





SURVIVAL INSTINCT Meet the brave souls who patrol the seas. Page 16

IOCTOBER 4, 1998

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What's Prickly Heat all about then?

Well, it's a game show and Ait's one of the easiest jobs I've ever done. I was filming with 32 contestants on the beach in Majorca every afternoon, It's like Ibiza Uncovered meets It's A Knockout meets Blind Date and I'm Stuart Hall, I suppose. There are lots of silly games and it's all very, very rude.

What's your favourite holiday destination? Does a Club 18-30 jaunt appeal to you?

Well, I'm in Majorca at the Amoment. My sister lives here so I visit quite a lot. It's easy to get to, but if I were really splashing out I'd go to the Maldives. I'd love to go on an 18-30 but I'm 39 now, so that's out of the question.

What was the first record you bought and was it the worst? Soley Soley by Middle Of The Road, when I was 11, It's annoyingly catchy and I've no idea why I bought it. I don't know if it's the worst - I'm into vodelling and Tammy Wynette at the moment so I'm not in a position to make musical judgments.

Have you got a joke that you always laugh at but none of vour friends do?

What did the earwig say just before he fell off the cliff? Ere we go. It's how you tell it, really.

What's your earliest childhood memory?

Sitting in my pram when I was two and having dirt thrown at me by the children from the upstairs flats. Not all memories are happy, are they?

CAMP COMIC JULIAN CLARY RETURNS TO TV NEXT SUNDAY IN SKY 1'S NEW GAME SHOW PRICKLY HEAT. FIRST HE TELLS IAN HYLAND ABOUT EARWIGS. DENTAL VENEERS... AND JUDITH CHALMERS' KNICKERS.

Does fame mean you get chatted up more? A I don't think so. I get chatted Ato a lot more in the supermarket, I suppose. I certainly don't think I get the same attention as someone like Robbie Williams. But then, being a camp comic isn't quite the same as being a rock 'n' roll star, is it?

Can you sing and dance?

Yes, although I was never allowed ballet lessons with my sisters because I was a boy. don't disco dance any more but I do have the rhythm of life. It's a powerful thing you know.

Do you prefer a showbiz party or a night in?

A night in, definitely, I can't handle premieres - I'm not very good at small talk.

What's the worst outfit you've worn?

Well I've brought a thobe on holiday with me - do you know what one is? I got it in Abu Dhabi and it's a long sort of dress like Arab gentlemen wear I

was actually sporting the natural look and it took me about an hour to get it on. You have to wear some make-up on TV or you look like a dead pig!

Would you ever have plastic surgery?

A I don't think so - I can't see the point of looking years younger than I actually am although I have had some veneers done on my teeth. You get to choose the colour from a kind of Dulux colour chart but I didn't go for brilliant white because that's far too obvious. Oh dear, I shouldn't really be telling you all this.

What do you do to calm your nerves?

A I only get nervous before a show once in a blue moon. But I do suffer from panic attacks. I don't go on the Underground as a result.

Any plans to do some more serious acting?

I'd love to do Shakespeare but I prefer comedy. I'm doing some serious presenting later this year, though. I'm going to Prague with Judith Chalmers to do Wish You Were Here and I'll be getting to the bottom of this business of her saving she doesn't wear knickers while filming. It's a question of personal hygiene, isn't it?

What's the most laddish thing you've ever done?

▲ I once drank A beer from the bottle - does that count?

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England brought fame to her door and despite her drop dead gorgeous looks she was shy something she had to conquer when the BBC cast her as cartoon-strip heroine Jane, who was forever climbing out of windows in French lingerie. "I was very skittish about taking my clothes off," she says. "I couldn't take all my clothes off for all the money in the world. So there were projects, some so tacky I wouldn't want to do anyway, and some very good series at the BBC where the producer would say, 'There is nudity' and I would say, 'I have a problem with that'. "Even though they were classy

and tasteful I declined. I couldn't do it. I would probably feel a little easier about that kind of thing now, but I don't think that's something I want to start doing at this stage of my life. But you never know." The series that really made her

name was Dempsey and

for five years in Benedict Canyon, LA. Suddenly Glynis was an unknown - not that that was all bad. "It was quite a transition. For a while I enjoyed the anonymity," she says. "The biggest adjustment was getting the American sense of humour right. Americans take themselves more seriously than we do and don't have the sense of irony that we have, so I had to be careful not to offend people. "The film business is so tough over there. People audition endlessly. Occasionally you'd see a famous face from a series with 200 people around them and they wouldn't get the job. "Everyone is so young. Keanu Reeves is about as 'old' as you are allowed to be. Once, Rod Steiger was at an audition and they said to him, 'What have you done?' and he

explained about his Oscar and

other awards. They didn't even

humiliating

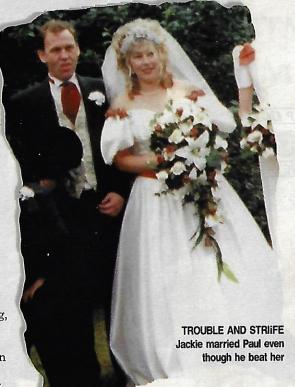
know who Rod Steiger was. It is

Makepeace was shown there but turned them down. I just didn't want to get tied up in another long run." And Glynis soon had other things on her mind - she became pregnant soon after arriving in the States. "Motherhood became my passion. I wanted to be with my baby, I didn't want to be on a location for three months in the middle of nowhere," she says. "The night I had Alexander was the best night of my life. Fantastic. I was never the kind of woman who had to have a child. I wasn't the broody type. I have changed so much." The old firm of Barber and Brandon did get back together to work on an American mini TV series, Apocalypse Now, and now they are linking up in a new film, Deja Vu, a romantic adventure released here later this month. In it, Glynis is married to a smooth-talking artist played by Stephen Dillane, who cheats on her with a stylish art dealer, played by Victoria Foyt, on a business trip in Israel. Michael plays Victoria's doting businessman fiance. Once back in England they all converge on a rambling country house run by eccentrics, played by Anna Massey and Noel Harrison. Vanessa Redgrave pops up as Anna's sister and Rachel Kempson is their mother. Much of the film was improvised over three intensive weeks and the theme of the movie fascinated Glynis. "This touches a nerve," she says. "It is intensely romantic. In a way, my heart has taken priority over career. I have tended to put relationships first and my career has suffered because of

relationships, so I guess that is being a heart person. "But I believe that you don't fall in love when you are already in

open to it. You give off a certain vibe. You have to be receptive. If you have closed that door, it remains closed. I have done it. I have been in the tail end of a relationship when I have fallen in love. But I was ready to move on." What she wants most now is a London-based TV series to relaunch her career, one in which she doesn't brandish a gun or chase around rooftops. A finely-tuned classy BBC period drama would do nicely. "I have changed. I have something to prove," she says. "Occasionally Michael and I are asked to appear together but we're not a double act. When we met I didn't think we would end up married. There was a connection between us, but it wasn't all love. I found him tricky to begin with but there was a strong attraction. "I didn't know Michael as a person and he was very much trying to be Dempsey, but I didn't know who he was. "That line became a little blurred. But the Michael I know now is so different." Glynis is now 42 and has eased her way back into TV with a guest spot in Babes In The Wood and will also appear in another movie, The Fairy King of Ar, with Malaalm MaDovvall and I A

ART WAS THE PPENED





him. I thought so little of myself. I was scared of Paul and scared of leaving him. I did try, though, but he always came after me and he'd end up hitting me. And the mental torture was just as bad as the physical torture. Sometimes Paul would hit me until I couldn't stand up. Then he'd put his arms around me and say things like: "What are you doing to yourself? Look at the state you're in." And he'd put his arms around me and love me. So I'd drop my guard and then he'd be there again with his fists. Sometimes a beating would go on for five hours. It was relentless. One of my bleakest moments

came when I was 21 weeks

Paul had kicked me in the

stomach I sat in front of the

pregnant with our son Daniel.

once the house had gone I knew I had nothing to hang on to so I took Daniel and moved away. For ages he kept coming after me and it was a whole year later when I realised that he'd stopped By that time, in 1991, I was 16st 13lb. It was only when the divorce came through in February of that year that I finally realised I was free. That's when I decided to change my image. I was nearly 29, and I didn't want to be fat and 30. I felt horrible. I wore horrible clothes and felt that nobody listened to me. The personal abuse you can get when you're fat is terrible. People shout names at you in the street - they don't treat you like a real person. None of this had mattered to me before, but suddenly I didn't want to be fat. I wanted to be

happy. Now I feel brilliant and, best of all, it's because I know I've done it all for me, not because of Paul or for Les. I'm in control now. There's no way I'd let any man hit me again. I'm too strong a person for that kind of bullying. I'm too good for that now.

JANE HARRISON, 28, is a full-time mum. She had been living with her partner, Mark, 29, for 10 years when one day he went to work and never came back. But the heartbreak proved the making of Jane.

ark and I met when I was 16 and as far as I was concerned our relationship was fine. We had the same kind of arguments that everyone else had and the normal ups and downs, but we had two

his nights out with his mates. They'd apparently been seeing each other for two months. A week later he came to collect his clothes and I suddenly realised I was on my own with two children to bring up. It was very scary. Cosmetic surgery was something I'd dreamt about for a long time - on my breasts, to make them firmer, and on my nose, to straighten it out. But that's all it had been, a dream. I'd never thought about it seriously because when you've got a family

to look after there are always more important things to spend your money on. But when Mark left me, I really wanted to do something for myself, to make myself feel better. My breasts were quite big - DD and since I'd had the children they'd lost their shape and were a bit

£8000 – and it made me feel a little bit guilty, but I also think that was part of the attraction. Mark had left me and now I could take decisions regardless of what he thought. So I did. I had the surgery this spring and I feel like a new person. My nose definitely makes me look prettier. When I'm dressed I'm not sure if anyone can tell I've had my boobs reduced, but it doesn't matter because I know they look better. The surgery has really changed the way I feel about myself. I'm more positive and more confident in everything I do. It's not really about looking more attractive, it's the way it makes me feel. When Mark walked out he left me feeling as though I wasn't worth much, and I lost a lot of confidence. I needed to do something to make me like myself again, and for me it was changing the way I look. I'm proud to say I'm over Mark now, and my new image has helped. I have a new partner Dave, 45. He's a lovely man and I'm so glad we met. Taking the decision to have surgery made me feel I was in control again. It showed me and everyone else that I wasn't just someone who hangs around waiting for things to be done to her. It showed them that I can decide things

very daunting deciding to spend

so much money on myself - about



D FROM CERTAIN DEATH BY THE HEROES OF EY MONITORED ONE WEEK IN THE LIFE OF OUR IN LIFE-OR-DEATH SITUATIONS

emergency nging into action. me the crew of eaKing helicopter as being scrambled airbase near rnwall. It landed on the tiny helipad locks and picked up firemen who are ed in fighting

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s hovering half a

"Helicopters build up huge amounts of static electricity and the tanker skipper was terrified a spark would blow the ship apart.

"The firefighters were lowered from the helicopter on to our lifeboat and we ferried them out to the tanker." The firemen scrambled up rope

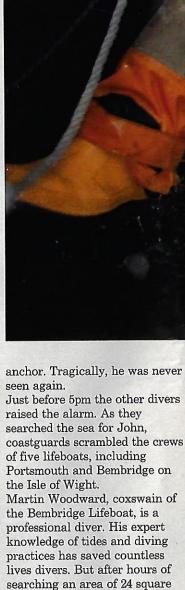
ladders on to the tanker's skyscraper-height deck and raced to the heart of the fire. A paramedic was ferried in, too. He treated the injured engineer. With the flames out and the danger averted, the stricken tanker limped into Falmouth harbour where its deadly cargo was unloaded on to a sister ship. After two weeks in a repair dock in Copenhagen, the Linda Kosan is now back at sea but, as Pat says: "The consequences of the accident could have been horrific.'

TUESDAY **AUGUST**

MAYDAY 4.45pm, The Solent

To a scuba diver of John Hammond's experience it was a routine expedition. The 53-year-old photographer was

with eight amateur divers returning from a day's underwater exploration in Sandown Bay off the east coast of the Isle of Wight. They were crossing The Solent in a boat



miles late into the night, the

said: "I was shocked that

rescue crews found no trace of

John, Fellow diver Andy Cook

somebody with that calibre of

searching for.

As the lifeboat - the Michael And Jane Vernon - set off, two more flares lit the sky and ships in the area were alerted over the radio.

That was when Arthur Johnson, skipper of the fishing boat The Atlantea, remembered seeing a lone canoeist paddling in huge waves four miles from shore. Coastguard co-ordinators gave Magnus his orders: start searching the area for any trace of a canoeist.

Nearly three hours later, a cry went up on the boat. A green and black sea kayak, worth £1,300, was floating upside down. There was no sign of anyone floating nearby - and the water

shore, but suffering from hypothermia. The following day, in hospital in Lerwick, he admitted: "I should be dead now." Jerome, a student from Mulhouse on the French-German border, added ruefully: "I'm a good swimmer, but if I'd stopped for a moment I would have been swept away by the violent tide. "I towed the kayak for half an hour before I knew that it was slowing me down too much and I abandoned it. Eventually I could see rocks on the shore, but I didn't seem to be getting any closer. I fell asleep. Without my lifejacket I'd be dead. "The emergency services did a marvellous job. They even

brought back my canoe. That

to Felixstowe, Suffolk, should have been plain sailing in Mike's 26ft yacht, Pilgrim. But soon after setting sail, a fierce north-westerly suddenly changed to gale force.

against the elements for 36 hours

collapse. Their hopes of survival

were pinned on the two men in

experienced sailor, and Tricia,

from Zierkze in Holland to sail

46, had set off in perfect weather

back to England. The 90-mile trip

Head teacher Mike, 56, an

the rubber dinghy.

and were on the point of total

After staying up all night trying to control his vessel, Mike, who lives in Surlingham, Norfolk, realised the situation was dire and they might not make it.

With 40 miles still to go, the Pilgrim was making virtually no progress. Mike could not sail in the 16ft waves and the boat's engine was not powerful enough to handle them.

As the yacht drifted at the mercy of the mountainous seas. Mike and Trish went into the cabin, sealed the hatch and called the coastguard on the

VHF radio. Exactly 14 minutes later, the five-man crew of Harwich lifeboat slipped its moorings and powered out to sea. It took an hour and a quarter for the giant Severn-class boat Albert Brown named after a London jeweller who donated to RNLI funds - ▶



in Kent also ess call. He a and towed enborough on

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AY 11.15am, thwold.

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St Alban's orset t St Alban's

icnic spot

with holidaymakers, which is why student Tim Hardy, 21, was there. He had scrambled four miles over the rocks at the foot of the cliffs when he fell and twisted his knee. He was too badly injured to get back to his car and massive cliffs towered above him. The only way to get him to safety was by sea. The picture of Tim being taken to safety was taken

by the crew of Swanage lifeboat, the Robert Charles Brown. Kevin Dimarco and Paul Ellery manoeuvred the inflatable lifeboat towards the shore, so that first-aider Martin Steeden could wade ashore with a floating stretcher to help Tim. Mike Bonfield, Swanage lifeboat's full-time mechanic, says: "It was a fairly routine rescue for us but Tim was in agony and we were his only hope of getting off the rocks and to hospital."

MAYDAY, 5.03pm, Margate, Kent

Brave Carlton Jacobs had to leap for his life - or be crushed to death by a barge. He did the jump and lived to tell the tale. Carlton was trapped on a 60ft barge that was being used to carry scrap metal from a pier being demolished off Margate seafront. It had broken its mooring and threatened to smash to pieces in rough seas. The giant vessel drifted into the harbour and professional diver Carlton, 30, from Dymchurch, Kent, managed to scramble aboard with a tow rope. A small fishing vessel, the Endurance, tried in vain to tow the barge away from the harbour wall, where a crowd of 200 had gathered to watch.

Student Susan Addington, 19,



backwards - towards the barge. "We could see Carlton was in danger and called out for him to jump clear. He seemed to stumble and then he leapt into the boat in the nick of time." Susan says: "I was sure he was going to miss the lifeboat and be crushed. The hull of the barge was 12ft high and the waves made the distance he had to leap very great. I'm really proud my brother was able to save a life." The barge eventually became grounded as the tide ebbed. A tug towed it in at the next high tide.

FRIDAY AUGUST

MAYDAY 8.30pm, Isle of Mull, Scotland

Gillian Cox was gasping for breath and close to drowning as she held her husband's

lifeless body in her arms. Land was only 200 yards away but Gillian, 59, knew she would not make it unless she made the heart-breaking decision to let go of her husband Keith's body and save herself.

Gently, she let the sea take him. And minutes later Gillian was washed up on the shore of a near-deserted island in the treacherous sound of Iona. Despite suffering from hypothermia, Mrs Cox scaled

to their boat. They found Mrs Cox shivering and covered in cuts and bruises on the hillside near Tinker's Hole on the island of Erraid, off the west coast of Mull.

The yachtsmen raised the

alarm. Nearly 40 miles away in Oban, Lorne MacKechnie and his five-man crew raced to their lifeboat, the Moira Edith McDonald, moored in the picture-postcard fishing harbour. An hour later they were scouring the raging waters where Dr Keith Cox, a worldrenowned geology professor at Oxford University, was last seen Oban is Scotland's busiest lifeboat and has responded to about 80 call-outs so far this year. It is so busy that Lorne



MacKechnie is one of a handful of full-time RNLI coxswains. Before she was flown to hospital, Mrs Cox told the yacht crew how she and her husband had been happily sailing their tiny pram-nosed Mirror dinghy near their holiday cottage in the village of Fionnphort. Dr Cox, 65, was at the helm when a sudden blast of wind flipped the little boat over. The pair clung to the overturned craft for hours. No one heard their cries and they decided to swim the 250 yards to shore. Dr Cox was not wearing a lifejacket - and he had no time to put one on as the boat overturned. His wife was wearing a life vest.

As they swam for safety, motherof-three Mrs Cox, from Kennington, near Oxford, saw her husband was tired, but urged him not to give up. Then she looked back in horror

to see he had stopped swimming. "His head had fallen forwards and it was in the water," she says. "I panicked and managed to

SHORE THING

Tim Hardy, injured under a sheer rock face, was rescued by boat

turn him on his back. "His eves were open and I thought he was already dead.

"I just had to make

this awful decision to let go of his body." As light was beginning to fade the lifeboat found the dinghy floating with its sails still up. But more than a fortnight later Dr Cox's body still had not been found.

MONDAY AUGUST

MAYDAY 6.45pm, off Littlehampton. **West Sussex**

Yachtsman Ross Hobson was below deck making tea in his racing catamaran Fingers

Crossed and skimming over the Solent, 17 miles south-east of Littlehampton, when his boat began to list. He scrambled out on deck - only to discover that one of the boat's two hulls was rapidly filling with water. Something under the water had ripped a five-foot gash in the hull. Ross, from Northumberland, had to act quickly. With the boat sinking under him, he leapt



TRAGIC DECISION Gillian had to let go of her husband Keith's dead body

> into the damaged starboard hull where the radio was kept. Standing waist-deep in water, he put out a mayday call, then clambered on to the undamaged hull.

A chemical tanker, the Sunny Blossom, stood by in case he had to leap into a life raft before help could arrive.

A coastguard helicopter winched him to safety as coxswain Martin Rudwick and the crew of Selsey lifeboat made their way to the wreck. As darkness fell, the lifeboat reached the catamaran. Coxswain Martin says: "Because Ross was safe, I decided it was too dangerous to risk putting one of my crew onto the strickened catamaran to put on a tow line.

The boat was recovered by a salvage crew the next day."

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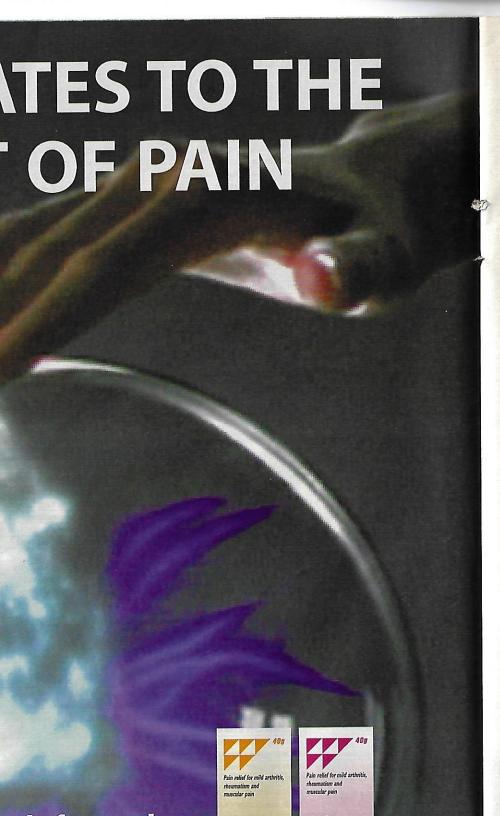
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"I never realised how easy bathing could be, until I tried the **Premier** Easy-Bathe"



With friends like Andrew Tatham, who needs enemies? The 34-year-old painter from Totterdown, Bristol, was sitting on the toilet one day at his mate Steve's house, looked around and decided the bathroom needed jazzing up.

So he went downstairs and told the astonished Steve: "I'm moving in for a while to paint murals in your loo."

"It's an amazing room," says Andrew. "Small, but with 12ft high walls and a skylight. I felt I could do something more with it." His idea of something more was to drape the walls in a dazzling array of colours, and paint wacky murals to keep toilet-users amused. Rollercoasters provided the suitably childish theme. "I made a couple of trips to Blackpool to go on the big rollercoasters - for research purposes only, of course. I wanted to make sure I got the look and the feeling of excitement right," he said. "If you're sitting on the toilet, and facing the back of the door, it's as if you are looking down

the rails of a rollercoaster and then off into the clouds. But if you're standing up, and looking towards the back wall, you see a woman on the rollercoaster ride, screaming her head off." Andrew, of Totterdown, Bristol, even re-panelled the whole room, which took 12 square metres of panelling and 200 screws. "That was difficult, but worst of all I

was working so high up all the

have to start all over again."

From the outside, Jonathan time. When I came off the ladder Minshull's home looks like an and looked at the painting, it ordinary two-bedroomed would often be crooked and I'd Victorian cottage. But step inside and you'll find a His finished efforts may not be mini-rainforest in his bedroom. as grand as the Sistine Chapel, "When I bought the house two but Andrew put in a nod to his

MACW/EST homes in Britain?

DECORATING HAS BECOME A NATIONAL OBSESSION BUT SOME PEOPLE LET-THEIR IMAGINATION RUN RIOT. WE SENT LOUISE HANCOCK TO VISIT SOME CREATORS OF BIZARRE HOME DESIGNS

hero, Michaelangelo. "I painted a pair of hands reaching out, next to the skylight 12ft up, like the Michaelangelo which had Adam reaching out towards God. "I felt I had to put enough detail in to make it interesting for my friends. After all, they're going to use it every day.

"They were having building work done as well, and the builders would go in and come back out, shaking their heads and asking 'What are you on?"" After his initial shock, Steve now loves his very unusual loo, says Andrew. "When people, who don't know anything about it, visit he always runs upstairs to close the door. Then he sends them up and waits to hear the response."

TIME TAKEN: 18 months from start to finish. But he took a break of eight months, and was working on it part-time after that. TOTAL COST: £500





oor life. On an impulse, she She's allergic to the sun, but now ed to do something about it. she can sit and enjoy a garden four days later she had without worrying." ed her own indoor garden Naturally, there was only one r dining room. "I obviously

n't change the weather,"

ays. "But I could do

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and put the wrought iron

of stone, similar to church

I hung ivy over parts of it.

ster bar manager walked

ing, she immediately saw

erfect outdoor table and

possible colour for the ceiling -Mediterranean sky blue. Yanni, who met Jane two years ago when she was holidaying on the Greek isle of Kos, thinks she's mad. "He has not actually seen the room yet because we only get to see each other three

or four times a year. But I sent him photos and he rang me to say I was crazy. Now he thinks all British people have rooms like this."

Time taken: Four days Total cost: £313 - £80 for gravel and paving stone, £100 for table and chairs, £88 for hardboard, £45 for lights

Olly Day is a man with an obsession. He loves cine films. So much so, he has built a replica of a 1930s art deco cinema in his home. Olly, a 35-year-old entertainer from Norfolk, says: "It took me two and a half years, but it's worth every moment and every penny when I see the big grins on people's faces when

over 20 years. Now, he owns hundreds. "I still buy films on cine film, never video," he says. "I recently bought Independence Day, which cost £230." The cinema, complete with original projection box, is tucked away at the back of the house Olly shares with his wife, Janet, and oneyear-old daughter Eleanor. "We get to the theatre through the kitchen," he says. "You open the door and go into a corridor lined with loads of signed photos from people like Charlton

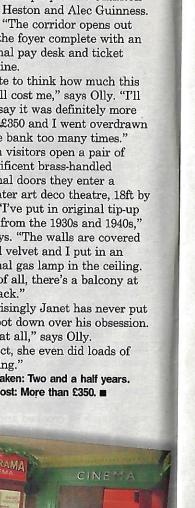
into the foyer complete with an original pay desk and ticket machine.

"I hate to think how much this has all cost me," says Olly. "I'll only say it was definitely more than £350 and I went overdrawn at the bank too many times." When visitors open a pair of magnificent brass-handled original doors they enter a 12-seater art deco theatre, 18ft by 12ft. "I've put in original tip-up seats from the 1930s and 1940s,' he says. "The walls are covered in red velvet and I put in an original gas lamp in the ceiling. Best of all, there's a balcony at the back."

Surprisingly Janet has never put her foot down over his obsession. "Not at all," says Olly.

"In fact, she even did loads of painting."

Time taken: Two and a half years. Total cost: More than £350.



The Molechaser produces sonic

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less than 3p a week to run. It is effective for areas up to 2000 -2500 square feet (approx.) depending on the configuration of the room. Simply plug in and leave it to work. You won't hear it, but the pests will. Runs from the

nains electricity with an AC Adaptor which we supply FREE, PLEASE NOTE. Not recommended if you have pet mice or guinea pigs.

oduct is fairly described you can return it un within 30 days of receipt. This is in addition to your



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1CHOCOLATE

YOU'D HAVE TO HAVE THE WILLPOWER OF A SAINT TO RESIST THESE CHOCOLATE TREATS FROM TV CHEF AMANDA GRANT.

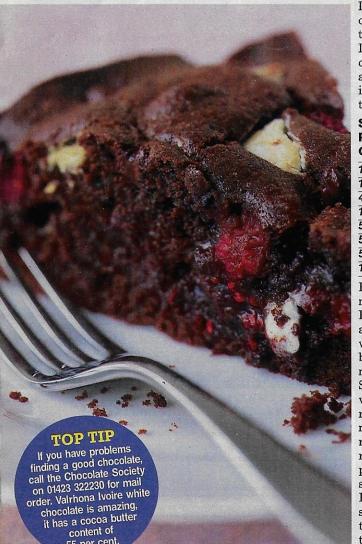
ingredients such as olive oil and wine, is taken very seriously nowadays and if you want good results you have to have the right sort. The chocolate confectionery we have all been eating since childhood may be great for nibbling on, but it is not so great for cooking with. This is because its creamy, milky and sometimes almost fudgy texture is usually the result of added fats and flavourings -

Chocolate, like other cooking

rather than cocoa solids. The chocolate you need for these recipes should be very high in cocoa solids - at least 50 per cent (so there is less fat and sugar). When you eat a piece of high-quality chocolate it should instantly taste of chocolate, it should be smooth (not greasy), dark and slightly bitter (not raw), intense (not over sweet) and crisp in texture.

I always use French or Belgian chocolate with 70 per cent cocoa solids.

CHOCOLATE RASPBERRY CAKE



Like all of the best chocolate cakes, this one is spongey around the edge and gooey in the middle. If you want to keep it completely chocolate, leave out the raspberries, and add more chocolate chunks instead, although I have to say, the raspberries work very nicely.

PREPARATION TIME: 20 MINUTES COOKING TIME: 30 MINUTES

175a/6oz butter 175g/6oz golden caster sugar 4 eggs

175g/6oz self raising flour 50g/2oz cocoa, sieved

50g/2oz white chocolate, chopped 50g/2oz dark chocolate, chopped 150g/5oz frozen raspberries

Preheat oven at 180C/350F/gas mark 4. Grease an 8in cake tin. Put the butter, sugar, eggs, flour and cocoa into a food processor and whiz until smooth (alternatively, beat by hand). Spoon half of the mixture in to the prepared cake tin. Sprinkle over half of the chopped white and dark chocolate and raspberries. Spoon the rest of the mixture on top. Scatter the remaining chocolate pieces and raspberries over the top (gently push raspberries down into mixture, so that they are almost covered). Bake for 30 minutes. The cake should be just coming away from the edges of the tin and squidgy in the middle. Leave in the tin for a few minutes before turning out. Serve warm with crème fraiche.



SOUILLIONAIRES SHORTBREAD

Be careful not to over cook the biscuit base as it will turn bitter.

MAKES: 15

PREPARATION TIME: 25 MINUTES COOKING TIME: 30 MINUTES (PLUS 2 HOURS BOILING TIME FOR THE CONDENSED MILK)

1 x 397g tin condensed milk 225g/8oz butter 125g/4oz golden caster sugar 25q/1oz cocoa 275g/10oz plain flour a pinch salt

350g/12oz dark chocolate Put the unopened tin of condensed milk in a saucepan, cover with water, bring to the boil, then simmer uncovered for two hours (keep



the chocolate is almost set cut into squares.

CHOCOLATE MOUSSE CAKE

NOTE: This recipe contains raw eggs.

You don't even need to turn the oven on. But make sure you melt the chocolate completely, as any lumps will set in the mousse mixture.

SERVES: 8 **PREPARATION TIME: 30 MINUTES**

200g/7oz dark chocolate digestive biscuits

50g/2oz butter, melted

250g/9oz mascarpone cheese

150g/5oz sugar

1 tsp vanilla extract

1 large egg, separated

200g/7oz dark chocolate, melted (see top tip) 250ml/9fl oz double cream, lightly whipped

Whiz the biscuits (or bash in a bag) to make fine crumbs. Add butter and mix. Press into an 8in spring form cake tin or flan dish. Chill in the refrigerator. Put the mascarpone in a bowl, add the sugar (reserving 25g/1oz) and whisk until smooth. Add the vanilla, egg yolk, and melted chocolate and whisk. Whip the cream and fold into the mix. In a clean bowl, whisk the egg white to soft peaks, add the remaining sugar and whisk until stiff. Fold the egg white into the chocolate mix. Pour on to the biscuit base, refrigerate for at least one hour.



WHITE CHOCOLATE BREAD AND BUTTER PUDDING



Make sure that you whisk the eggs well, we want our bread and butter pudding to be light. SERVES: 4-6

PREPARATION TIME: 25 MINUTES (PLUS 30 MINUTES STANDING)

COOKING TIME: 25 MINUTES

200gl7oz fresh bread (7 medium slices de-crusted) 275g/10oz hazelnuts

75g/3oz butter

175a/6oz white chocolate, roughly chopped

75g/3oz golden caster sugar

425ml/14fl oz full fat milk

2 cinnamon sticks

3 eggs

a pinch ground cinnamon, for dusting Preheat oven at 180C/350F/gas mark Butter an oblong ovenproof dish. Put r

baking tray and cook for five minutes golden, roughly chop. Melt the butter, chocolate, sugar, milk and cinnamon s a pan over a gentle heat. Leave to inf 30 minutes, remove the cinnamon. W eggs, pour the cooled chocolate mixture the whisked eggs and whisk again to everything together. Pour mixture the sieve into the ovenproof dish. Arrang bread in the mixture, coating each pi Scatter over the nuts. Break the cinn sticks and scatter over the top. Cook minutes, the mixture should still be w we want it moist and light in the mid slightly crisp on top.

CHOCOLATE SAUCE WITH BANANAS & RUM

The easiest chocolate sauce in the world is melted chocolate and cream. If you find yourself caught short without a pudding, make this sauce and serve hot over ice cream.

SERVES: 4 **PREPARATION TIME: 15 MINUTES**

COOKING TIME: 15 MINUTES 50g/2oz butter 125g/4oz muscovado sugar 4 bananas (not too ripe, quite firm) 100ml/31/2fl oz dark rum juice of 1/2 lemon FOR THE CHOCOLATE SAUCE: 125g/4oz good quality plain chocolate 125ml/4fl oz double cream

Melt butter and sugar in heavy-based frying pan gently until dissolved. Add bananas (cut into diagonal chunks, about three inches long),

and cook over gentle heat for 5 minut back, add rum and flambé (be careful add a little away from the heat if you When the flames die down, add lemon Cook gently for five minutes. For cho sauce, put chocolate and cream in a

gently until the chocolate has melted. Divide the bananas between four plates, spoon chocolate sauce (and crème fraiche if you fancy) by the side, scatter over fresh mint leaves and serve



DIY is my idea of hammer

COLIN WILLS WONDERS WHY ANYONE WOULD WANT TO DO IT THEMSELVES WHEN THE RESULTS ARE ALWAYS DISASTROUS.



If you drive anywhere on a Sunday there's no avoiding the DIY-ers. Out they pull from B&Q and Texas Homecare loaded

with enough gear to build a full-size replica of a Roman slave galley including oars and with enough left over to make a decent stab at the Tai Mahal. Some look like refugees fleeing some terrible war zone, with whitewood bedroom cabinets

roped to the roof-racks of their Ford Sierras, swaying in the breeze like badly set jellies. Others have six feet of **ON MY SHELF ARE** plank jutting out from the boot, as lethal as Sir Lancelot's lance, the only warning to

motorists being a pair of old red Y-fronts tied onto the end, mementoes of the days when red underpants were the last word in male seduction gear and guaranteed to get any woman rolling around the floor helpless with passion, as opposed to today, when a pair of red underpants is guaranteed to get that

same woman rolling around the floor helpless with laughter. What the heck do people do with it all? What in hell's name are they making? Take Mr Tomkinson at No 46 for instance. Is he building one of those giant catapults used to lob boulders over the battlements during assaults on castles in the Middle Ages? Is he about to launch a similar attack on Mr Pearce at No 44 just because his cat keeps using his lupins as a loo? Maybe he's shoring up the roof

of a tunnel like they 'THE ONLY THINGS do with those bedboards in THAT WILL STAY prisoner of war films. I always reckoned he had **VERY STICKY IARS** something going with that tarty-OF MARMALADE' looking redhead

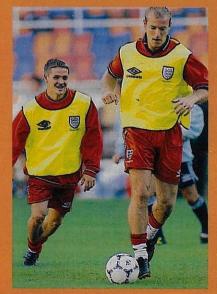
> across the road. Yeah, that'll be it. A few more feet, a heave with the pickaxe and they'll be having it off in her cellar among the cobwebs, the box of Val Doonican LPs, the pickle jars, the rusty budgie cage (once inhabited by Joey, 1982-1989) and the coffee table with the broken leg. Actually, it's never as

thrilling as that. The nearest the average DIY-er gets to walking on the wild side is building a bar in the front room. And dreadful things they are too, with tankards engraved with "Boss" and "Boss's Mate" hanging on the wall next to the bottles of electric blue liqueurs they bought while they were drunk in the Duty Free shop at Ankara airport on their holiday in Turkey. I drank a glass once to try to kill the pain in

my buttocks after two hours balancing on a bar stool listening to one bloke droning on about the advantages of teak over mahogany if you're ever thinking of making a rabbit hutch. It tasted like a mixture of cough syrup and paraffin. When it comes down to it, I'm probably only jealous. The only DIY store I would ever patronise wouldn't be called Do It All but Do Sod All. The house is littered with monuments to my incompetence. Like the time I used the wrong size nails on the shed roof, so now when you walk into it it looks as though there's a family of porcupines stuck to the ceiling. Then

there's the shelf which tilts at an angle of 45 degrees. The only things that will stay on it are extremely sticky marmalade jars. In case you're interested, I only have three tools in my toolkit. A hammer. A monkey wrench. And the telephone number of my mate, John the emergency repair man who, because I'm such a good customer, doesn't even charge me for the call-out.







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