

# Flavours of Northern Ireland

Year of Food  
& Drink 2016

Northern Ireland  
Our Food, So Good

Cook  
me

Enjoy  
me

Bred  
me

Craft  
me

Catch  
me

Our food.  
So good.  
Taste of Ulster



Northern Ireland  
Our food.  
So good.

Our food.  
So good.  
Taste of Ulster

Taste  
of Ulster  
Our food, So good

## Food NI Limited

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## Flavours of Northern Ireland

### Local Food Tours & Cookery Schools

#### NI Food Tours

Join us on a culinary adventure as we turn County Down's great natural larder into a unique, tasty experience. Let us introduce you to the award winning Artisan Producers and Chefs who are building a reputation for world class food and drink. Find out just why the local food of this corner of Northern Ireland is so good and where you can find it.

On our Tour we will taste food which is unique to County Down – seafood straight off the boat, beef and lamb which has been raised a few miles away and greens which were picked the same day. We will of course be sampling some award winning cider and gin! Find out about our food festivals from oyster eating competitions to chocolate festivals – all in County Down!

The coach will pick you up in Belfast and will take you through beautiful rolling scenery alongside Strangford Lough to begin your culinary tour of County Down. Relax and enjoy the stunning scenery, lush farm pastures and views of Strangford Lough nature reserve as we go.

#### NI Food and Drink Tours in association with Belfast Food Tour

Guests get to discover and taste the food and drink produced in Northern Ireland and the best places to find it in Belfast City Centre. This fully escorted walking tour takes visitors on a culinary adventure through the streets of Belfast over 4.5 hours starting in the historic St George's Market, visiting up to 6 top 'foodie' destinations and ending in the Cathedral Quarter, tasting all the way. The tour is for locals and tourists alike; you just have to bring your appetite. Private tours are available upon request.

#### Bushmills Distillery Tour

Come and see how Bushmills Distillery turn water in Golden Whiskey! You will be taken right through the heart of the distillery to view the whiskey making process as it happens. You'll start at the mash house, where the distilling process begins. There, naturally sourced water from St Columbs Rill and 100% malted barley are turned into wort. The wort is then fermented with yeast to create wash which is similar in strength to a strong beer. Then onto the still house where they triple distill their whiskeys, through to the cask store to unravel the secrets of maturation and then finally to the bottling hall where they bottle Bushmills, ready to export across the globe.

#### Far and Wild Tours

Far and Wild is a leading green adventure company in Ireland established by a group of reputable and experienced outdoor educationalists.

Tours available:

- Cycle Sperrins tour to Dart Mountain Cheese and friends.
- Eco-tour by Kayak to Broighter Gold (Causeway Coast and Glens)
- Derry Special by bike

#### Belfast Bred Tours

Belfast Bred is a fascinating theatrical walking tour which will take you on a journey of Belfast's culinary tradition, both past and present. You'll get to sample treats such as: gourmet nibbles at century-old Savers Deli; Northern Ireland's celebrated seafood at Mourne Seafood; Artisan beers at the John Hewitt; Chicken from The Potted Hen and Traditional Boxty's and hot rock steaks at the 30 year old McHugh's Bar. The tour will finish in St George's Market just in time for a spot of lunch! Tour Times are Fridays and Saturdays from July to September and tour times are 10.30am - 1pm. Tickets are £20 per person.



#### Tayto Tours

Take a real Tour of the Tayto Factory. Tours are conducted Monday to Thursday 10.30 am & 1.30 pm and 10.30 am only on Friday. Visitors will get the opportunity to experience the full magic of Tayto, will get to see how our fantastic crisps and snacks are made and even meet Mr Tayto our brand mascot.

#### Walled City Brewery Experience

The Walled City Brewery Experience is something utterly unique for Northern Ireland. Masterbrewer James Huey will talk you through an interactive history of brewing from 6,000 BC all the way to the launch of the Walled City Brewery 8,000 years later. After the history comes the science & art of brewing, and how 4 natural ingredients can create an extraordinary array of different flavours, textures and aromas. It will include a 15-minute talk on History of Beer & Brewing and Science & Art of Brewing and a 10-minute craft beer tasting (includes 3 x 1/3 pint of beer).

Group Bookings run Wednesday to Sunday at 12 noon. There is a minimum requirement of 20 people per tour. It is £15 per person which includes Experience, Lunch & Tea/Coffee. Individual Tours are run on Saturdays only and are at 12 noon and 2pm. The tour is £8 per person for Experience only and £18 per person to include Experience, Lunch & Tea/Coffee.

#### Aine's Kitchen Cookery School

Aine's Kitchen Cookery School is run by Chef and Nutritionist, Aine Boyle. The cookery school runs classes for adults and also regularly runs Kids and Teenagers Cookery classes from 7 years upwards. These are designed to teach kids in a fun environment about cooking and baking. Once again, the emphasis is on encouraging kids to make healthy choices when it comes to their meals and snacks. Aine's Kitchen also offers corporate services for businesses on Staff Health and Wellbeing in the workplace.



#### Mourne Food & Film Cycle Tour

The 'Mourne Foods & Films Cycle Tour' is a unique self-guided tour by bike exploring the locally produced foods and famous filming locations in the regions beautiful Shimna Valley. Visitors cycling the trail will get to visit local producers along the route and purchase some of their tasty foods including Abernethy Butter companies famous hand churned butter used by Heston Blumenthal, and also walk in the footsteps of film stars such as Judi Dench and Sean Bean.

#### Causeway Coast Foodie Tours

Coast and Country: This guided tour will showcase some of the best local produce and hidden gems the North Coast has to offer. Sit back, relax and savour the flavours that make this area so unique. We will be making 5 stops along the beautiful Causeway Coastal Route with each one offering a delicious & surprising taste experience! These include sample tasting at the world's oldest licensed whiskey distillery, feasting on local fish prepared by fabulous chefs and a stop at an award winning farm where you will see first-hand how produce is reared for our plates.

The Causeway Coast has a wealth of artisan food and drink producers. This tour will focus on discovering new products and hearing the fascinating stories behind them. Starting at the Visitor Information Centre in Coleraine, the tour by luxury mid-coach will last for approximately 6 hours. You will have the chance to sample local food and drinks at each stop so please come hungry! After lunch our coach will return you to Coleraine. Pick up at 09:30am, return 15:30 approximately. Tickets are £55 per person (includes transport, food and drink).

#### Ballycastle Food Tour

Food Tour of Ballycastle showcasing local produce, passionate chefs and interesting eating places. This tour will focus on the town's varied cultural history and local, award winning food producers while having breakfast, lunch, supper and dessert throughout the tour. A quick introduction to Ballycastle and North Coast Tours, Ballycastle and the surrounding Causeway Coast and Glens with reference to the sea, arable lands, which means that we have a great variety of locally grown produce.



#### The Cookery School at James Street South

The Cookery School at James Street South is a purpose built interactive kitchen and is perfect for sharing our passion for produce and cooking with you. It is the ideal location to participate in our practical cookery classes or demonstrations. The Cookery School is also an ideal location for corporate team building days or for client specific events, demonstrations and product launches. Practical classes accommodate up to 12 people, each cooking at their own workstation complete with oven and contact induction hob as well as all the other utensils you might need. Guests will be provided with an apron.

#### Belle Isle Cookery School

Whether you are a complete beginner or a more experienced cook we have courses to suit everyone and our head tutor, Joe Kelly and his team will ensure a memorable experience to take home with you. Belle Isle Cookery School can provide cookery classes for private groups from 4 to 14.

Whether it's a Hen Party, a Corporate Team Building session or just an afternoon or evening of cookery for family and friends we are the perfect setting for that memorable event.

#### Belfast Cookery School

The Belfast Cookery School is born out of love for food and the desire to share our experience with you. The School is open to all levels of experience and is designed to awaken, enliven or revitalise a passion for cooking with fresh ingredients and the best quality produce. The School has room for 16 students each with their own individual work station – all utensils, equipment and ingredients are provided to enable you to create your culinary masterpiece! Under the expert guidance of our experienced chefs you will be given a step by step lesson in creating a delicious meal you can re-create time and again at home to impress family and friends.

#### Fab Food Tour of County Down

On the Fab Food Tour of County Down you will feast your eyes on the beautiful scenery and stunning coastline of Strangford Lough whilst enjoying the very best of what's available in the culinary capital of NI!

First stop – Clondeboy Yogurt

Second stop – Echlinville Distillery

Third stop – Poacher's Pocket

We will visit award winning Producers – taste their products and hear their story – this will be an experiential Tour! We will also dine in a local excellent Restaurant – we are spoiled for choice in Co Down! Food will be local and will be fresh. In some cases, food miles are a total of 2. Tour duration: 5 hours and tickets are £75 pp.



#### Deep into the Mournes Tour

Enjoy a Food Tour where we travel to the Mourne Mountains! Our Tour will focus on local fish and shellfish amongst other fantastic produce and we will sample some of the best craft beer in Northern Ireland – Belfast Black! Tour duration: 5 hours, Cost: £65 pp.

#### McComb's Grub Crawl

Brand New Tour to Celebrate the Year of Food and Drink. Starting from 22nd April 2016, alternate Fridays and Saturdays (Departing from Belfast). Introductory. Tour duration: 5 hours, Cost: £65 pp. Some might say Co Down is Food Capital of Northern Ireland, and the home to some of the most innovative food and drink producers in the country, join us on one of our small luxury coaches, for your choice of two Food & Drink Tours - or as we prefer to call them - Grub Crawls!

#### Friday Tour

Abernethy Butter  
The Poachers Pocket  
Echlinville Distillery

#### Saturday Tour

Abernethy Butter  
Kilmeegan Cider  
Mourne Seafood Bar





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- 10. Far and Wild Tours**  
North Western Social Enterprise Hub, First Floor, 12-14 The Diamond, Derry-Londonderry, BT48 3HW  
w: [www.farandwild.org/](http://www.farandwild.org/)  
e: [hello@farandwild.co.uk](mailto:hello@farandwild.co.uk)  
t: 077 7591 1198
- 11. Belfast Bred Tours**  
Kabosh Theatre, 72 High Street, Belfast, Co. Antrim, Northern Ireland.  
w: [www.kabosh.net/productions.php](http://www.kabosh.net/productions.php)  
e: [dominic@kabosh.net](mailto:dominic@kabosh.net)  
t: 028 9024 3343
- 12. Mourne Food and Film Cycle Tour**  
Enniskeen Country House Hotel, 98 Bryansford Road, Newcastle, Co. Down, BT33 0LF.  
w: [www.enniskeenhotel.co.uk/Mourne-FoodsFilms-CycleTour.htm](http://www.enniskeenhotel.co.uk/Mourne-FoodsFilms-CycleTour.htm)  
t: 028 4372 2392
- 13. Causeway Coast Foodie Tours**  
67 Moneydig Road, Moneydig, Garvagh, Coleraine, Co Londonderry, BT51 5JW  
w: [www.causewaycoastfoodietours.com/](http://www.causewaycoastfoodietours.com/)  
e: [causewayfoodie@gmail.com](mailto:causewayfoodie@gmail.com)  
t: +44 (0) 7912 408 256
- 14. Ballycastle Food Tour**  
44 Whitehall Avenue, Ballycastle, Co. Antrim, BT54 6WA  
w: [www.northcoastwalkingtours.com/](http://www.northcoastwalkingtours.com/)  
e: [credmond@gmail.com](mailto:credmond@gmail.com)  
t: 028 2076 2024
- 15. Fab Food Tour of County Down**  
NI Food Tours, The Stables, 52a Ballymorran Road, Killinchy, BT23 6UD  
w: <http://nifoodtours.com/what-is-a-fab-food-tour/>  
e: [tracey@nifoodtours.com](mailto:tracey@nifoodtours.com)  
t: 028 9754 3224
- 16. Deep into the Mournes Tour**  
NI Food Tours, The Stables, 52a Ballymorran Road, Killinchy, BT23 6UD  
w: <http://nifoodtours.com/deep-into-the-mournes-tour/>  
e: [tracey@nifoodtours.com](mailto:tracey@nifoodtours.com)  
t: 028 9754 3224
- 17. McCombs Grub Tour**  
22-32 Donegal Road, Belfast, BT12 5JN  
w: [www.mccombscoaches.com/tours/mccombs-grub-crawl](http://www.mccombscoaches.com/tours/mccombs-grub-crawl)  
e: [info@mccombscoaches.com](mailto:info@mccombscoaches.com)  
t: 028 9086 6162/028 9031 5333

- 1. NI Food Tours**  
NI Food Tours, The Stables, 52a Ballymorran Road, Killinchy, BT23 6UD  
w: [www.nifoodtours.com/](http://www.nifoodtours.com/)  
e: [info@nifoodtours.com](mailto:info@nifoodtours.com)  
t: 077 1148 4850
- 2. NI Food and Drink Tours in association with Belfast Food Tour**  
Oxford Street Belfast  
w: [www.belfastfoodtour.com/](http://www.belfastfoodtour.com/)  
e: [info@belfastfoodtour.com](mailto:info@belfastfoodtour.com)  
t: 079 0057 8190
- 3. Tayto Tours**  
Tayto Castle, Tandragee, Craigavon BT62 2AB  
w: [www.tayto.com/factorytour.html](http://www.tayto.com/factorytour.html)  
t: 028 3884 0249
- 4. Walled City Brewery Experience**  
Walled City Brewery, 70 Ebrington Square & Parade Ground, Derry-Londonderry, Northern Ireland, BT47 6FA  
w: [www.walledcitybrewery.com/about/](http://www.walledcitybrewery.com/about/)  
e: [info@walledcitybrewery.com](mailto:info@walledcitybrewery.com)  
t: 028 7134 3336
- 5. Aine's Kitchen Cookery School**  
25 Ardaveen Avenue, Newry, BT35 8UJ  
w: [www.aineskitchen.com/contact/](http://www.aineskitchen.com/contact/)  
t: 078 3374 0043
- 6. The Cookery School at James Street South**  
21 James Street South, Belfast, BT2 7GA, N.Ireland  
w: <http://belle-isle.com/cookery-school/>  
e: [info@jamesstreetsouth.co.uk](mailto:info@jamesstreetsouth.co.uk)  
t: 028 9560 0701
- 7. Belle Isle Cookery School**  
Lisbellaw, Enniskillen, Co Fermanagh BT94 5HG  
w: <http://belle-isle.com/cookery-school/>  
e: [info@belle-isle.com](mailto:info@belle-isle.com)  
t: 028 6638 5228
- 8. Belfast Cookery School**  
53-54 Castle Street, Belfast, BT1 1GH  
w: <http://belfastcookeryschool.com/>  
e: [info@belfastcookeryschool.com](mailto:info@belfastcookeryschool.com)  
t: 028 9023 4722
- 9. Bushmills Distillery Tour**  
The Old Bushmills Distillery, 2 Distillery Road, Bushmills, Co. Antrim, BT57 8XH  
w: [www.bushmills.com/](http://www.bushmills.com/)  
e: [kathy@bushmills.com](mailto:kathy@bushmills.com)  
t: 028 2073 3272