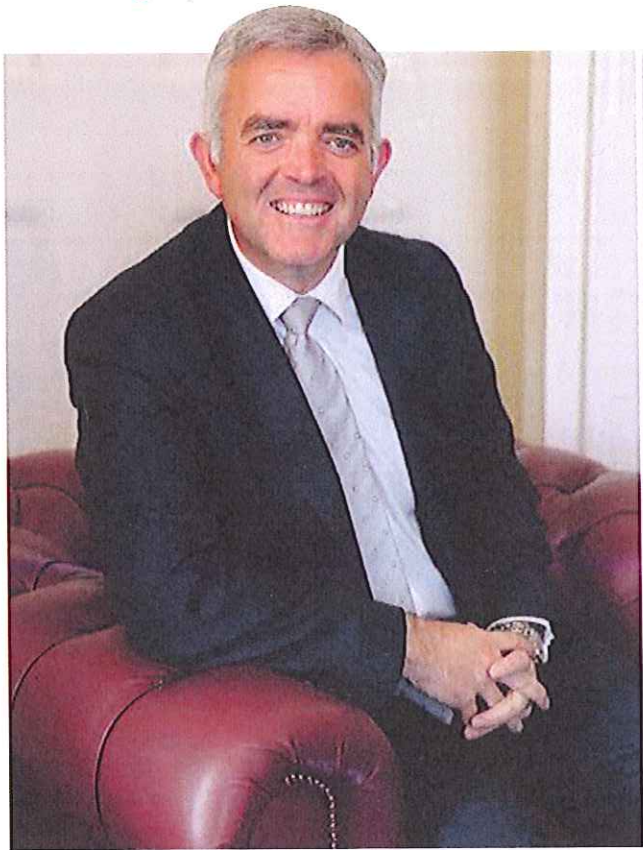


Northern Ireland Year of Food & Drink 2016





Food and drink will feed the tourism momentum

There are many advantages and opportunities surrounding the Year of Food and Drink 2016, both to Northern Ireland tourism and to the wider economy. But perhaps the most important gain in 2016 will be in actually celebrating our own local produce.

The food and drink industry has always been central to Northern Ireland's economic prospects, yet our delicious offerings have, until recently, tended to be served up with little fanfare.

This year, however, our indigenous food and drink is taking centre stage, and is finally getting the profile and recognition it deserves.

Led by Tourism NI in partnership with Food NI, Invest NI, local authorities and government departments, the Year of Food and Drink 2016 will celebrate gastronomy of all flavours, and businesses of all sizes, from small-scale producers to long-established favourites such as Tayto.

We are lucky to have such a fantastic array of fresh ingredients, a wide range of eateries and food events, talented chefs, artisan producers and indeed a flourishing foodie culture in Northern Ireland.

By Jonathan Bell, Minister for Enterprise, Trade and Investment

So it is both right and timely that the successes earned by our innovators in recent years come into the spotlight in 2016.

As well as a rather tasty set of core produce, such as meat, dairy and breads, Northern Ireland is experiencing an explosion of artisan food and drink that is boosting our international reputation. From Baronscourt Estate wowing the judges at the Great Taste Awards with its wild silka venison, to Hughes Craft Distillery scooping international awards with Ruby Blue Vodka, to Ox in Belfast being listed as one of the top six restaurants in Western Europe to visit to eat, the Northern Ireland menu has never been stronger or fuller.

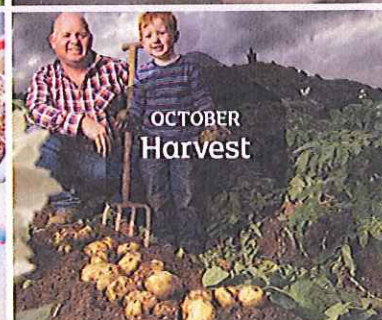
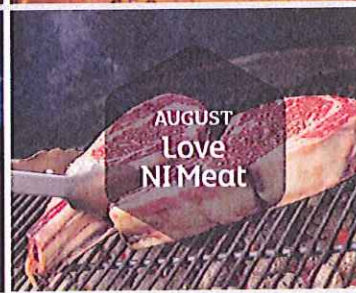
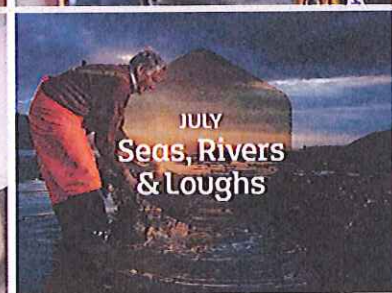
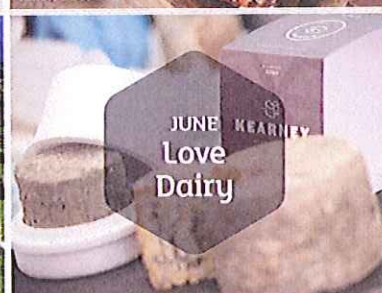
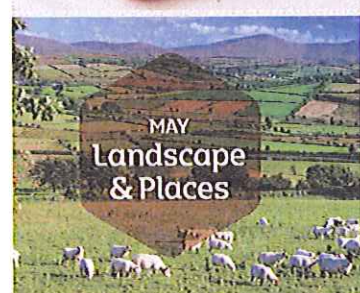
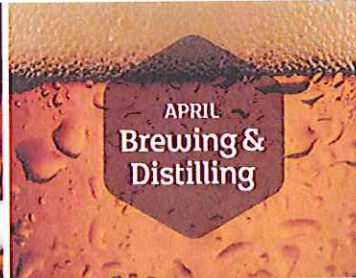
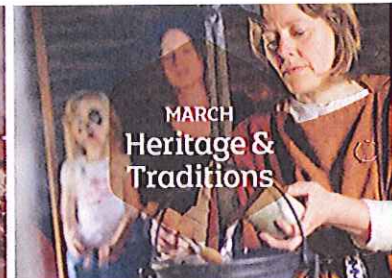
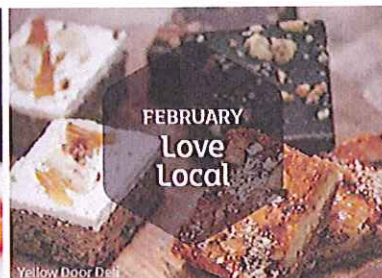
This is generating unprecedented interest from top food critics and opinion-forming journalists who are noting the quality and range of our food and drink offerings. As the message about our foodie haven spreads out further both domestically and internationally in 2016, I am certain we will make new

connections with tourists, foodies and intrepid adventurers who are curious about our local food stories, and I believe we'll win their hearts, minds, taste buds and spending power.

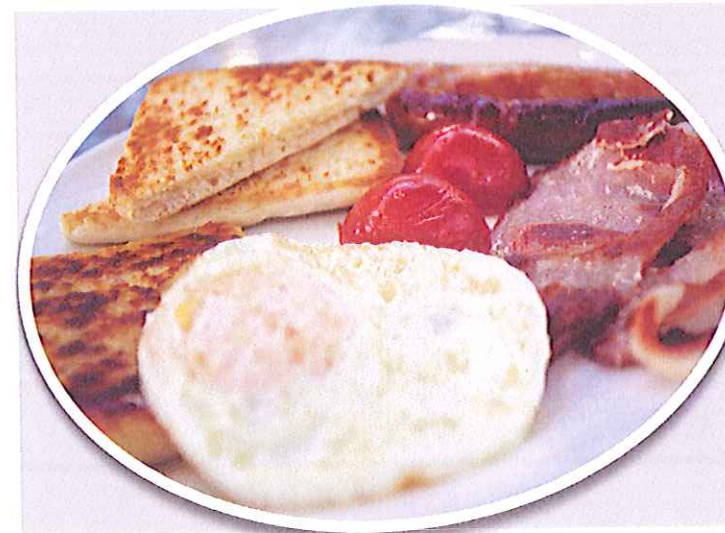
More and more people are choosing Northern Ireland as a destination, and while we are on track to make tourism a £1 billion industry by 2020, there is always room for growth. The Year of Food and Drink 2016 has significant potential to create further growth and to feed the momentum tourism has built up, particularly since 2012.

With such an outstanding calendar of events and culinary experiences developing, the targets of increasing food-related visitor satisfaction by 5%, generating £10 million of positive PR and boosting export sales of local food and drink should be eminently achievable.

In its first few weeks it is pleasing to see the gusto with which this initiative has been embraced right across the tourism and hospitality industry, the agri-food sector, local businesses, international markets and social media. Now we must channel this energy into making the most of the year ahead.



January - Breakfast Month



All eyes on the Ulster fry

What better way to start the day - or indeed launch Northern Ireland Year of Food and Drink 2016 - than with a hearty breakfast, packed with natural goodness? The Ulster Fry is as famous across the world as Cu Chulainn himself and will have you feeling ready to take on your own personal giants!

Often we tuck into one of our national institutions without giving it a thought but in fact in many cases that plate is full of award-winning fare which is also being served up in the finest establishments across the UK and Ireland, from Fortnum and Masons or Harrods to Michelin star winning restaurants.

Some hotels, like the Hastings group, have begun to shout about the provenance of their produce and you can tuck into their Food Heritage books while you're feasting.

According to BBC Radio Ulster chef Paula McIntyre: "The Hastings' breakfast is a roll call of Great Taste Award winning producers from our indigenous soda farls and potato breads, to the Armagh Apple juice and handmade

granola and everything in between." Many other hotels and restaurants also serve up a great cooked breakfast, such as Harlem Cafe, or Deane's Deli in Belfast, the Moody Bar in Armagh and the French Rooms, Bushmills, to name but a few.

Rachel Quigg, Communications & Destination PR Officer at Tourism Northern Ireland explains why everyone should tuck in to Breakfast Month: "Northern Ireland's dedicated farmers, talented food producers and creative artisans have been using our unique fields, rivers and lakes to make world-class food, for centuries. And breakfast, hailed as the most important meal of the day, features some of NI's finest produce including Abernethy Butter which is churned by hand in Dromara, Annaghmore Mushrooms, Kennedy bacon, White's Oats - I could go on!"

* January 29 is Ulster FRYday and everyone can get involved by sharing breakfast images with the hashtag #UlsterFRYday. Be sure to tag @Food_NI and @discoverNI.

Crunch time

These cold winter mornings call for a steaming hot bowl of porridge and where better to start than with Tandragee based White's Oats, experts at the perfect porridge since 1841.

Traditionally made the night before to take to the fields, porridge is a natural superfood and releases its energy slowly, making you feel fuller for longer. Go for the traditional oat, instant or try one of White's oat cereals. Sprinkle with Linwoods' milled seeds, nuts and berries for extra vitamins and minerals. A household name with outlets all over Europe, the USA and the Middle East, Linwoods is an Armagh based company which has racked

up dozens of quality awards over the years, not least for its bakery products.

Granola lovers can follow Harrods' lead and stock up on Tammagh Foods' award-winning cereal. Kevin and Julie Hickey supply the iconic London retailer with Maple, Nut & Seed granolas from their Sperrins base.

Wash it down with something delicious from McCann & Son's Harvest juice range, the latest outshoot from this Portadown based firm which has supplied fruit to retailers for three generations.



For further information

your taste runs to a filled soda: full works, you might wash it with a brew so strong you could stand your spoon in it, or with one of the warming, thirst-quenching teas and smooth coffees which have been winning awards for Northern Ireland producers and importers of late.

Great Taste Award-winning SD Bell's Natural Leaf Tea is a full flavoured, smooth breakfast-style tea while Suki Tea's signature Belfast Brew is another full flavoured Great Taste winner.

Coffee lovers won't miss out on flavour with Pure Roast Coffee's Mama Cata coffee, grown in Panama and roasted in Lisburn, which, like SD Bell's and Suki, was awarded a prestigious 2 stars in the Great Taste Awards 2015.

Baillies Coffee have been supplying fine din-



ing establishments from their Belfast base for years and you can now have their award winning, freshly roasted beans delivered direct to your door!

Stay and eat.... Newforge Country House

Guests staying at Newforge Country House in Magheralin, Co Armagh, get to start their day with the Best Country House Breakfast in Ireland, according to top food writer Georgina Campbell.

Owners John and Lou Mathers (pictured) opened this beautiful 5 star country house in 2005, and chef John set about perfecting his own take on the traditional Ulster fry, going for quality ingredients, locally sourced and beautifully prepared.

The result inspired food critic and writer, Charles Campion to suggest

that "Ulster may be the breakfast capital of Europe."

"The Ulster Fry is seen by some people as being stodgy. It shouldn't be," says John Mathers.

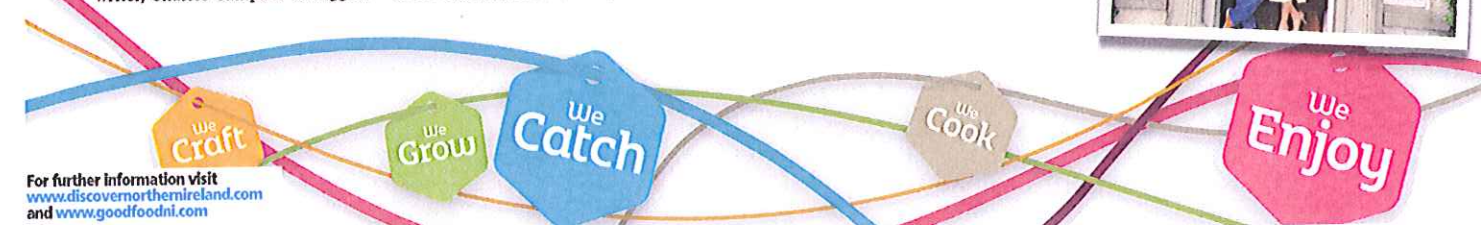
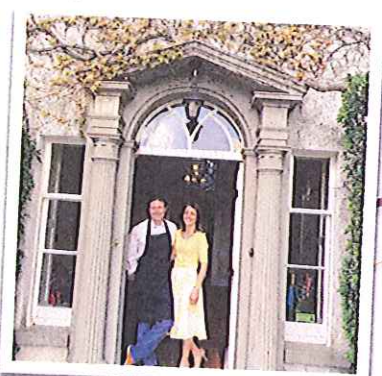
The Newforge fry is cooked without fat, but just a splash of rapeseed oil from Harnett's in Waringstown while the eggs come from Newforge's own free-range hens, the bacon is dry-cured and comes from Hannan Meats in Moira, thick pork sausages are from Martin Madden's butchers in Lurgan and the potato and soda breads, from a local bakery are coated with

Abernethy handmade butter from Dromore.

The spicy black pudding is from Gracchill, near Ballymena. The tomatoes are roasted and while mushrooms are included baked beans are not. Guests can also enjoy Clondeboy Estate Yoghurt from Bangor, Armagh apple juice and porridge from White's in Tandragee.

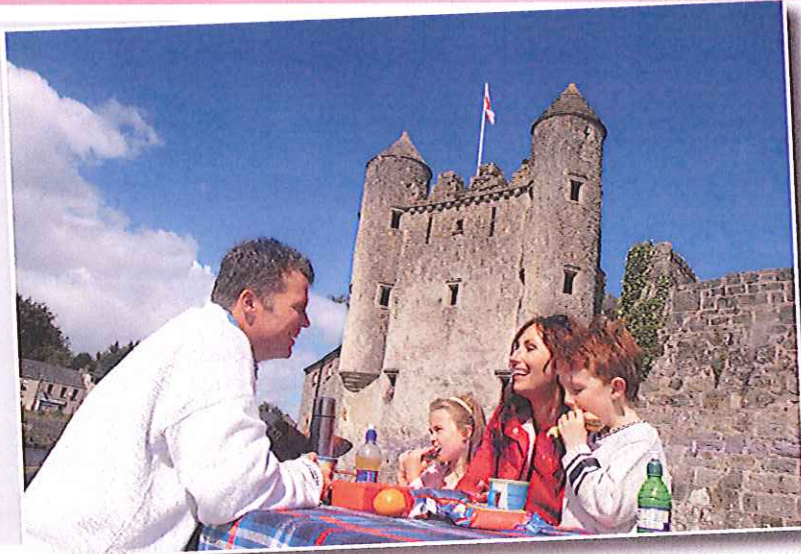
Lou and John's meticulous attention to detail have seen Newforge rack up many awards and a place in the influential Blue Book of Irish Country Houses, Historic Hotels and Restaurants this year.

www.newforgehouse.com



For further information visit
www.discovernorthernireland.com
and www.goodfoodni.com

February - Love Local



The lure of home

You don't have to emigrate to appreciate the unique, distinctive flavours of Northern Ireland and the whole island - but often it's the plaintive calls of people overseas, pining for a bag of Tayto cheese 'n' onion, a fruit loaf from Bangor's Heatherlea bakery, or a Plain loaf that make us appreciate the tasty treasures we take for granted.

Even dishes you should be able to replicate elsewhere - like vegetable broth with soup celery or a thick, rich beefy stew, don't taste the same

Enjoying a picnic at Enniskillen Castle

anywhere else. Whether it's in the water or the landscape that gives up the ingredients, there's no place like home for traditional, authentically flavoured fare.

Smells trigger memories, the salt spray coming from the Irish Sea as you tuck into a bag of dulce, then rush indoors and warm your hands on a steaming mug of tea. As often as not, it'll be Thompson's - winner of more Great Taste Awards than any other tea in the UK. A thick slice of wheaten with lashings of butter adds the finishing touch.

Come the summer and no day will be complete without a slider of Dale Farm ice cream, or some

of the new kids on the block, from Glastry Farm or Braemar Farm in a tub or cone.

Do what your parents did and pack a picnic using fresh local bread, cheese, ham, fruit and juice and head for a familiar beauty spot or even somewhere you've never been before.

Roast up a batch of Moy Park chicken drumsticks or a whole chicken the night before and have it with a crusty loaf and some delicious creamy coleslaw from Country Kitchen or Fresh Food Kitchen.

Remember, it's good to reflect on the good old days but don't forget to create your own memories too.

Crunch time...

The 500 year old castle which has become synonymous with Ulster's most famous crisps, was just an ordinary castle, subject to battles and take overs until it eventually fell into disrepair.

It was snapped up by visionary businessman Thomas Hutchinson in 1955 and just a year later, wondering what to do with it, he hit on the idea of making a new potato product called crisps. The result was Tayto crisps, one of the world's best loved brands.

It would be hard to put a figure on the number of tonnes of potatoes - all locally grown - which have disappeared into the Tayto castle in the heart of the Co. Armagh countryside in the ensuing six decades only



to emerge in those distinctive bags with Mr Tayto on the front, having been peeled, sliced, fried and spiced to perfection.

While more ranges such as Rough Cuts and Onion Rings have been added over the years, Mr Tayto is expected to celebrate this diamond year with more priceless concoctions.

To book a weekday tour of the castle, visit www.tayto.com.



Stack 'em up

This month sees an important food tradition when we all go 'flipping' mad and pile up stacks of pancakes for Shrove Tuesday.

While our American cousins have staked a claim to the pancake and the French to the crepe, according to National Geographic, pancakes in some form or other have been around since the Stone Age.

The ancient Greeks and Romans ate them sweetened with honey; the Elizabethans liked them with spices, rosewater, sherry or apples.

On these islands, Shrove Tuesday or Pancake Day, was the last chance

to enjoy and use up perishables like eggs, milk, and butter before Lent brought its 40 day fast.

Follow our recipe for perfect pancakes using the best of native ingredients such as Andrew's Flour, established back in 1722, local eggs such as Clements, Glenballyeamon or Cavanagh's and buttermilk from Dale Farm.

Ingredients (makes 6)
225g plain flour
1 tablespoon sugar
1 teaspoon baking powder
1/2 teaspoon bicarbonate of soda
1/2 teaspoon salt
375ml buttermilk
1 large egg
2 tablespoons melted butter or margarine.

Method
Put all the dry ingredients into a large bowl and stir.

Mix the butter/margarine, egg and buttermilk in a jug and add gradually to the dry ingredients, mixing with a handwhisk as you go.

Heat some Briolette Gold rapeseed oil in a pan. Add a small amount of the pancake mix - it should brown quickly but not burn. Once you are happy with the temperature of the pan, begin making your pancakes. You'll notice holes forming on the top as they cook but filling in again immediately. Once those holes remain visible, you're ready to flip the pancake.

Add a splash of lemon juice and sugar. Enjoy!

Stay and eat... Coq & Bull @ Clondeboy Lodge Hotel, Bangor

Stay at the 4 Star Clondeboy Lodge Hotel and enjoy a meal or afternoon tea in this popular restaurant featuring a menu designed by Nick Price, 'The Accidental Chef'.

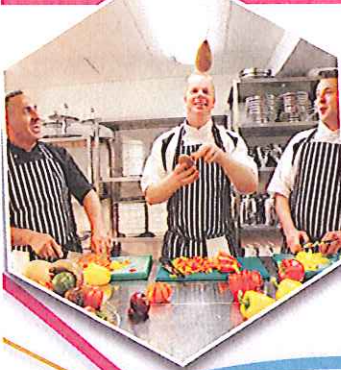
The menu is based on premium quality produce that's fresh, seasonal and locally sourced.

Vegetables are grown just down the road in the fertile Ards Peninsula, dairy produce comes from grass-fed herds while the yoghurt is from

neighbouring Clondeboy Estate and the ice cream is the local Glastry Farm product.

It features organic chicken and beef from traditional farm-reared Irish breeds, fish freshly caught in the Irish Sea and Glenarm salmon. Menu ingredients are garnered from small-scale, artisan producers. The kitchen team works in partnership with their suppliers, using their shared expertise to develop dishes that surprise and delight.

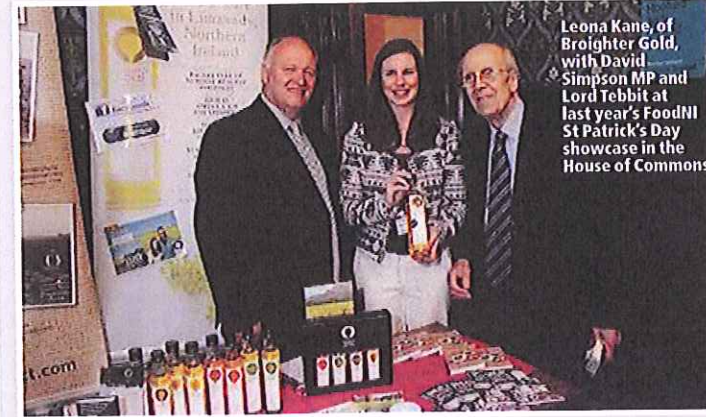
The multi-award winning hotel is close enough to Belfast to be easy to get to but enjoys a rural setting on the outskirts of Bangor, opposite a golf course and with beautiful landscaped gardens. www.clondeboylodge.com



For further information visit www.discovernorthernireland.com and www.nigoodfood.com

March - Heritage and Tradition

Heritage foods fact file



Leona Kane, of Briolette Gold, with David Simpson MP and Lord Tebbitt at last year's FoodNI St Patrick's Day showcase in the House of Commons

If it was good enough for Lincoln...

With both St Patrick's Day and Easter Sunday (March 27) falling this month, there's an emphasis on heritage across the land of Saints and Scholars - from what people have eaten over the centuries to how it was produced and cooked.

Heritage chef Emmet McCourt has been a key figure in the resurgence of traditional Irish dishes and encouraging people to a new pride in our food heritage. Even the lowly St Patrick's Day dish of Corned Beef has a story.

Ireland exported huge quantities of Corned Beef to the new world and the West Indian sugar plantations in the 17th and 18th centuries. Cork was the chief export town of the time, followed by Belfast, Dublin and Derry-Londonderry.

Corned Beef - spiced, salted, cured brisket - gets its name from the salt crystal used in curing the beef, the same size as a grain of corn.

Curing and the preserving of meat and fish so that it sustained people through the winter months, was common practice here centuries ago.

When the Great Famine forced the large scale exodus of people to the new world, they brought their food traditions with them and to this day Corned Beef is eaten by the Irish Diaspora on St Patrick's Day. Even President Lincoln is said to have indulged.

A great insight into the culinary trends of the past was gained with the discovery of a cookery book, handwritten by James Herdman in 1861. It is now on display at Slon Stables in Slon Mills, Co Londonderry and visitors can scroll through the digital display and on certain occasions, sample some of the recipes for dishes such as Beef olives. James and his brothers John and George founded the linen mill and James wrote the book ahead of a boxing day talk to the

women of the village, giving them advice on how to eat healthily including such gems as how long it takes to digest tripe and boiled rice (an hour).

To celebrate St Patrick's Day, the food and drink producers' organisation FoodNI will be bringing the best of local fare to the Houses of Parliament for a special showcase, on March 16.

Throughout the month, Tourism NI, Food NI and local chefs will be showcasing the best of traditional growing and cooking methods.

Members of the public will be able to pick up recipes and with the burgeoning supply of heritage varieties of meat, fruit and vegetables, possibly get to try a dish as it was originally created.

For great books by local chefs with an emphasis on traditional Ulster cooking, check out *Feast or Famine* by Emmet McCourt, *Down to Earth* by Paula McIntyre or the Irish Pantry Book, by Noel McMeel.

The Irish Moiled is the only surviving breed of cattle native to Northern Ireland. Almost becoming extinct in the 1980s, it has seen a revival in recent years and is praised for its ability to produce both high quality beef and milk from poor quality grazing. Its beef has superb tenderness, is highly marbled and has a distinctive flavour.

seeds and cultivated them. "The history books said the taste wasn't particularly nice, so I was fascinated to find out what it was really like myself," he told National Geographic. A waxy, rather than floury potato, the Lumper looks rather as its name suggests.

* When Jane Harnett (right) began her own label Harnett's Oils from rapeseed and hempseed, she stepped into a tradition dating back to 1656 when her ancestors first began growing rapeseed on the Waring Estate farm. With her father a significant producer of rapeseed oil for the supermarket

* Taste butter made the traditional way when you spread hand-churned Abernethy Butter or Donnybrewer Butter on your bread.

sector, Jane teamed up with Loughrey College to develop her salad dressings and oils, including hemp oil, which is unique among edible oils for its perfect balance of Omega 3,6 and 9 essential fatty acids, highly acclaimed for good heart health and skin conditions such as psoriasis.

* When you bake with Andrews Flour, you're mixing history with the present. Andrews Flour, which also produces Mortons, has been milled in Belfast's Percy Street for over 300 years!

Stay and eat... Bushmills Inn

Stay and eat at the 4 Star Bushmills Inn, just a stone's throw from the historic distillery, and you won't be disappointed.

Winner of the Best Regional Restaurant (Ulster) in the Yes Chef Awards and Hotel of the

Year - Best Place to Stay at the 2015 Tourism NI awards, the restaurant recently recruited chef Chris Moran.

Each dish is crafted from traditional roots with a Bushmills twist. Produce is sourced locally where

possible bringing a true taste of Antrim with fish caught in local waters and pheasants from the Macnaghten Estate. Famed for their prime Ulster sirloin and their signature Dalriada Cullen Skink. www.bushmillsinn.com



What's on... LegenDerry Food Festival

This is one of the biggest events in the north west, packed with entertainment, excitement, and fantastic local food.

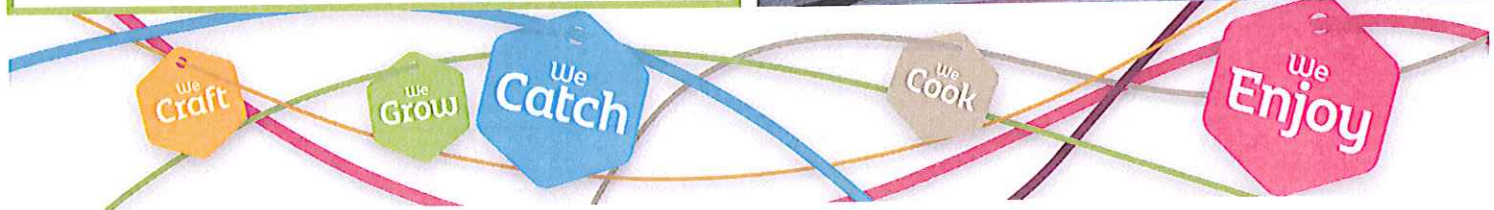
Taking place in two main locations - the Guildhall Square and the Festival Marquee - you can be sure to find something for you over the course of Saturday and Sunday, March 19-20. The Guildhall will be home to a market showcasing all kinds of delicious authentic produce from across Northern Ireland, especially the north west.

As well as live music performance from local bands, there will be cookery talks and masterclasses and kids' craft activities.

On top of all that, you might get a chance to meet Magella Lousing, a hilarious celebrity chef parody who will have you in stitches.

The festival is the brainchild of several local chefs from outstanding restaurants. Many of them will be giving demonstrations in the Cookery Theatre, such as BBC Radio Ulster's Paula McIntyre and RTE's 'no salt chef' Brian McDermott.

Other celebrity chefs will be confirmed in the near future. Check www.discovernorthernireland.com or www.foodni.com for updates closer to the time.



April - Brewing and Distilling

Cheers to the beer makers

Northern Ireland has played a key role in the revival and interest in craft beers across a wider area and while the new breweries are fast making their mark, Ireland's oldest independent brewery, Hilden, is more than holding its own, downing a delicious three stars in last year's Great Taste Awards.

And Seamus Scullion, the founder of Hilden Brewery, has been quick to encourage the new breed of makers to band together for the benefit of all. "Interest in all things related to the craft beer and cider industry has never been stronger," says Mr Scullion. "When we started up Hilden Brewery more than 30 years ago we were operating in a relatively limited market and customer base. The greater awareness however that now exists about the craft beer and cider division of the drinks trade has opened up huge opportunities."

Hilden's full flavoured hand crafted beers, produced in Lisburn since 1981, combine tradition with great modern tastes. Among its 13 draught beers and nine bottled beers are the prize winning Twisted Hop, Barney's Brew and Hilden Irish Stout. www.hildenbrewery.co.uk

The new crop of beer brewers, like Hilden, put an emphasis on provenance and are not only championing our heritage through evocative names like the Yardsman (Hercules) and Titanic Quarter (Hilden) but are also closely tied to local food producers. An example is Dart Mountain Banagher Bold Cheese which is washed in Northbound Brewery No. 26 pale ale!

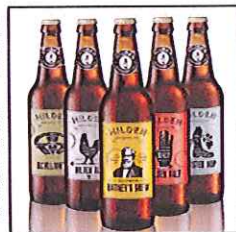
David Rogers and his wife Martina launched Northbound Brewery on returning to Derry-Londonderry after several years in Australia and are very strong on provenance. Their Great Taste Award winning '08' Kolsch style ale and '26' pale ale use local ingredients, including Irish malt and Irish carraigan moss. www.northboundbrewery.com

Many of our native craft beers are to be found in the best restaurants, such as Hercules Brewing Company's Yardsman beers which grace the menus of Deane's restaurants and Ox among others.

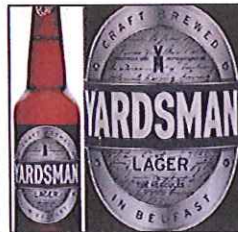
Hercules has risen from the ashes of a company by the same name which was a powerhouse in Belfast in the 19th century. When Niall McMullan restored the name, he also brought back some of the original brewing techniques to create Yardsman Craft Lager, filtered through Irish linen. Yardsman pays homage to Belfast's great industrial heritage while the new Belfast Pale Ale, also captures the local beer style circa the 1800s. www.yardsmanlager.com

Whitewater Brewery, near Killeel, is Northern Ireland's largest microbrewery. Its quality handcrafted beers such as Belfast Ale and Belfast Black are made from the finest ingredients, with no additives. They produce a fine selection of cask beers, a lager in keg and three bottled beers and have notched up a string of awards. www.whitewaterbrewery.com

Whilst all our craft beer makers have an abundance of entrepreneurial spirit Boundary Brewing Co-op founders Matthew Dick and Matt Scrimgeour bottled the enthusiasm of Matthew's fellow Belfast Homebrew Club members to raise the funds for



Hilden



Hercules



Pokertree



Walled City

their quality beers, inspired by recipes from Belgium and the USA. Boundary Brewing Co-op releases special edition beers each year with specials only available to cooperative members. www.boundarybrewing.coop

When Darren Nugent quit his day job to launch the Pokertree Brewing Co, in his home village of Carrickmore, Co. Tyrone, he named it after a spooky local tree. Every brew is open fermented and bottle conditioned in the traditional way for maximum flavour. Having started with Ghrian Golden Ale and Red Earl Ruby Ale, his latest addition is Treacle Oat Stout. www.pokertreebrewing.co.uk

Clearsky Brewing, run by Stephen McKenna in Dungannon, has won awards for its contemporary take on a traditional style. www.clearskybrewing.com

Hillstown Brewery began after the Logan family decided to brew beer for their cattle. Before long they found themselves with very happy cattle and a craft beer business, making the likes of Goats Butt Beer and Spitting Llama. www.hillstownbrewery.com

Finally, there is no denying the buzz around The Walled City Brewery, opened by James and Louise Huey just last year - a unique restaurant and brewpub located on the site of the former army barracks in Ebrington Square, Derry-Londonderry. The first of its kind, it offers locals and tourists local, authentic, premium quality, flavoursome beer and food. www.walledcitybrewery.com



Stay... Glassdrumman Cottage

Guests arriving at the 4 Star Glassdrumman Cottage near Saintfield are treated to a welcome pack which includes cider produced from apples grown in the orchard in the grounds of this traditional 19th century whitewashed farm cottage.

This self-catering, two bedroom, cottage has recently been renovated to provide all the comforts of modern living whilst still retaining a period charm.

French doors lead out onto a decked

balcony with views over the surrounding countryside. The landscaped front garden with a stone barbecue and a picnic table. www.irishcottageorent.com

If guests don't feel like cooking, The White Horse Inn is nearby in Saintfield. This family run bar and bistro is owned by Bernard Sloan, who also owns the Whitewater Brewing Co. in Killeel.



Seeds of success for cider makers

While craft beer brewers may think they have the monopoly on vision and passion for top quality products, Northern Ireland's cider makers don't fall far from that tree either.

Amazingly, while County Armagh has been producing world class apples for hundreds of years, Armagh Cider Company only sprung to life 10 years ago. Philip and Helen Troughton, mindful that Northern Ireland was the only apple growing area in the UK without its own cider producers, decided to lead the way.

The family have been growing apples on their farm at Ballintegart outside Portadown since 1898 so it wasn't exactly a step into the unknown and the move has seen them rake in rewards like dead leaves in winter for their PGI certified Carson's Crips and Maddens Mellow Cider and the latest addition, Doyle's Cider, a new blend, which has brought Irish craft to a new level.

Long Meadow Cider is the brainchild of father and son, Pat and Peter McKeever. For three generations the McKeever men have been tending to the farm at Long Meadow, growing and producing a variety of apples and branching into craft cider production has proved fruitful with a string of awards for their Medium, Blossom Burst and new, Dry Oak Aged Cider.

Greg MacNeice and his family who have also turned their long term apple growing expertise to great use in crafting MacNeice's Cider. They use only 100% fresh pressed apples and a unique yeast combination developed to preserve natural fruit aroma for their multi award winning MacNeice's Medium (bottled and draught) and MacNeice's Traditional Dry.

Last but certainly not least is P McCann's Apple County Cider. Davy and Janet Uppich live in Lisburn but get the apples for their Tempted? Cider Co. from a variety of Co Armagh and Tipperary growers.

There are four ciders in the range, including Tempted? Strawberry Cider, a blend of cider, apple juice and strawberry wine, which makes Davy one of a very few registered wine makers on the island of Ireland. Their daughter and her husband designed the packaging.

Finally, up in Dundrum, Co. Down, Andrew Boyd has revived a farm cider making tradition that existed in the county a century ago by launching Killeen Cider using apples from his father's orchard, which is at least 100 years old. His first attempt was fresh and crisp and five years on, he still makes his cider in small batches to make sure that unique taste is maintained. He is working on a new Irish Farmhouse Cider.

Event - Apple Blossom Fair
April 30 - May 2
County Armagh's picturesque Loughall Country Park will again host the annual Apple Blossom Fair this year starting on April 30 and running until May 2. The Apple Blossom Fair offers the chance to sample the Orchard County's famous apple produce and explore behind the scenes. Also on offer is the opportunity to take part in orchard tours, sample and try your hand at cookery demonstrations, soak up the atmosphere at music and barbecue events, bring your pet along to a family dog show and have fun with the family at a wide range of children's activities.

We Breed

We Enjoy

April - Brewing and Distilling

If you don't cask....

These are exciting times for the new breed of distillers, such as Shane Braniff, who set up Echlinville Distillery on the 300 acre Echlinville estate on the Ards Peninsula and began making his first Irish Single Malt and Single Pot Still Whiskeys in 2013.

These spirits are maturing nicely in their casks and Echlinville are taking orders for bespoke whiskeys.

With a small team, it's all hands on deck and there is a great buzz around the distillery, says Suzanne McCullough, who looks after sales and marketing. "Our first spirit was distilled in 2013. It

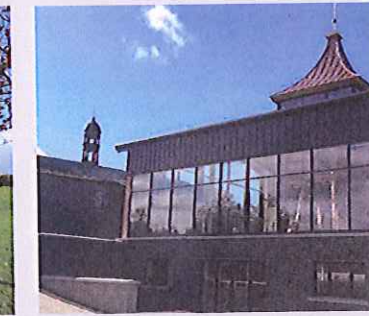
becomes Irish whiskey after three years and a day in a cask." She says the maturing spirit is sampled regularly to ensure it is at its finest and they are delighted with the results. Clearly anticipation is high ahead of their first spirit taking its place among the whiskeys of the world in 2016 although since the whiskey won't be released until it has been aged to perfection there may be a longer wait.

"Our cask offer allows people to buy casks now and mature them for five years or more," says Suzanne. "It's an initial limited number of 144 casks to celebrate the establishment of

Northern Ireland's first licensed distillery in over 125 years. It's a private reserve edition. Casks are made to order and owners have an array of options, from whiskey style of Single Malt or Single Pot Still, to barrel type and finish, making this a bespoke purchase produced to their taste.

"Every day is different because we're diversifying - there's a lot of R&D with vodka and gin because the equipment we have allows us to be flexible.

"Provenance is everything to us. We're growing our own barley in the fields here and floor malting ourselves which is quite special as we believe we are the only distillery in Ireland doing this. It will be the same with our single estate gins and



our Irish potato vodka."

Suzanne says all these spirits will be available this year once branding has been confirmed. "We have produced an exceptional vodka which will be a premium offering from Echlinville."

The distillery and

neighbouring manor house can cater for functions and events. "We do corporate team building days incorporating a tasting and whiskey experience, offering an in depth view of the workings of our operational distillery guided by a member of our experienced team."

Echlinville is also the new spiritual home of the historic Dunville's Irish Whiskey brand. With their first release under the Dunville brand achieving a gold medal in 2015 the Distillery are looking forward to their second Dunville brand release in early 2016.

That's the spirit!

Two of the best things in Northern Ireland are within a stone's throw of each other - the Giants Causeway and the Old Bushmills Distillery, one of the world's greatest whiskey makers for over 400 years.

The fascinating history of this most celebrated distillery is peppered with all sorts of excitement including an appearance in James Joyce's epic Ulysses, the movie The Verdict and, in 2008 to mark its 400th anniversary, Bank of Ireland notes. It has survived a malt tax in the 1850s, fire and war and is now admired and respected worldwide with visitors pouring through the doors of the iconic landmark where that smooth, multi award winning selection of whiskeys is crafted to this day.

The next generation of distillers is now hoping to measure up to that great legacy with a new crop of gins and vodkas and even whiskey with Shane Braniff, of Echlinville Distillery in Kircubbin, producing Irish Malt and Pot Still Whiskeys, gin and vodka.

Shorteross Gin is Northern Ireland's first premium craft gin, distilled with pride at Rademon Estate Distillery in Crossgar, County Down. Their small batch philosophy ensures that every aspect of the gin meets their exacting vision. From foraging in the surrounding countryside estate for botanicals, to label-



Stuart and Barbara Hughes

ling, signing and wax dipping every bottle - everything is crafted and perfected by hand. You can get it in lots of bars and restaurants, in Fortnum and Mason in London or online on jnwine.com

Finally, Hughes Craft Distillery is run by husband and wife team Stuart and Barbara Hughes from their Lisburn base. Their Ruby-Blue whole fruit liqueurs include Cranberry, Wild Blueberry, Blackcurrant (Irish Cassis), and Chilli Pepper and are enjoyed as far afield as Australia.

Last year was a great year for the couple as their RubyBlue Premium Vodka, distilled from potatoes won a gold in the Global Vodka Masters and they teamed up with Fed & Watered restaurant and cocktail bar to launch a new Belfast Martini.



Gerry's gin is jaw-droppingly good

There aren't many people who can claim to own their own gin label but Gerry White, manager of the John Hewitt Bar in Belfast, is one.

When he approached Shane Braniff, of Echlinville Distillery, with the idea of creating a top end classic gin, he was immediately interested.

Jawbox gin is called after the nickname for the old Belfast sink where people would always have gathered to chat. It includes 10 carefully selected botanicals, three of them vapour infused for optimal flavour.

It will be Ireland's only single estate gin and Gerry is particularly proud that each part of the production from the grain to the glass is sourced from the land that the Echlinville Distillery is built on.

"I have worked in the hospitality industry for over 30 years and my drink of choice would always be gin."

He noticed that most of the new gins coming on the market had new flavours - Oriental, Mediterranean, some were spiced, others tasted of olives. "I thought wouldn't it be lovely to have a new gin that just tastes like gin," he says of his Eureka moment.

He gathered his savings together and had a couple of meetings before finding Shane. "He was fantastic," says Gerry, adding that his can do attitude had got him through the ensuing three years.

He said he had received similar enthusiasm and encouragement from the product designers at Drinks Allergy and the distribution company When We Are Giants. Jawbox will be available in bars



from January 29 while the trade launch is in the Linenhall Library in February.

"I've been sampling it and I'm more than happy with what we have," says Gerry. "We have an amazing product. I think the branding and packaging is amazing also."

Photographer Jim McGinn even used a traditional wet plate technique to get the right imagery for the launch.

"The support and encouragement I have got from the industry is unbelievable," says Gerry, who adds he's not quitting the day job he loves just yet anyway.

He has had enquiries from the USA and Canada and hopes Jawbox will be a fitting ambassador for Northern Ireland. "It changes the whole conversation and that can't be bad," he adds.

We Breed

We Enjoy

We Cook

We Catch

We Grow

We Craft

Success Stories

Tastes of home win UK seal of approval

The new confidence in home-produced foodstuffs has been caught and accelerated by a number of producers gathering under the umbrella group Food NI.

CEO Michele Shirlow says: "We have seen a massive change over the past six or seven years. The thing that spoke to us most was when we went to the Balmoral Show with six companies and last year we had 90 there, most of them just starting up. You can see the momentum growing."

She explained that Food NI had six founding members, including the Ulster Farmers' Union. It now has 350 members, half of whom are producers and the other half Taste of Ulster restaurants. Many of them have competed on the UK stage for a coveted Great Taste Award and triumphed.

Speaking after the Great Taste Awards 2015, Michele said: "Our producers just keep getting better and better. The range of foods and drinks that our members are producing is far more diverse than ever before. We have always had great raw ingredients but there is a growing number of artisans who are really pushing boundaries. This is a huge achievement for Northern Ireland food and drink and it's something we will be able to build on. We are so proud of all of their success."

Judged by over 400 of the most demanding palates belonging to food critics, chefs, cooks, restaurateurs, producers and a host of food

writers and journalists, Great Taste is widely acknowledged as the most respected food accreditation scheme for artisan and speciality food producers.

All 10,000 products entered were removed from their wrapper, jar or bottle before being tasted. The judges then savoured, confer and re-taste to decide which products are worthy of a 1, 2 or 3 star award.

Among the winners of Great Taste 2015 are:

3 stars
Baronscourt Estate's Wild Sika Venison French Rack won the prestigious Golden Fork award and 3 stars. They also won stars for Wild Sika Venison Loin and Wild Sika Venison Sausage.
Dale Farm's Fivemiletown Ballyoak soft Irish smoked brile.
Genesis Crafty SuperValu Brown Soda Loaf.

2 stars
Belfast Black Suki Tea. Suki also won stars for Nana Mint and a star for Belfast Brew, Chamomile, Fairtrade, Organic and Rainforest Alliance Certified Earl Grey Blue Flower, Earl Grey, Lemongrass, Peppermint, Red Berry and Breakfast Teas.
Glastry Farm Ling Heather Honey ice-cream.
En Place Food's Black Garlic Mustard and a star each for Chipotle Smoked Chilli Relish, Apricot "Paiology" Extra Fruit Jam, Korean BBQ Sauce

and Chorizo Picante Savoury Jam with Oloroso Sherry.

Dale Farm took two stars each for their Boilie Goats Cheese Barrel and Spelga 0% Fat Greek Frozen Yogurt Mixed Berries and a star for Whipping Cream, Loseley Butter, Loseley19 Extra Mature Cheddar, Loseley19 Mature Cheddar Loseley R&C Yogurt Plain 150g and Spelga Greek Style Yogurt with Honey.

Yellow Door's Christmas Pudding took two stars. There were two stars for Hillstown Brewery's Goats Butt Wheat and Rye Hybrid Beer.
Ann's Pantry won two stars for their Guinness Oven Wheat and a star for their Oatmeal Biscuit, Custard Tart, Spelt Brown Soda Spelt Potato bread with black pudding, Spelt Madeira and All Butter Shortbread.
There were also 2 star awards for La Coquille Masala Chai and Salted Caramel, Salted Chilli Caramel and Safari Joe chocolates.
Morelli's Rhubarb & Custard, Espresso coffee and Caramelised Hazelnut Ice Cream.
SD Bell's Natural Leaf and "Directors' Brew" Teas and Colombian Supremo Coffee Beans.

1 star
Long Meadow Cider from Portadown for their Medium and Sweet varieties.
Quails 28 Day salt dry aged fillet steak and Homemade Pastrami.
Hillstown's 35 Day Dry Aged Shorthorn Rib Eye Steak and Steak and

Stout Pie.
Northbound Brewery's 8, Kolsch Styled Beer.
Abermethy Seaweed Butter.
AJ Pure Apple Juice.
Keen Nutrition, Almond Crunchy Maple Nut Butter.

Irwin's Barm Brack and Potato Bread.
Whitewater Belfast Ale and Belfast Lager.
Rich Sauce's Garlic Mayonnaise.
Bison Bar BBQ Mustard Sauce and Rib and Wing Sauce.

Brambleberry Jam's Sea Salted Caramel Sauce.
Krazi Baker's Shortbread biscuits.
Brighter Gold Rapeseed Oil, Black Truffle & Porcini and Garlic and Lemon Infused Flavours.
Hilden Brewery Buck's Head, Hilden Halt and Headless Dog.
Kennedy Bacon Dry Cured Back Bacon.
Clanaboy Estate Greek Style Yoghurt and Madagascan Vanilla Greek Style Yoghurt.
Gracehill Fine Foods White Pudding.
Miss McKeown Heritage Breakfast tea and Mint Humbug.

Tannagh Food's Kilreene cheese.
Passion Preserved's Spiced Damson Jelly.
Thompson's Decaffeinated Tea Bags.
Perfect Pyramids and Punjana Original.
Keenan Seafood's Traditional Natural Oak Smoked Cod Loin.
White's Hazelnut, Almond & Honey Granola.

Speedlook Porridge Oats.
Kilmegan's Wild Elderflower and Real Ciders.
Mash Direct Carrot and Parsnip and Carrot, Parsnip and Turnip mashes.

Michele Shirlow, CEO of FoodNI



Stars in the ascendancy

The healthy relationship between Northern Ireland's great food producers and our top restaurants is reaping rewards on all sides.

This mutually beneficial relationship has seen some of Northern Ireland's restaurants burst into the spotlight with international awards, while the chefs have, in turn, highlighted the calibre of local produce in helping them attain such heights.

These include a coveted star in the Michelin Guide 2016 for EIPIC within Michael Deane's flagship premises in Howard Street just 18 months after it opened!

Head chef Danni Barry, who first trained with Michael Deane and most recently with Simon Rogan, bases her weekly menu on her relationship with her hand-picked suppliers.

Ox Belfast has also won a Michelin star, thanks to head chef Stephen Toman's emphasis on seasonality and his ability to bring new excitement to familiar ingredients. With its stylish interior and pared back vibe, this is fine dining at its absolute best.

Both Eipic (708) and Ox (923) feature on La Liste,

which ranks the top 1,000 restaurants in the world. Another Belfast favourite, James Street South (925), under chef David Gillmore, and The Boathouse in Bangor (831) also make La Liste 2016, announcing Northern Ireland's arrival among the culinary elite.

The Boathouse, run by Dutch brothers Joery and Jasper Castel, also feature in The Sunday Times Top 100 Restaurants.

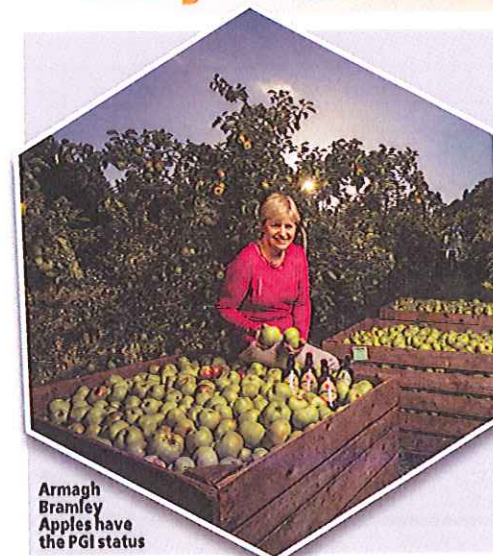
All four are entering into the spirit of NI Year of Food and Drink 2016 with James Street South owner and Taste of Ulster chef Niall McKenna celebrating with a tasting menu focusing on the best produce and ingredients that Northern Ireland has to offer, including Cratloe Hill Sheep's Cheese, Kilkeel Scallops, County Antrim Fillet of Beef and barbecue Short Rib, and Hannan Meat's award-winning Guanciale.



Stephen Toman and Alain Kerloch, of Ox, and (main picture) inside Eipic

May - Landscapes and Places

We're on the map!



Armagh Bramley Apples have the PGI status

They say you know it's summer in Ireland when the rain gets warmer but our temperate climate has everything to do with this being such a green and fertile land. Over many centuries people have farmed crops and livestock, caught fish, brewed all sorts of unusual drinks and planted the seeds of what makes Northern Ireland such a foodie haven today.

With National Geographic magazine including Belfast in its Top 10 places to go for food in the world, the quality of our produce is without question on the world map. "Northern Ireland's immaculate farmland yields heirloom produce, grass-fed meats, and dairy fit for artisan cheesemaking, while shellfish and salmon are harvested from the surrounding

seas," says the guide.

Pick almost any part of Northern Ireland and a food speciality will come to mind.

In fact the produce of three areas in particular is of such an exceptional standard that they have been awarded the European Commission's PGI or Protected Geographical Indication status - the symbol which distinguishes Champagne from any other sparkling wine or Feta cheese from any other.

Armagh Bramley Apples, Lough Neagh Eels and Comber Early Potatoes have each been awarded PGI status and can carry the quality mark.

While the Orchard County can trace its apple heritage back to the time of St Patrick, it's the Bramley, which now

makes up 90% of the crop, which sets it apart.

Lough Neagh Eels have traditionally been celebrated far more beyond these shores than at home. Lough Neagh Fishermen's Co-operative Society ships over 400 tonnes of eels to Holland, where they are sold mainly as smoked eel, and to Billingsgate in London for sale as fresh eel or to be processed for the jellied eel trade.

Cathy Chauhan, of the Fishermen's Society, says the local fishing methods have remained largely unchanged for more than a century and have always been sustainable. You can buy fresh whole eel and smoked eel fillets from the Society's premises on the banks of the Lower Bann

River at Toomebridge. Like the Lough Neagh fishermen, the farmers of the sunny east of the province got together to form the Comber Earlies Growers Co-Operative Society Limited.

Only potatoes planted, grown and harvested within the PGI area can be marketed as Comber Earlies, and only potatoes harvested in May, June and July are eligible for the status. There is no actual variety called Comber, the name refers to the area between the Ards Peninsula and the Mourne where the potatoes are grown.

Here, the micro climate is warmer, sunnier and drier than the rest of Northern Ireland, with the longest growing season of any part of the province.

Take a Belfast food tour

Away from the coast and country, city dwellers and visitors are queuing up for solicitor Caroline Wilson's Foodies' Food and Drink Tour of Belfast.

Caroline believes the best way to get to know a city is through its food.

The tours walk through Belfast City Centre and stop off at up to eight destinations over four hours, including St George's Market where they meet local producers and ending in the Cathedral Quarter. You get to experience Belfast with a local who knows and loves the food we produce

in Northern Ireland, as well as where to eat and drink it. The tour costs

tourists alike, you just need to love good food and bring your appetite. We suggest that you don't need breakfast or lunch and leave the car at home!

www.belfastfoodtour.com

Alternatively, download the app for the Kabosh Theatre Belfast Bred food tour starring Barney (Michael Lavery), a Titanic chef, defrosted after 100 years in the iceberg. The app features video clips from: Kieran Sloan, of Sawers Deli; James Neilly, chef at Mourne Seafood; Gerry White, of the John Hewitt Bar; Nick Price and James Skeffington, McHugh's Bar.

Download the app from iTunes.



'Barney' on the original Kabosh Theatre Belfast

£45 per person and operates every Saturday and some Fridays and Sundays.
"The tour is for locals and

Events

Balmoral Show
May 13 - 15

The Royal Ulster Agricultural Society returns with the annual three-day Balmoral Show on May 13. Featuring farming, agricultural displays, competitions and events for both children and the disabled, the Balmoral Show has entertainment for all the family. The NI Food Pavilion at this year's Show will include over 90 food companies and regular cookery demos on two Theatre Kitchens, not to mention a Cheese Tasting Area, and a new area where visitors can hear regular talks and learn about produce made here. For more information visit www.balmoralshow.co.uk or www.nigoodfood.com

NI Countrysports Fair
www.countrysportsfairs.com
May 28 - 29

NI Countrysports Fair returns to Scarvagh House late this May and promises to be bigger than ever with new events debuting and old favourites returning.

Rathlin Sound Maritime Festival
May 27 - June 5

www.visitcausewaycoastandglens.com
Rathlin Sound Maritime Festival invites all to enjoy the stunning scenery, diverse attractions and local culture of Ballycastle Town and Rathlin Island.

The fun filled and packed programme places an emphasis on locally produced food as part of the Year of Food 2016.



Stay and eat..... Ballygally Castle Hotel

The 4 Star Ballygally Castle Hotel, on the Antrim Coast, offers a Game of Thrones Afternoon Tea which will delight fans of the world renowned show as well as those who love the indulgence of a delicious afternoon tea.

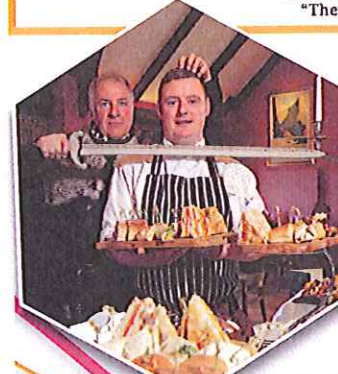
The tasty treats, inspired by the fantasy lands of Winterfell, The Iron Islands, Dragonstone or The Stormlands, includes Lannister Egg Rolls, Baratheon Bread, Little Finger Chicken Caesar wraps, Jon Snow Cakes and Dothraki Trifle with mini Dragon's eggs!

Filming of seasons 1 - 5 took place at locations throughout Northern Ireland including the Cushendun Caves, Murlough Bay, Ballintoy Harbour, Larragh, Antrim plateau, Castle Ward, Inch Abbey and Downhill Strand.

Ballygally Castle is found along the scenic Antrim Coast, near the foot of the famous nine Glens of Antrim, and offers glorious views over Ballygally Bay and towards Scotland.

For further information, to download the menu or to book go to www.hastingshotels.com/

ballygally-castle or call (028) 2858 1066. This experience is independently offered by Ballygally Castle Hotel. It is not sponsored, endorsed, or affiliated with HBO or anyone else associated with 'Game of Thrones'.



We Craft

We Grow

We Catch

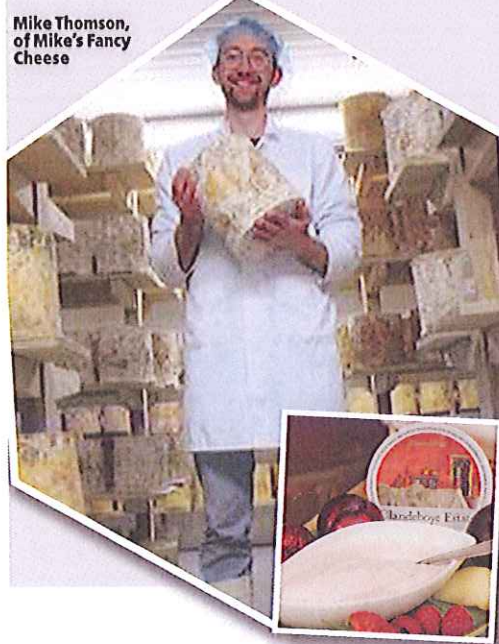
We Cook

We Enjoy

We Breed

June - Love Dairy

Mike Thomson, of Mike's Fancy Cheese



The creme de la creme

There are over 2,600 dairy farms in Northern Ireland, working in harmony with nature and the changing seasons, giving us world class milk and dairy products.

Each season dictates what happens on a dairy farm, from harvesting grass in summer to the birth of new calves in spring - and all the while the milking goes on, twice a day or more.

The big co-operatives, such as Lakeland Dairies, are long established hubs, taking the milk produced in their surrounding areas and turning out the products which form the backdrop of our everyday lives. They also innovate. Fivemiletown Creamery, now under the Dale Farm umbrella, produced the first Irish Blue cheese, Ballyblue, and Ballyoak, the first smoked brie in Europe!

The explosion of new food producers has seen many more artisans coming to the fore, from small farm families to the aristocracy.

Clandeboyne Estate, on the outskirts of Bangor, Co Down, is the home of Lady Dufferin whose dairy products have created creamy waves since they

were launched a few short years ago. The milk from the Holstein and Jersey herds is blended by hand for a rich and creamy yoghurt.

Belfast man Michael Thomson fell in love with cheese while working in Arcadia Deli and managed to raise £80,000 through crowd-funding to produce Northern Ireland's first raw milk blue cheese, Young Buck, in 2013. Check out Mike's Fancy Cheese on Facebook.

Elsewhere, South African chefs Christo and Angeliqe Swanepoel launched City Cheese, a Dutch style Gouda, using milk from Culmore organic farm, Northern Ireland's only licensed producer of organic raw cow's milk.

Their cows are milked by a robot which they believe makes for happier cows and better cheese at their Millisle creamery! Leggygowan Farm has been at the forefront of Northern Ireland's artisan goat products since Jason Kelly returned to the family farm near Saintfield from a plumbing job with a number of goats in tow.

He and his brothers Adam and Ryan launched their goat's blue cheese,

Northern Ireland's first, which won a Bronze in the New Product category at the 2012 International Cheese Awards. They also sell goats milk, make goat's milk fudge and most unusually a goat milk soap which has proven benefits for sufferers of eczema, psoriasis, and dry skin.

Recent years have seen a revival in traditional butter making also.

Two of the most successful Artisan producers are Abernethy Butter and Donnybrewer Butter.

Allison and Will Abernethy, from Dromara, turned a hobby into a business when they realised just how good their hand churned butter, now found in many fine restaurants was. As well as a range of butters, they make Butter Fudge.

Donnybrewer Butter comes in a distinctive hexagonal shape from Eglinton, Co. Derry - Londonderry from Richard and Allison Wilson.

When she was young Allison's grandparents used to do demonstrations on butter churning and in recent years Richard and Allison decided to pursue a new adventure in creating great local butter.

Open Farm Weekend

Northern Ireland's farmers are throwing their weight behind this Year of Food and Drink 2016 and once more supporting the Bank of Ireland Open Farm Weekend which this year will run on Saturday and Sunday, June 18-19. For more information, visit the website www.openfarmweekend.com, follow on Twitter @BOIopenfarm and like Open Farm Weekend on Facebook.

The Ulster Farmers' Union led initiative, principally supported by the Bank of Ireland, has been running since 2012 and has

attracted almost 60,000 people throughout that time. It has also made important strides in helping promote food education through a dedicated schools programme.

Bank of Ireland Open Farm Weekend Chairman and UFU Deputy President Barclay Bell said: "In 2015, 21 farms opened their gates to the public and we would like to have a similar number participate in 2016 with a particular call to expand farm numbers in the west of the province, in the Tyrone and Fermanagh areas."



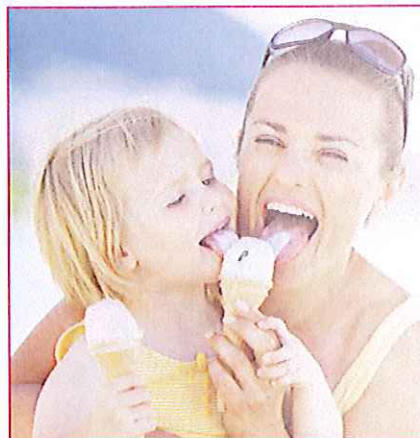
Stay and eat...

Dunsilly Hotel

If you're heading for Shanes Castle for the Irish Game and Country Fair, a handy base is the 3 Star Dunsilly Hotel.

It serves food all day every day. From the coffee bar with pastries and light snacks to an extensive grill menu served in the grill, there is something

for everyone. The chefs use only the best local produce and make a point of visiting suppliers' premises to understand their production, sample new produce and ensure that they have the best quality product for guests. www.dunsillyhotel.com



To cool down...

Who says we can't rival the Italians for ice cream? With Capronis of Bangor and Morellis of Portrush bringing true Italian flavour to our streets, we have quality by the tubful. Morellis have been making ice cream for over 100 years and scooped a UK Champion of Champions award in 2012.

In contrast, the Quinn family, from Cookstown, only began to make their own Italian style Gelato in 2011 but now sell over 40 flavours through outlets far beyond their two Cookstown shops.

In the Ards Peninsula near Kircubbin, Will Taylor and his

family have been producing the decadent Glasyr Farm Ice creams since 2007, excelling over the years. Will is the fifth generation of the family to farm at Glasyr and the pastures obviously agree with his cattle whose creamy milk produces multi award winning ice creams and frozen yoghurt.

No hot summer's day would be complete without a Dale Farm Ice Cream. As brand leader for more than 30 years, their ice creams have been enjoyed by generations of consumers and new products are launched every year.



Irish Game & Country Fair

June 25 - 26
www.irishgamefair.com
The Irish Game Fair and Fine Food Festival takes place at Shanes Castle, Antrim, and is an exciting and action packed day out for the whole family. On show will be top quality international clay pigeon, gundog and terrier, whippet and lurcher events, along with the NI Angling show and a specialist 'Country Sports in Action' arena.

What's on...

Comber Potato & Food Festival

June 25
The harvest of the famous Comber Early Potato is cause for much celebration with this fun festival event with a focus on great food and entertainment. This special event is held to celebrate one of Comber's most famous exports: its potatoes, which in 2012 were granted Protected Geographical Indication (PGI) status under European law. The festival is a fun and educational event, with great food, and entertainment.

July - Seas, Rivers and Loughs

Lough Neagh for the eel deal

Lough Neagh Eels are a celebrated delicacy worldwide, with 80% of the local catch going to the Netherlands and the other 20% to London.

Cathy Chauhan, of the Fishermen's Society, said Northern Ireland people tend not to be big fish eaters but that they are generally impressed when offered Lough Neagh eels to taste.

"I come from a fishing family and my grandfather was a Lough Neagh fisherman and helped to get the co-operative together," says Cathy.

She said a group of local fishermen and the parish priest bought out the local fishery about 50 years ago. The men fish the young brown eels between May and October and the adult silver ones at the weir between

September and January.

"Eel numbers have decreased in recent years but our methods are the methods that were used 50 years ago and that's why Lough Neagh eels still exist. We always used sustainable methods, returning 40% to the wild."

Cathy continued: "Most of the people who live more than a few miles from the Lough have never even seen an eel never mind tasted one."

"People used to think anything fished locally was poor man's food but times are changing."

The fishery supplies Ewings, Donegal Prime Fish and La Rousse but has recently begun its own processing as well.

The group have also teamed up with restaurants such as James Street South and chefs Paula

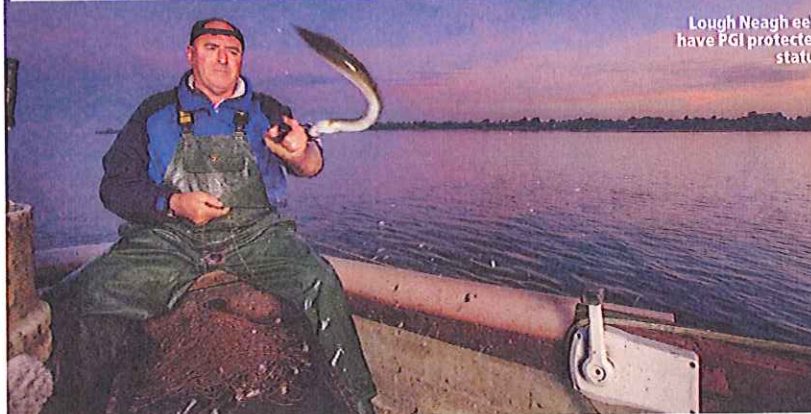
McIntyre and Emmett McCourt, who have created recipes around the Lough Neagh eel.

"The big thing around here is Eel Suppers at places like the Cross Keys and Mallons Bar, Toomebridge, for charity nights. The eels are cooked the traditional way on a dry pan. It's a long, slow cook in their own oil and then they're served with soda bread and fried onions."

"Eel is quite a meaty fish and you can eat it as a finger food. Cooked well, it just falls off the bone and the flesh is a very soft, fluffy white fish, not usually what people expect."

"It also goes great in curries and with Japanese spices," added Cathy.

www.loughneagheels.com



Lough Neagh eels have PGI protected status

Catch of the day

It stands to reason that a little island such as ours reaps the benefits of a great and varied sea harvest. Head down to Portavogie, Kilkeel or Ardglass or up to St George's Market early in the morning and you will get your hands on the catch of the day, including some exciting seafood destined for the continent.

Or make for Belfast-based fishmongers, Ewing's Seafoods, who have been supplying fresh local fish and seafood to the people of Belfast for over 100 years. They smoke their own fish using a unique family recipe, supplying Selfridges in London and outlets in the United Arab Emirates.

Seafish NI is the organisation which represents the industry here and supports a broad range of producers. Radio Ulster's Kim Lenaghan recently took a seafood road trip around Co. Down with Dr Lynn Gilmore of Seafish as her guide for Kim's show, The Foodie. It highlighted the variety and quality of our seafood industry, taking in the Mourne Seafood Cookery School in Belfast, a Carlingford Lough oyster farm, on to Warrenpoint, where they met a mussel farmer. They tasted fish and chips and fresh crab claws in Kilkeel and finished with Tempura Oysters, prepared by a top local chef.

Among the many award winning fish processors supplying our restaurants are Keenan Seafoods, who select the finest fish from local and Scottish ports each morning. Keenan Seafood also imports a wide range of fresh exotic seafood lines each week from Turkey, Sri Lanka and the Azores.

Donegal Prime Fish factory in Derry-Londonderry have won a Great Taste Award for their silver salmon smoked over oak chips. They also process white



Glenarm Salmon

fish, shellfish and lots more. And finally, proving that farmed salmon can taste superb, Glenarm Organic Salmon swim in offshore farms exposed to the clean, clear and fast moving coastal waters of the Irish Sea. Chefs just can't get enough.



Catch of the day at Kilkeel

What's on...

Dalriada Festival

www.dalriadafestival.co.uk
The Dalriada Festival, July 16-23, highlights the unique historic sporting, music and food cultures of both Ireland and Scotland.

Attracting over 20,000 visitors each year to the village of Glenarm, this festival includes Highland games, fine foods, celebrity chef demonstrations, live music and children's entertainment.

Flavours of the Foyle

www.derrystrabane.com

Growing in popularity year on year, the festival, on July 30-31, showcases the quality and freshness of our local produce reinforcing the mantra - 'caught here, not brought here' - with regular cookery demonstrations and tips and samples to try, from top local chefs, in the Festival Marquee, Guildhall Square.

Stay and eat...

The Cuan

Located in the village of Strangford on the shores of Strangford Lough, close to beaches, Castle Ward National Trust property and the Northern Ireland Aquarium, The Cuan is a 4 star family owned and run establishment. Its six chefs share a passion for the seasonal use of local produce, taking raw ingredients when they are bursting with flavour and freshness, and preparing them

in a way that maximises and protects their own unique attributes, giving you a wonderful dining experience.

In 2015 The Cuan Inn was awarded a Silver Award in the Green Tourism Business Scheme.

Look out for exciting new additions to the menu as they focus on the nutritious wealth of the seaweeds in Strangford Lough during 2016. www.thecuan.com



August - Love NI Meat

Nice to meat you

Beef farming is such a key element of the Northern Ireland economy that it is easy to overlook the quality and standards that are routinely met.

The Livestock and Meat Commission (LMC) educates consumers about the true nutritional value of red meat in the diet and promotes beef and sheep meat in home and export markets. It guarantees the quality of the products through the Farm Quality Assured beef and lamb scheme. It also supports lamb demand in France, a key market for the Northern Ireland sheep meat industry.

Close to home, you only need to pop into your local butcher to discover the range of choice cuts on offer.

Many quality restaurants have a great relationship with their local butcher. Supplying the restaurant trade on a huge scale is one of the Northern Ireland food industry's great success stories - Hannan Meats.

Peter Hannan spends months perfecting his award-winning products like the Guanciale which earned him the Great Taste Supreme Champion award in 2012. He supplies some of the best restaurants and hotels here and further afield.

Hannan's had to build another Himalayan salt chamber to cope with the demand for their salt aged beef, including locally produced Glenarm Shorthorn and NI European Angus. Hannan's pay the members of the Glenarm Shorthorn Beef Producer Scheme a premium to finish their cattle fat to improve the flavour of the finished

meat. Food writers have described it as the best steak they have ever tasted. Top London chef Mark Hix uses it throughout his restaurant group. Portnum and Mason just had to get their hands on their goods too!

Their Meat Merchant shop in Moira, beside the factory, offers the full range of products at wholesale prices. It is also a treasure trove of other local Artisan delights.

The list of awards includes seven 3 star awards in the Great Taste Awards 2014.

Coincidentally, another Great Taste Award Supreme Champion is McCartney's, also in the little village of Moira, which has been raising the bar for butchers for over 140 years!

When it comes to bacon, Enniskillen butcher O'Doherty's award winning Black Bacon and Fresh Dry Cure Bacon are cured naturally from selected fresh quality pork and left to season naturally - just as you would a good wine. The result is a bacon that is matured to perfection!

The Kennedy family, situated in the scenic hills above Omagh, have been named Great Taste Award Winners for their Dry Cured Back Bacon at the 2015 Great Taste Awards. After much tinkering and experimentation, the much celebrated tasty traditional cure was perfected. With no water added the bacon tastes savoury and moreish, making it perfect for quiches, sandwiches and an Ulster Fry.

Black Beef farm have made a name for themselves with their convenient online

beef box scheme which delivers beef from their native breeds of Dexter and Angus cattle straight to your front door.

Reared on the shores of Strangford Lough and National Trust land, the cattle enjoy a natural life with minimum stress and are 100% pasture fed.

The meat is dry-aged and hung for 28 days by their Master Butcher. It is superbly marbled with a deep, rich colour.

The Cole family at Broughgammon Farm in Ballycastle are a forward thinking bunch. Inheriting a 50 acre farm in 2002, they now provide local, sustainable and affordable food including goat, free range rose veal, wild venison and a variety of wild game.

You can also get quality, tender, goat kid meat from Tynedale Goat Kid farm, owned by Ian and Ann Wilson, in County Down.

Carnbrooke Meats also specialise in rare and native breeds, and supply to some of the best restaurants in Northern Ireland.

Baronscourt Estate in County Tyrone is home to both the Duke of Abercorn's family and Ireland's finest wild venison. The herd of Japanese Sika deer munch on myrtle bog, ryegrass and tasty saplings which are naturally free of any additives.

Broughgammon Farm near Ballycastle is a long established family run farm specialising in all things tasty and wild...from goat, veal, venison and rabbit, to wild duck, pheasant and grouse! If it's a bit different, they probably have it!



Make it at home...

Peter Hannan's Himalayan salt aged sirloin with warm Comber Early Potato, scallion & horseradish salad by chef Danny Miller from The Poacher's Pocket

Difficulty: Easy
Preparation Time: 10-15 mins
Cooking Time: 5 mins
Servings: 4

Ingredients
2 x 12oz Peter Hannan's salt aged sirloins
500g Comber potatoes cooked and kept warm
1 bunch scallions
6 tablespoons good mayonnaise
1 tablespoon good horseradish
1 bag watercress
1 x pickled red onion

Method
● Season sirloins on both sides

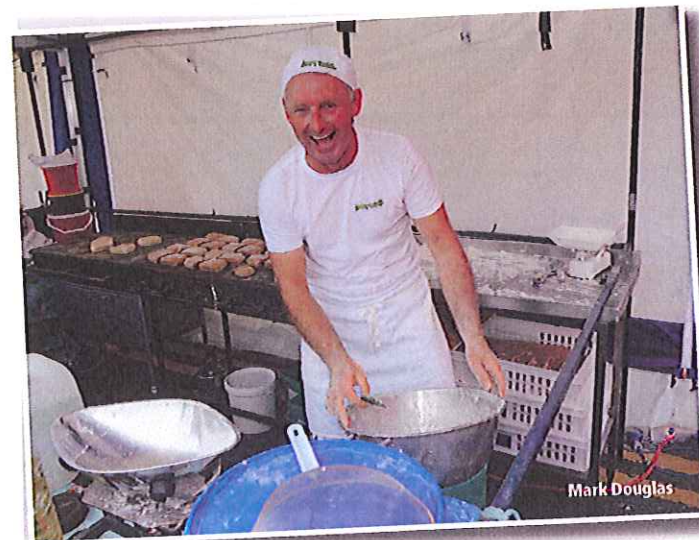


and cook on a hot pan for 2 minutes either side (for rare) and leave to rest.

● Mix mayonnaise & horseradish together and combine with sliced Comber potatoes and scallions. Check

seasoning and place on serving plate.
● Slice steak and place around potato salad. Drizzle over any juices from the steak.
● Garnish with watercress and pickled red onion.

September - Bread and Baking



Krazi about baking

Anything that can be baked on a griddle, Mark Douglas, aka the Krazi Baker, does it. From soda farls to potato and apple cakes to fluffy pancakes, customers are wolfing them down as fast as he can make them. None of them need yeast, so all he has to do is mix the ingredients and he's good to go. This Krazi Baker bakes at markets across Northern Ireland and beyond.

He turns up with his ready-made stall and goes into action. He came up with the idea after visiting scores of markets on city breaks over the years. He saw bread being brought into markets and wondered why it couldn't be made on site,

so now he does it! From soda farls to wheaten farls, treacle farls, apple and cinnamon pancakes, plain pancakes, potato bread, and potato and apple bread, Mark's range is expanding all the time.

He's thinking vegetable and cheese fillings next.

He won his second Great Taste Award this year for his Shortbread Biscuits made using Abernethy Butter following his previous award for his Potato Apple Bread.

Catch him every Sunday at the car boot sale on Belfast's Crumlin Road or Folktown Market every Thursday, The Inns Market last Saturday of the month, or Newtownards Market every Saturday.

Krazi Baker Potato Bread
Have a go at making your own potato bread, courtesy of Krazi Baker Mark Douglas' recipe.

Ingredients
500g mashed potato (seasoned with salt, pepper and mashed with butter)
50 g plain flour
1/2 tsp baking powder
Extra butter and flour

Instructions
1. Sift the flour and baking powder into the bowl with the mashed potato
2. Mix together until you have a dough.
3. Dust a surface with more flour and roll out the dough with a rolling pin.
4. Cut into 8 pieces and cook for 3 minutes each side on a hot griddle or frying pan.
5. Serve straight away with lashings of butter.

Events...



Ballynahinch Game & Harvest Festival
www.ballynahinchharvestfestival.com

This September Ballynahinch town will add its own uniquely historic dimension to the new celebratory 'Fall' festival weekend. With a magnificent re-enactment of the famous Battle of Ballynahinch and a programme of country-themed events reminiscent of the

traditional harvest, pig and potato fairs for which the town was once rightly famed.

Hillsborough International Oyster Festival
hillsboroughoysterfestival.com

Entering its 24th year, the Hillsborough International Oyster Festival is one of Northern Ireland's premier events, attracting tourists from across the world. Set in the picturesque Georgian Co. Down village, visitors can look forward to a packed programme of activities.



Loving our loaves

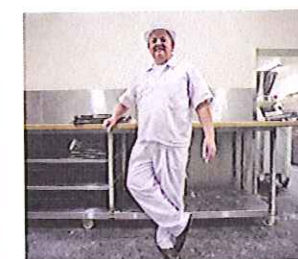
There's no disputing that we're a nation of bread lovers with cupboards up and down the land packed with sliced bread, soda, wheaten, potato farls and scones.

Many of them will have been made by Irwin's, Northern Ireland's largest independent plant bakery based in Portadown, Co Armagh.

A family run business, Irwin's have been baking bread for over 100 years and are famous for household staples like Nutty Krust Plain Loaf.

Irwin's products are based on traditional Irish recipes and baking methods, including original fermentation and slow-baking processes. As well as their own brand, Irwin's make Rankin Selection and Howell's breads.

Artisan baking entrepreneur Robert Ditty has been exporting his smoked and Gubbeen-flavoured oatcakes for years. Robert is continually working on developing unique products, often through working with other Artisan



Robert Ditty, of Ditty's Home Bakery

producers. Today, Ditty's Bakery employs over 70 people and has won numerous awards with its Christmas mince pies being voted the best in Ireland in 2008. Every town has a bakery or two, but as in every area of food production, some are pushing the boundaries or

rediscovering lost ways of doing things.

Take Ann's Pantry in Larne. There's potato bread and there's award-winning Spelt and Black Pudding potato bread. Although they know how to do the classics well, Ann's Pantry is becoming increasingly known for its innovative bakes with specialty flours and flavour combinations, including the spelt range, a fantastic alternative grain with many health benefits. Customers travel over 60 miles round trip just to get a batch.

Go Yeast is a micro bakery based in a home kitchen in Donaghadee where Ken McNaul bakes both traditional breads using baker's yeast and sourdough-breads using wild yeasts.

A member of the Real Bread Campaign, Ken's best-selling bread is a Rosemary and Raisin sourdough.

There are many more innovative and award winning bakers throughout Northern Ireland, visit www.nlgoodfood.com for details.

Stay and eat.... Lough Erne Resort

The luxury 5 star Lough Erne Resort, Co. Fermanagh, which famously hosted the G8 summit in 2013, offers a variety of restaurants and bars with menus by acclaimed Chef Noel McMeel. Noel's philosophy of using the very best of local produce is evident through all his menus.

As a member of Taste of Ulster the resort is committed to promoting local and artisan food producers.

The resident Sommelier will guide you through the unique and extensive wine list, created in association with Jane Boyce, Ireland's first female

Master of Wine, who is still the only person to hold the qualification in Northern Ireland. www.loughernerresort.com



Stay and eat.... Blackwell House

A warm welcome awaits you in this luxurious 5* guesthouse nestled in the rolling countryside of Scarva, Co. Down.

Owners Joyce and Steve Brownless want their guests to enjoy the tastiest food made with the best local ingredients. They get their meat from the award-winning Quail's in Banbridge. The vegetables are grown by local farmers and use Clan-deboye Yoghurt, White's Porridge, Brighter Gold

Rapeseed Oil and not forgetting the freshest of eggs from their own hens in the meadow and herbs from the garden. Feast on home cooked Granola, Irish Breads, Preserves and Bottled Fruit from the breakfast buffet before tucking into an Ulster fry made to order on the Aga.

There are lots of things to do close by, but if you feel like learning to cook your own pancakes or Irish soda bread on Great Aunt Maggie's Griddle,

which is over 100 years old, just book a slot with Joyce and the Aga Stove. Oh, and did we mention the turndown service with home-made truffles? So 5 star!

www.blackwellhouse.co.uk

October - Harvest

Showcasing the cream of the crop

The BBC Good Food Show will be coming to the Waterfront Hall, Belfast, from October 14 - 16 and covering the great and the good in the local food scene.

No doubt our superb arable crops, thanks to our lack of frost and sandy soil, will be to the fore, with leading potato growers such as Glens of Antrim, Ballygowan based William Orr and Son and Wilson's Country.

For growers like Roy Lyttle, and the Dunlop/Booth family at the evocatively named Windwhistle Farm in nearby Comber, it's important to make the most of the balmy climate around Strangford Lough.

Roy's primary crop in the summer is salad onions and in the winter, is leeks. These are grown, harvested, prepared, packed to

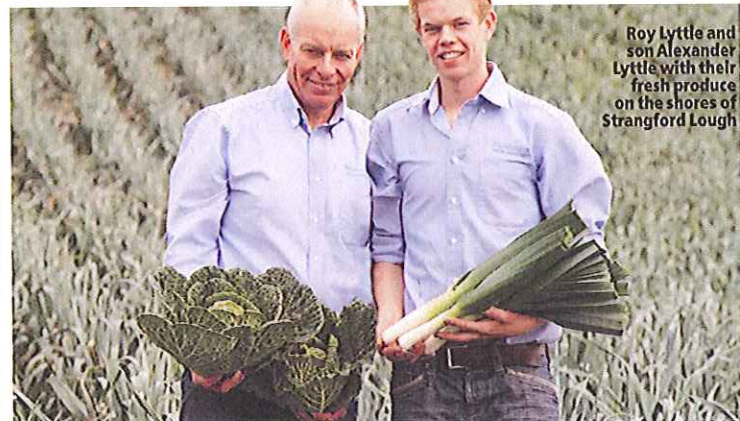
specification and finally delivered by Roy Lyttle Limited to clients. Parsley and herb celery, (or soup celery) are also grown for processors who produce washed and chopped soup vegetables and ready-made soups supplied to the major multiples across the UK.

They also grow a range of organic vegetables, including cabbages, leeks, carrots and parsnips as well as swedes, purple sprouting broccoli, chives and beetroot.

Roy along with his wife and business partner Sheila and son Alexander now host school and community visits to educate people about where their food comes from and the importance of supporting local producers.

goodfood
SHOW NORTHERN IRELAND

Sponsored by: **LEXUS**



Roy Lyttle and son Alexander Lyttle with their fresh produce on the shores of Strangford Lough

Off to market

To get a true flavour of what's thriving in your local area, make for your nearest farmers' market or farm shop.

There you will get not only freshly picked fruit and veg, depending on the season, but also all sorts of locally made crafts, homemade bread, pastries, prepared meals and speciality meats.

Here's where and when you'll find them:

- City Food & Garden Market at St George's Market, Belfast, every Saturday
- Causeway Speciality Market, Coleraine, second Saturday of the month
- Tyrone Farmers Market, Dungannon & Omagh, first and third Saturday of every month
- Comber Farmers' Market, St Mary's Church Car Park, The Square, first Thursday of the month, February to December
- Templepatrick Farmers Market at Colmans Garden Centre, last Sunday of every month
- Strabane Farmers' Market, last Saturday of every month
- Limavady Country Market, Newtown Square, every second Saturday of the month
- Walled City Market, Guildhall Square, Derry-Londonderry, first Saturday of every month, February to November
- Inns Markets, Newtownbreda, last Saturday of each month
- Folkton Market, Bank Square, Belfast, every Thursday, April 16 to December 17

Mellow fruitfulness

Harvest is also, of course, an intensely busy period for fruit growers. Apart from our fruitful apple and cider sector, there's a legion of jam makers who are out foraging for fruit.

Take Alice McIlhagger, of Brambleberry Jam. Alice was previously a Geography teacher and DOE Planner, but is now a stay at home

mum. She grows as many of her jam ingredients as possible in her garden.

The strawberries are always the funny shaped ones from a farm a mile from home. She is part of a community gardening group and she also forages for fruit from the hedges around Portmore Lough nature reserve in the autumn.



Stay and eat...

The Beechhill Country House Hotel

Dine in the Ardmore Restaurant on the finest and freshest of local ingredients.

Vegetables and herbs are grown in the hotel's own garden and gathered daily. Their chefs also write a weekly food page offering culinary suggestions and advice for readers.

The Ardmore Restaurant has won many honours and accolades. It features in Georgina Campbell's Good Food Guide, John and Sally McKenna's Best in Ireland Bridgestone Guide and is a member of North West Organics. www.beech-hill.com

What's On...

Armagh Food and Cider Festival

www.armagh.co.uk/food
Armagh Food and Cider Festival celebrates the cream of the crop of Armagh cuisine alongside the best of local cider over a weekend.

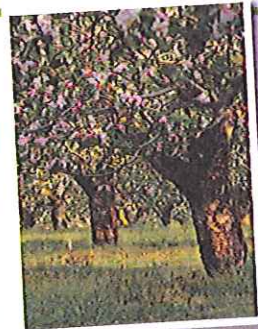
Learn the culinary tricks of the trade from Armagh's chefs and bakers at a variety of pop up cookery schools.

Visitors can also take part in the Armagh Restaurant Food Tours, which celebrate the best in local produce. Alternatively join The Red

Bus Co. and the Armagh Cider Co. for afternoon tea in the famous orchards of the Orchard County.

Richhill Apple Harvest Fayre

This year's festival, on October 29, celebrates the village's apple crop with lots of apple products to enjoy, cookery demonstrations and family entertainment. See www.goodfoodni.com for updates.



We Breed

We Enjoy

For further information visit www.discovernorthernireland.com and www.nigoodfood.com

November - Legacy and Learn To

Bring the past into the future

Tourism Northern Ireland and FoodNI will be hoping that this Year of Food and Drink 2016 will leave a lasting legacy and foster a new pride in and respect for our amazing food and drink producers.

Tourism NI Chief Executive John McGrillen said: "Northern Ireland boasts superb ingredients that can more than satisfy and entertain our visitors - but we need to get out there and let them, and the world, know. I have no doubt this initiative will not only do that, but will also make a large contribution in the drive to grow Northern Ireland tourism, increase revenues and deliver on the long-term aims of the industry to the end of the decade."

Throughout the year there will be an emphasis on education, from the Open Farm Week to ongoing tours, open days and lessons. Everyone is being encouraged to get involved and give it a go. Of course, many prominent companies, such as Bushmills Distillery and Tayto Castle, are already open to the public while some farmers have an educational aspect to their offering and invite schoolchildren in to see where food comes from and how it is produced.

One of the great developments of recent years

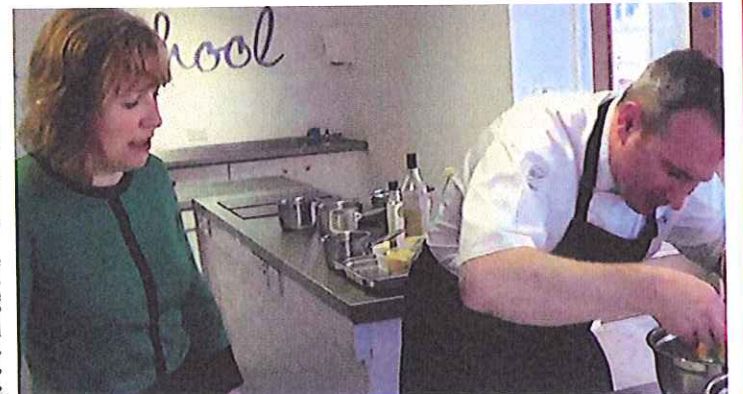
has been a plethora of high calibre cookery schools as well as Artisan producers encouraging people to come in and learn new - or in some cases - old ways of doing things.

One such is Dearbhla Reynolds of The Cultured Club. Dearbhla works from her Belfast home and aims to get people to go back to the old fermentation techniques, showing them how to create delicious pickles.

Newry based chef and nutritionist Aine Boyle opened Aine's Kitchen Cookery School in 2014. Using fresh local produce that is organic where possible, Aine's goal in her adult, teen and kids' classes is to share her passion for real food and teach you how to prepare and cook food at home.

Jane McClenaghan, of Vital Nutrition, has helped thousands of people make easy, manageable changes to their diets for the good of their health. As well as her busy clinic in Belfast she runs cookery classes and appears regularly on BBC Radio Ulster with Kerry McLean and U105 with Carolyn Stewart. She is the author of the Vital Nutrition Cookbook.

In Derry-Londonderry, chef Ian Orr of Brown's Restaurant, a former Ulster Restaurant of the Year, counts Madonna and Coldplay

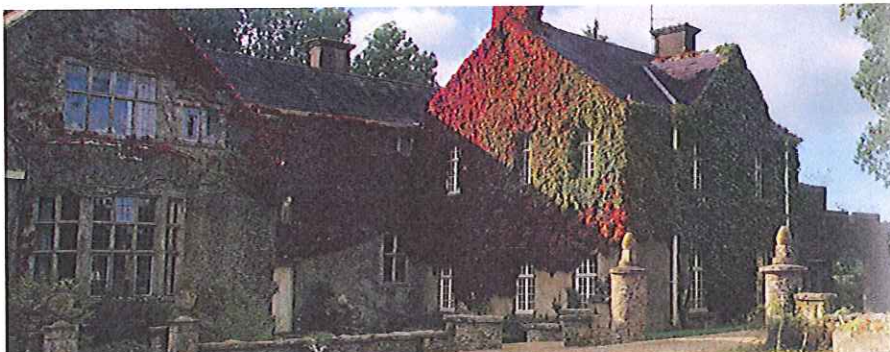


Getting valuable lessons from James Street South Cookery School, Belfast

among his fans. He runs Saturday afternoon cookery demonstrations followed by a three course meal.

In Fermanagh, the Belle Isle Cookery School offers a terrific range of courses whether you're a guest or not. Other stellar courses are run by

some of Belfast's smartest restaurants. On the top floor of the James Street South Bar and Grill, Chefs Niall McKenna and Carl Johannesson share their knowledge with the public, including lessons on everything from dinner parties to knife skills and even sushi and cocktails.



Stay and eat... Belle Isle Estate

Set foot on your own culinary adventure by experiencing some time away at the beautiful 5 Star Belle Isle Estate in Fermanagh.

Cattle and sheep graze the meadows and free-range hens live happily nearby.

Along with eight spacious self catering apartments, the estate boasts its own purpose-

built state-of-the-art cookery school that plays an important part in the life of this holiday destination.

With courses on offer to suit every level of cook, head tutor Joe Kelly and his team will ensure a memorable experience to take home with you.

www.belle-isle.com

Make your own boxty

Boxty is one of those traditional dishes which would have been dismissed a few years ago.

Particularly popular along the border counties, boxty is thought to date back to the famine, and is a great way of using up leftover mash.

You can make a basic boxty with just 250g of warm mashed potato, 60g plain flour and 30g melted butter.

Combine the ingredients and knead to form a dough. Turn the dough onto a floured surface and roll out to about 5mm thick.

Cut into six wedges (farls).

Dust a heated frying pan with flour. When the flour starts to brown add in the farls. Cook for three minutes a side, until brown.

Serve hot.



What's On Georgian Day Armagh



November www.armagh.co.uk/georgian
Get in the festive spirit this November by exploring Armagh on its annual Georgian Day. The city goes back to its Georgian roots for a unique Christmas experience.

More than 70 festive stalls will line the streets with high quality gifts, locally produced foods and drinks, music and entertainment waiting to be discovered on every street.

We Breed

We Enjoy

We Craft

We Grow

We Catch

We Cook

December - Christmas and Premium Foods

Time to celebrate!

Come December and everyone, it seems, is on the move, visiting friends and family and making a special outing to Belfast's iconic Christmas Market in the grounds of the City Hall in the search of unique gifts and specialised food and drink.

Early in the month people begin ordering their Christmas turkey, ham, goose and more often than not, a few steaks for Christmas Eve. We are spoilt for choice for superb quality products for the Christmas table, from brussels sprouts through to carefully crafted chutneys and preserves.

Lots of butchers get turkeys from their local farms. One of the suppliers of premium birds here is Buchanan's Turkeys in Kilrea. Their turkeys are fed on oats grown on the farm among other goodies and the result has seen Buchanan's feather their nest with a string of Great Taste awards. They also

supply goose fat, stuffing, potatoes and vegetables in a box for the ultimate Christmas dinner, locally sourced as far as possible.

Moy Park, our number one chicken brand and one of Europe's leading food producers, also supplies turkeys at Christmas, including free range birds.

Of course, ahead of the big day, there will be myriad opportunities to eat out - who knows what new restaurants will have opened by then, or how many more creative people will have fulfilled last year's New Year's Eve resolution and launched themselves into the wonderful world of Artisan food and drink production!

Hopefully, we'll all celebrate a hugely successful Northern Ireland Year of Food and Drink 2016. Cheers!



On the side

Handmade preserves and cheeses make an extra special addition to any home, whether for your own enjoyment, as a gift or for inclusion in a hamper.

When you begin looking, you'll be amazed at how many Artisan producers are out there making small, but perfectly formed products. Try City Cheese, Dart Mountain Cheese, Kearney Blue Cheese, and Leggygowan Cheese for the dairy element of a hamper.

Why not give your taste buds a true Christmas treat with a savoury condiment or pickle made with natural, local ingredients? Burren Balsamics was founded in 2013 by Susie, who is a trained chef with 30 years experience in the catering industry. She was asked to take a stall for a Marie Curie charity event, and having always wanted to try new ideas, she set about experimenting with infused vinegars. She uses fresh ingredients from the local area, including Armagh apples.

Lyrone based En Place create foods just that bit different from the rest. Paul Clarke and Phillip Brown's products focus on what they call 'retro innovation in food' and has won an Ambient Product of



Baked
In Belfast

Deli
Muru

Burren
Balsamic

Blackthorn
Foods

Sweet treats

Show them you love them with a beautifully crafted gift of chocolate or sweets made the traditional way such as Flossie's Fudge, Eleanor Craig's Fudge, The Chocolate Manor, or La Coquine. Flossie's Fudge was created by Sophie Leslie when she was just 16 as a hobby. You can buy it online or at speciality markets throughout Northern Ireland.

Eleanor Craig's Home Made Butter Fudge comes in a variety of flavours. Co Couture is a hidden Belfast gem. Their luxurious chocolates are made in small batches using only the finest raw ingredients to ensure the ultimate taste sensation.

The Chocolate Manor create handcrafted bespoke Belgian Chocolates as well as printed chocolate bars. Have your own message or image printed on individual chocolates or bars via their website. Established in Geri Martin's home kitchen in Coleraine in November 2012, it soon captured the imagination of

Sweet treats

local chocolate lovers. The NearyNog's family have been pairing best quality chocolate with winning flavour combinations for years in South Armagh. Rebel Fudgery flavours are plentiful!

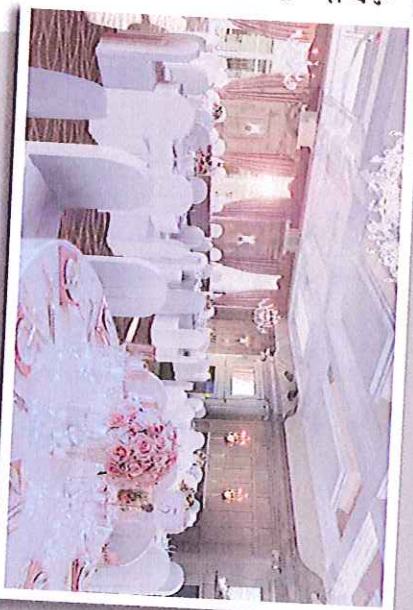
Belfast's famous Gin & Tonic and Irish Whiskey marmalade is made by Baked In Belfast. Suzanne Livingstone and her husband create these and other fabulous flavours in a converted outbuilding at their home. They say they love the whimsical life, so you might find a sprinkling of cinnamon or a shot of tequila in their tasty products.

Bishop's Gate Hotel

Due to open its doors in the coming months, Bishop's Gate Hotel in Derry-Londonderry has quickly established itself as the perfect setting for a retreat of comfort and luxury.

The historic 200 year old building mixes grandiose Edwardian heritage and modern guest rooms, all while having stunning views across the cityscape.

The hotel's Wig and Gown Champagne Bar & Grill is a key part of the experience, offering a superb, informal all day dining experience, in relaxed upscale surroundings. On offer are a range of classic style dishes presented in a contemporary style using locally sourced seasonal produce, all accompanied by a unique drink and cocktail menu.



we
Craft

we
Grow

we
Catch

we
Cook

we
Enjoy

we
Breed