

# POPHAMS

## JOURNAL



Summer 23



## Welcome

Born out of the idea of putting an innovative spin on traditional viennoiserie baking techniques, Pophams' first bakery, tucked away on an Islington side street, opened its doors five and a half years ago. With the help of our ever supportive team, our valued customers, friends, family and a ton of butter, Pophams now encompasses three bakeries across North East London, a pasta restaurant and two homeware stores.

At the heart of Pophams there has always been a desire to forge a sense of community: within our team, with our suppliers, our makers and within the local area. With these values in mind, the idea of a Pophams Journal was conceived; not only to share the new developments within Pophams itself, but to highlight the talents, interests and achievements of our ever-growing network of people.

In this issue you can find an interview with one of our talented ceramicists, a delicious seasonal recipe to try at home and much more. We hope you enjoy reading!

### Founder

Ollie Gold

### Creative Director

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### Editor

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### Designer

James Coltman

[pophamsbakery.com](http://pophamsbakery.com)

[@pophamsbakery](https://www.instagram.com/pophamsbakery)

[www.pophamshome.com](http://www.pophamshome.com)



## Bakery locations

### Islington - NI 8PF

Mon - Fri 07.30 - 16.00

Sat 08.00 - 16.00

Sun 08.30 - 16.00

### London Fields - E8 3NJ

Mon - Fri 07.30 - 16.00

Sat 08.00 - 16.00

Sun 08.30 - 16.00

### Restaurant

Weds - Sat 18.00 - 23.00

### Victoria Park - E9 7HA

Mon - Sat 08.00 - 16.00

Sun 08.30 - 16.00

## Pophams Home

### London Fields - E8 3NJ

Mon - Sat 09.00 - 16.30

Sun 10.00 - 16.00

### Pophams Home & Pantry

21 Prebend Street, NI 8PF

Opening August 2023

## Pasta, wine and

Working with British and Italian produce, you may have seen our head chef Rae Arends, or current acting head chef Konstantina Kardakou, and their talented team at London Fields partake in the daily ritual of hand-shaping hundreds of individual pieces of pasta.

Using both traditional and inventive pasta shapes, our chefs take inspiration from notorious Italian flavours while adding a modern, creative approach. The pasta is served alongside a refreshing selection

of alcoholic, and non-alcoholic, cocktails as well as a diverse menu of wines. Working with a variety of producers, our restaurant manager, Lia, curates a wine menu which highlights makers who utilise a mixture of well and lesser known grapes, often combining these with innovative and low intervention methods. The result is a compelling and unique offering which pairs wonderfully with our dishes.

Now that al fresco dining season is upon us, it is the

## sunshine in London Fields



perfect time to come and enjoy our dynamic menu. Book a table on our terrace and try a selection of small plates designed for sharing, whilst soaking up some late evening sun.

Our London Fields restaurant is open from 6pm Wednesday to Saturday evenings.

### Left - current menu

Cannellini of crushed jersey royal potatoes, Comté, caramelised leeks, spring onions, and crispy potato matchsticks.



## Workshops

**Masking Tape Mushrooms  
with Studio Funnel**  
Sunday 23rd July

**Hand Build a Ceramic Spice  
Pot with Veronika Solarova**  
Thursday 27th July

**Botanical Watercolours  
with Jasmyn Kopcsandy**  
Sunday 6th August

**Still Life Drawing with  
Lara Robinson**  
Thursday 17th August

**To book or find out what's  
on visit [pophamshome.com](http://pophamshome.com)**

## For hire

Our London Fields studio space is available for private hire for corporate meetings, events and parties with the additional option of catering or workshops. Get in touch with [hannah@pophamsbakery.com](mailto:hannah@pophamsbakery.com) to find out more.



## Our guide

Scan the QR code below to read the full guide



Just a few of our favourites (it's hard to narrow it down!)

- ♦The Deli Downstairs
- ♦Sublime
- ♦Big
- ♦The Ginger Pig
- ♦Kate Sheridan
- ♦The Empress
- ♦Bottle Apostle
- ♦My Neighbours the Dumplings

### Top tip

Stock up on supplies from our neighbour The Deli Downstairs (pictured below) then head into the park for pedalos and a picnic.

## Have you visited Victoria Park Village?

Truly a little haven in East London, Victoria Park Village lives up to its name - making you feel as if you've been transported to a leafy countryside location. Nestled around a lush green roundabout, gardened by locals, is a community of independent shops and businesses. We were lucky enough to join them a year ago and feel totally at home. Many of the businesses have been around for years and offer

everything you could need. There's a butchers, a florist, a fishmonger, and a whole host of great pubs and restaurants, plus much more! Bordering the glorious Victoria Park with its iconic Chinese Pagoda, numerous music festivals, and pedalos for hiring out on a sunny afternoon, the village is the ideal location to while away a Summer's day. We took a stroll around the village to some of our favourite spots.





# Meet Katto Knives

Founded by friends Josh and Thomas, London-based Katto believes cooking to be an experience which not only creates delicious dinners, but also adds a sense of calm and escapism to your everyday. Good cooking starts with good tools and this is reflected in their ethos for fewer, better, more opportune things that last forever, and make dinners better. Using the best materials combined with handmade techniques, each piece is designed to have minimal impact on the environment. We recently partnered with Katto to create a bespoke oak handled bread knife, and caught up with Josh over a coffee and a croissant.

## **Tell us a little bit about how and why you began Katto?**

The idea for the business actually came from a pretty bleak period in my life. In 2016 I had a mental breakdown which culminated in being diagnosed with an anxiety disorder. Cooking was one of the few things which seemed to calm my mind. Having discovered this, I became slightly obsessed with getting all the kit. The only problem was that what I wanted - beautiful, handmade, sustainable tools - were way out of my budget. So along with my best friend Thomas, I decided to create them.



## **Why Japanese steel?**

Everything we make at Katto aims to marry brilliant form with exceptional function. Japanese knife blades are the perfect embodiment of this. They're aesthetically striking, beautiful even. But more importantly, the hardness and edge you can achieve using a steel like Japanese AUS-10 is just second to none.

## **Why is sustainability important to you?**

Primarily because it's the right thing to do. But also because our customers demand it. They want packaging which is 100% recyclable (and recycled). They expect us to use electric delivery vehicles. And most importantly they want their knife, or pan, or chopping board to last for yonks.





**What is your most used / cannot live without kitchen utensil?**

My Katto x Pophams oak-handled bread knife of course! Failing that it would be a proper Microplane (accept no substitutes), or my Ooni. Not for pizza, mind you - far too fatty. Instead I use it to get a cast iron skillet screaming hot for steaks, or tuna, or charring brassicas.

**What do you like most about running your own business? And what have you learnt from it?**

I honestly love it all - the variety, the freedom, the fact that you can decide something in the morning and then make it happen in the afternoon. It's taught me so much; but primarily that enjoying work is crucial for mental health. And that the vast majority of human beings - customers, suppliers, colleagues - are brilliant and kind and supportive.

**What's your favourite piece in the new cookware range?**

I adore the sauté pan from our new cast iron collection. It's perfect for relaxed, informal, oven-to-table cooking. I use it to slow cook something rich and delicious and then plonk it in the middle of the table with a green salad, a torn loaf of sourdough and a bottle of fantastic red wine. What could be better?

**What's your go-to dish when cooking at home?**

At least once a week (usually when my vegetarian wife is out) I'll liberally season and roast a couple of chicken thighs until the skin is crispy and salty; and serve them with some soy-smacked cucumbers, a little



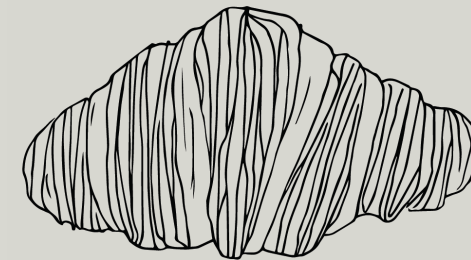
**Favourite place to dine in London?**

My friend Jim has a pub in Notting Hill called The Pelican which marries wonderful, unfussy, modern British food with jolly service and an incredibly accessible wine list. Closer to home (I'm a South Londoner), you'd struggle to beat a dozen oysters, a barnsley chop and the house Barberesco at Franklins in East Dulwich.

**What's your favourite Pophams pastry?**

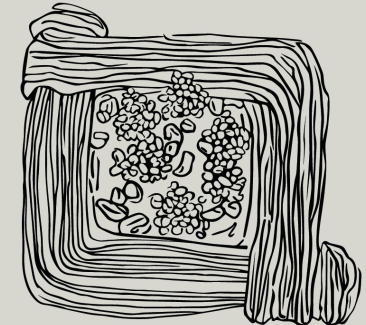
I love an almond croissant. And the one at Pophams is excellent!

mound of egg fried rice and a blob of gochujang. Culturally inappropriate, I'm sure. But also very delicious.



# Get Pophams direct to your door

We are now offering delivery and collection for our pastries and breakfast menu



## PASTRIES. YOGURTS. COFFEE.

Available to order 24/7  
Order by 11am, 2 days in advance,  
for collection or delivery Monday to Friday.

For large events/celebration orders,  
please contact [hannah@pophamsbakery.com](mailto:hannah@pophamsbakery.com)





## Adrianna Giakoumis *x Pophams*



Photographer Adrianna Giakoumis started out at Pophams three and a half years ago as a barista in our Islington bakery. Interested in photography, she then began to pursue it as a career and has now captured a host of London-based businesses and restaurants with her expert eye and lens.

Inspired by a mix of contemporary still-life photographers and mid-century painters, Adrianna recently began an ongoing photography series which showcases our products in a new light. Playing around with the composition and the forms of fresh produce, and our current range of ceramics from makers such as Grace McCarthy, Verum, and Lora Huws, she creates images which contrast the complex organic forms with clean minimal lines of human-made objects.



We first came across Rebecca Morris' work just over a year ago and were instantly drawn to her functional, elegant tableware and her passion for the self-taught craft. We chat to the Manchester-based ceramicist to find out how it all started.

### **Tell us a little bit about your journey and what it took to become a professional ceramicist?**

I was first introduced to clay during my Art A-Level (many years ago) when I had the chance to hand build. I really wanted to try throwing on a wheel - Johnny Vegas - a ceramist with a particular skill in throwing, came to my college to teach ceramics for the last few months of my A levels. Although I was inspired, it was too close to my exams for me to start, so I never actually had the chance to try throwing until about 6 years ago. I signed up for an evening class and after my first go on a wheel, I was instantly addicted.

However, throwing once a week wasn't enough and I knew I needed to practice every day. So I bought a small wheel, set it up in the corner of my kitchen, watched YouTube videos and taught myself to throw every night after my kids had gone to bed.

In 2018 myself and some clay friends opened Manchester Ceramics Collective studio in Old Trafford, and that's when I made the switch from working as a TV producer to making ceramics full time.

Five of us founded the studio, driven by the aim of providing an affordable studio space where potters and ceramicists could develop their practice, and turn their passion into a viable business. Now there are 14 of us sharing the building,



## Rebecca Morris



each running our own individual businesses from the shared space.

### **What do you like most about your job?**

All my work is thrown on the wheel. I love throwing! It's the closest I can get to meditating (which I'm no good at) as it

requires full concentration and focus. I can honestly say I love what I do.

I've been lucky enough to have made work for a number of chefs including Manchester's current 'Chef of the year', which I really, really enjoy. Especially when it involves making slightly unusual or quirky pieces to serve dishes on.

### **What are you currently working on?**

At the moment I'm loving making work for a London based collective of Black Chefs called 'The Future Plate'. Their amazing fine dining cuisine showcases the very best of African and Caribbean dining.

You can purchase Rebecca Morris's ceramics in either of our homeware shops or online at [www.pophamshome.com](http://www.pophamshome.com)



# Jade's Earl Grey iced tea

## Makes 5-6 drinks

Steep 30g of loose leaf earl grey tea in 1 litre of hot water for five minutes then strain and remove the leaves.

Add the peel of 1 large orange, sugar to taste and 200g of ice.

Stir until cooled and ideally leave overnight in the fridge to allow the orange peel to infuse (but you can also serve immediately).

When you're ready to serve, pour over ice and top with a dash of sparkling or soda water.

Garnish with a sprig of mint and a slice of orange.



## Kelly's Cause

Set up by Tobie-Anna Durk in memory of her late friend, Kelly's Cause is a Charity which aims to improve the mental health of those working in hospitality. An industry known for its intense environments, and long hours, these characteristics have inevitable negative implications on mental health.

These impacts are often ignored. To help remedy this, Kelly's Cause offers hospitality specific Mental Health First Aid and Mental Health Awareness courses to individuals, and businesses. It aims to equip the employees with the skills necessary to recognise poor mental health, and provide support to allow them take care of their own wellbeing.

Pophams has worked closely with Kelly's Cause over the past three years, developing our

Mental Health Policy to include protocol such as a traffic light support system, and training our managers so that they are better able to assist and communicate with their team.

Kelly's Cause extends their help beyond our team, out to our customers and our own supportive network. Some of you may have received a free pain au chocolat back in May during Mental Health Awareness Week. We handed these out in the hope that they would be passed on to someone in need of a little something to brighten their day.

If you would like to help support Kelly's Cause, you can donate directly, fundraise or enroll onto one of their courses. For more information, please visit their website at: [www.kellyscause.com](http://www.kellyscause.com) or find them on instagram @kellyscause

## Tip our team

On the counter in each of our bakeries you may have noticed the TipJar device. This electronic terminal allows our customers, should they feel compelled, to provide a tip from £1 to £10 via a simple contactless payment. All money received is shared equally between our daytime staff members - not only with the front of house and barista teams on shift, but also the talented bakers and chefs that work behind the scenes (and often earlier in the morning) creating the day's delicious sweet and savoury treats. A quick and easy way to acknowledge the great service and experience our staff strive to provide if you so wish!



**We are always on the lookout for enthusiastic and skilled people to join our team. To see what vacancies we currently have go online to [www.pophamsbakery.com/careers](http://www.pophamsbakery.com/careers) or send us your CV to [careers@pophamsbakery.com](mailto:careers@pophamsbakery.com)**

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# Recipe

## Kofi's ginger nut biscuits

Our head baker Kofi Hoyle has given us her recipe for classic ginger nut biscuits. Crunchy and delicious with the perfect amount of heat and great for dunking!

**Makes 30 Cookies**  
**Ingredients**

40g Golden Syrup  
60g Butter

45g Milk  
100g Sugar  
200g Plain Flour  
1 tsp Bicarbonate of Soda  
1 tsp Baking Powder  
¼ tsp Salt  
½ tbsp Ground Ginger  
(you can add 1 tbsp if you like a lot of heat)

- In a pan, melt the butter and add the golden syrup to warm through. Set aside to cool. Once cooled, whisk in the milk.

- Sieve all the dry ingredients into a bowl, then add the butter and syrup mixture. Mix to form a dough. Wrap the dough in cling film and place in the fridge to



firm up for 1 hour.

- Preheat the oven to 170°C (fan).

- Divide the dough into 30 and roll into balls using the palms of your hands. Place the cookies onto a baking tray lined with parchment paper, leaving about an inch or two in between each ball.

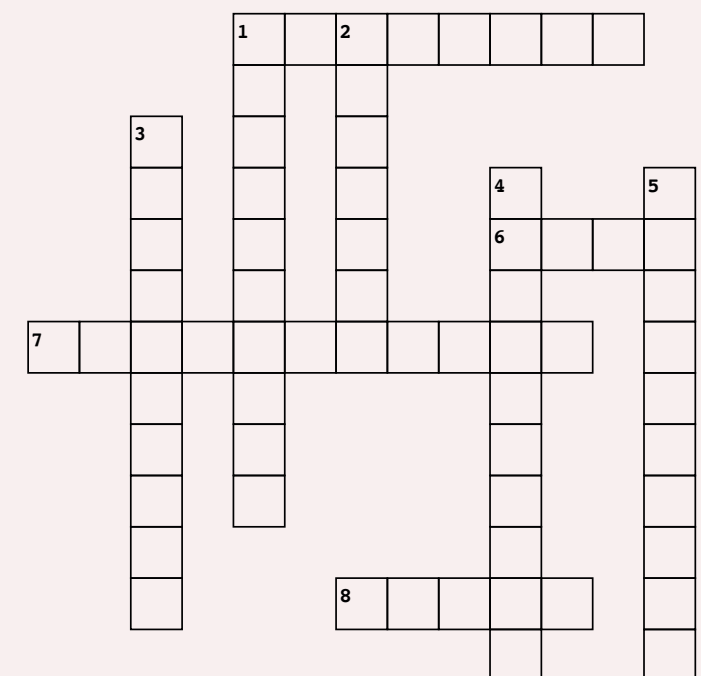
- Bake for 8-10 minutes until golden brown and firm on the outside. These should still be soft in the centre (they will firm up as they cool).

**NB:** Once the dough is made you can freeze it for up to 1 month – thaw before rolling and baking.



## Pophams puzzles

Name the pasta shape from the Italian translation



**Across**  
1 Butterflies  
6 Grain of barley or rice  
7 Little ears  
8 Quills

**Down**  
1 Little ribbons  
2 Wrapped parcels  
3 Large reeds  
4 Little Pies  
5 Shells



