

The u3a movement's crowning dish

The u3a movement's crowning dish

u3a Cook for the King, a competition to celebrate the coronation of King Charles III, has crowned its winner.



u3a Cook for the King - a competition to celebrate the coronation of King Charles III - has crowned its winner.

To celebrate the upcoming coronation, u3a members were challenged to create Coronation recipes Fit for a King, while considering sustainability and the UK's partnership with the Commonwealth.

The winner is Richmond Upon Thames u3a member Khatoon with her dish Pickling Masala Mutton Curry. Her dish considered King Charles' promotion of mutton over the years and drew on Khatoon's Ugandan, Indian and British heritage.

Khatoon says, "I entered u3a's Cook for the King competition because I'm enthusiastic about cooking but never thought I would win. It was a wild attempt and for a while I was absolutely gobsmacked to have won.

"Pickling Masala Mutton Curry is a favourite of my family for celebratory dinners. It is exotic, tasty and, despite a long list of ingredients, it is an easy to prepare one pot dish."

Khatoon was born in Uganda to Indian parents. In 1953, aged nine, she celebrated the Queen's Coronation at school and the following year was able to see Her Majesty on her first official visit to Africa as monarch.

Khatoon adds: "I lived in a tiny village, without any televisions, and I had never seen any British people. 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 moved to the UK to train as a biochemist and met the Queen twice during her career. "The Coronation is an important historical event in all our lives", says Khatoon. "Knowing the King as Prince Charles, and all the good he has done, I'm pleased he has been given the chance to continue the Queen's work."

u3a judges Jacqueline Harriott and Beverley Jarvis were bowled over by Khatoon's dish.

Jacqueline praised her use of kiwi juice for the mutton marinade, while Beverley said the dish "shines" and makes an excellent celebratory meal for the Coronation.

The two runner up dishes for the competition were Chia Berries Brekkie made by South East London u3a member Mal and Cheesy Layered Potatoes Fit for a King made by North Norfolk u3a member Beverley.

Download a special coronation recipe card of Khatoon's dish - and read the runner up recipes - on [the u3a Cook for the King webpage](#).

There are many opportunities within u3a for members to share their skills and develop their interests with each other. [Join u3a](#).