

FCM Run Recipe - Les Cafés des Motocyclistes ***W-WM & National Regions, Saturday 27th July***

Ingredients:

1 Kawasaki Versys	Mike
1 Honda CB500S	Robert
1 Honda CBF600	Phil (ex-North West, now National)
1 BMW F800GT	David
1 Kawasaki W800	Gordon

1 sunny and warm Saturday
Mike's map

Seasoning:

1 cupful shared sense of humour
3 tbsp. banter

Method:

Firstly, gather five FCM members and place them on well-greased, cold motorcycles. Warm through by riding from various points in Lancashire, Powys and Shropshire. Blend together Mike and his Versys with Robert and Honda outside Montford Bridge café just north of Shrewsbury then transfer through warm air to the Horseshoe Pass via Llangollen and rest at the Ponderosa Café at the top of the pass. Add Phil and another Honda (he was prepared earlier and got there before us). Uncover and allow to cool while waiting for the next ingredient, which turns out to be David from Machynlleth on his handsome bronze BMW. Stand and talk then set down and add tea. When finished, combine Gordon and another Kawasaki and stir in more tea and seasoning.

When all the ingredients have been assembled, open throttles, follow Mike's map and whisk the mixture via Mold and Flint to Bagillt, just outside Holywell. Place together in the shade at Petrolheads café (except the motorcycles, which are left to simmer). Stuff with a generous filling of sausages, chips, beans and other healthy foods to taste and keep moist by serving with more tea.

This is a tiered (or should that be tired?) dish, suitable for five.



David is modelling the latest line in 'now you see me' topping.

The final step is to sprinkle a liberal coating of companionable conversation before garnishing with a route home. This is where the elements of the dish begin to separate in an orderly fashion, with David heading west, Gordon southwest and Mike, Phil and me in the general direction of Shropshire. Break a piece off on the Wrexham by-pass as Mike heads straight back to his gardening, then put Phil and Robert in a greaseproof café at Overton-on-Dee to stave off dehydration. Pour in more tea, and add some gorgeous carrot cake. (Thanks, Phil!) Suitably freshened, Phil is then pointed in the general direction of Whitchurch, where he will turn north to make his way home to Formby. Robert has only two dozen miles to travel south back to Shrewsbury.

This is a superb recipe for a summer outing and the ingredients may be multiplied or reduced to suit any number of guests. I heartily recommended it as long as you're not counting the calories. Try if you can to keep the temperature at around 20 to 25 degrees Celsius to avoid overheating, but if it does get hotter just add more liquid. Most of the ingredients may be varied, but do ensure that you don't leave out the sunshine, bonhomie and the possibility of not following the exact planned route on the way home. With our grateful thanks to Mike for preparing and serving a most enjoyable meal.