

Prepare for a big hit at the tea interval

A perfect tea is fundamental to any cricket match, whether you're sending sixes soaring on the village green, racking up the runs at Lord's or simply watching from the boundary. For food that cuts the mustard, don't cut the mustard, writes **Jane Smith**

With summer upon us, the sweet sound of leather on willow is echoing across the country, bringing with it the promise of cricket's greatest contribution to sport: tea.

We're not talking about the drink, of course, but the inspiring, sustaining and downright delicious meal that keeps even the most under-pressure batting partnership powering ahead, over after over, day after day.

At the heart of cricket's tea is, of course, the sandwich, and at the heart of the sandwich must surely be a hot serving of big-hitting Colman's.

Ham and mustard might be a national speciality, but there are many ways to play it. Bread or toast, white or brown, down the middle or diagonally cut? Pure and simple, or with the addition of crispy lettuce and juicy tomato? Perhaps even a slice or two of cheese?

We like to keep it simple, so here is our recipe for the most sensational sandwich ever to grace your plate.

Of course, why stop there? From pies to puds and barbecues to bakes, a dash of English mustard will add a whack of flavour and colour to your dish that's sure to please the crowd.

Try adding Colman's mustard to your meal today – and see if it doesn't knock you for six.

A terrific partnership Try Colman's with your meal for a big hit of flavour



BE BOWLED OVER

HAM AND MUSTARD SANDWICH
2 slices white (farmhouse or bloomer) Unsalted butter
2 thick slices roast English crumbed ham
1tsp Colman's mustard
30g mature cheddar cheese
1 medium tomato
2 leaves of lettuce (Iceberg or Romaine)
 Pepper to taste

Evenly butter both slices of bread, then spread the mustard on top, followed by the ham and thin slices of tomato and

a twist or shake of salt and pepper, followed by the lettuce. Slice the cheese (around half a centimetre thick) and layer on top of the lettuce. Cut to your preference with a large, sharp knife and tuck in.



Give your sandwich a hot serving of big-hitting Colman's

Time for a question-and-answer session

Cricket is such a civilised pursuit that it remains the only sport to have designated mealtimes. It's a game famous for big characters, some with even bigger appetites. To celebrate these gentlemen and players, raise a sarnie and a cuppa to them as you indulge in an equally strenuous (mental) workout

TEATIME TALES FROM THE PAVILION

Rob Bagchi investigates the enormous appetite for competition from some of the game's biggest hitters

WG GRACE'S DECADENT TASTES Things have moved on since cricket's greatest figure, WG Grace, used to gorge on pigeons, veal cutlets and curried chicken, a regimen that helped him put on 6st during his imperishable career. But one notable heir, Marcus Trescothick, had similarly carnivorous tastes during the intervals as a young player. "Sausages were my favourite," he said. "Then, in no particular order, sausages, chips, sausages, toast, sausages, baked beans, sausages, cheese, sausages, eggs, sausages and the occasional sausage thrown in, topped off with a sprinkling of sausage." Not a traditional five a day, if we're honest.

with his parcel, Lloyd was told not to bother. Jack sat on a wall and began to tuck in. "If I take them home she won't do me any supper," he said.

STICKING TO THE GAME PLAN Jack Russell, the wicketkeeper for England and Gloucestershire, stuck to two Weetabix when playing – soaked by the 12th man in milk for precisely 12 minutes and then doused in honey. He also got through 20 cups of weak, milky tea a day and two packets of chocolate biscuits. "Why are these things eccentric?" he asked. "They are logical to me." Well, quite... just like his favourite meal: mashed potato, white rice, baked beans and brown sauce.

Alec Stewart was equally fastidious, once eating chicken breast, mash and broccoli 43 days on the trot during England's participation at the 1996 World Cup.

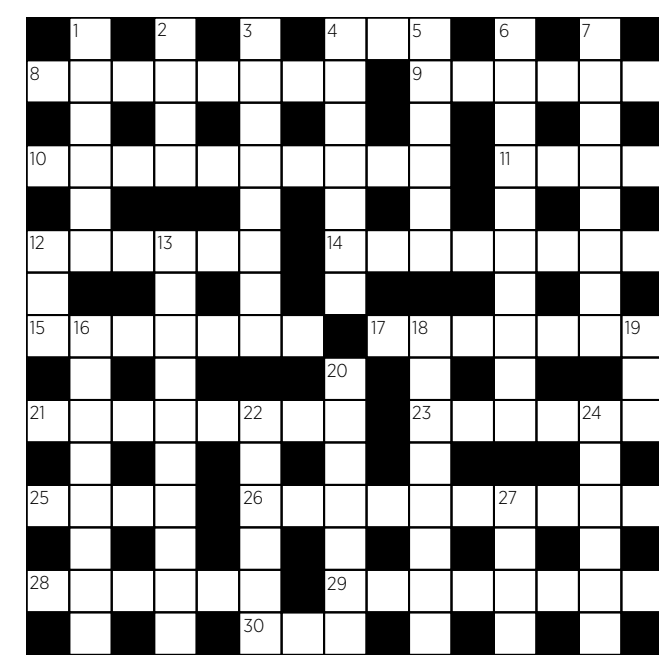


EVERYTHING BUT A DUCK When playing at Stanley Park in Blackpool, the modern game's finest trencherman, Lancashire's "Flat" Jack Simmons, was so incensed by the salads on offer that he went to the local chippy in his whites and boots to eat there. Closer to home in Great Harwood, he invented "the Simmo": "Steak pudding, chips, mushy peas and a fish on top." Once, after a full tea, his team-mate David Lloyd gave him a lift – via the chippy. Offering to drop him off at home

DELICIOUSLY DISMISSED Even one of cricket's most iconic post-war moments had a foodie twist. When Shane Warne made his Ashes debut in 1993 and dismissed Mike Gatting with "the ball of the century" off his first delivery, Gatting's captain Graham Gooch had the perfect quip (Gatting was famous for his standing order at Lord's of "two baked potatoes with everything"): "If it had been a cheese roll, it would never have got past him."

BREAK IN PLAY? TRY OUR CROSSWORD (ANSWERS BELOW)

ACROSS
4 Spinner, but not a cricketer? (3)
8 Farokh —, Lancashire and India wicketkeeper (8)
9 Peter —, Surrey and England cricketer in 1950s and early 1960s (6)
10 Test ground in Leeds (10)
11 — Cobb, cricketer currently playing for Northamptonshire (4)
12 Ian —, cricket all-rounder now a commentator (6)
14 It's just a — feeling – David Gower on winning the Ashes (8)
15 Mike —, Scottish-born England cricket captain (7)
17 Wicket placed in a vertical position (7)
21 Flying fox (or edible piece of cricket gear?) (5,3)
23 Nickname of Bangladesh national cricket team (6)
25 In excited eagerness (before the match perhaps) (4)
26 Classic between-innings sandwich filling (10)
28 Dismiss a batsman perhaps (6)
29 Batting and bowling statistics (8)
30 West Indian alcoholic drink (3)



DOWN
1 — Mathews, current Sri Lankan cricket captain (6)
2 Dickie —, English cricket umpire (4)
3 Titles used affectionately, such as "Beefy" for 12 Across (3,5)
4 Series of three (but not a hat-trick?) (7)
5 Any one of the cricket team who played against the Gentlemen until early 1960s (6)
6 Tea grown in mountainous northern India (10)
7 — — Wales, a team that plays

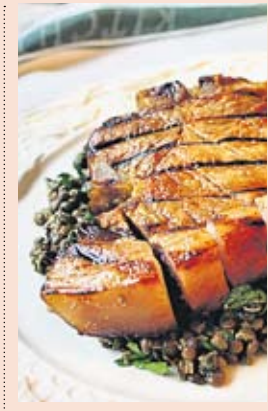


in the Sheffield Shield (3,5)
12 Kind of light that stops play (3)
13 County town of historic county, one of three with no first-class or Minor Counties team (10)
16 Oriental tea flavoured with bergamot (4,4)
18 Alviro —, South African cricketer currently playing for Lancashire (8)
19 Synonym and anagram of it's (3)
20 Brian —, Lancashire and England fast 22 Down (7)
22 Spinner perhaps (6)
24 Axed from team (euphemistically) (6)
27 Chris —, Nottinghamshire captain and wicketkeeper (4)

ALTERNATIVE BIG HITS FOR THE SUMMER

When the rain rolls in and the covers come on, wow your friends with a speedy delivery of some sensationally tasty treats

PORK CHOPS WITH MUSTARD AND SAGE LENTILS
 Serves 2
For the pork
2 pork chops
1tbsp Colman's mustard
1tbsp Worcestershire sauce
2tbsp runny honey
For the lentils
100g puy lentils
400ml water
30g sage, picked
50g walnuts
50g Parmesan
120ml olive oil



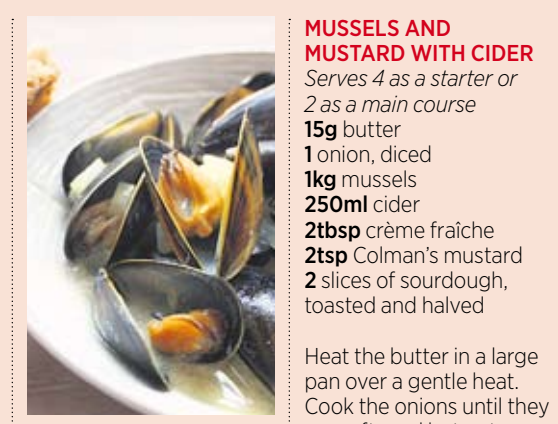
1tbsp Colman's mustard
2tbsp flat leaf parsley, chopped

Optional serving
 watercress salad or roasted fennel

Spoon the Colman's mustard, Worcestershire sauce and runny honey into a shallow dish, and stir it all together. Put the pork chops in the marinade, cover and refrigerate.

Rinse the lentils. Simmer them in the water for 15-20 minutes until tender – but still with a bit of bite. Drain, and briefly rinse under cool water so the lentils are warm, not steaming hot.

Meanwhile, rinse the picked sage leaves, then pulse in a blender with the Parmesan and walnuts. Slowly drizzle in the olive oil as you blend, to create a coarse pesto, then stir in the mustard.



thickness of the pork chops. To be sure it's cooked through, stick a temperature probe into the thickest part of the meat – it should read 72C.

MUSSELS AND MUSTARD WITH CIDER
 Serves 4 as a starter or 2 as a main course
15g butter
1 onion, diced
1kg mussels
250ml cider
2tbsp crème fraîche
2tsp Colman's mustard
2 slices of sourdough, toasted and halved

Heat the butter in a large pan over a gentle heat. Cook the onions until they are softened but not coloured.

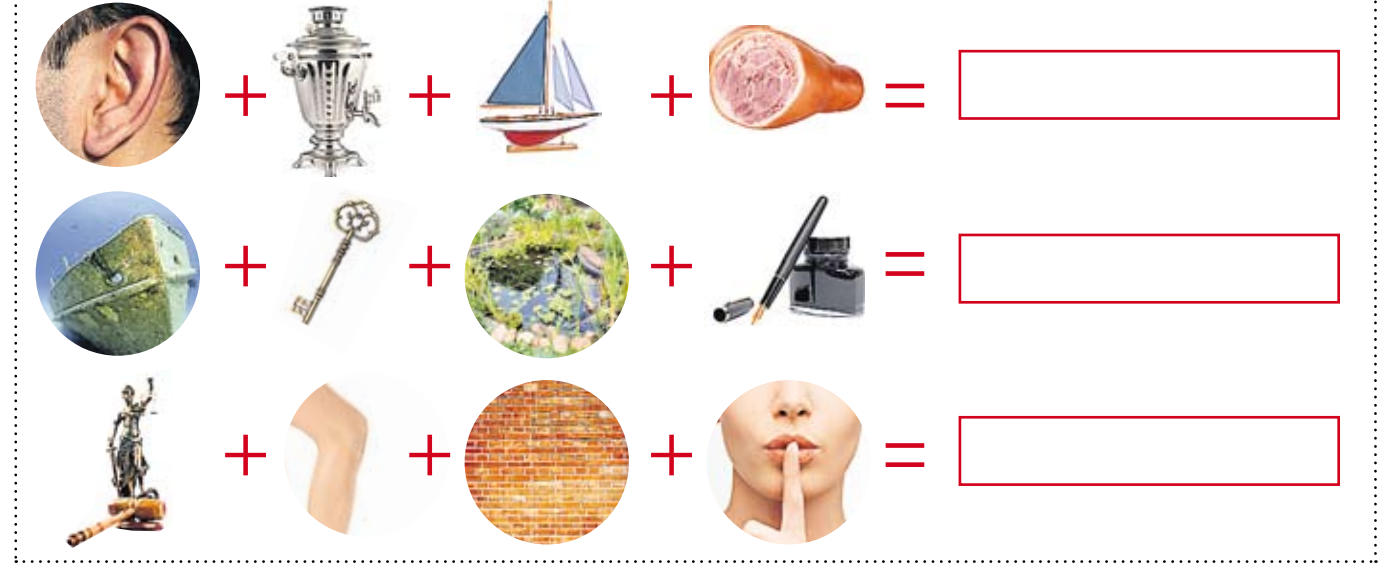
Meanwhile, prepare the mussels by rinsing them under cold water, and remove any of the hairy "beards" by tugging them sharply. Throw any open mussels which don't snap shut when tapped against the sink.

Pour the cider over the softened onions, then stir in the crème fraîche and mustard and turn up the heat.

Once the liquid reaches a rolling simmer, add the mussels to the pan and put on the lid. Cook for 4 minutes, giving the pan a good shake each minute.

Have a peek to check that all the shells have opened (if they haven't, then put the lid back on and cook for another minute). Ladle the mussels and broth into warm bowls and serve with toasted sourdough.

WHO'S WHO IN THE CRICKET HALL OF FAME?



Name the cricketers: first line - Ian Botham, second line - Ricky Ponting, third line - Courtney Walsh
Crossword Answers: 1 Alviro, 2 Gooch, 3 Beaufort, 4 Gooch, 5 Gooch, 6 Gooch, 7 Gooch, 8 Gooch, 9 Gooch, 10 Gooch, 11 Gooch, 12 Gooch, 13 Gooch, 14 Gooch, 15 Gooch, 16 Gooch, 17 Gooch, 18 Gooch, 19 Gooch, 20 Gooch, 21 Gooch, 22 Gooch, 23 Gooch, 24 Gooch, 25 Gooch, 26 Gooch, 27 Gooch, 28 Gooch, 29 Gooch, 30 Gooch



HOWZAT FOR LUNCH?

... ENGLAND'S BIG HITTER ...



WELL PLAYED COOK

... ENGLAND'S BIG HITTER ...