

My NI

Year of
Food & Drink
2016



Northern
Ireland

Year of Food
& Drink 2016



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JANUARY
Breakfast
Month



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Love
Local



MARCH
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Traditions



APRIL
Brewing &
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MAY
Landscape
& Places



JUNE
Love
Dairy



JULY
Seas, Rivers
& Loughs



AUGUST
Love
NI Meat



SEPTEMBER
Bread &
Baking



OCTOBER
Harvest



NOVEMBER
Legacy &
Learn to...



DECEMBER
Christmas
& Premium
Foods

Welcome to a love story for Northern Irish food.

We live in a country that produces some of the finest food and drink available anywhere, from mouth-watering beef to heart-warming whiskey and in 2016 Northern Ireland is celebrating that fact with the Year of Food & Drink. This year will bring the best of our chefs, restaurants, growers, distillers, farmers, brewers and retailers to the attention of audiences across the world. Get set for a delicious year in Northern Ireland of foodie goings on galore. Relish the place!

Everywhere you look in Northern Ireland you can find a food story to entertain you, tantalise your taste buds and give you an excuse to visit a restaurant, a local market, a famous butchers or a special festival or event that celebrates the joy of cooking, eating and drinking. This little book gives you a few stories to whet your appetite. We are bringing you some of the best of our food and drink stories highlighting the produce, the venue, the ambience, the heritage, the landscapes and of course, the people that make our food and drink community so wonderful. Enjoy!

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Indigenous Food

From unique breads like barmbrack and wheaten, to Boxty and Dulse, the traditional foods of Northern Ireland are more popular than ever. Re-invented by a new generation of chefs, they can be enjoyed in cafes, restaurants and gastro pubs throughout the country. Make sure to visit our local markets to take home a true taste of Northern Ireland.

We are proud of our products that have been awarded with Protected Geographical Indication (PGI) status by the EU. Our Lough Neagh Eels are renowned for being the best in Europe and our Comber Earlies and Armagh Bramley Apples are the pick of the crop.

Dig into our finest local delicacies...



Protected Geographical Indication (PGI) is a status awarded by the European Commission that protects and promotes named regional food products that have a reputation or noted characteristics specific to that area.



Comber Potato

The home of the Northern Irish potato is undoubtedly Comber, famed for its new season potatoes. The harvest of spring Comber potatoes is such an important event in the Northern Ireland food calendar that it is even reported in the local press. The reason for this reputation and all this excitement is the geographic location of Comber. Sheltered by the Mourne and the Ards Peninsula and protected from frosts by Strangford Lough, the potatoes here are harvested earlier than in other regions.

New Season Comber Potato is the name given to immature potatoes of any variety, picked in the defined area and within the required timescale.

Characteristics

- **Small in size** (30-70mm diameter)
- **Round or oval**
- **White/cream colour inside**
- **Skin is soft, smooth, thin and loose, with colour depending on the variety**
- **Earthy, sweet and nutty flavour – a distinctive 'early' potato flavour**
- **Dark green foliage**
- **Sold either loose, or packaged**

Serving Suggestion

Buy new potatoes as you need them so they are as fresh as possible, giving you the best flavour. New potatoes are delicious cooked in their skins, so simply scrub them gently to remove dirt and any loose skin before cooking.

Hob Method

Place the potatoes, halved if necessary, in a pan and cover with the minimum of boiling water.

Cover with a lid and simmer gently for approximately 15-20 minutes, until just tender. Once cooked, drain immediately.

These potatoes are delicious on their own or served with a knob of butter, chopped fresh mint or chives.

Tip

Add a dash of lemon juice to the cooking water to help preserve the colour of the new potatoes.



Lough Neagh Eels

Lough Neagh Fishermen's Co-operative has been amongst the forerunners of wild eel producers for decades and is recognised as the largest producer of wild caught eels in Europe, producing around 400 tonnes of eels annually.

They are a co-operative, protecting the livelihood of fishermen and building a sustainable, viable future for eel fishing on Lough Neagh. Lough Neagh eels are mainly shipped to Holland (for smoking) and Billingsgate, London (for production of jellied eels). The remainder are processed in-house for local sales and the restaurant trade. Eel fishing season runs from May to Nov/Dec, so fresh eels can be purchased during this time.

Strict conservation policies are in place to protect Lough Neagh eel stock levels, including measures such as quotas for fishermen, limits on the number of fishing licences issued, restocking programme and participation in scientific study and research.

Lough Neagh Smoked Eel With Apple Glaze, Apple Butter, Rousel Bread And Crispy Bacon

Lough Neagh Smoked Eel with Apple Glaze

- 1 pack smoked eel, cut into 3cm pieces
- 2 tsp local rapeseed oil
- 2 tbsp apple jelly
- 100ml dry Armagh cider

Boil the jelly and cider to a syrup. Heat the oil in a pan over high heat and add the eel. Seal, turn over and add the syrup. Cook gently to coat and serve.

Rousel Bread

- 250g mashed potatoes (boil or steam potatoes in their jacket, drain and return to pan to dry out, peel and mash)
- 15g butter
- 50g plain flour
- 25g wholemeal flour
- 25g oats

Mix the butter into the hot potatoes and season with salt. Mix in the flours and oats to a smooth dough.



Place on a floured surface and roll out to ½cm thick. Cut into desired shapes and cook on a dry pan over medium heat for 2 minutes each side. Cool on a wire rack. Fry 6 slices of streaky bacon in a dry pan until golden and crisp. Drain on kitchen paper and fry the rousel in the residue fat.

Apple Butter

- 1kg Armagh Bramley apples
- 400g caster sugar
- pinch ground cloves
- ½ tsp ground cinnamon
- pinch salt

Chop the apples and place in a heavy based pan with the sugar, spices and salt. Stir until they start to soften then simmer for 45 minutes to a thick pulp. Blend and pass through a fine sieve. Store in a sterilized jam jar.

To serve: place the eel on to the rousel; slice the bacon and serve on top; dot around the apple butter and some sliced or diced apple tossed in cider vinegar and rapeseed oil.



Armagh Bramley Apples

Recognised for its distinctive taste and flavour, the Armagh Bramley apple is a culinary apple like no other. Traditionally grown and cared for in the Archdiocese of Armagh, the area has a longstanding and historically significant link to the apple.

Generations of apple growers come largely from County Armagh and the surrounding areas. So impressive are the Bramley orchards of Armagh the county is celebrated as the 'Orchard County of Ireland'.

About a third of the world's supply of Bramley apples are grown in Ireland, largely in and around County Armagh. It is the only apple available today for the sole purpose of cooking. Its development since

its humble beginnings in 1809 is impressive, the orchards of Armagh are now more than 90% Bramley by area.

County Armagh has been part of the apple growing family for generations; growers take pride in their ability to grow quality produce observing only the best in agricultural practices to achieve the finest cooking apples, which are used in both sweet and savoury dishes and drinks.

The Armagh Bramley is used in the trade by chefs, as well as by shoppers and families from the area who over the years have built up a collection of favourite recipes.



Armagh Bramley Apple Creams

Pastry ingredients

- 6oz flour
- 1 dsp milk
- 4oz butter
- 1½oz caster sugar

Filling ingredients

- 1lb Armagh Bramley apples
- ½ pint whipping cream
- 3-4oz sugar

Method

Preheat oven to 150°C / 300°F / gas mark 3.


Make the pastry by the rubbing-in method. Do not add any extra liquid. If the mixture appears dry press it together firmly with the fingers.

Knead pastry together firmly and put into the refrigerator for 30 minutes. Roll the pastry out on a lightly floured board.

Cut with a fluted pastry cutter to suit the size of your pastry tins and line them. There is no need to grease them.

Prick with a fine skewer and bake in a moderate oven until a light biscuit colour, approx. 25 minutes.

Cool slightly and remove onto a cooling tray (these freeze well). Fill each case with a spoonful of stewed apple and top with whipped cream.



“Simple and inexpensive, yet warm and filling, champ is unquestionably one of the most delicious side dishes ever created in Ireland.”

IRISH RECIPE SITE FOR THE ZAAR
WORLD TOUR

Champ

One of the better known and easy to make Irish potato recipes, champ could once have been the main dish a poor family might have had several times a week.

Today it can still be eaten on its own or as a side dish. It makes a perfect light, tasty and healthy meal on a cold evening.

Ingredients

- **4 large potatoes** (peeled)
- **100ml whipping cream**
- **4 finely chopped scallions** (spring onions)
- **50g butter**

Method

Cook the potatoes in a saucepan of boiling salted water for about 20 minutes until soft. Drain and tip into a clean bowl. Mash with a potato masher or ricer to remove any lumps.

Bring the cream and scallions to the boil in the saucepan. Add the mash and beat until smooth.

Season to taste with salt and pepper and add the butter. Serve hot.

RECIPE: NOEL MCMEEL (IRISH PANTRY)

Potato Bread

Potato bread, also known as fadge, slims, potato cake or potato farls, is a form of unleavened bread in which potato replaces a major portion of the regular wheat flour. It is usually cooked by baking it on a hot griddle or pan. It can be served with an Irish breakfast and in Northern Ireland, where it is colloquially known as **Tatie Bread**, it can form part of the famous Ulster Fry.

Ingredients

- **500g mashed potato** (seasoned with salt, pepper and mashed with butter)
- **50g plain flour**
- **¼ tsp baking powder**
- **extra butter and flour**

Method

Sift the flour and baking powder into the bowl with the mashed potato. Mix together until you have a dough.

Dust a surface with more flour and roll out the dough with a rolling pin.

Cut into 8 pieces and cook for 3 minutes each side on a hot griddle or frying pan. Serve straight away with lashings of butter.



Soda Bread

Soda bread is one of Northern Ireland's unique griddle breads. It can be eaten straightaway or cooked until golden in an Ulster fry. It is sometimes eaten with butter and homemade jam, or with savoury food such as smoked salmon, fresh fried eel, or thick dry-cured bacon.

The soda bread farl is a soft, thick and fluffy bread. It was first baked in the 1800s in Ireland, and local people used baking soda to cause the dough to rise. It's typically served with an Ulster Fry and rarely eaten alone.

Soda Bread

Serves 4

Ingredients

- 250g plain flour (plus more for kneading)
- ½ tsp salt
- 1 tsp baking soda
- 250ml buttermilk

Method

Preheat a heavy based flat griddle or frying pan on a medium to low heat. Place the flour and salt in a bowl and sift in the baking soda.

Make a well in the centre and pour in the buttermilk. Work quickly to mix into a dough and knead very lightly on a well-floured surface.

Form into a flattened circle, about 1cm thick and cut into quarters with a floured knife. Sprinkle a little flour over the base of the hot pan and place each quarter into the hot pan, one at a time, until the 4 quarters create a complete circle.

Cook the farls for 6 to 8 minutes on each side or until golden brown and cooked through. You may have to cut through the centre cross to turn them over. Take the pan off the heat and allow the farls to cool in the pan for 10 or 15 minutes.





Wheaten Bread

Wheaten bread is a healthy brown bread made with wholemeal flour. It is delicious toasted with melted cheese or buttered and best served with a big bowl of steaming broth.

Ingredients

- 8oz/225g wholemeal flour
- 4oz/100g plain flour
- approximately 15fl oz/400ml buttermilk (or regular milk soured with lemon juice or vinegar)
- 1oz/25g butter (or a couple of tbsps of vegetable oil)
- 2 tsp bicarbonate of soda / baking soda
- 2 good tsp sugar or a tbsp of honey / maple syrup
- 1 tsp salt

Method

Grease and flour a round sandwich tin or 2 pound loaf tin. Preheat oven to 350°F / 180°C / Gas Mark 4.

In a large bowl mix together all the dry ingredients. Cut the butter into small pieces and rub through. Add enough buttermilk to form a soft but easily handled dough. It should not be runny.

Knead lightly and quickly into a round and place in a prepared tin (it is essential you use light hands). Cut a deep cross in the bread (to let the fairies out). Sprinkle with oats if desired.

Bake for 40 minutes or until a skewer comes out clean. When baked cut yourself a big slice and slather it in butter, not minding that it dribbles down your chin in the enjoyment of it all!

Belfast Bap

The Belfast Bap is a famine food dreamt up by a Belfast man to keep thousands of people alive and we're still eating the Belfast Bap today. The crusty bap was a cheap lifesaver when blight wiped out the potato crop in the 1800s. Barney Hughes, the baker, refused to raise the price so the poor could have food they could afford.

This big, crusty round bread is famed throughout Northern Ireland and is the stuff of legends. It is usually split in the middle and stuffed full of any filling you like.

Ingredients

- 812g bread flour
- 1 pinch salt
- 1 pinch sugar
- 1 pint warm water
- rice flour
- 2 tbsp active dry yeast

Method

Bake in a preheated oven at 200°C for 30 minutes. (Convection baking works well on this bread if you have that option. In this case bake at 190°C).

Place the warm water in a bowl, water should be just warm to touch, about 90-100°C. Add salt, sugar and yeast. Stir to dissolve the yeast.

Let it sit for about 5 minutes. Add 375g of flour and beat until smooth. Gradually add the remaining flour, until dough pulls away from sides of bowl.

Knead with a dough hook or by hand, until dough is smooth and elastic. Place in an oiled bowl and cover with plastic wrap. Let it rise until doubled, about 1½ hours.

Punch down and divide into four equal pieces. Form each piece into a ball, using rice flour on the board. Place close together on a baking sheet, be sure top is covered with rice flour.

Let rise again for about 45 minutes. Turn the grill on during the last 5 minutes. But don't walk away! Watch carefully. The top should be a deep brown. Set to cool on a rack and listen to the crackle!



Barmbrack

This is a traditional Irish recipe for barmbrack (báirín breac), a delicious fruit bread, where the name 'barm' is the old word for yeast. A barmbrack is eaten all year round, but particularly at Halloween when it has a little gold-ring and a small silver-coin baked into it. It was thought that whosoever gets the gold ring would be married within the year and the person who found the coin would become rich.

Ingredients

- 500g bread flour
- 60g butter (softened)
- 85g sugar
- 300ml warm milk
- 25g yeast
- 250g sultanas
- 115g currants
- 60g mixed chopped candied peel
- ½ level tsp ground cinnamon
- ¼ level tsp nutmeg
- ½ level tsp salt
- 1 egg
- optional a gold ring or silver coin

For a glaze

- 1 tbsp sugar dissolved in 1 tbsp of hot water

Method

Sift the flour, spices and salt into a large mixing bowl then rub in the butter to form a breadcrumb mixture. Add the sugar to the flour mixture and blend well. Cream the yeast with 1 tsp of sugar and the warm milk.

This should, over a few minutes, froth up as the yeast starts to multiply. If the yeast is old it is no longer active and won't froth. Once frothed beat the egg into the yeast and milk mixture.

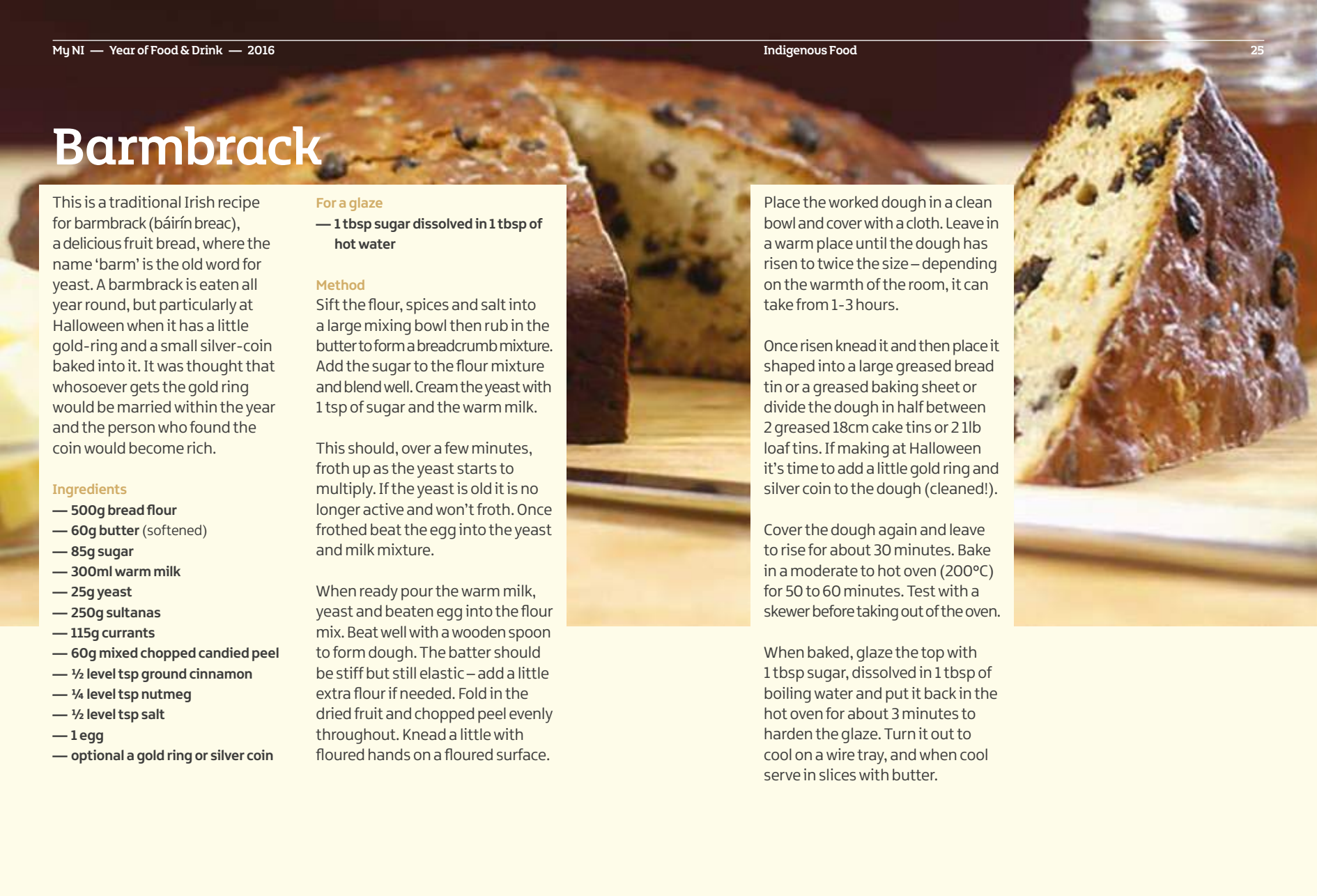
When ready pour the warm milk, yeast and beaten egg into the flour mix. Beat well with a wooden spoon to form dough. The batter should be stiff but still elastic—add a little extra flour if needed. Fold in the dried fruit and chopped peel evenly throughout. Knead a little with floured hands on a floured surface.

Place the worked dough in a clean bowl and cover with a cloth. Leave in a warm place until the dough has risen to twice the size—depending on the warmth of the room, it can take from 1-3 hours.

Once risen knead it and then place it shaped into a large greased bread tin or a greased baking sheet or divide the dough in half between 2 greased 18cm cake tins or 2 1lb loaf tins. If making at Halloween it's time to add a little gold ring and silver coin to the dough (cleaned!).

Cover the dough again and leave to rise for about 30 minutes. Bake in a moderate to hot oven (200°C) for 50 to 60 minutes. Test with a skewer before taking out of the oven.

When baked, glaze the top with 1 tbsp sugar, dissolved in 1 tbsp of boiling water and put it back in the hot oven for about 3 minutes to harden the glaze. Turn it out to cool on a wire tray, and when cool serve in slices with butter.



Veda

Veda is a malted bread sold in Northern Ireland. It is a small, caramel-coloured loaf with a very soft consistency when fresh. Since it is only available in Northern Ireland, many people rely on their relatives to send them Veda to other parts of the world. Veda bread was 100 years old in 2004. Invented by Scot, Robert Graham, in Gleneagles, Veda was baked all over the UK, however Northern Ireland remains the only place still baking the bread today.

Ingredients

- 450g/1lb white bread flour
- 1 tsp roasted barley malt flour
- 2 tsp nut brown malt flour
- 1 tsp instant yeast
- 1 tsp salt
- 1 tbsp oil
- 1 large tsp malt extract
- 1 large tsp treacle or molasses
- 200-250ml warm water
- optional glaze (a tsp of warmed treacle/molasses)

Method

Preheat oven to 200°C / 180°C Fan / 400°F / Gas Mark 6.

Mix all the ingredients together using 200ml of the water. If it seems a little dry add a little more water just a drop at a time. It should be a softish, slightly sticky dough.

Knead for 10 minutes by hand or 5 minutes in a stand mixer with a dough hook. Form into a ball and place in an oiled bowl covered with cling film. Leave somewhere warm to rise for about an hour until doubled in volume.

Gently pull the dough out of the bowl onto an oiled worktop and dimple out with your fingers to disperse the gas.

Fold the dough over towards yourself bit by bit firming each roll with your thumbs as you go. When

you have a sausage fold it into thirds like a business letter. Turn it over and tease the sides down and under until you get a cob shape.

Place this into a greased 2lb loaf tin and squash it down until it fills the base. Place the tin inside a plastic bag and leave for 30-40 minutes until it has risen again. You will know when it is ready if, when you very gently shake the end of it, it trembles a bit like a jelly.

Brush gently with the glaze and bake for approximately 30 minutes. The loaf will sound hollow when tapped on the underside when it is done. If not pop it back in the tin and bake for a further 5 minutes and check again.

Tip

Oil your hands and the work top when working with the dough. It stops it sticking to you and everything else.



Boxty

Translated from the Irish it means 'poorhouse bread'. As a dish cobbled together from peasant food leftovers, made without yeast, and cooked humbly on the griddle, Boxty has sustained the poor and the farm-bound since the nineteenth century.

Ingredients

- 2 large floury potatoes (peeled)
- 225g cooked and mashed floury potatoes
- 120g all-purpose flour, plus 1 tbsp for dusting
- ½ tsp baking powder
- ½ tsp salt
- 3 tbsp salted butter (melted and cooled)
- milk for thinning the dough (as needed)

Method

Grate the raw potato over a double layer of cheesecloth, wring out the grated potato over a bowl, catching the liquid. This will separate into a clear liquid with the starch at the bottom. Pour off and discard the liquid.

Scrape out the starch with a spatula and mix with the grated and mashed potatoes. Sift together the flour, baking powder and salt, mix into the potatoes with the melted butter, adding a little milk if necessary to make a pliable dough.

Turn out the dough on to a lightly floured surface and knead gently. Divide the dough into 4 parts and form round flat cakes about ½ inch / 1.3 cm thick.

Using the back of a knife, cut a cross into each round extending almost to the edges, without cutting through.

Heat a large griddle or heavy skillet until hot. Dust the pan with flour, then place a dough round marked side down onto the pan. Cook over a medium heat for 3 to 5 minutes.

Turn round over and repeat on the other side for 2 to 3 minutes. Let cool on a cooling rack and store in an airtight container.





Dulse

Dulse is a red algae that grows along the northern coasts of the Atlantic and Pacific oceans where it is used as a traditional food. Locals in Northern Ireland gather it for home use as it is free and plentiful.

Dulse can be found throughout the country, for the picking or at markets, and is traditionally sold at the Ould Lammas Fair in Ballycastle.

Dulse Cheesies

18–20 biscuits

Ingredients

- 125g (4½oz) plain flour
- 200g (7oz) cheddar cheese (grated)
- 100g (3½oz) butter or margarine
- 25g dulse (very finely chopped)

Method

Mix all ingredients together to form a soft dough.

Roll out onto a floured board to about 1½ cm, / ½ inch thickness. Cut with biscuit shapers.

Place on a greased baking tray and flatten slightly with a fork. Bake in a preheated oven at 200°C (400°F, Gas Mark 6) for about 10 minutes, or until light brown. Transfer to a wire rack to cool. Store biscuits in an airtight container.

RECIPE: JENNY HEATH (IRISH SEAWEEDS)
CONTACT: IRISHSEAWEEDS.COM / +44 (0)28 9061 7512

Ulster Fry

It's the meal that made Ulster. Two fried eggs, the all-important browned potato and soda breads, perfect pork sausages, crispy bacon, black and white pudding and a juicy red tomato – a great start to any day!

It's also the perfect recovery the morning after an evening of over indulgence. But getting an Ulster Fry just right is a delicate art. Chef, James Bell tells us how to get the breads crispy and those sausages brown.

His secret? "The real skill in a great end result is cooking the entire meal in the one pan, thus securing and sealing the flavour throughout the whole cooking process."

Method

Pan fry in cold pressed rapeseed oil. It's clean, taste-free and has an extremely high burning point, important for cooking all your ingredients in one pan. Place your heavy based frying pan on a low and slow heat, producing a light sizzle but not spitting oil.

Sausages

Begin with a small drizzle of rapeseed oil in the pan. When hot, place your 2 sausages in gently, turning occasionally to colour all the way round evenly - approx 8 minutes.

Bacon

Bacon is next in the pan, adding an unbeatable flavour. Add 2 rashers of thick-cut back bacon, it's less fatty than streaky, but everyone has their preference. Don't flip your bacon too early, wait for the colour to appear on the edges. For a healthier option you can grill the bacon; either way, cook it until crispy, but not brown and burnt.

Breads

Potato and soda bread are a firm visitors favourite. Place them in the pan, the soda will soak up the delicious flavours and the potato bread will brown on the outside and soften wonderfully in the middle.



Tomatoes

If you can buy them on the vine do so, as they retain their firmness and flavour for longer. Tomatoes should always be a little crispy (there's nothing worse than a soggy tomato sulking on your plate). This will be achieved if you place them alongside your breads and cook for several minutes.

Black and White Puddings

Black and White Puddings are an acquired taste, but the flavour and texture is so rich and interesting. Pop both in the pan and continue to cook everything for a couple more minutes – after 2-3 minutes, flip everything over. After a further 2 minutes cooking, move all the ingredients into a warmed oven and clean your pan.

Eggs

In fresh oil crack 2 large free-range eggs, pop a lid on to cook the top for perfect runny eggs, and voila!

Local Artisan Producers

Wherever you stroll around Northern Ireland, the scent of some new local foodie favourite will set your taste buds tingling.

Whether it's one of our chuntneys, cheeses, breads or beef, Northern Ireland's artisan food producers are getting creative with classic tastes and local produce.

Northern Ireland companies have featured strongly in the **Great Taste Awards** – a scheme that is widely acknowledged as the most respected food accreditation scheme for artisan and speciality food producers. Recognised as a stamp of excellence among consumers and retailers, the awards are considered to be the world's most coveted blind-tasted food awards. **In 2015, 70 Northern Ireland companies secured almost 200 gold stars.**

Our list of winners is long and illustrious. **Ann's Pantry of Larne**

make a spelt and black pudding potato bread that's legendary. **Abernethy Butter** is famously creamy with a subtle saltiness. Our meats like Co. Tyrone's **Baronscourt Wild Venison**, or the range from the Co. Down 'meat merchant' himself, Peter Hannan, are regularly winning high-profile awards.

If you are a fan of fish, you need to try Belfast-based **Ewing's Seafoods**, who smoke their own using a unique family recipe. Meanwhile, the **Baked in Belfast** brand is producing Gin & Tonic and Irish Whiskey marmalades that are catching the attention of food critics, restaurateurs and even former BBC 'dragon' Theo Phapitis.

This is just the beginning. As our Year of Food and Drink 2016 gets into full swing, every corner of Northern Ireland is crafting unique flavours and winning fans worldwide. Take a taste tour and you'll find out why.



Ann's Pantry of Larne



There's potato bread and there's award winning spelt and black pudding potato bread. Although they know how to do the classics very well indeed at this Larne bakery, Ann's Pantry is becoming increasingly known for its innovative bakes with speciality flours and flavour combinations.

Ann's Pantry has had a surge in customers interested in their spelt range, a fantastic alternative grain with so many health benefits. Customers travel on round trips of 60 miles and more just to get a batch. They can also be found at St George's Market in Belfast.

As a local family business, established in 1967, they pride themselves in sourcing local ingredients and supporting local businesses.

CONTACT: +44 (0)28 2826 0474

Abernethy Butter

This is proper butter, lovingly churned by hand in Dromara. Northern Ireland produces the yellowest butter in the world thanks to the lush grass our cows graze on. It's just on the right side of salty and tastes fantastic slathered on crusty bread.

Pasteurised cream is delivered every morning from a farm with pedigree cows ten miles away. Will Abernethy uses a small, motorised churner to churn 20 litres at a time. When the butter is ready, it's washed to remove any traces of buttermilk. He then weighs, pats and rolls each slab by hand before leaving in the fridge for an hour to harden it for packaging. Abernethy Butter is packaged in simple greaseproof brown paper, sealed with a sticker stating the ingredients – cream and a pinch of salt.

No wonder Heston Blumenthal is a fan. He uses this butter for the tables in his restaurants in the UK. Other prestigious fans include Fortnum & Mason in London, Marcus Wareing of The Berkeley in Knightsbridge, The Gilbert Scott in London and Donnybrook Fare in Dublin.

Will and Allison inherited their butter-making skills from Allison's father. After a huge demand at markets the Abernethy's decided to set up a business. In 2005, Will gave up his farming job and began to make butter professionally at home in a dedicated kitchen. They also make fudge, using their exclusive handmade butter. Their fudge is made in small batches, then chilled and cut into cubes before packaging. A mouthful is sublime. No fancy flavourings or decorations – just velvety smooth fudge with a creamy buttery taste.

Local Artisan Producers



Abernethy Dulse Hollandaise Sauce

Serves 6 / prepare in 15 minutes

Ingredients

- 4 egg yolks
- 160g Dulse & Sea Salt Abernethy Butter
- juice and rind of 1 lemon
- cracked black pepper

Method

Melt the butter in a pan. In a metal/glass bowl placed over a pot of simmering water, whisk the egg yolks and gradually add the melted butter constantly whisking over a gentle heat until the sauce thickens.

Gradually add the lemon juice and rind, constantly whisking, not too much or it will become runny.

"Allison and Will Abernethy live, work and breathe the original meaning of artisan food producer, creating a product which speaks volumes for their passion for hand churned butter."

NIALL MCKENNA
OWNER & HEAD CHEF
JAMES STREET SOUTH

Donnybrewer Butter

Donnybrewer Butter is made the good old-fashioned way. It's churned in small batches with the freshest cream available. The buttermilk is washed off in clean, cold water before the butter is sea-salted. It's then formed into a distinctive hexagonal shape before being packaged in waxed paper - just like they used to do.

Husband and wife Richard and Allison Leighton are from Eglington and both from farming backgrounds.

They have qualifications in agriculture so they have an understanding of the factors affecting the compositional quality of the cream used to make the butter. Allison's grandparents used to demonstrate churning of butter and her father inherited the churn, which he brought out in Christmas 2010 to make some butter, thus igniting their interest in churning. They are passionate about good quality local food, produced as naturally as possible using natural ingredients.



Mike's Fancy Cheese

Walking into Mike Thomson's cheese ageing room is not for those with a strong sense of smell—but in a good way. He's taken up a craft which has been around for thousands of years, and he's the only Northern Ireland producer doing it the traditional way. He produces Northern Ireland's first raw milk blue cheese, Young Buck. Since its launch in 2013, Young Buck has been acclaimed throughout Ireland, the UK and beyond.

Despite his training, overwhelming passion and grand plans to begin making cheese, Mike found it impossible to find the much-needed start-up capital to get the business up-and-running. So despite plying his trade in an ancient tradition, he funded his ever-burgeoning business in a very modern way. The 28-year-old raised £80,000 through online crowd funding site, Seedrs. Now, he's reaping the

rewards of the craft, and selling to some of the top Northern Ireland restaurants and specialist shops around the UK.

After setting up his production facility at a modest business unit in Newtownards, he began crafting his Young Buck cheese – similar in style to an English Stilton. The full traditional ageing process creates this deeply flavoured cheese that has helped Mike Thomson become a success.

Croquettas made with local Guanciale & Young Buck Raw Blue Cheese

Makes 8-10 croquettas / prepare in 2-3 hours / cook for 10 minutes

Ingredients for the croquettas

- 150g plain white flour
- 60g butter
- 375ml milk
- 180g Moyallon Guanciale

- 100g Young Buck Blue Cheese
- 60g fresh breadcrumbs
- fresh thyme
- pepper

Ingredients for the crispy coating

- 75g toasted breadcrumbs
- 75g plain flour
- 1 egg, beaten

Method

Fry the Guanciale and cut into small pieces, retaining any leftover oil from the pan. Melt the butter in a pan and season with pepper. Add any juices from the Guanciale pan to the melted butter.

Slowly add a quarter of the flour and mix into the butter over a low heat. Gradually add the milk and remaining flour, constantly mixing until you have a thick paste. To the paste, add the fresh breadcrumbs, chopped thyme, Guanciale and cheese and mix evenly through the paste.

To make the breadcrumbs, lightly toast the bread slices. Using a food processor and standard blade, blitz the toasted bread for 2-3 minutes until it's reduced to breadcrumbs.

To prep the croquettas, heat a deep-fryer filled with Brighter Gold rapeseed oil on high. Set up three bowls – one with plain flour, one with the beaten egg and a third with breadcrumbs. Shape the paste into golf ball sized pieces and cover in flour, roll in the egg wash, roll in the breadcrumbs and fry until golden brown in the deep fryer.

Fry in small batches of 2-3 to avoid the temperature of the oil dropping too low.

Passion Preserved



Claire Kelly was a chartered accountant before she decided to turn her passion for preserves into a business. She had grown up around people who preserved the harvest for later and so, in turn, she did the same. Grateful friends who received hampers at Christmas encouraged this passion and she decided to try selling – then everything grew from there.

Established on the outskirts of Lisburn in late 2012, Passion Preserved make delicious and unusual chutneys, relishes and sauces. The products, which have been described as 'deliciously different', are made by hand in small batches using natural ingredients from Claire's own small-holding and neighbouring farmers.

Kasundi Curried Parsnip Soup

Ingredients

2 large parsnips peeled and sliced
2 large onions peeled and sliced

Method

Gently fry the parsnips and onions in a tablespoon of rapeseed oil for about 5 minutes. Then put the lid on the saucepan and let them sweat for another five minutes till the parsnips are softening. Add half a jar of Kasundi and stir in to vegetables.*

At this point you can go for speed if you have both a pressure cooker and a hand held blender. Add one large tin of evaporated milk, an equal quantity of water (using the tin as a measure) put the lid on the pressure cooker and, bringing it to high pressure, cook it for 10 minutes. Then reduce the steam quickly by running cold water over the pressure

cooker in the sink and blitz the soup with a hand held blender. (When you first open the pressure cooker the milk will have split and look curdled but don't worry as the hand blender will mix it all through and it will be silky smooth).

Serve the soup with a sprinkle of freshly ground black pepper and a garnish of some Kasundi.

"Here at Passion Preserved, we want to change how people feel about preserves, especially chutneys, relishes and pickles. Don't get us wrong - we love cheese - but to relegate savoury preserves to the cheese and crackers plate is just wrong! Our products can be dips, cooking sauces, marinades and condiments. Some people tell us they just eat them on their own with bread!"

CLAIRE KELLY
PASSION PRESERVED

*If you don't have a pressure cooker then add only water (about 500ml) to the saucepan at this point but not the evaporated milk, place a tight lid on, bring to the boil and simmer for about 20 minutes until the vegetables are cooked. Blitz and stir in the evaporated milk, bring back to the boil before serving. If you don't have a hand blender you may want to chop the onion and parsnip before cooking.



Brambleberry Jams

Alice McIlhagger was previously a geography teacher and DOE Planner. She is now a mother at home in a rural village running her own small business from the kitchen table and cooking on her old red Aga while the children are at school. She grows as much of the 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.

Her business has grown from her interest in home cooking foods for her own family with ingredients that have travelled as short a distance as possible. She has jammed every autumn for many

years and developed many techniques and tips to get a good set without needing to use added pectin. The jars are then all hand labelled and decorated with mostly re-used fabrics and finished with a pretty ribbon.

CONTACT: BRAMBLEBERRYJAMS.COM / +44 (0)28 9265 2562

Brighter Gold



Like so many great small business ideas it was started around the kitchen table. Brighter Gold, the award-winning, cold-pressed rapeseed oil, was born quite by accident on Leona and Richard Kane's arable farm in Limavady back in 2006.

Richard was pressing for bio diesel when Leona ran out of olive oil while making dinner. "We were cooking two steaks that night and Richard brought me up a cupful of the rapeseed that was unfiltered, and I used it," Leona said. "I thought it was going to ruin the steaks but I loved the smell. I didn't know much about rapeseed at the time, but there was such a difference in smell and taste to olive oil. It wasn't as strong. It [the business] started when Richard said that night, 'That's our Brighter Gold'."

Leona did a little online research about the health benefits of rapeseed oil and realised it was a product they could produce from start to finish on the 800-acre farm that has been in the Kane family for over 100 years. Mother-of-two Leona finally got the business off the ground in 2011, selling the oil through farmers' markets and local independent shops and restaurants.

Following on from the plain rapeseed oil, Leona launched four new flavours: basil, lemon, chilli and rosemary and garlic. The name Brighter Gold comes from a gold hoard found on the Kane's farm in 1896 by a local man.

Brighter Gold Lemon & Thyme Mayonnaise

Prepare in 15 minutes

- 130g mayonnaise
- 2 egg yolks
- 75ml Brighter Gold Lemon Infused Rapeseed Oil
- 1 tsp hot mustard
- juice & zest of ½ a lemon
- fresh thyme
- salt & pepper

Method

Blitz the yolks & mustard in an upright food blender for 2-3 seconds. Gradually add the oil to the blender in a slow and steady stream, constantly mixing until a thick mayonnaise is formed.

Add the lemon juice, zest, thyme and seasoning to the blender and mix for 5-10 seconds. Store the mayonnaise in a fridge and use within 24 hrs.

RECIPE: SCULLERY-MADE.COM



Broughgammon Farm

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, a bit wild, these boys probably have it!

And when we refer to boys we are of course talking about brothers Charlie and Sandy Cole, who together are at the heart of the newer side of the farm business, from rearing goats, gathering wild game, to in-house butchery. When they're not doing the meat side of things, they can be found gathering local seaweed for production, and running their infamous Broughgammon food-truck in locations right around Ireland, cooking up a storm.

And that really captures the whole ethos and the nature of the farming these fellas undertake. Charlie says: "We aim to do this (farming) locally, sustainably and competitively, balancing the growing requirements for food production with environmental protection, whilst minimising the impact on our locality." We think they've got it spot on and the proof of the pudding is in the taste. They've nailed that too!

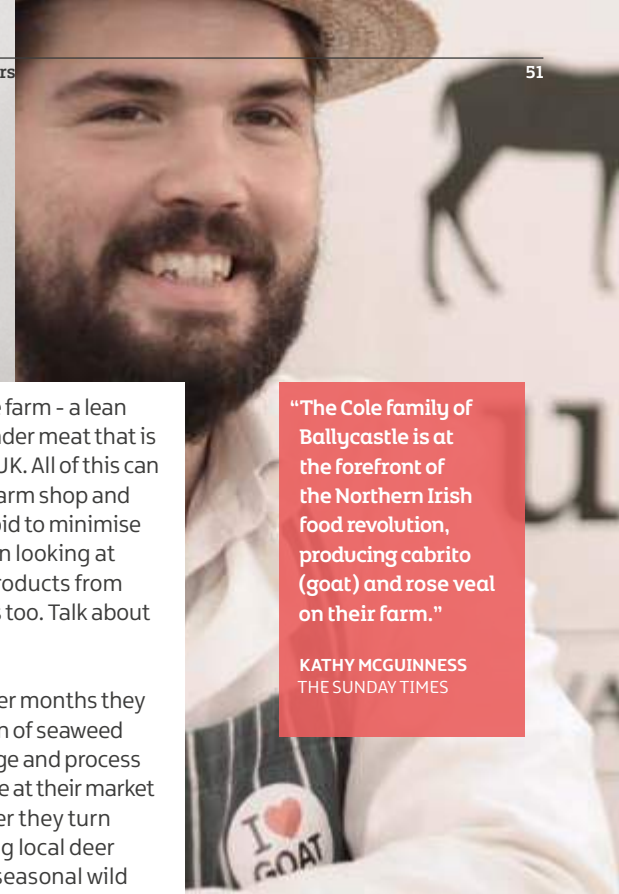
The Spanish have long known how nice roasted kid is and the Coles brought this to Ireland in 2011 when they introduced their goat herd. It's a lean, tender and sweet meat, being a great alternative to lamb and low in cholesterol. Free Range Rose Veal is the next

big thing from the farm - a lean and extremely tender meat that is rare to find in the UK. All of this can be found in their farm shop and true to form, in a bid to minimise waste they're even looking at manufacturing products from their animal hides too. Talk about multi-taskers!

During the summer months they harvest a selection of seaweed which they package and process and make available at their market stalls. In the winter they turn towards managing local deer herds, providing seasonal wild venison fit for a king. As well as this there is a selection of locally sourced sustainable seasonal wild game including rabbit, duck, pigeon and pheasant.

"The Cole family of Ballycastle is at the forefront of the Northern Irish food revolution, producing cabrito (goat) and rose veal on their farm."

KATHY MCGUINNESS
THE SUNDAY TIMES



Ewing's Seafoods

Belfast-based fishmongers, Ewing's Seafoods have been supplying fresh local 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.

Ewing's is also renowned for their cured fish, including natural smoked cod, light cured salmon and smoked salmon, described by leading food writer Matthew Fort as the best in Ireland. At a New York fundraising party hosted by Liam Neeson, actress Meryl Streep was among a number of stars acclaiming the quality of the smoked Glenarm salmon supplied by Ewing's.

Even in a land renowned for seafood, Ewing's stands out thanks to Walter's expertise and long-standing relationships with the fishermen of Portavogie and Kilkeel.

His sons, Crawford and Warren, are now demonstrating that same skill and commitment as they carry Ewing's Seafoods on to a new generation.

Ewing's Pale Smoked Cod, Early Comber Potatoes, Spring Vegetables, Chive Veloute

Serves 2 / ready in 25 minutes

Ingredients

- 2 pieces Ewing's smoked cod approx 200 - 250g
- 8 Baby Early Comber Potatoes equal in size
- selection of baby vegetables (leeks, radish, sugar snap peas)
- 200ml chicken or vegetable stock
- 250ml whipping cream
- 50g chives (chopped)
- 50g butter
- salt and pepper

Method

Scrub and wash the Comber potatoes, bring to the boil and simmer for 10- 12 minutes (or until tender), drain and set aside.

Bring the stock to the boil and reduce by half, add the cream, reduce by half, finish with chives, set aside until needed.

Bring the water to the boil for the vegetables, cook until tender but still have a bite.

Place the cod on an oven tray, cover with butter, cook in a hot oven (180°C) for 6 – 8 minutes, depending on the thickness of the fish.

Butter the vegetables and potatoes and place in the oven, for two minutes. Bring the chive sauce back to the boil. Place the potatoes and vegetables on a plate, add the baked cod, spoon over sauce. Serve immediately.



Red Dog Foods

Kilkeel based ex-Californian couple Barbara-Ann and Paul VanGelder have always had a passion for BBQs, and more importantly traditional American BBQs and everything (on the side) that goes with them!

So the story of Red Dog began, as the couple came home to Barbara-Ann's native Ireland some years ago having travelled extensively through Kansas City, Texas, New Orleans, Memphis and other western States (with their little Red Dog!), collecting the secrets from the best grillers, smokers and sauce makers around! And during this period they began to experiment, perfecting their own sauces, salts, dry rubs and chili jellies.

So having hit Kilkeel they got to work, honing the finest local ingredients along with America's finest to produce a range of condiments that will blow your socks off ... in a good way!

Dragons Breath Prawn Stirfry

Serves 4

Ingredients

- 2-4 tbsp **Dragons Breath Ginger & Star Anise Chili Jelly** (RED DOG brand)
- 2 tbsp **rapeseed oil** (experiment with garlic or chilli flavoured)
- 8oz **prawns, or substitute fish**
- 2 **spring onions, sliced thinly and scattered over the finished dish**

Method

Heat a pan, add the oil and then the prawns. Stir and then add the chili jelly. The jelly will melt and as it does, stir the pan and coat the prawns. Continue to stir and coat until the prawns are cooked, approximately 3 to 5 minutes. Once the cooking is complete, plate the prawns and scatter the thinly sliced spring onions over the top of the dish.



Harnett's Oils



Northern Ireland has the ideal conditions for growing oilseeds. The Harnett family know that. That's why the fields on their County Down farm are worthy of a Van Gogh painting when the crops are in flower. They grow oilseed rape and hemp, then cold press them and bottle them all on site. GM free seeds for oil have been grown on the Waring Estate farm in Northern Ireland since 1656, when Jane Harnett's family mansion home was built by one of her father's ancestors. Over more recent decades, her father has become a significant producer of rapeseed oil for the supermarket sector.

In 2005, working with expert guidance from Loughrea College, Jane developed her own label, Harnett's Oils, using rapeseed and hemp seed, also grown on the farm. As she says 'it has been a learning

curve!' In 2006, with help from her mum, she took her oils to St George's Market in Belfast and other festival markets. Customer feedback was very positive, particularly on the hemp seed oil, a fairly new oil on the Irish food scene.

Hemp oil is unique among edible oils for its perfect balance of Omega 3,6 and 9 essential fatty acids and is highly acclaimed for good heart health and skin conditions such as psoriasis. Richly green in colour, Harnett's Hemp Oil has a distinct earthy and intensely nutty taste.

It is useful as a dressing for meat, fish or vegetables in place of butter, mixed with balsamic vinegar as a dipping oil for crusty bread or as a base for salad dressings. Harnett's Rapeseed oil is an everyday



culinary oil, also rich in Omega fatty acids. Rapeseed makes great cooking oil, imparting subtle nutty flavour to fried foods. Jane also produces a range of salad dressings. These include Hemp Balsamic Vinaigrette, Hemp Garlic and Mustard Dressing, Rapeseed Chili and Garlic Oil, Orange and Rosemary Oil and Lemon and Thyme Oil.

"I don't think people realise how lucky we are in Northern Ireland that our fields are so green ... we have the North Atlantic Drift and milder weather, which is great for anything that grows."

JANE HARNETT

Baked in Belfast



Belfast's famous Gin & Tonic and Irish Whiskey Marmalade, made by local company Baked In Belfast, has scooped yet another award.

The company, owned by Suzanne and Keith Livingstone, picked up Bronze Awards at The World Marmalade Awards in Cumbria. The awards attract around 3,000 entries and the local couple beat off stiff competition from not only the UK & Ireland, but also Europe, Australia, the USA, India and Japan.

Keith and Suzanne say they are delighted to have won yet another award for their Baked in Belfast marmalades. The Gin & Tonic Marmalade already holds a Great Taste Award, reached the finals of The Irish Food Awards and attracted the attention of former BBC 'dragon'

Theo Phapitis when he made them the first Northern Ireland winner of his SBS (Small Business Sunday) award back in 2012.

Suzanne and Keith create this and other fabulous flavours in a converted outbuilding in their countryside 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! Their tall, thin 100ml jars are like jam-jar cocktails. Totally addictive.



Burren Balsamics

Susie Hamilton-Stubber grew up creating recipes in her mother's country kitchen, and being inspired by her surroundings and her mother's passion for food, she began to experiment. While working in London, Susie started making her famous infused Balsamic vinegars for friends who simply liked great salads and something a little bit different. Susie now produces over half a dozen different varieties of her seasonal vinegars, using only the finest local fruits and the best of Italian balsamic.

The company 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. They were met

with such delight and enthusiasm that Burren Balsamics was founded.

Situated in County Armagh in the heart of the orchard county, she strives to use as many local ingredients as possible, including the Armagh Bramley Apple. She uses only whole fruit and fresh garden herbs in the making of her vinegar, ensuring the distinctive, rich, wholesome taste. Casseroles, grilled meats, fish, salads and desserts are all enhanced by the addition of some Burren Balsamics.

Her passion is to create a ground breaking and affordable range of fruit balsamics with limitless possibilities and combinations to delight.

CONTACT: BURRENBALSAMICS.COM / +44 (0)78 0256 6029

SculleryMade Hot Sauce

Serves 20 / prepare in 1 hour

- 180g fresh chilis
- 20g fresh ginger, grated
- 1 tin of plum tomatoes
- 1 lemon, juiced and grated rind
- 70g caster sugar
- 60ml Burren Balsamic's Rhubarb and Ginger Balsamic
- 1 tsp sea salt

Method

Blend all of the ingredients until the mixture is smooth. Pass the sauce through a sieve to remove any lumps. Cook on a low-medium heat for 1hr.

Store refrigerated in an airtight container for 1-2 months.

RECIPE: SCULLERY-MADE.COM



City Cheese

City cheese is a small family business which is the proud producer of a variety of Dutch Gouda style cheese. Christo and Angelique Swanepoel are both South African chefs who have been living in Northern Ireland for five years. Christo was brought up on a dairy farm and he was reared on raw milk and raw milk cheese. This passion for raw milk and their background in food made cheese making a natural business venture.

He and Angelique decided to start making cheese with milk from Culmore organic farm, which is Northern Ireland's only licensed producer of organic raw cow's milk. Their cows are milked by a robot which Christo and Angelique believe makes for happier cows and in turn that means happy milk and very happy cheese!

They produce three different cheeses from their home in Millisle in their new approved creamery. They make them in small batches by hand. They are matured at an ambient temperature on locally sourced larch timber shelves for no less than 90 days.

CONTACT: +44 (0)75 9929 5945



Leggygowan Farm

Leggygowan Farm, based in Saintfield in County Down, was established in 2010 as part of a farm diversification project. In 2012, the company, which is run by Adam, Ryan and Jason Kelly, launched a new goat's blue cheese, Northern Ireland's first, and a new addition to an emerging farmhouse cheese sector.

It all began when Jason, a qualified plumber, returned from a job with a number of goats in tow. Now they make an array of artisan goatly products. Their standout product is an award-winning blue cheese, aged for 28 days, which scored Bronze in the New Product category at the 2012 International Cheese Awards. It has a medium strong taste with a subtle goat flavour and sits well on any cheese board.

There is also a fresh soft curd which has a tangy yet mild goat flavour with a creamy texture. It's equally at home fresh in a salad or cooked within a dish. They sell cartons of goats milk too.

Occasionally they make use of their granny's years of culinary experience by getting her to make a goats milk fudge using an old family recipe. It has a similar texture to tablet fudge but is lactose free and therefore suitable for people with a dairy intolerance. They also make a soap using their goats milk to utilise the properties within the milk. This soap has proven benefits for sufferers of eczema, psoriasis, and dry skin. They aspire to have a reputation for manufacturing a quality farmhouse product with total traceability.



Pat O' Doherty's Black Bacon

O' Doherty's have been at the forefront of the meat trade for over forty years. During that time there have been many advances in food production but how often have you longed for the taste of real bacon? Bacon that doesn't shrivel up, leaving a tell-tale white residue on the pan.

O' Doherty's award-winning Black Bacon™ and Fresh Dry Cure Bacon are cured naturally from selected fresh pork without any phosphates or water, and left to season naturally – just as you would a good wine. The result is bacon matured to perfection.

O' Doherty's famous Fermanagh Black Bacon is a wafer thin bacon from Pat's 200-strong herd of carefully selected Tamworth pigs, raised on the remote and uninhabited Innishcorkish Island on Lough Erne in the west of Ireland.

The unique bacon gains its distinctive and rich flavour from a secret blend of herbs and

traditional dry-curing techniques. The bacon was on the menu at nearby Lough Erne Resort when President Obama, Angela Merkel, David Cameron and all the G8 leaders stayed there for the 2013 summit.

As well as the lauded bacon, Pat developed an innovative corned beef based on a 600 year-old recipe, and the result is now enjoyed worldwide. Old Fermanagh Corned Beef is salted and cured over a period of three months for sale either as a joint or pre-sliced. The beef, in common with the company's dry-cured Black Bacon, is sourced locally to ensure quality.

CONTACT: BLACKBACON.COM / +44 (0)28 6632 2152

Roast pears wrapped in black bacon

Serves 4 as a starter

- 4 small conference pears
- 4 peppercorns
- sprig of basil
- 1 glass white wine
- water
- 8 rashers of streaky Black Bacon (thinly sliced)
- 110g / 4oz blue cheese
- olive oil

Method

Peel the pears leaving the stalk intact. Place the pears in a pan with the peppercorns, basil and wine. Cover with cold water and set a sheet of greaseproof paper on top of the water whilst the pears are cooking to prevent them from bobbing to the surface and discolouring. Poach until tender, then cool.

Scoop out some of the core and fill the centre with some blue cheese. Lay the black bacon out on a board

and run a small knife along each rasher until it stretches out further. Wrap the pears tightly with the bacon, using two rashers if necessary, holding the ends in place with a cocktail stick.

Preheat the oven to 200°C/400°F/Gas Mark 6. Brush the pears with a little olive oil and bake the wrapped pears on a baking tray for about 10 minutes or until the bacon is cooked. Serve hot with a peppery rocket salad as a starter.

RECIPE: PAT O' DOHERTY



Baronscourt Estate

Baronscourt Estate, situated in the foothills of the famous Sperrin Mountains in County Tyrone, has been the home of the Duke of Abercorn's family since 1612. It's also the home of Ireland's finest wild venison.

The herd of Japanese Sika deer were initially introduced into a deer park in 1751 but since 1920 they have existed wild on the estate. They munch on myrtle bog, ryegrass and tasty saplings, which are naturally free of any additives or growth promoters.

Apart from being a very lean and succulent meat, low in cholesterol and chock full of protein, Baronscourt Wild Venison is very sustainable. An annual deer count assesses the population and its general health. They then do a selective cull to balance the population against the likely demand for the meat. The estate also produces oven ready pheasants and ducks during the shooting season, all of which are home reared.



"Baronscourt Estate was commended for this buttery venison rack.

The judges were seduced by the 'toasty, wild, hay and offal' notes on the palate and the meat's long lasting flavour."

Great Taste Award Judges

Baronscourt Estate Venison Pie

Serves 6-8 / prepare in 20 minutes / cooking time 1½ hours

Pie Ingredients

- 1kg venison diced (hunch)
- 8 mushrooms halved
- 1 large onion finely chopped
- 2 cloves garlic crushed
- beef bouillon (2 cubes dissolved in 1 litre hot water)
- 80g redcurrant/jelly
- salt and pepper to season
- 1 tsp oil

Topping ingredients

- 2kg potatoes
- 6 spring onions
- 100ml single cream
- 20g butter

Method

Heat the oil in a pan. When hot add the venison and fry quickly till golden brown. Remove from the pan, add the onion, mushroom, garlic and fry till soft and golden brown.

Add the redcurrant jelly and the beef bouillon with one litre of warm water and bring to a simmer, then add the venison and slowly cook for 40 minutes and then add to a large dish.

Pipe the potatoes on top of the pie and brush with melted butter and bake for 40 minutes.

Hannan Meats



Hannan Meats sources, produces and supplies a range of fantastic meat products. It was established in 1991 and, all these years later still serve their first five clients - as well as some of the finest restaurants, hotels and retailers in the UK and Ireland.

Peter Hannan is known as the **meat merchant**, and with good reason. He's a fanatical foodie who spends months perfecting his award-winning products like the Guanciale, which earned him the Great Taste Supreme Champion award in 2014.

Now Hannan ages his finest meat in a chamber that has an entire wall made of Himalayan salt bricks, creating an atmosphere that allows the meat to be aged for longer. It also develops a rich, delectably seasoned flavour, best treated simply.

Hannan had to build another Himalayan salt chamber to cope with the demand for his salt aged beef, including locally produced Glenarm Shorthorn and NI European Angus. He pays the members of the Glenarm Shorthorn Beef Producer Scheme a premium to finish their cattle fat to improve the flavour of the finished meat. That's why food writers all over the world think it's the best steak they have ever tasted. Top London chef Mark Hix is one of their biggest fans and uses it throughout his restaurant group. Fortnum and Mason just had to get their hands on their goods too!

Hannan is a powerhouse in the Northern Irish food movement, nurturing relationships with farmers who supply his meat, as well as encouraging small producers, whom he stocks in his shop in Moira.

The Meat Merchant shop in Moira beside the factory is open to the public, offering their full range of products at wholesale prices as well as a treasure trove of other local artisan delights.

"Hannan Meats have been awarded more Great Taste Awards and amassed more Stars than any other producer in the history of The Great Taste Awards – to date 125 stars!"

Great Taste Award Judges



Go Yeast

Go Yeast is a micro bakery based in a home kitchen in Donaghadee. Ken McNaul bakes both traditional breads using baker's yeast and sourdough breads using wild yeasts. He first developed a fascination with bread and bread making while at the Ballymaloe Cookery School and on a bread-making course at the School of Artisan Food. Those courses inspired him to set up his own micro bakery, and lots of happy customers are very glad he did.

Ken is a member of the Real Bread Campaign whose aim is to encourage people to consume more locally produced bread, free from additives, enzymes, improvers or anything artificial. His best-selling bread is a Rosemary and Raisin Sourdough. This is made with rosemary infused olive oil and golden raisins. Yum!

CONTACT: GOYEAST.CO.UK / +44 (0)78 4037 8175





Dart Mountain Cheese

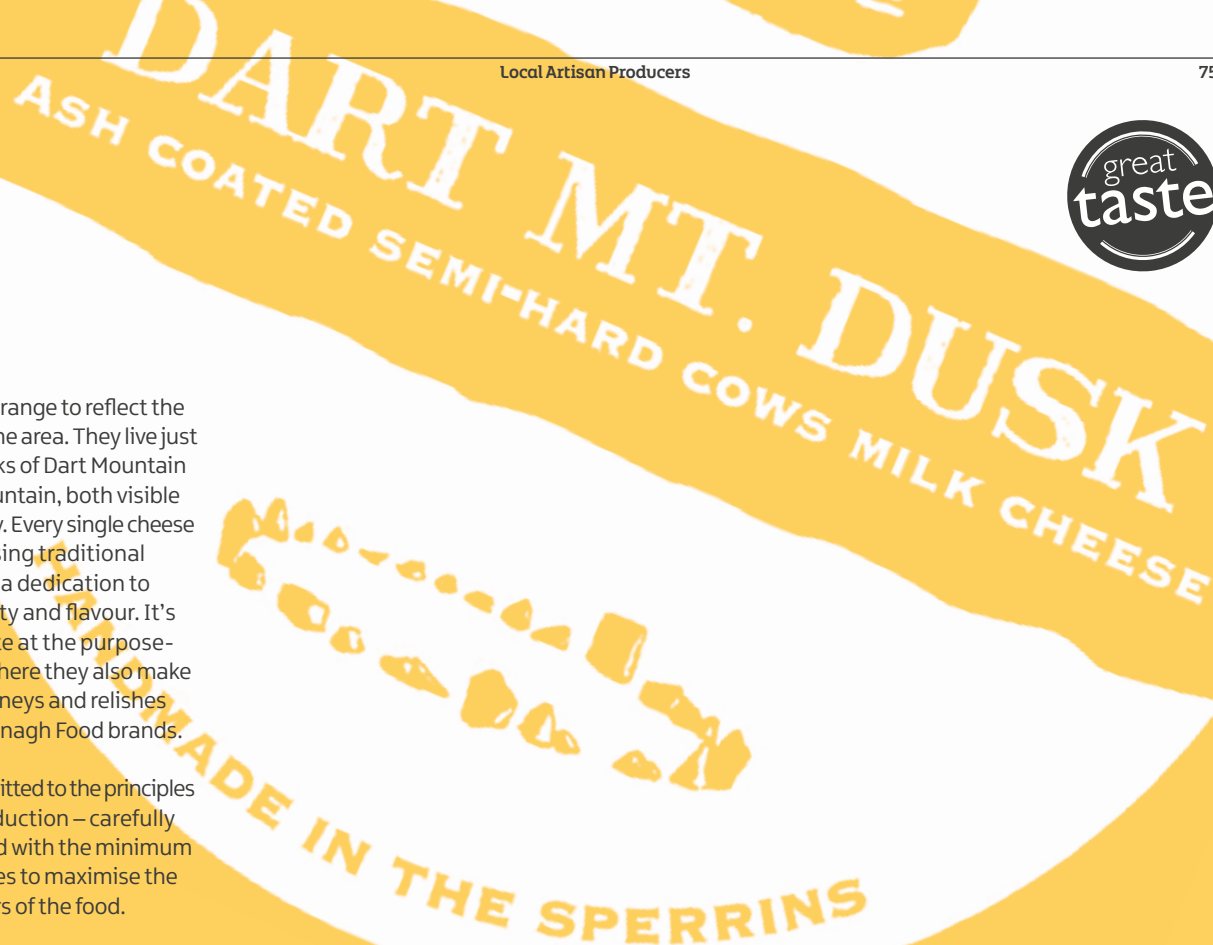
We're so excited to see another artisan cheese producer in Northern Ireland. Dart Mountain Cheese belongs to the Tamnagh Foods group based in the Sperrins area of County Londonderry. Established in June 2011, they have been quietly developing their cheese range and since June 2014 have released their first four cheeses: Sperrin Blue; Dart Mt. Dusk; Kilcreen; and Banagher Bold.

They have worked together with Northbound Brewery in Derry/Londonderry, another Food NI member and Great Taste Award Winner to create Northern Ireland's only washed ale cheese Banagher Bold, using their No. 26 Pale Ale. Their long aged Tirkeeran Cheese, is eagerly awaited.

They want the range to reflect the landscape of the area. They live just below the peaks of Dart Mountain and Sawel Mountain, both visible from their dairy. Every single cheese is produced using traditional methods with a dedication to hygiene, quality and flavour. It's all made on site at the purpose-built facility, where they also make granolas, chutneys and relishes under the Tamnagh Food brands.

They are committed to the principles of artisan production – carefully producing food with the minimum use of machines to maximise the natural flavours of the food.

They are also committed to the environment – sourcing locally to keep food miles down, ensure traceability and recycle to minimise waste.



Delectable Drinks

Northern Ireland is at the forefront of the artisan drinks renaissance. We have to raise a glass to our fantastic brewers and distillers, from **Shortcross Gin** to **Armagh Cider Company**; they have all mastered the art of quenching a thirst. Here are just a few of the superb craft ciders and ales, exquisite gins and wonderful teas that are now available. And we've included a few delicious ways to enjoy them too.

A round of our local drinks...



Pokertree Brewing Company

Owner Darren Nugent travelled extensively but when he came back to County Tyrone he always missed the choice of beers that existed elsewhere. He wanted a local beer of which he could be proud, one with a bit of devilment. He couldn't find it. So he decided to make it himself.

The brewery is named after a famous local legend from the village of Carrickmore where the brewery is located. It is said that on certain nights when the moon is bright the devil can be found playing cards under the branches of an old tree. Passers-by challenge him to a game and if they win their wish is granted, but if they lose their soul will be lost forever.

All the craft beer products at Pokertree are handcrafted in small

batches. Every brew is open fermented and bottle conditioned in the traditional way. They use only natural ingredients and are vegan friendly.

Darren's mission in life is to banish beer blandness forever. He's well on the way!

Ginger Warmer

Ingredients

- 100ml Pokertree Ginger Beer
- 25ml Papas Mineral Company Clove Cordial
- 50ml dark rum
- 25ml lime juice
- 10ml sugar syrup

Method

Add all the ingredients into a pre-chilled glass, stir until well mixed, top with the ice, garnish with a lime wheel. Enjoy!

CONTACT: POKERTREEBREWING.CO.UK / +44 (0)28 8076 1923

RECIPE: GARY MORAN (BAR MANAGER AT BREWBOT, BELFAST)



Northbound Brewery

Northbound Brewery hails from Derry/Londonderry. The name refers to returning emigrants from Australia as the owners, David and Martina Rogers, returned from Australia in 2010 to the north-west of Ireland. The company strapline on the label reads 'contains only water, malt, hops, yeast and knowledge', highlighting their passion for a natural product. The word 'knowledge' refers to Master Brewer David Rogers, who has been conferred a masters in brewing by the Institute of Brewing and Distilling, a rare recognition only bestowed upon a dozen people globally each year.

Northbound beer bottles are 500ml as they want the consumer to pour the beers and savour them. They believe we use all of our senses when tasting a beer and our senses are best used when the beer is poured for sight, smell and taste.

Mr E Gray

Main Ingredients

- 35ml Shortcross Gin
- 15ml Triple Sec
- 25ml lime juice
- 25ml Suki Tea Earl Grey Blue Flower Sugar Syrup (see opposite)
- 100ml Northbound #26 Pale Ale (Top Up)

Add all the ingredients to a cocktail shaker with ice. Shake hard for 10 seconds. Top up with the pale ale. Strain over the ice into a glass and garnish with an orange twist.



Sugar Syrup Ingredients

- 3 scoops of Suki Earl Grey Blue Flower Loose Tea
- 1 cup of boiling water
- 2 cups of caster sugar

Make a very strong cup of Earl Grey tea, let it steep for 5-7 minutes. Strain the leaves from the liquid and add the caster sugar to the tea and stir until dissolved. Let cool and bottle. This will keep for up to a week in the fridge.



Long Meadow Cider

A family run business established in January 2012, Long Meadow was the result of an ambitious diversification programme. All their products are 100% natural with no concentrates, artificial colours or ingredients added.

Father and son Pat and Peter Mc Keever work together all year round to produce the perfect apples for their apple-icious drink. For three generations the Mc Keever men have been tending to the farm at Long Meadow, growing and producing a variety of apples including Bramleys, Sweet Keadys and Golden Delicious.

Their motto is: **From plant to pour – the perfect drink.**

Pork Chops with Long Meadow Cider Sauce

Serves 2

Ingredients

- 2 pork loin chops (preferably free range with the bone)
- 2 tbsp olive/rapeseed oil
- sea salt and freshly ground black pepper
- knob of butter
- 1 eating apple, cored and cut into wedges
- 4 fresh sage leaves, chopped
- 100ml (4fl oz) Long Meadow Cider
- 2 tbsp double cream

Method

Rub half of the oil into the chops and season with sea salt and freshly ground black pepper. Heat the

remaining oil and butter in the frying pan over a medium heat.

Place the chops in the pan along with the wedges of apple and fry for 2-3 minutes, or until golden-brown underneath. Turn the chops and apple wedges over and cook for another 2-3 minutes.

Add the sage leaves, fry for another 1-2 minutes, then increase the heat to high. Pour in the cider and boil for a minute or two to reduce slightly, then pour in the cream and boil for one more minute, or until the sauce thickens slightly and the pork is cooked through.

Set aside to rest for a few minutes before serving with mashed potato and a green vegetable - obviously cider is the thing to drink with this!



Armagh Cider Company

The Troughton family always felt it was a great shame that County Armagh, the home of the apple business in Northern Ireland, was the only apple growing area in the UK without its own cider producers and they are delighted to have led the way in righting that situation. With ciders, apple juice and cider vinegars, they can offer consumers authentic, hand crafted, completely natural, apple products with genuine provenance and heritage behind them that also deliver on quality and taste.

The Armagh Cider Company was established in 2005 on the family farm at Ballinteggart outside Portadown in County Armagh – the orchard county of Ireland, where the family have been growing apples since 1898. The first commercial craft cider

company in Northern Ireland, Armagh Cider Company has led the way since its inception.

All processes 'from blossom to bottle' are carried out on their own farm where tours are now available by appointment. Their original, award-winning Carsons Crisp and Maddens Mellow ciders are made using predominantly the Armagh Bramley Apple, PGI and proudly display the PGI logo to confirm this.

CONTACT: ARMAGHCIDER.COM / +44 (0)28 3833 4268



Sticky Carson's Cider Ribs

Ingredients

- 2 baby back ribs
- 1 tsp ground coriander
- 1 tsp salt
- black pepper
- 200ml Carson's Cider or AJ Pure Apple Juice

Method

Place the ribs on a roasting tray. Sprinkle over the coriander and salt and a good dusting of fresh black pepper. Pour the cider or apple juice into the bottom of the tray and cover with foil. Remove from the oven and rest.

Place in an 180°C oven for 1 hour 30 minutes.

RECIPE: PAULA MC INTYRE
CHEF AND FOOD COMMENTATOR



Hercules Brewing Company

In February 2014 Hercules Brewing Company became the first craft brewery to open in Belfast for almost 160 years. Its aim was simple, to restore the heritage of the city as the leading powerhouse in brewing as it was in the 1800s. The brewery, which originally operated in Hercules Street in Belfast between 1845 and 1855, was widely believed to be the earliest brewery in the city.

For periods in the 18th and early 19th centuries, Belfast was the biggest exporting port on the island and indeed the second biggest in the British Isles. This was primarily down to the indigenous industries of linen making, rope making, ship building, distilling and brewing.

The re-born Hercules Brewing Company uses some of the old traditions of brewing to create a small batch brew lager called Yardsman. The small batch brews are created with the best of local ingredients and filtered through Irish linen.

Yardsman pays homage to the great men who worked in the mills, the yards and factories. The men who were proud to serve apprenticeships and perfect their craft. The good men who valued people above possessions.

Hercules has also created an original Belfast Pale Ale. This recipe is reflective of the beer style that

would have been available in Belfast back in the mid-1800s. It has a soft delicate floral bouquet with rich caramels and a fruity front palate with a dry full bodied citrus finish.

In December 2015 Yardsman Original Draught Stout was launched, the fourth product in the brewery's portfolio which is catapulting production to more than one million bottles, three times more than when it first started. The portfolio now includes **Yardsman Lager**, **Pale Ale**, **IPA** and **Draught Stout**.





Jawbox Belfast Dry Gin

Gerry White, manager of the John Hewitt bar in Belfast, unveiled Ireland's first 'single estate gin' in 2016. Gerry is working with County Down's Echlinville Distillery, located in Kircubbin, to produce the top-end classic gin which has been in the making for three years. And everything, including the Victorian-style medicine bottle, branding, history, and recipe, has its heart firmly in Belfast.

Gerry says that the gin has a juniper berry profile and a more classical flavour than some of the other small-batch varieties currently on the market. A veteran of the pub trade in Northern Ireland for 30 years, he's been at the helm of the award-winning John Hewitt bar on Donegall Street for the last 10 years.

There was a time when the front door was left unlocked, when the kitchen was the scullery and in the tiny scullery stood the Belfast sink. Clothes and dishes and weans got washed there. A lot of craic was heard around a Jawbox sink and it still is.

CONTACT: ECHLINVILLE.COM / +44 (0)28 4273 8597

Shortcross Gin

Shortcross 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 country estate for botanicals, to labelling, signing and wax dipping every bottle – everything is crafted and perfected by hand. A classical gin, with a unique twist; best described as floral meadow, wild berries and grassy notes, it's smooth with an exceptionally long finish.

Husband and wife team David and Fiona Boyd-Armstrong's enormous bespoke still is like something out of Doc's lab in Back to the Future, but much less likely to blow up – unless the alcohol vapour is left unattended! A huge contraption with a swan's neck funnel and tall 'enrichment' columns, it's made

mostly of high-shine copper which busy co-owner David hasn't time to polish yet.

They mixed their home-grown botanicals with imported juniper, coriander, lemon, orange, cassia (cinnamon) and Rademon spring water from their own well, added a wheat spirit base, and after much experimentation, produced Shortcross Premium Gin, the first craft tippie of its kind to be made in Northern Ireland. The coriander and cinnamon give it a nice bouquet and spice and the smell of wild clover really reflects the forest environment here.

At 46%, it is definitely to be sipped, not gulped. Gordon's Gin, for example, sits at the UK minimum alcohol level of 37.5%. The US minimum is a whopping 48%. Lovingly made from start to finish, Shortcross Gin is produced in small batches of 200

to 300 bottles at a time. The name Shortcross comes from Crossgar itself and refers to the crossroads in the village.

The bottling and labelling have been crafted and perfected by hand. Thick parchment paper is used for the labels and the brand stamp comes from a rough-edged copper coin from King Henry III's Dublin mint – the couple has one framed and hanging in the distillery. Ever fastidious, they took their time in choosing the stubby bottle, which harks back to the Middle Ages. They laid down their first malt whiskey in the summer of 2015 which will be ready in August 2018.

Brunel's Signature cocktail 'The Kingdom'

Ingredients

- 35ml Shortcross Gin
- 25ml elderflower liqueur
- 35ml freshly squeezed lime juice
- 15ml sugar syrup
- dash of peach bitters

Method

All ingredients together – shake, shake, shake! Double strain into a chilled Martini glass. Garnish with a fresh lime wedge.





Hughes Craft Distillery

Hughes Craft Distillery is a family business based in County Antrim run by husband and wife team Stuart and Barbara Hughes. They are a small batch producer, specialising in hand crafted and natural spirits.

RubyBlue whole fruit liqueurs offer a choice of cranberry, wild blueberry, blackcurrant (Irish cassis) and chili pepper. They taste like fruit because they are made with fruit. They can be sipped, mixed or added to Champagne or Prosecco or used to make a favourite cocktail taste even better. They make fabulous martinis too. RubyBlue Premium Vodka is distilled from potatoes for purity and flavour.

RubyBlue Bloody Mary

Ingredients

- 150ml tomato juice
- 25ml RubyBlue Chilli Pepper Liqueur
- 35ml RubyBlue Vodka
- 5ml fresh lemon juice
- celery, salt & cracked black pepper
- splash of Worcestershire Sauce

Method

Shake with ice and serve with a stalk of celery to garnish.

Walled City Brewery

It's beer, Jim, but not as we know it! Craft beer to be precise - brewed on Ebrington Square to be consumed on Ebrington Square. The Walled City Brewery is the first commercial business to open its doors on the historic former army base and is already creating a buzz as the go-to spot for a night out on the town. But to be clear, it's not a pub, nor a restaurant. It is a fully operational brewery where discerning customers can consume the product.

Owner James Huey, a qualified diploma brewer, realised he had two passions in life – craft beer and the city of Derry~Londonderry - so he set off on an extraordinary journey to build the first craft brewery in the city centre for over 100 years. 496 days after writing down his vision, James and his wife Louise opened the Walled City Brewery on 15th

May 2015. Interestingly, early Victorian maps show a brewery adjacent to Ebrington.

The ethos behind the business is to provide both locals and tourists with a 'taste of the North West' through crafting local, authentic, premium quality, flavoursome beer. James' wife Louise has developed a range of tapas-style food to complement the beer.

CONTACT: WALLED CITY BREWERY.COM / +44 (0)28 7134 3336



Image courtesy of Walled City Brewery

Suki Tea

Suki Tea was set up in 2005 by Annie Rooney and Oscar Woolley, long-term friends with a passion for high quality and intriguing blends of tea. Launched with the aim of providing their customers with the finest loose leaf tea, herbal infusions and fruit blends from around the world, the pair made ethical sourcing their priority whilst delivering a quality and fresh product. Suki's mantra is, 'tea as it should be' and they offer some of the tastiest and healthiest teas on the market today.

Suki Teahouse Ltd began by operating out of a stall in St George's Market (they're still there) to test what demand was out there for good quality loose leaf tea. The dream was to open Belfast's first teahouse but soon they were selling so much tea wholesale around Belfast and beyond that the idea of a teahouse was shelved (though

now they are supplying so many discerning establishments in Belfast that they feel they have lots of teahouses!).

Their signature tea is the Belfast Brew, which has its antecedents in Irish Breakfast Tea, first brewed during the city's shipbuilding boom of the late 19th century. Simple and strong, sourced from two single estate Fairtrade gardens, this blend of Assam and Tanzanian tea has proved a big favourite locally.

Their award-winning range is exported as far as Japan and Norway, with blends including Apple Loves Mint, Earl Grey Blue Flower and a plethora of rare white and green teas.

Striving for ethical perfection, in 2013 they were the first company in the UK to launch triple certified teas – Fairtrade, Organic and Rainforest Alliance. They sell



award-winning natural loose leaf teas and pyramid teabags to cafes, restaurants, shops, delis, spas, health food stores and hotels throughout Europe. They even have an iconic teapot which doesn't drip.

"The blending room smells divine! As I wander amongst the gigantic parcels of tea my nostrils are alerted by fleeting aromas be they spicy, citrus or mint."

BITE MAGAZINE

CONTACT: SUKI-TEA.COM / +44 (0)28 9033 0938





S.D. Bells Tea

Ireland's oldest independent tea importers & coffee roasters, S.D Bells have been importing the world's finest teas and coffees to Belfast since 1887. They have a rich history and plenty of stories to tell, but there are still some interesting facts that you may not know!

They did not begin as a tea and coffee emporium but as a family grocers and tea merchant. Samuel David Bell's son, Samuel Robert Bell, became the second generation of the family to run the company. He would use his motorcycle and sidecar to deliver tea to his retail customers.

In 1938, torrential rain and persistent gale force winds resulted in the inhabitants of Rathlin Island, off the Antrim coast, being cut off

from supplies for three weeks. A pilot named Denys Gillam responded to the government's plea for assistance and S.D.Bell & Co prepared a consignment of essentials for the stranded people of Rathlin. Denys was later awarded the Air Force Cross and S.D. Bell took great pride in being part of the rescue!

Quality tea and coffee has always been at the forefront of their business values, regardless of the cost. In fact, an early advertising strap-line of the company was **'Good Tea Goes Farther'**.

They are massive jazz fans and have taken it upon themselves to nurture the local jazz scene in Belfast with their Java Jive Jazz Brunch every Sunday.

Their main house tea, the 'Natural Leaf' blend remains their most popular, a subtle flavour that works well in Belfast's relatively soft water.

Given the Belfast love of a good brew it shouldn't come as a surprise that the city has played such an important role in the development of tea drinking.

It was in 1877 that local man Samuel Davidson patented his famous Sirocco tea drying machinery, which would revolutionise tea drinking around the world and is still used by the tea industry today.



Boundary Brewing

It seems the public has a growing thirst when it comes to beer in Northern Ireland - judging by the success of one Belfast man's crowd-funded brewing venture. Matthew Dick offered the public a chance to own a stake in Boundary Brewing - and within days, he'd already exceeded his initial target.

Matthew's interest in brewing came about after a five-year stint living in the US - as well as several trips to Belgium. "Boundary is going to produce beers inspired by the US and Belgium - offering something different into the market in Northern Ireland," he says.

Sticky Stout and Treacle Brownies

Serves 12 / prepare in 15 minutes

Brownie

- 100g Abernethy Butter
- 225g black treacle
- 150ml Boundary Brewing Stout
- 225g plain flour
- 50g dark brown sugar
- 50g cocoa powder
- 1 tsp of mixed spice
- 1 tsp bicarbonate of soda
- 2 eggs

In a pan on medium heat, warm the butter, black treacle and sugar to dissolve. Add the beer to the warmed butter, treacle and sugar and remove from the heat, stirring to mix well.

Sift the flour, bicarbonate of soda and cocoa into a mixing bowl. Add the eggs and half of the beer, warmed butter, treacle and sugar

and beat the mixture. Continue to beat the mixture until smooth, gradually adding the remainder of the liquid.

Pour the mixture into a lined 7"/18cm square tin and bake in a pre-heated oven at 150°C for 35-40 minutes.

Salted caramel and stout glaze

- 1 jar of En Place Salted Caramel (100g)
- 1 tbsp black treacle
- 150ml Boundary Brewing Stout
- sea salt flakes

Melt the salted caramel in a pan, add the treacle and sugar and heat to dissolve the sugar. Add the beer to the pan and hold at a medium heat, simmering to reduce to a sticky glaze.

Spread the glaze over the brownies and sprinkle with salt flakes.

There's a craft beer revolution going on at the moment and we are only on the crest of a wave.

Whitewater Brewery

Established in 1996, Whitewater is Northern Ireland's largest microbrewery. Situated amidst the spectacular scenery of the Mountains of Mourne, their aim is to produce quality handcrafted beers made from the finest ingredients with no additives. They produce a fine selection of cask beers, a lager in keg and three bottled beers.

A string of awards followed, including their Belfast Lager and Belfast Ale winning gold stars in the Great Taste Awards 2015, 'Top Lager' at the 2013 Irish Quality Food & Drink Awards and their newest IPA 'Maggies Leap' taking a bronze in the International Beer Challenge 2015.

They make sure to use only the finest ingredients in their range of ales, lager and stout. Once you taste them, you'll be hooked.

CONTACT: WHITEWATERBREWERY.COM / +44 (0)28 4176 9449

"Winning a Great Taste Award is a vote of confidence from people passionate about great produce and lets our company know we are doing something right."

BERNARD SLOAN, MANAGING
DIRECTOR OF WHITEWATER
BREWERY



Sweets and Snacks

Northern Ireland is famous for its delicious sweets and treats, and a new generation of producers are taking that reputation to a new level. Traditional ice-cream makers, talented chocolatiers and tempting sweet-makers, all passionate about what they do, using the finest ingredients, locally sourced where possible, to create mouth-watering delicacies. Treat yourself to **Glastry Farm** or **Morelli's Ice-Cream**, give into moreish **Tayto** crisps or satisfy your chocolate cravings with a **Co Couture** masterclass.

Indulge in the sweet side of Northern Ireland...



NearyNogs

Newry based Neary Nogs is a family run company that specialises in fantastically flavoursome fudges and deliciously different artisan chocolates. Dot Neary and her family first discovered their exceptional talent for chocolatiering when they kindly offered to whip up some tasty treats for a charity fundraiser a few years back. Overwhelmed by the amazing response their chocolates received, the Neary's have been in production ever since.

One day their oldest daughter Erin decided to fly the nest and do some charitable work in India, so the family rallied around her and helped organise a fundraiser. Dot thought – we should up the stakes and make something for the people to take away. She remembered her grandparents and even her own mother baking every sweet

thing under the sun. Dot was granted her mother's chocolate fudge recipe and they made lots of jars of chocolate fudge and peanut butter fudge.

The flavours

Pistachio, Orange, Basil & Poppyseed, Espresso & Raw Cacao, Chai & Raw Cacao, Cardamom & Clove, Chilli & Raw Cacao, Lemon & Green Tea, Toasted Walnut, Lime & Coconut, Ginger & Raw Cacao, Cranberry & Orange, Matcha, Sea Salt & Chocolate and White Chocolate.





Tayto

Tayto Castle in the Ulster countryside is where the terrific Tayto crisps are made. The castle is over 500 years old and was originally the home of the O'Hanlon clan, one of the mightiest and most powerful clans in all of Ireland.

In 1619 King James I of England confiscated the castle from the O'Hanlon's because they took part in a rebellion against Hugh O'Neill in County Tyrone. The castle was given to Sir Oliver St. John, the Lord Lieutenant of Ireland.

The O'Hanlon's decided to try to recapture the castle during the rising of 1641 and Sir Oliver St. John was shot through the head with a bullet while directing the castle's defence. In the raging battle that ensued, the castle and the nearby church were burnt and destroyed. The ruins of the property then passed into the hands of other families and became the home of the Duke of Manchester in the 1800's.

In 1955 the castle was in need of repair and was bought by a visionary local businessman, Thomas Hutchinson. In 1956 he had the clever idea to make a new potato product called crisps and started making Tayto crisps, creating one of the world's best loved brands of crisps and snacks.

An enduring feature of Tayto has been Mr Tayto, the brand's lovable mascot. He's a well-known and well-loved face across Northern Ireland and has been all over the world promoting Tayto and starring in many of his own advertisements. The word spread about the terrific Tayto taste and soon all sorts of great stuff was being made.

In 1964 Tayto became one of the first companies to sell different flavours of crisps with Smoky Bacon and Prawn Cocktail being two of the most popular.

Co Couture

Deirdre McCanny, the brains and talent behind Co Couture, has trained and learnt her craft from some of the best chocolatiers in the world. After mastering her art, Deirdre made the decision to come home to Belfast and create what has become a very successful and award-winning chocolate shop.

Every month Deirdre runs a number of chocolate masterclass workshops. During these workshops Deirdre and her team aim to awaken the inner chocolatier in participants and teach them the art of fine chocolate making.

"As you descend the steps your senses are aware of a heavenly chocolate scent. When you open the door of Co Couture you're enveloped by a warm silky chocolate aroma. This is a hidden Belfast gem."

TRIPADVISOR

CONTACT: COCOUTURE.CO.UK / +44 (0)78 8889 9647

Fifteens

This traditional Northern Irish treat gets its name from the fact you need 15 of the main ingredients to make them. If you were born or raised in Northern Ireland, this recipe will have been handed down to you. Everyone here knows how to make fifteens. They are a proper Northern Irish staple traybake, found in bakeries, at baptisms, funerals and coffee mornings.

Ingredients

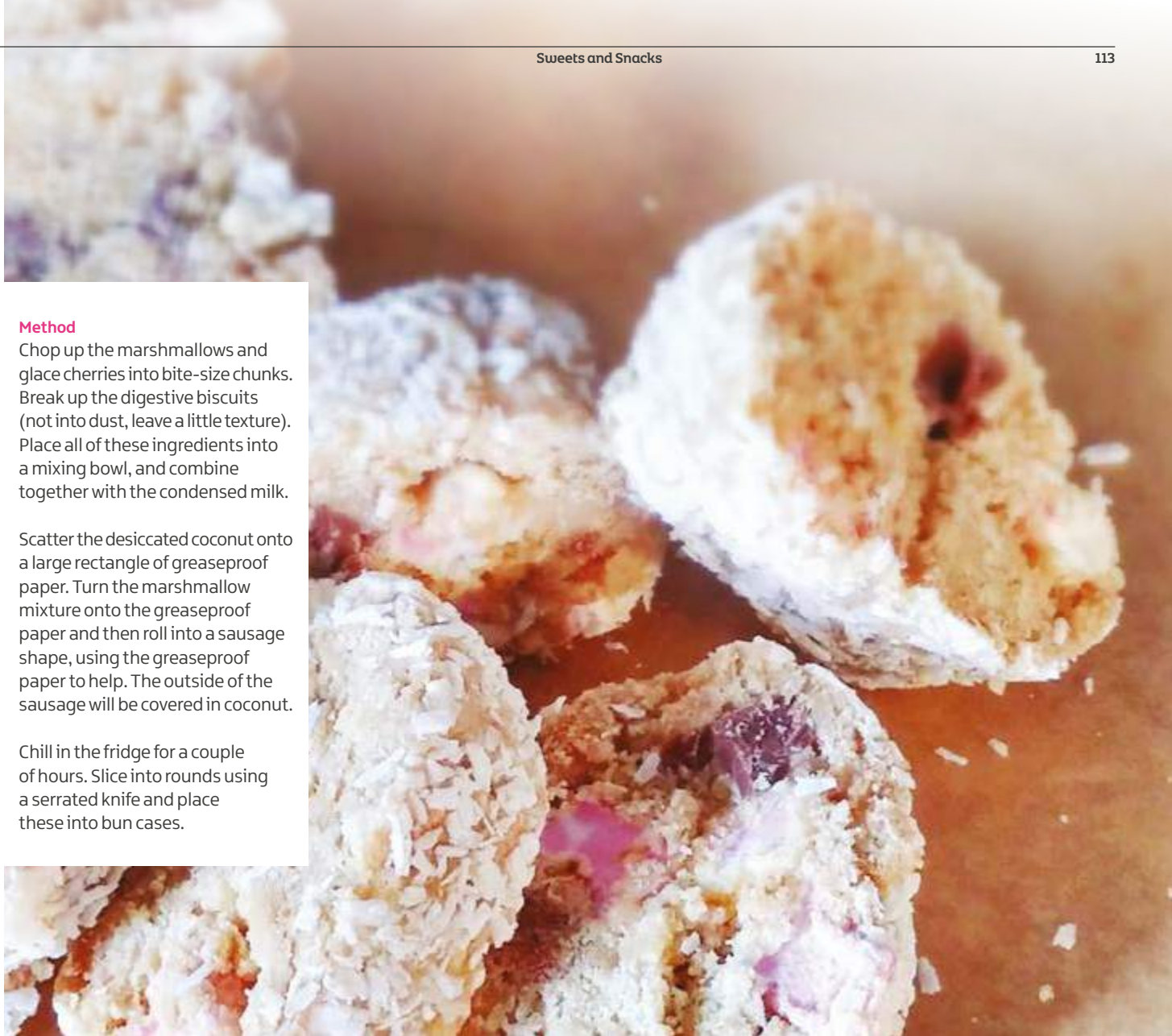
- 2 handfuls of desiccated coconut
- 160mls of condensed milk
- 15 glace cherries
- 15 marshmallows
- 15 digestive biscuits

Method

Chop up the marshmallows and glace cherries into bite-size chunks. Break up the digestive biscuits (not into dust, leave a little texture). Place all of these ingredients into a mixing bowl, and combine together with the condensed milk.

Scatter the desiccated coconut onto a large rectangle of greaseproof paper. Turn the marshmallow mixture onto the greaseproof paper and then roll into a sausage shape, using the greaseproof paper to help. The outside of the sausage will be covered in coconut.

Chill in the fridge for a couple of hours. Slice into rounds using a serrated knife and place these into bun cases.



Yellowman

Yellowman has historical connections to Lammas Fairs in Ireland. A pale yellow Irish toffee, crunchy and bubbly, Yellowman is easy to make as a sweet treat.

The crunchy sweet is unique to Northern Ireland and - although it is also found on stalls at other country fairs and, nowadays, in the shops - this traditional toffee-like sweet is firmly associated with the Ould Lammas Fair, which is held at Ballycastle, County Antrim, in late August, marking the end of the summer.

The fair dates back to the 17th century and is connected with the harvest festivals of Lughnasa, held earlier in the month throughout Scotland and the Isle of Man as well as Ireland.

All sorts of things are sold at the Ould Lammas Fair, which attracts thousands of visitors - but the most popular stalls are sure to be the ones selling yellowman and another, very different, traditional food that's always been sold at the fair, the sea vegetable dulse, or dillisk (*Rhodymenia palmate*).

A famous maker of yellowman was Dick Murray, of Lurgan who, it is said, sometimes put a ha'penny or two into it in its liquid state, and whoever found it could return it to him in exchange for more of his yellowman which, he claimed, 'cured all diseases'.

Ingredients

- 100g butter
- 2 tbsp vinegar
- 225g treacle
- 225g golden syrup
- 450g demerara sugar
- ½ tsp baking soda

RECIPE: FLORENCE IRWIN (THE COOKIN WOMAN)

"Traditionally, the yellowman makers, who jealously guarded treasured family recipes, arrived at the Ould Lammas Fair carrying huge rocks of the pale toffee... set up their stall, hammered off golden nuggets of yellowman and packed them into paper cornets for the throngs of children who eagerly handed over their saved pennies."

REGINA SEXTON, 'A LITTLE HISTORY OF IRISH FOOD', 1998.

Method

Melt the butter. Add the vinegar, treacle, syrup and sugar. Stir until it has melted, then bring to the boil.

Boil hard until a strand 'cracks' when tested in a saucer of cold water. Remove from the heat. Stir in the soda. When it foams up, stir again.

Pour into a greased tin. Mark into squares when cool. Store in an airtight tin when absolutely cold.



Glastry Farm Ice Cream



Located in the heart of County Down, in the small townland of Kircubbin, Glastry Farm Ice Cream is truly homemade. Will Taylor and his family have been producing this decadent range of ice creams since 2007, excelling over the years.

What makes Glastry Farm Ice Cream different? Well it's the cows of course. Only the most premium milk produced from the Taylor's pedigree herd is used to produce this luxury range of ice cream. You won't find any artificial additives, stabilisers or ingredients throughout the Glastry Farm range.

Will Taylor and his family aim to supply both retailers and consumers with a quality of ice cream above all others. The range is batch produced in the family's converted milking parlour. Being batch produced

means the company can cater for the individual, creating one-off exclusive flavours for special menus.

Baked Alaska with Rhubarb

For the Baked Alaska

- 15g/½oz butter
- 1 slice bread, cut into a 15cm / 6in circle
- 2 tsp icing sugar

For the poached rhubarb

- 2 sticks rhubarb, chopped
- 30g/1oz butter
- 4 tbsp caster sugar
- 1 vanilla pod, split
- dash brandy
- 200ml/7fl oz Glastry Farm Vanilla Ice Cream



For the meringue

- 3 free-range egg whites
- 175g/6oz caster sugar
- pinch ground mixed spice
- pinch ground black peppercorns
- lime wedges, to garnish

Method

For the baked Alaska, melt the butter in a frying pan, add the bread and fry until golden. Dust the fried bread with icing sugar on both sides and fry once more for 30 seconds on each side. Transfer onto a serving plate and leave to cool.

For the poached rhubarb, put the chopped rhubarb, butter, sugar, vanilla pod and brandy into a small saucepan. Bring to the boil, then reduce the heat to gently poach the rhubarb until it has softened. Add more sugar if the rhubarb is too sharp. Set aside to cool.

"Best ice cream in Ireland, and I would go as far as to say the best in Canada as well. I've tried it all."

SUZIE FROM ALBERTA, CANADA

Spoon two tablespoons of the rhubarb on top of the toasted, sugared bread. Top with the ice cream.

For the meringue, whisk the egg whites until stiff peaks form when the whisk is removed. Gradually add the sugar, one spoonful at a time, whisking constantly, until it is all incorporated and the mixture is stiff and glossy.

Stir in the mixed spice and black pepper. Spoon the meringue mixture into a piping bag and pipe all over the ice cream to completely cover.

Using a mini-blowtorch, scald the outside of the meringue until it is slightly golden all over. Arrange the rest of the poached rhubarb around the edges of the plate and serve, garnished with lime wedges.

Morelli's Ice Cream

Peter Morelli was one of nine brothers who left their Italian homeland in the early 1900's in search of work. Peter learnt the art of glass blowing in Paris and later settled in London. His brother Joe ventured further north and after landing in Greenock, Scotland crossed the sea to Ireland and established a cafe in Ballymena, County Antrim.

With business being good, Peter answered Joe's call for help and later in 1911, with his brother's guidance, he opened his own cafe in Coleraine. Peter's cafe in the town's Stone Row quickly became a popular meeting place for locals. He became renowned for his fish and chips and in the summer months would make homemade ice cream using a recipe that was passed down by his father Barbato. When the sun was shining, Peter would push his ice cream cart to the nearby coastal resorts of Portrush, Portstewart and Castlerock, where locals and visitors developed quite a taste for his frozen treat.

By 1914 Peter met and fell in love with a local woman, Annie Dymond, and after getting married, he decided to expand the business, opening cafes in Portrush and Portstewart. Peter and Annie didn't have any children of their own so they called upon their nephew, Angelo, to come from Italy and help them run the shops. Now, four generations later, the Morelli family-owned ice cream parlours are an institution in Northern Ireland and continue to trade successfully on the beautiful Causeway Coastal Route.

Whilst the English branch of the family have been busy expanding the Morelli brand in locations across the world, the Northern Ireland branch have been busy establishing Morelli's Ice Cream across Ireland. Having celebrated their centenary in 2011, they now operate scoop franchises throughout the country and their retail packs of ice cream are available in leading retail outlets, right across Ireland.

In 2012 they secured two first prizes in the UK National Ice Cream Awards for their Double Cream Vanilla Ice Cream and in March of that year they also scooped the prestigious Champion of Champions Shield at a special ceremony in London. Their family story of hardship, emigration, romance and family separation has been well documented. They are extremely proud of their humble beginnings, from Peter's little cafe on the cobbled streets of Coleraine into what is now Ireland's most famous and recognisable Italian ice cream.

Ice Cream Sundae

- 1 punnet of raspberries
- a little icing sugar
- 1 peach sliced
- Morelli's Vanilla Ice Cream

Method

Blitz half a punnet of raspberries (about 150g) in a blender with a little icing sugar. Slice a peach and divide it between two tall glasses, layering it with remaining whole berries, scoops of vanilla ice cream and raspberry sauce.



"For anyone who loves sweets this is an unbelievable experience. From our trip to Belfast this was our kids' highlight. Uncle Jim was great and the kids loved the presentation. The quiz was great and the kids loved seeing sweets made in front of their eyes. Highly recommend for kids of all ages."

JOHN, USA

CONTACT: AUNTSANDRAS.COM / +44 (0)28 9073 2868

Aunt Sandra's Candy Factory

Way back in the 1940s, a little boy lived close to a giant candy factory and every day he passed the large gates and picked up the smell of the clove rock, brandy balls and chocolate macaroons. This little boy was Willy Dunne and this was when he decided he wanted to make sweets.

Willy became a master candy maker in that very factory and all was good until he had an accident, losing three fingers! Willy never returned and decided to open his own shop in Belfast's Albertbridge Road. He then opened a second in Templemore Avenue, Belfast. Everything went well but he needed help.

Sandra worked with Willy for over 30 years, serving the customers and dealing with the orders while Willy made the products. As time went on, Willy got older and Sandra started making the products.

Sandra came to work with her two nephews and very quickly she decided to open a shop on the Castlereagh Road, Belfast. Aunt Sandra's was born! Nephews David and Jim Moore have changed a lot over the years but still make all of their candy and fudge by hand (saying no to the multiples and large supermarkets). Their customers are their strength. They now have visitors from both around the corner and around the world, plus visits from schools, women's groups, children's groups and senior citizens. Add to this birthday parties, candy making demonstrations, chocolate workshops, chocolate road shows and much, much more!

Eleanor Craig's Homemade Butter Fudge

A home-based, family-run business, Eleanor Craig's specialise in the manufacture of hand made butter fudge in a variety of unique flavours. Located in Ballycarry, County Antrim, close to the world famous Glens of Antrim, their fudge has been enjoyed by the locals for many generations. Eleanor Craig's Homemade Butter Fudge is the perfect treat for any occasion, from wedding receptions to corporate events.

Recognition for the success of their fudge business has not been restricted to the folk of Antrim and they received many compliments from their loyal customer base. In September 2009 their business was shortlisted in the Belfast Media's Group Top 50 businesses in Northern Ireland. This prestigious event was hosted in the Stormont buildings in Belfast, a great honour for the company. They also featured

in the 'Business In The Community' awards hosted at the Waterfront Hall, Belfast, in June 2011.

Their recipe for butter fudge has been in the family for many generations. It has never been altered, nor changed in any way from one generation to the next – it never had to be! The secret to Eleanor Craig's delicious fudge lies within the subtle blend of traditional, quality ingredients brought together in a closely guarded secret recipe.

Even UTV's 'Lesser Spotted Ulster' presenter Joe Mahan could not extract the secret of the fudge from the family during a televised episode of the programme.

CONTACT: CRAIGSFUDGE.COM / +44 (0)77 3466 1759



Chocolate Manor

Chocolate Manor was established in Geri Martin's home kitchen in Coleraine in November 2012, and soon her unique bespoke chocolate creations, including the 'all chocolate board', captured the imagination of local chocolate lovers. In summer 2013, the business received an Innovation Voucher from Invest NI and work began on developing a range of printed chocolates. The company moved to new premises in April 2014 to expand the business further.

The range now includes a selection of delicious and bespoke chocolate creations for corporate clients, weddings, events and for use as promotional gifts. In early 2015 they launched their range of printed chocolate bars for the retail sector, with 10 quirky designs, and a bespoke service available for stockists also.

They also work with the catering and hospitality industry to deliver unique chocolate pieces to complement their desserts, for special events, and personalised boxes for special guests. In summer 2015 they re-launched thechocolatemanor.com to include their 'Bespoke Bar Builder', which allows customers to have their own personal message printed onto the finest Belgian chocolate.



"I entered the Food & Drink category of the Pitch@Palace Entrepreneurship competition at the end of September. I was asked by The HRH Duke of York's office the very next day to send samples for tasting, and we received a tweet from his account two days later thanking us.

We then discovered we had been selected as one of the 12 food and drink suppliers for the finale event which took place in November at St James' Palace.

In a week we handcrafted 2200 printed chocolate discs and presented them in a clear box – they will be given to each of the 550 guests at the event. I have been invited to attend, and to showcase my unique printed products at the event also."

Accommodation

From exquisite Georgian country houses in tranquil surroundings to luxury B&Bs on dramatic coastlines, Northern Ireland has a range of award-winning accommodation offering the finest locally sourced food and drink. Use your loaf and check in for more than a great night's sleep; a delicious short break in Northern Ireland will make sure you really savour the place.

Save room for an appetising short break...



Newforge House

A five-star Georgian country house surrounded by beautiful gardens and green fields, Newforge House in County Armagh has won numerous awards since it was opened by John and Lou Mathers in May 2005. In the Irish Restaurant Awards alone it has won **'Best Hotel Restaurant in Ulster'** in 2014 and **'Best Hotel Restaurant in County Armagh'** in 2011, 2012, 2013 and 2014. It is also a member of Ireland's Blue Book and Historic Hotels of Europe.

Newforge House is renowned for its cuisine, not least its exquisite breakfasts, as awards such as Good Food Ireland's **'Culinary Haven of the Year'** and Georgina Campbell's **'Best Country House Breakfast'** and **'Irish Breakfast National Winner'** testify.

Offering an intimate dining experience for guests and non-residents alike, John and Lou are passionate about sourcing the best local seasonal produce. The wide range of quality suppliers on

their doorstep include the multi-award winning Hannan Meats, just five minutes away in Moira, who supply their beef. Grass fed, traditional breeds like Shorthorn and Hereford from Glenarm Estate are dry aged in Europe's first Himalayan salt chamber for up to 40 days, creating some of the finest beef in the world!

Ireland is home to some of the world's best cheeses and Newforge offers an all-Irish cheese board with homemade biscuits and chutney. Their cheese selection includes Young Buck, made by Mike Thomson of Newtownards, County Down.

As well as excellent wines, their extensive drinks list features local ales and ciders and 18 gins from around the world. These include the superb Shortcross small-batch gin from Downpatrick. They also make their own flavoured gins and vodkas using homegrown raspberries, blackberries, damsons and sloes.



John's breakfast is an occasion in its own right. No wonder food critic and writer Charles Campion described it as 'One of the world's great breakfasts... Everything is cooked to order. The smoked salmon that goes with the scrambled egg comes from Walter Ewing on Belfast's Shankill Road. The eggs come from the chickens in the orchard. The award-winning sausages come from Madden the butcher. The bacon comes from Moyallon... Add good tea and charming service... Ulster may be the breakfast capital of Europe.'



Blackwell House

A warm welcome awaits visitors at this magnificent country house, nestled in the County Down countryside near the historic, award-winning village of Scarva. Run by the owners, Joyce and Steve, this tranquil country haven has a sumptuous mixture of contemporary furnishings and handsome family antiques. These combine beautifully to create a striking interior with a comfortable, homely feel. Guests can spend lazy hours relaxing in the cosy sitting room, sinking into a comfy sofa with their favourite book or popping a CD on and unwinding in front of a log fire in the winter.

Visitors can enjoy the peace and tranquillity of the wonderful garden from a quiet spot in the Garden Room – wherever they are, there's an idyllic place to relax and unwind in Blackwell House.

The owners are passionate about cooking and are dedicated to providing the tastiest food using the best of local produce in season. Guests are instantly at home at the dinner table, enjoying fine food and great cooking that uses the best ingredients Northern Ireland can offer. Their menus are a mixture of wholesome traditional family recipes handed down through three generations (they still have Great Aunt Maggie's old hand written cookery books!) and food cooked with a modern twist on their beloved Aga stove.

They use free-range eggs from their own hens together with award-winning meat and vegetables from local farmers to ensure that, whatever the occasion, guests are provided with superb menus tailored to suit, with the emphasis on excellent food and very relaxed, private surroundings.



CONTACT: BLACKWELLHOUSE.CO.UK / +44 (0)28 3883 2752

Strandeen

Strandeen is a luxury award-winning five-star boutique bed and breakfast with stunning panoramic views over the Atlantic Ocean. It was recently awarded **'Best Bed and Breakfast'** and **'Best B&B Breakfast 2016 in Ireland'** by Georgina Campbell's Ireland-Guide.

This typical beach house sits just above the bay overlooking Portstewart Strand and is just a short walk along a scenic cliff path to the town centre with its fashionable restaurants, coffee bars and gift shops.

Recently renovated and lovingly restored, the accommodation comprises five immaculately designed guest rooms decorated in a New England style with pale tones, wooden shutters, painted furniture and nautical art work.

The emphasis is on a unique experience, incorporating excellent service, healthy living, diet and wellness offered with genuine homely hospitality. Using their extensive knowledge of the local area the hosts can suggest a range of activities and entertainment to add to a guest's stay. They work closely with a selection of local suppliers and with their knowledge of food and nutrition create wonderful, super-nutritious menus – visitors will never run out of energy for a busy day ahead!

Dedicated to using only fresh produce handpicked from a small selection of local suppliers, they have a great understanding of the life-changing benefits of eating a pure, preferably organic diet. At all costs they steer away from anything heavily processed,

pre-packaged or chemical-laden and have switched many of the usual ingredients to healthier alternatives without affecting the delicious flavours.

Typical power-packed breakfast choices are Bircher muesli, Chai porridge and Nutri bullet smoothies, full of energy and goodness to set guests up for the day. They also provide the old favourites such as scrambled eggs and smoked salmon

or the traditional Irish breakfast, using local farm produce, free-range and organic, when possible.

As a rule they never add processed salt, refined sugar or trans fats to any food preparations. They meticulously plan their menus with a view to offering the best ingredients they can source and always consider optimum health benefits as an outcome.

Ardtara Country House

It's reassuring to know that Ardtara Country House, near the County Londonderry town of Maghera, has been named one of the five best places to stay in Northern Ireland by the National Geographic Traveler Magazine (USA) in its article, 'The Best Places to Stay in Britain and Ireland'. It is also a Fodor's 'Choice' selection and an invited member of Ireland's prestigious Blue Book.

As you might expect of a hotel owned by award-winning restaurateurs (Browns of Derry), Ardtara has just earned these head-of-class awards from the Restaurants Association of Ireland – **'Best Hotel Restaurant in Ulster 2015'**, **'Best Emerging Cuisine in Ulster 2015'** and **'Best Chef in County Derry 2015'**.

The Ardtara ethos is about maximising the use of the land through foraging and growing their own natural and sustainable produce. They are on a quest to use ingredients, textures and flavours that sing from the plate and push the boundaries so they are never predictable.

It's no surprise then that their host of awards include The AA's Four Star Gold Award and two AA Rosettes for the Restaurant to add to the 2015 **'Best Hotel Restaurant in Ulster'** award (Irish Restaurants Association) and Michelin guide listing.

CONTACT: ARDTARA.COM / +44 (0)28 7964 4490



Rayanne House

Rayanne House is a multi-award winning five-star guesthouse and private dining restaurant just a few minutes from Belfast City airport. The unique property has stunning period features and offers beautiful views of Belfast.

Listed in the **'Top 10 Best Restaurants in Ulster'** by Food and Wine Magazine at the Restaurant of the Year Awards in 2011, 2012 and 2013, Rayanne House was also nominated for the **'Best Service in Ireland'** award in 2013.

They host a variety of special events, including corporate functions, birthdays, weddings, product launches, business dining and family gatherings, catering for a minimum of 10 people and a maximum of 36. With 25 years cooking experience around the world, chef and proprietor Conor

McClelland is acclaimed for his creative and imaginative menus. He personally sources and prepares each dish. Conor's passion to create each delicious course is inspired by the abundance and quality of local produce. The Rayanne House experience is about relaxation, an atmosphere of intimacy and the pleasures of superior cuisine.

Rayanne House's Titanic Menu is a recreation of the last menu served in the first class restaurant on board the iconic ship. The world's most famous ship, Titanic was proudly designed and built in Belfast between 1909 and 1912. Conor has meticulously recreated the menu that was served to renowned passengers such as Benjamin Guggenheim and Molly Brown. The menu is as sumptuous as you would expect, with nine lavish courses boasting gourmet

delights from the Edwardian era. Dating back to 1886, Rayanne House is the perfect setting for such a unique dining experience. The grand period decor reflects the ship's opulence and Rayanne House has a treasured print by esteemed artist JW Carey that shows the Titanic in Belfast Lough with Rayanne House in the background.

Among its many accolades are those from:

"great food, great place and brilliant hospitality"

JAY RAYNER
MASTERCHEF FOOD CRITIC

"Simply the best"
DELIA SMITH
TV CHEF

"Best start to the day I have had!"
EAMONN HOLMES
BROADCASTER



Willowbank House

Willowbank House is a rural gem that feels a world away from the urban hustle and bustle. Located on the Bellevue Ring approximately three miles from the historic island town of Enniskillen, the purpose built B&B sits on an elevated site overlooking the shores of Lough Erne and the slopes of Cuilcagh and Belmore mountains.

Offering a high standard of accommodation and relaxation, it's perfectly situated to make the most of the peace and tranquillity of the beautiful Fermanagh countryside, while being near all kinds of outdoor pursuits and sports and local attractions. There are 15 fishing piers within 300 metres, for instance, with a fly fishing guide available.

The owners pride themselves on the excellence of their Aga cooked breakfasts, which offer a variety of local and homemade produce. The bacon, sausages, black pudding and hams are sourced from the world famous butcher, Pat O'Doherty. His renowned Fermanagh Black Bacon undergoes an ancient three month form of curing resulting in a bacon that is cured to perfection and nitrate free.



The Cuan

The Cuan Licensed Guest Inn is a family owned and run hotel in the beautiful conservation village of Strangford, on the shores of Strangford Lough, near Downpatrick. Needless to say, seafood is a speciality. Their signature dish is seafood chowder, with scampi and the Gold Award-Winning smoked haddock also proves very popular. During the summer season guests can treat themselves to the ultimate fish experience. The Cuan's seafood platter contains an average of 12 varieties of fish!

The Cuan Seafood Restaurant has been serving excellent food for over 23 years. Their settled team of six chefs have a combined wealth of 154 years of experience clocked up between them. A consistent theme throughout all of these years is 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 guests a wonderful dining experience and the desire to return for more. Their fantastic food experience is available all day.

CONTACT: [THECUAN.COM](http://thecuan.com) / +44 (0)28 4488 1222

Pier 36

Situated on the quayside of one of the most picturesque harbours on the coast, Pier 36 is a superb example of a well-managed family business. From the moment visitors arrive at this acclaimed Donaghadee seafood pub restaurant, the intimate atmosphere and warm welcome from courteous and well-trained staff makes an immediate impact.

Denis and Margaret Waterworth, joined by sons Lewis and Jody, have gone from strength to strength since opening their quayside pub in 1999. Their recipe for success is fresh local produce prepared with a modern twist, not to mention the exceptional service which is enjoyed by visitors from all over Ireland and much further afield.

The commitment to excellence at Pier 36 has led to rave reviews and an unprecedented list of awards in the last few years. Within weeks of opening they earned the title of **'Northern Irish Seafood Pub of the Year'**.

At Pier 36 they believe that awards mean more than just a pat on the back but are a challenge and an honour to live up to. This attitude has paid dividends and led to several excellent reviews in local and national press, inclusion in an ever-growing list of guide books and fantastic customer feedback. They have also started to gain an unprecedented amount of national recognition. In May the Guardian listed them as one of Britain's top six fish restaurants and they were also listed in the BBC's Olive Magazine as one of the British Isles' Top 30 Gastro Pubs, the only Irish entry.

"Margaret and Denis Waterworth are enthusiastic about their food, and their bonhomie and youthfulness make 36 a great place.

They barbecue salmon on mesquite; layer pancetta between French toast; make a cassoulet with fine Moyallon wild boar; bake good Mom'n'Pop desserts along with excellent breads from the Rayburn. Simple, charming."

THE BRIDGESTONE GUIDE



Dunnanelly House

Sally King's Dunnanelly Country House is a haven of peace and tranquillity, nestled in the drumlins of County Down. Just three miles from Downpatrick, it has stunning views across the wild-life pond to the Mountains of Mourne. A warm welcome is assured at the end of the long, gated drive at this most comfortable home set in 80 acres between Crossgar and Downpatrick.

This Georgian-style house has all the grace and elegance of that era combined with modern conveniences, including under-floor heating and double-glazed, sliding sash windows. An imposing entrance leads into a home furnished with family heirlooms and items from the owner's travels around the world. There is a story to be told about each one!

The breakfast menu includes a full Ulster Fry or continental breakfast made with the finest ingredients, locally sourced whenever possible. Guests can also sample some delicious honey from Sally's own bees, full of natural goodness.



Cooking Conversions

Volume			Weight		
Imperial (fl oz)		Metric (ml)	Imperial (oz)		Metric (g)
8	—	250	½	—	15
6	—	180	1	—	30
5	—	150	2	—	60
4	—	120	3	—	90
2 ½	—	75	4	—	110
2	—	60	5	—	140
1	—	30	6	—	170
½	—	15	7	—	200
			8	—	225
			9	—	255
			10	—	280
			11	—	310
			12	—	340
			13	—	370
			14	—	400
			15	—	425
			1 lb	—	450

Spoons		
Imperial		Metric (ml)
1 tsp	—	5
2 tsp	—	10
1 tbsp	—	15
2 tbsp	—	30
3 tbsp	—	45
4 tbsp	—	60
5 tbsp	—	75
6 tbsp	—	90
7 tbsp	—	105

2 tsp = 1 dsp

3 tsp = 1 tbsp

teaspoons (tsp)
dessertspoon (dsp)
tablespoon (tbsp)



Notes

**This document may be made available in alternative formats on request.
Please contact the Visitor Information Unit on +44 (0) 28 9023 1221 for
further details.**

Disclaimer:

Tourism Northern Ireland has taken every care to ensure the accuracy of the information featured in My NI, Year of Food & Drink 2016, and was correct at the time of print. However, we cannot accept responsibility for errors or omissions, but where these are brought to our attention the information will be amended online as appropriate and as speedily as possible.



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