



And the crowning dish is...

We're delighted to announce that the winning dish is Pickling Masala Mutton Curry created by Richmond-Upon-Thames u3a member Khatoon. The dish's unusual use of kiwi juice for the marinade, full flavours, easy to follow recipe, and inclusion of mutton - a meat preferred by King Charles III - all made the dish stand out as a worthy winner.

The recipe is available on the website, along with a vegetarian version made by Chef Alex from Vegetarian for Life.

Congratulations also to South East London u3a member Mal and North Norfolk member Beverley who are our runner ups for their dishes, Chia Berries Brekkie and Cheesy Layered Potatoes Fit for a King.

To commemorate the coronation, we have created a special downloadable

Coronation Memories

“For the Queen's Coronation, I was 9 years old and was growing up in Uganda. I have a memory of gathering with my school to participate in a party to celebrate the Coronation in her colony.

My other memory of the Queen was when she came to Uganda in 1953 to open the Queen Elizabeth Bridge in Jinja. We had gathered on the bank of the River Nile. I lived in a tiny village, without any televisions, and I had never seen any British people before. My father took us 60 miles to see the Queen and we were on the opposite side of the river bank. She was in a beautiful pink dress and hat. It was an experience I will never forget.”

Khatoon is one of many u3a members who have shared their memories of the last Coronation in 1953. Read more memories on [our u3a blog](#), [Sources](#).

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