

# *The Brida Journal*

## *Summer Edition*

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[www.journal.brida.eu](http://www.journal.brida.eu)

Week 34/2020

**The journal for learners of English, by learners of English**

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## **Why people farm?**

"I farm because I feel called to. I love the challenge, it's where my heart is, and I love working with my family. Farming gives my life purpose. When I fulfil that purpose, I feel like I am my truest self and, most of the time, my best version of me. I think that to do anything other than farm would feel like a dishonest life. I am fortunate that my purpose is also my passion. Farm life is hard, oh so hard, but it also has many blessings such as working with family, eating homemade snacks at Grandma's, and watching my niece grow up." **Coley Drinkwater, Virginia.**

"No growing season, no production year in a man's lifetime in agriculture is the same. It never is duplicated. There are variables of weather, and climate, and markets. I farm because I love the challenge. I love the diversity. I love the opportunity to learn. That's it. It's who I am and what I do." **Mike Compston, Nevada**

"It's humbling, but I'm also very proud to be a farmer. I farm to feed my friends, feed my family, and feed my enemies. I farm for everybody. Some people do things for certain kinds of people. If you're a doctor, you care for sick people. If you're a lawyer, you care for people who've been hurt or are in trouble. When you're a farmer, you feed everybody. You can't be a prejudice farmer I guess you could say. You don't do it for a certain ethnic group or a certain religion. You do it for everybody. Coming out here and knowing I produce something for everybody, that's why I farm." **Terren Moore, Texas**

 The logo for Brida Classifieds, featuring a blue stylized 'C' with the text 'Brida Classifieds' to its right.	<h2>Lost Teddy Bear</h2>
	<p>Lost a very tiny brown teddy bear, about 7-8 cm tall, somewhere in Brida South. Most likely on the beach. Please let me know if you found him. This Bear is a very important member of our family. You will be rewarded. E-Mail: <a href="mailto:lostteddybear@brida.eu">lostteddybear@brida.eu</a></p>



## Lamb and aubergine stew with houmous

### Ingredients

- Olive oil for frying
- 750g lamb neck fillet, cut into chunky strips
- 2 aubergines, halved and cut into strips
- 1 onion, finely chopped
- 5 dried figs, roughly chopped
- 3 garlic cloves, crushed
- 1½ tbsp Baharat
- 1 tsp ground cumin
- 375ml hot chicken stock
- 125g mixed olives, roughly chopped
- Handful toasted flaked almonds
- Small handful each fresh mint, parsley, and dill, coarsely chopped
- Pomegranate seeds

### For the houmous

- 660g jar chickpeas, drained and rinsed
- 1 garlic clove, crushed
- 4 tbsp tahini
- Juice 1 lemon
- 50ml olive oil
- 125 ml ice-cold water

### Method

1. Heat a splash of oil in a large, deep frying pan with a tight-fitting lid and fry the lamb, in batches, over a high heat until browned. Remove with a slotted spoon and set aside on a plate.
2. In the same pan, fry the aubergine in batches, adding a little more oil if needed, until golden and just cooked through. Remove with a slotted spoon and set aside on another plate.
3. Reduce the heat and cook the onion until softened (about 10 minutes). Stir in the figs, garlic and spices, then cook for 2 minutes until fragrant.
4. Return the lamb to the pan, stirring to coat well in the spices, then pour over the hot stock. Bring to a boil over a high heat, then reduce the heat and simmer, covered, for 1½ hours or until the lamb is very tender. For the last 10 minutes of so of the cooking time, stir in most of the aubergines and 75g of the olives, leaving off the lid so the sauce has a chance to thicken. Taste and season the stew with salt and black pepper (be mindful that the houmous and olives will add a little saltiness).

5. Meanwhile, make the houmous. In a food processor or mini chopper, pulse together the chickpeas, garlic, tahini, and lemon juice until smooth. With the processor running, pour in the olive oil in a steady stream along with the ice-cold water until the houmous is very smooth. Taste and season with salt, freshly ground black pepper and more lemon.
6. Spread the houmous over the base of a large serving dish and spoon over the hot lamb and aubergine stew, top with the remaining aubergine and olives, then scatter over the almonds, herbs, and pomegranate seeds. Serve the stew with flatbreads for scooping.



## Our special offers for this week.

Ginger Beer  
4 x 330 ml. €2.50

Pink Lady Apples  
4 per Pack €2.55

Smoked rindless bacon  
250 gr €1.45

Baby Lotion  
500 ml. €1.79

Lean Beef Mince  
750 gr. €5.59

Slightly salted spread  
500 gr €1.75

Classic chocolate milk  
330 ml, €0.95

Egg custard tarts  
2 per pack. €0.85

Cheese & Onion crisps  
6 x 25 gr, €1.95

Fresh Strawberries  
500 gr. €2.50

Bleach  
1 litre. €1.00

Soda Water  
75ml €0.75

Iceberg Lettuce  
1 unit €0.75

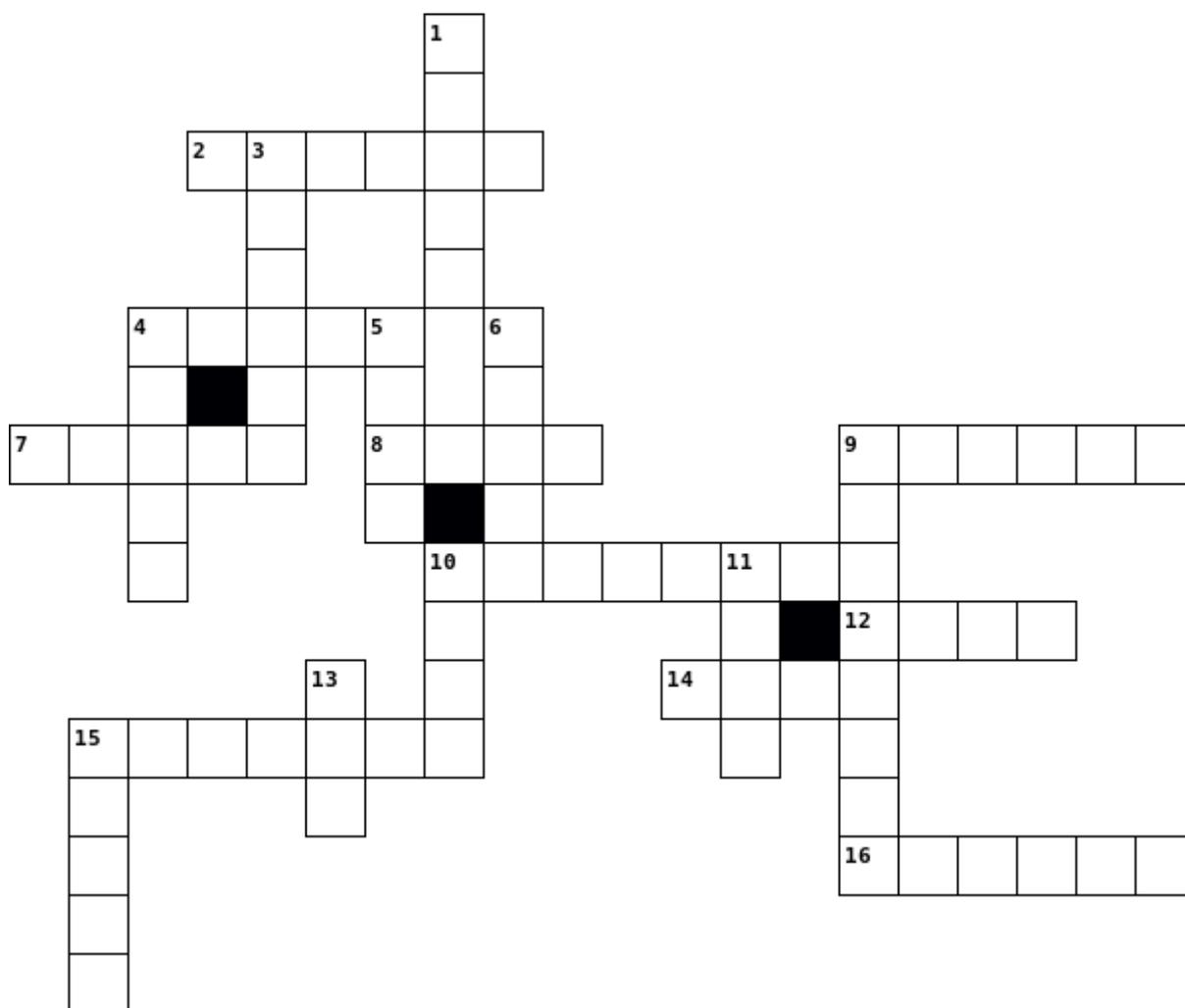
Medium Toast Bread  
800 gr, €1.50

Prosecco  
75 cl. €9.50

**Offers while stocks last. Valid from August 17, 2020 to August 22, 2020.**

# *Brida Gymnastics - Vocabulary*

## Weekly Vocabulary Crossword 34.20



**Across**

3. spending money for items
5. the place of the agriculture business
7. is part of the roof.
8. round pastry often with fruit
9. all your knives, forks and spoons
10. a purchasing tool
11. popular alcoholic drink
12. giving food to animals
13. a thankyou given in money
14. a quarter of a year
16. food not prepared in factories

**Down**

1. a difficulty
2. a story told in pictures
4. sensation in the mouth
5. your nearest and dearest relations
6. why we do things
11. daily food made from wheat
12. unprocessed food
14. to relax, usually at night
15. very, very young person

**Solution 33.20 Crossword****Across**

2. Rabbit
4. Chill
7. Juice
8. Soap
9. Expand
10. Reliable
12. Milk
14. Hire
15. Sausage
16. simmer

**Down**

1. Onion
3. Alpine
4. Crisp
5. Loss
6. Plate
9. Elements
10. Rice
11. Boil
13. Hay
15. start

# *Play Brida, Learn English*



The Brida Journal,  
a journal  
for learners of English  
by learners of English.

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Brida is an educational platform to facilitate the learning of English.  
[www.brida.eu](http://www.brida.eu)

**The Brida Journal** is an educational tool with the purpose of helping learners to improve their knowledge of English.  
Educators wishing to participate in the programme should contact me via email.

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### **Third Party Inspirational Sources**

classifieds: gumtree.ie or gumtree.co.uk,

the supermarket: various supermarket websites in the United Kingdom

weather: [bbc.co.uk/weather](http://bbc.co.uk/weather), (the city is Perpignan, France)

Chez Brigitte: [olivemagazin.com](http://olivemagazin.com).

The garden: Wenia Field's Gardening, published 1973 by Octopus Books.