

Letting go of fear Feeling safe during the current international crisis is difficult for everyone.



These are unprecedented times and it is natural to experience worry and stress, but there are things that you can do to help release some of the fear and worry. One of the most important things to remember is that it is okay to feel whatever

you are feeling; there is no right or wrong way to experience this difficult situation. You may feel nervous, distressed, bored, sad, lonely, angry or frustrated, and all of this is completely natural. Remember that the pandemic is a temporary situation (though it may not feel like it) and that these

feelings will also pass. Try to channel the feelings into something positive if you can. If you are angry, you may be able to use this energy to do something active, if you are lonely, send a message to a friend or neighbour. It's hugely important to stay connected to people. We are sociable creatures, and at a time when we need to stay physically distant from one another, it is more vital than ever to reach out emotionally. Helping other people is proven to reduce our own stress and improve our wellbeing. If you are well and able, offer to help a neighbour. Even just by picking up the phone and chatting to someone, you are benefiting too. Video calls

are a wonderful way to stay in touch with loved ones, and social media, for all its faults can be an excellent way to connect with loved ones, and make new friends! Talk openly about your feelings when people ask how you are. Don't feel that you are being self-centred by being honest! I have noticed that people seem to be much more comfortable to talk about their mental health at the moment, which I hope is something positive that can continue once lockdown ends. Be selective about what you absorb. Try to avoid negative stories in the media; what we watch and read impacts our thinking more than we realise.



GLENN HARROLD
FBSCH DIP C.H.

Make sure that your information is coming from reputable and reliable sources, and limit your intake to once or twice per day.

Creativity is hugely helpful at this difficult time. If there is a hobby that you rarely get time to do, now is your moment! Being creative with your hands is enormously calming and mindful; when you are focused in this way you are not thinking about the past or worrying about the future but living completely in the moment. If you don't have a creative project in mind, there is a wealth of information online, including free art classes, DIY projects and craft ideas to keep you busy. If you are lucky enough to have an outdoor space, nurturing plants is an excellent way to channel your energy and get some vitamin D to boost your immune system. Any gardener will tell you that planting seeds is an act of hope. By the time they bloom and fruit, hopefully all this will be over!

It seems obvious, but eating well and exercising are vitally important to your wellbeing, whether or not there is a pandemic! Keep to a routine if possible, and be kind to your body. It's easy to use alcohol as a crutch during stressful times, but it's important to avoid drinking more than usual, as alcohol increases anxiety and disrupts

healthy sleep.

Another good exercise is to remember to breathe! So stop for a few minutes each day, close your eyes if you can and start by taking slow, deep breaths in through your nose and out through your mouth in a circular breathing motion, and as you do this you will naturally start to relax. So take a moment each and every day to breathe slowly and deeply in through your nose and out through your mouth, just breathing away and fear, tension, worry and anxiety out with every outbreath. Just feeling yourself letting it all go as you exhale and allow your mind to completely clear. This is a very empowering way to relax and recharge your mind and body, so make it a daily habit. Doing this for five or ten minutes a day will help you feel so much calmer.

If you are having difficulty sleeping, this is totally understandable! Make your bedroom into a haven of calm. Keep it clean and tidy, change the bedding frequently and remove all distractions, particularly those with screens! Mobiles, tablets and televisions give off blue light, which is proven to disrupt sleep, so turn them off at least an hour before bed. Reduce your caffeine intake, and create a wind-down routine to get you into a relaxed state. You may also find it helpful to try my free meditation app Relax & Sleep Well, which has been downloaded 3 million times and has been the number one app for insomnia in over 50 countries.



HOME CARE • TAILORED SERVICES

A helping hand to make life so much easier.



Dr. med. **ALLEN SULZBACHER**, PhD
OPHTHALMOLOGIST

282 411 723
geral@wecare.pt

www.wecare.pt

 Fully licensed company.

FREE
ASSESSMENT
VISIT


CENTRE

Vale do Lobo
Medical Centre
Tel. 289 353 433

Albufeira
Clínica Pacifico
Tel. 289 543 545

Cascais
Clínica Sabeanas
Tel. 218 025 501

EXCELLENCE IN
MEDICAL EYE CARE

You can download it here:

iPhone: <https://itunes.apple.com/us/app/relax-sleep-well/id412690467?mt=8>

Android: https://play.google.com/store/apps/details?id=com.imobilize.relaxsleepwell&hl=en_GB

You can also stay up to date with my blog which includes tips and advice on well-being: www.glennharrold.com

PRIVÉ
estética avançada

www.clinicaprive.com



Preventive and Cosmetic Dentistry
Non-invasive Facial Rejuvenation
Non-invasive Body Contouring
Laser Therapies

Call our PORTIMÃO office at:
282 457 018

Food & Drink

The Portugal News • 23 May 2020 15

Are you part of the chicken wing cult?

There's something immensely tactile about eating chicken wings. The deep orange of Buffalo sauce streaking your forearms, nubbly, crispy bits of fried coating to nibble off, a stack of stripped wings piling ever higher in a basket in front of you.

“People who love chicken wings are crazy for chicken wings,” says Ben

Ford, one half of street food chicken wing outfit and restaurant, Wingmans. “It’s a cult,” adds his co-founder David Turofsky.

They’ve known each other since they were kids growing up in north London, but started working together after Turofsky returned from a year ostensibly studying in America. In fact, says Ford with a laugh, “he came back with this fiendish appetite for chicken wings.” “And buffalo sauce, generally,” adds

serve them in a bucket or a basket - and no one here was doing that.” Sauce is crucial.

If you’re more used to ordering a bucket of wings than snipping wing-tips, marinating and deep-frying your own at home though, Turofsky’s top tip, jovially yelled down the phone, is to “cook with love!”

On the more practical side, Ford recommends, as you’re cooking meat on the bone, you invest in a meat thermometer. It’ll help you get the oil you’re frying in, and the chicken you’re eating, up to the correct temperature.

“Make sure there’s clear

100ml rice wine vinegar
50g caster sugar
2tsp sesame oil

For the Shanghai mayo:

50ml Shanghai Sauce (see below)

150ml Japanese mayonnaise (or just mayo)

For the garnish:

4 seeded brioche buns, halved

1 baby gem lettuce, leaves separated

100g crushed roasted peanuts

A few sprigs of fresh coriander, chopped

4tsp togarashi spice blend

For the Roasted Sesame Dressing:

Makes 500ml. Blend all of the ingredients together, loosen with water if

200ml light soy sauce
100g honey
100g soft dark brown sugar
50ml sesame oil
100ml rice vinegar or distilled vinegar
1/2 head of garlic, roughly chopped
50g fresh root ginger, peeled and roughly chopped
Bunch of coriander stalks, chopped
Bunch of spring onions, white ends only, roughly chopped

1. Shred all the slaw vegetables and coriander into long, thin strips. Mix the vinegar with the sugar and sesame oil until the sugar has dissolved. Pour



Turofsky, proudly. The timing was ideal. "I was looking for a break," says Ford, who has a background in food, "and David was looking for someone who could cook."

In June 2015, they embarked upon their first festival, British Summertime, leaping from a "no trading history to one of the biggest summer festivals in London," remembers Ford. "We had a very sleepless 11 days - five guys cramped into the back of an Airstream trailer - learning what it was to run a street food business."

"Everyone loves chicken, particularly wings!" buzzes Turofsky.

"When you get a good wing, and it's got the right crunch-to-meat ratio..." ruminates Ford. "It's got a nice crispy outside skin and juicy flesh..."

The key to great wings, they argue, is to follow in the great American tradition and toss them in sauce. "It's huge in America," says Ford. "You order wings, they toss the wings in the sauce, they

running juices, and no blood on the bone," he adds. Remember to cook safely, too. "For people who don't have a mini deep-fat fryer at home, frying in oil in a saucepan can be dangerous at times," says Ford, "so we suggest making sure you have a big enough pan and you're not over-filling it."

Sauce and combo wise, Turofsky says "don't be afraid to experiment" either. "Even if it doesn't quite work," chips in Ford, "you still have a portion of chicken wings in front of you." And there's not much wrong to be found with that.

Beijing Block Party chicken burger recipe (Serves 4)

4 skinless, boneless chicken breasts
Oil, for brushing
125ml Roasted Sesame Dressing (see below)
Salt and black pepper
For the Asian slaw:
1 cucumber
200g daikon
1 large carrot
2 spring onions
30g fresh coriander leaves

needed, sieve to remove sesame seed husks. Season. Store in the fridge in a closed container and use within five days.

400ml mayonnaise
250g black or white sesame seeds, toasted
50ml mirin
25ml apple juice
1tbsp sesame oil
25ml rice wine vinegar
Salt and black pepper
For the Shanghai Sauce:

Makes 500ml. Combine all of the ingredients in a saucepan and boil. Once bubbling remove from the heat and leave to infuse. Strain into a suitable container and close. Store in the fridge and use within seven days.
200ml dark soy sauce

over the slaw, add a pinch of salt and allow to sit and soften slightly.
2. Stir the Shanghai sauce into the mayo and keep chilled. Preheat a griddle pan over a high heat. Butterfly the chicken breasts and brush with oil. Heavily season with salt and pepper. Add the chicken to the griddle pan. Once the chicken has changed colour around the edges, flip over and brush with some of the sesame dressing. Continue to brush with the dressing and turn until fully cooked and golden, and the core temperature is 75°C.
3. Toast the buns and spoon a little of the Shanghai mayo on the



The Honey Monster chicken wings. (Photo: Dan Jones/PA)

bottom half. Add a lettuce leaf and the grilled chicken. Top with the slaw and add more sesame dressing. Sprinkle over the crushed peanuts, coriander and togarashi.

The Honey Monster chicken wings recipe (Serves 4)

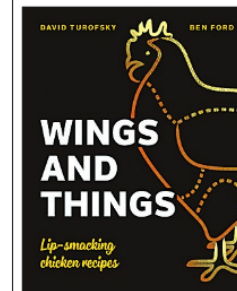
1.25kg chicken wings, tip removed, drums and flat separated
2tsp celery salt
2tsp ground white pepper
1tsp freshly ground black pepper
2tsp garlic granules
2tsp salt

For the sauce:

200g golden caster sugar
100g honey
Zest of 2 1/2 lemons
Large piece of fresh root ginger, peeled and thinly sliced
2 large shallots, finely chopped
75g butter
Black pepper, to taste

1. In a large bowl combine the wings with the dry spices and let marinate in the fridge for at least one hour or up to four hours - keep chilled until ready to cook.
2. Preheat the oven to 180°C Gas 4. In a small saucepan bring 150ml water to the boil with the sugar. Add the honey, zest of two lemons and the ginger to the syrup. Allow to reduce slightly until the syrup takes on both

flavours. Sieve the syrup into a clean container.
3. Soften the shallots in a small pan with the butter. Pour the syrup onto the softened shallots and mix together. Line up the wings on a wire rack over a baking sheet and bake for 15 minutes.
4. After 15 minutes, brush the wings with the glaze and continue to cook, applying fresh glaze every five minutes for a further 15 minutes. Reserve some glaze to serve.
5. Put the wings in a bowl and toss with a little reserved glaze ensuring they are fully coated.
6. Arrange in a serving dish and garnish with the remaining lemon zest and five to 10 twists of black pepper.



Wings And Things: Lip-smacking Chicken Recipes by David Turofsky and Ben Ford, photography by Dan Jones, is published by Quadrille.

The Lounge
PRIVATE RESTAURANT SERVICE

Call to book a wonderful meal served in your own private restaurant!

Gather a small group of loved ones and have a restaurant all to yourselves for the day.

910 370 723
thelounge@outlook.com

CHEF'S KITCHEN
food made with love.

Lunch from 12 pm - 14.30 pm with a new menu concept. Dinner 18 pm - 22 pm.
At both times we do take away.

We are closed on Tuesdays.

RUA DOS PESCADORES Nº 104
CARVOEIRO, LAGOA - ALGARVE
Tel.: (+351) 282 083 332
WWW.CHEFSKITCHEN.PT GPS: N 37.09955, W 46958