Roti and a side with diamonds

Music lovers **Colleen Murphy** and **Adam Dewhurst** put on a Sgt Pepper-themed feast with a Trini twist - with a little help from their friends ...

What was the occasion?
Colleen: I run an album listening club called Classic Album Sundays; my husband and I both work in the music industry, and for years we used to make Sunday lunch for friends, then listen to a rare pressing of a classic album from start to finish on our analogue valve hi-fi. Three years ago, I decided to try the concept out in the upstairs room of a pub. It's just progressed from that point on, and now it's one of the most respected album listening clubs in the world - we have events in cities across the globe, guest speakers such as Nile Rodgers introducing albums he has produced, as well as making our own music documentaries for the website. We wanted to have a new year celebration with our close friends Rich and Sara and their children, and thought it'd be fun to go back to the starting point of Classic Album Sundays. I have an original pressing of Sgt Pepper's Lonely Hearts Club Band, so we decided to plan a Sunday lunch around it - there's so much you can draw on for a menu with that, and of course it's one of the albums that changed pop music and recording techniques forever.
Adam: I love to cook, and pepper was the obvious starting point for the menu. As Sgt Pepper has such a strong Indian influence, it seemed to be a good reason to cook a Trinidadian meal - many islanders have Indian heritage. I've been more times than I can remember, and I'm really obsessed with the food. It's actually really hard to find good, authentic restaurants in the UK. Rich is also half Trinidadian, so he helped to prepare a few dishes.

What was on the menu?
Adam: We began by thinking of puns on track titles - it was really fun to play around with the food based on the album. We started off with a For the Benefit of Mr Kite cocktail, which was a version of a classic rum fizz, but I added cream soda so the kite drink stirrers looked as if they were coming out of the clouds. I also really wanted to make doubles (flatbread filled with a chickpea curry), a Trini breakfast food, so they fitted well with the song Good Morning Good Morning. Then we had "buss up shot", where different curries are served with roti flatbread, similar to thali-style eating. We had curried squash, callaloo, a spinach dish, chicken rice pilau, and "oil down"; which is breadfruit and salt cod cooked for hours in coconut milk - you just keep adding it until the fruit has absorbed as much as possible. Rich brought Sgt Pepper's hot sauce, which we then referred to as A Little Help from Our Friends.
Colleen: For dessert, I made a mango syllabub, inspired by Lucy in the Sky with Diamonds; the fruit represented the sunset, and I studded the cream with edible diamonds to make it look sky-like. I served them with Lonely Heart coconut tuiles.

What did you talk about?
Adam: Puns dominated most of the conversation - Sara was really on a roll! We talked about Trinidad quite a lot too, as that's how I met Rich about 10 years ago, when I heard him discussing it with a mutual friend. He also shares my love of the food; we've been searching for ages for a Trini herb called *chadon beni*, but have never managed to find it here. Rich went on an online mission and managed to find out that it was used a lot in Vietnamese cooking, but it's called something different. We used it in a few of the dishes, and it made all the difference.
Colleen: We hadn't seen each other in a couple of weeks, so we had a general catch-up. We also talked about what's been happening with Classic Album Sundays; I think it's popular because it raises so many questions about how we