

ISSUE 10

www.appetitemag.co.uk

August/September 2012

appetite.

TICKLE YOUR TASTEBUDS...



*So what's a
home-grown
pinta really
worth?*

Lotta bottle!

inside Fast food for Great North Runners // Marco Pierre White // Hairy Bikers-turned-dieters // Afternoon Tea



PICK'N' MIX

- TANDOORI TAPAS • SIZZLING GRILLS
- STREET COMBOS • CURRY PLATES
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Celebrity chefs - they're like buses - a lengthy famine and then they all turn up at once, right here in appetite!



We really are celebrity chef tastic this month! We have Jean-Christophe Novelli, James Martin, The Hairy Bikers, and a darkly brooding Marco Pierre White, who was much admired by our roving reporter as he reclined in a purple velveteen booth at the new Hotel Indigo in Newcastle.

Not only do we have recipes and chat from these culinary luminaries, we have words of wisdom from Olympic silver medalist Mike McLeod and a host of other athletes, whose recipes for speed and endurance turn out to be little more scientific than hearty food and lots of it, which sounds good to me.

This also means that if you're in training for the Great North Run (or in my case working up to a slow amble to the village post box) you can start your day on six Weetabix and graze on meat pies all day, just so long as you fit in one of those high-tech energy drinks somewhere along the line.

I'm a great believer in grazing. Particularly when it involves butter, cream and cheese. They are made from milk and milk is the complete food, so they must be good for you, which is one of many reasons why we're right behind our dairy farmers. Mind, there's a gang of young bullocks in the field down our lane who like nothing more than charging after the dog and I as we amble across the field. The farmer says they're just curious, but the bared teeth and threatening moo-ing does make you wonder.

Finally, a sad farewell to our columnist and official **appetite** hen, Pluck, who has passed away. It was a premature and sudden end to a life which was largely blameless, apart from digging in the flower beds and straying when she was supposed to be couped up at night, safe from the fox. Ah.

Jane Pikett, Editor



We want to hear all about the food and drink you love in the North East, which means you can get fully involved in the region's only dedicated food magazine. If you like something, we want to know about it. And if you cook something you're proud of, email us a photo and a description and we might even put it on our website or in the magazine. Fame at last! Email jane@offstonepublishing.co.uk



Look what turned up when we did a search on our image bank for 'hairy bikers'. You couldn't make it up...

appetite.

TICKLE YOUR TASTE BUDS...

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Designed & Published by

offstone
PUBLISHING

Unit One, Bearl Farm, Stocksfield,
Northumberland, NE43 7AL

Photography
Peter Skelton www.photo-psp.co.uk

Front cover image: Ian Lamming at Acorn Dairies



**PLACE
YOUR
ORDER**

4 READER CLUB

Offers to tickle your tastebuds

6 FEED...BACK

Reader recipes and news

7 STARTERS

Foodie news and views

14 HAIRY DIETERS

The Bikers are on a health kick

17 LUNCH!

Turkish delights

18 NO MILK TODAY?

How valuable is the home-grown pinta?

22 BERRIED TREASURES

The ultimate strawberries and cream

24 IN SEARCH OF MARCO

He was there, we were too, but would he speak to us? Well...

26 THE GRAZER

Anna Hedworth heads east

28 FAST FOOD

Foodie fuel for Great North Runners

34 FESTIVAL FEASTS

The celeb chefs are out in force for the region's big summer festivals

36 TEA TOTAL!

The exquisite pleasure that is afternoon tea

41 THE DIARY

Beautiful people at beautiful foodie places

41 PLUCK!

We had joy, we had fun...

46 JUST DESSERTS

Summer loving in a pudding





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appetite Club



WIN TWO EXCLUSIVE VIP TICKETS FOR ALNWICK FOOD FESTIVAL'S NOVELLI EVENING

Michelin star chef Jean-Christophe Novelli is hosting an exclusive evening event in The Northumberland Hall, Alnwick on Saturday September 22. Jean-Christophe will be demonstrating his world-renowned culinary skills, interacting with the audience and mixing with his guests at the ticket-only extravaganza. The special event includes a buffet, wine or soft drinks and music. The Novelli Evening promises to be a must attend event for serious food lovers and compere is Northumberland author and food writer Jane Lovett. The VIP winners will also receive two complimentary tickets for Jean-Christophe's demonstrations held in the Northumberland Hall during Saturday. If you would like to be Mr Novelli's VIP guests, simply forward your answer to the following question to editor@appetitemag.co.uk before **August 31, 2012**.

Q. In which county is Alnwick?

For further information, visit the event website at www.alnwickfoodfestival.co.uk

FREE DESSERT WITH SUNDAY LUNCH AT THE PARK HOTEL, TYNEMOUTH

The Sunday Carvery at the landmark Art Deco Park Hotel provides generous portions of meat and all the trimmings, and to be even more generous they're offering a free dessert to every **appetite** reader. With its fantastic views across Tynemouth Sands, the Carvery room is the perfect spot for Sunday lunch. Served from 11.30am onwards and priced at £7.95 with child-friendly portions too, it makes for the perfect family treat.

Show this copy of appetite to qualify. Offer ends August 31, 2012.

The Park Hotel, Grand Parade, Tynemouth, NE30 4JQ tel 0191 257 1406 www.parkhoteltynemouth.co.uk

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Consett Town Centre)
www.knitsleyfarmshop.co.uk

To find out more about **appetite** Club, see our Club



WIN A MEAL AT PIZZA EXPRESS MORPETH

PizzaExpress Morpeth is offering five **appetite** readers the chance to win a £40 meal for two. Morepeth's PizzaExpress in the Market Place is popular with foodies from a wide area and its interior is designed as a tribute to Morpeth's famous botanist William Turner. All the pizzas are handmade and prepared in an open kitchen and this newly opened restaurant offers a friendly and welcoming atmosphere along with the high quality Italian food and quality you expect from PizzaExpress. To be in with a chance of winning one of five meals for two to a value of £40, simply send your answer to the following question to **editor@appetitemag.co.uk** before **August 31, 2012**:

Q: What is the most frequently used cheese on a pizza?

PizzaExpress, 4 Market Place, Morpeth, Northumberland, NE61 1HG, tel 01670 512855

Last month's lucky Club competition winners

Two tickets to the Northumbria Food and Wine Festival:
John Flaherty, Co Durham
 A meal for two and a bottle of wine at As You Like It:
Pat Lister, Tyne and Wear

TWO BREAKFASTS FOR £5 AT OLIVER'S BISTRO

Eat breakfast like a king with this offer from Oliver's Bistro in the Grainger Market, Newcastle. Choose from either a Northumbrian or Irish breakfast for two for £5 or two breakfasts on two occasions for one person. Usually priced at £9.95, this is a bargain we like! The Northumbrian includes two rashers of bacon, two sausages, a fried egg, grilled tomato, black pudding, baked beans and two slices of toast or fried bread, complete with tea or coffee. For the Irish? Replace black pudding with sautéed Irish potato bread of course!

All you have to do to qualify is take along this copy of appetite before August 31, 2012

Oliver's Bistro Café, Grainger Arcade, Grainger Market NE1 8AF
www.oliversbistrocafe.com



FREE MACAROON WITH EVERY PURCHASE AT THE FRENCH OVEN

French Oven artisan bakery has just started making delectable macarons, and to celebrate they're giving one away free with every purchase. The amazing handmade loaves, pies and pasties are freshly made on site with no additives or preservatives and are a regular feature in the **appetite** office. Situated in the Grainger Arcade, they don't throw anything away but give leftovers to the homeless.

All you have to do to qualify is take along this copy of appetite before August 31, 2012

French Oven, Unit 27-28, Grainger Arcade, Newcastle NE1 5QF
www.frenchoven.webs.com

WIN A MEAL FOR FOUR INCLUDING A BOTTLE OF WINE AT UNO'S TRATTORIA

One of Newcastle's longest established Italian restaurants, family-run favourite Uno's serves up quality Italian food and excellent value for money. Situated at the heart of the Quayside, you can eat in the bustling restaurant or outside and enjoy the views with classic pizza or pasta or dishes from the specials boards - grilled seabass or scallops with a pea and mint puree are just some of the dishes on offer.

To be in with a chance of winning a meal for four including a bottle of wine at Uno's simply send your answer to the following question to **editor@appetitemag.co.uk** before **August 31, 2012**:

Q: What type of pasta is usually served with a Bolognese sauce?

Uno's Trattoria, 18 Sandhill Newcastle, NE1 3AF, tel 0191 261 5264,
www.unotrattoria.co.uk

FEED...BACK!

It's here at last, your opportunity to get into print! Just email your recipes, feedback and foodie news and we will do our bit to print your stuff, put it on our website or tweet it. Fame at last! Email editor@appetitemag.co.uk or tweet @appetitemaguk

THIS MONTH, WE ARE MOSTLY EATING...



Our own Alastair Gilmour, editor of our sister publication **Cheers** has a novel way of protecting allotment cabbages from pesky pigeons – Schweppes Tonic Water cans upended on canes to prevent netting slipping down. "There are other benefits too," says Alastair. "The tins make a delightful tinkling sound in the breeze when not on guard duty and are a reminder that when the weeding has been done there's a full one waiting at home in the fridge to spoosh over generous helpings of gin, ice and lemon. It's Nature's reward!"



The Spanish potato, garlic and chorizo soup in **appetite's** Easter edition made for a really hearty tea. It's a shame my girlfriend managed to botch the lemon puddle pudding from the last edition. If you want a job done...

Kevin Thompson, Hadyon Bridge, via email



I baked your Muffin recipe on page 17 of the last appetite magazine. I omitted the courgette and added a little more cheese and they were lovely very tasty. I will be recommending them to my friends, and I preferred them to my cheese scones.

Norah English, via email



I popped into trendy new bar and eaterie Ernest [www.weareernest.com] on Boyd Street in the Ouseburn Valley on its opening night and loved it.

The food was amazing – courgette, pea and parmesan salad, spiced red rice and pancetta and Gruyere cheese flatbread which was to die for. All reasonably priced, and we went for Jeremiah Weed root beer and wild berry cider. We can't wait to go back!

Sarah Black, Newcastle, via email



CHOC GINGER POLENTA CAKE

COURTESY OF: SHARRON HARRISON OF STOCKFIELD

Cream 200g each butter and sugar, mix in three beaten eggs and then fold in 1 tsp baking powder and 75g each of polenta and ground almonds. Then add 100g very dark chocolate, chopped and 1 ball of stem ginger, chopped, the rind and half the juice of a large orange. Turn into a lined sandwich tin. It cooks in anything between 30mins and an hour in my Aga, so I guess in an oven I'd do it at 180C for 35 mins or so. When it's cooled, skewer all over the top and pour over 1.5tsp stem ginger syrup and the other half of the orange juice.

RASCAL RUMBLED

We were most taken with this celebtastic pic of Dizze Rascal and friend at the official launch of NE1's Newcastle Fashion Week 2012 at Tup Tup Palace in Newcastle. Our spies tell us Mr Rascal was later spotted enjoying the delights of the Great British Cupcakery.co.uk which provided exquisite cupcakes for the VIP guests at a number of the fashion shows and events. Sweet!



COOKS' TOURS

Having visited Corbridge Larder on a recent visit to Morpeth, my mum and I decided to return. It was as good as our previous visits; there's much to look at, the food, beverages and staff are superb. Afterwards, we came across the most amazing smell. It was Curiously Chocolate – a truly amazing shop. The window displays are incredible with shoes made solely of chocolate with the most pretty designs. Their truly original flavours are superb. The people there are so friendly and enthusiastic and the cakes have to be seen to be believed.

Jacqueline Orange, via email



Clearly a young man of fine taste, this is Dylan Skelton enjoying our sister paper, **Cheers**. Mind, that is his mother on the front cover and his Dad takes the pictures, so maybe he's biased...

There's a new Italian Deli – The Italian Job at 34 Spence Terrace, North Shields. It's carry out. It's extremely good. The staff are obliging and not stingy with their free hand-outs either. The food is out of this world. Cartons of Bolognese £3.50 and one carton serves two. Arrabbiata, Napoli, Carbonara all £3.50. They have brought a pastry chef from their small village in Puglia and he makes the most delicious cakes.

Pat Lister, via email

AN OLD FASHIONED TRIUMPH

Bartender John Collingwood of No.28 in Newcastle has won a nationwide cocktail challenge run by The Naked Grouse Premium Blended Whisky.

His unique creation – The Bitter Sweet Grouse – triumphed at the final at The Naked Grouse Boathouse on the banks of Loch Turret, Scotland.

The competition challenged leading bartenders from across the UK to create the perfect Old Fashioned whisky cocktail. The twist in the challenge was that the cocktail entries had to be crafted following an authentic recipe from 1806 using only four ingredients: spirit, sugar, bitters and water.

John impressed the judges with his cocktail containing a double measure of The Naked Grouse, 2 dashes of grapefruit bitters, 2 dashes of Angostura bitters, 10ml of The Snow Grouse whisky, 10ml of Aperol and a syrup reduction made especially for the competition using Wylam brewery beer. The drink was garnished with a twist of pink grapefruit.



STAR HEADS NORTH

Former Michelin starred chef Kevin Mulraney has joined Tynemouth's Grand Hotel with the stated aim of putting the coastal village on the foodie map.

Kevin earned his Michelin-starred status at London's iconic Lindsey House in Soho in the mid-90s. But after more than 20 years in London's West End and several more in his native Yorkshire, he's headed further North after falling in love with the North East coast on holidays here.

"I want to breathe new life into the hotel's Michelin-recommended Victoria Restaurant and we have introduced a number of new local producers with a strong emphasis on North Shields Fish Quay. I want to put the hotel on the food destination map," he said.

Two courses in the Victoria Restaurant are currently £20.50 per person with three at £24.50.

**The Grand Hotel, Grand Parade,
Tynemouth, NE30 4ER, tel 0191 293
6666, www.grandhotel-uk.com**



DELI FINA AT CARRUTHERS AND KENT

The excellent Carruthers and Kent in Gosforth, Newcastle, is home to a superb wine and deli selection and Deli Fina at Carruthers and Kent is deservedly winning quite a reputation for such gems as the amazing Portuguese extra virgin olive oil Herdade da Figueirinha (£9.95 introductory offer), summer gazpacho, home-cured gravadlax, rose harissa, Peter's Yard crispbreads, artisan breads and Deli Fina's sun-dried tomato tapenade. These goodies sit among favourites like The Feathers Inn chicken liver parfait and ham hock terrine, French and English cheeses such as Morbier, Beaufort, Wigmore and the Doddington Dairy range.

Deli-Fina @ Carruthers and Kent, 3a Elmfield Rd, Gosforth, Newcastle NE3 4AY



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A SLICE OF SWITZERLAND

The borders is now home to Swiss coffee shop Yummleys, the brainchild of former City high-flyer Oli Hofer.

Oli, born in Basle and raised in Zurich, is presenting homemade cakes and pastries made from recipes first committed to paper by his great-grandmother in 1914.

Now the recipes are being served up to a new audience in the village of Reston near Berwick-upon-Tweed. The cakes are made by Oli's partner Leya Reid and 16-year-old apprentice baker Louise McLean using local ingredients from artisan producers.

Oli was a banker for 24 years in Zurich and London before moving to the Borders in 2006. In March he took over what had been the Red Lion Pub in Reston and turned it into Yummleys Country Coffee Shop.
Yummleys, Main Street, Reston, TD14 5JP, tel 01890 761 266

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Widdrington Farm, Widdrington Village, Morpeth, Northumberland NE61 5EA
Tel: 01670 760 181 www.thecountrybarn.co.uk

PARTY ON

The excellent Greenhouse Brasserie at Gateshead Quays is earning quite a reputation for functions which benefit from the stylish contemporary setting, modern British food, and the flexibility of a team who will go the extra mile to provide whatever you want. "We do have events packages, but we are just as happy to work with customers and put events together that are personal to them," says chef restaurateur Michael Bainbridge. Recent events include NHS Better Health at Works Awards, BBC Sport Awards, Gateshead College staff conference, wedding anniversaries and birthday parties.

Greenhouse Brasserie Baltic Business Quarter, Gateshead NE8 3BE, tel 0191 490 2414, www.greenhousebrasserie.co.uk



GOING UP

- ↑ AUBERGINE
- ↑ BASIL
- ↑ BEETROOT
- ↑ BLACKBERRIES
- ↑ FENNEL
- ↑ PEACHES
- ↑ PEPPERS
- ↑ REDCURRANTS
- ↑ SAMPHIRE
- ↑ TOMATOES

Boxing clever

A health food shop with a difference will be opening in the Grainger Market, Newcastle, this September, which is good news for us armchair summer sport fans. The Health Box's soups, smoothies and juices will tick all the local, seasonal and organic boxes, and there will be giant salad bar. Staff will be on hand to give nutritional advice and plans are under way to launch an app for customers to tot up their calories. Hi tech!

The Health Box is recruiting. To apply, email phillips_emma@hotmail.com

A FOOD REVOLUTION! IT'S TANDOORI TAPAS

A new concept in Indian food is set to open in a prime Newcastle city centre spot, taking the Spanish tradition of tapas and giving it an Indian makeover.

Spice Grill Kitchen opens in The Gate later this month, bringing with it tandoori tapas-style snacks with sizzling skewers, kebabs, burgers, curry plates and street combos.

"The heart of every Indian home beats in the kitchen," says manager Rasel Ahmed, "and Spice Grill Kitchen will be just like an Indian home kitchen. This is where we meet and greet our loved ones over fresh, honest food and we wanted to bring that atmosphere to Newcastle."

"Spice Grill Kitchen is a unique take on Indian food, where you can meet and eat anytime, any way you like. Our food is fresh, relaxed and laid-back, which means it comes as it's cooked and you share or keep everything to yourself."

"We've created a unique menu of tandoori tapas-style snacks for sharing with sizzling skewers, kebabs, burgers, curry plates and street combos and burgers, so everyone who steps through our doors tastes the vibrancy of the Indian kitchen."

The new restaurant is set to open on August 20.

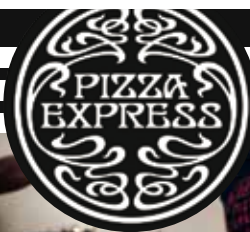
Spice Grill Kitchen, The Gate, Newgate Street, Newcastle, NE1 5TG, tel 0191 222 1181, www.spicegrillkitchen.co.uk



OLYMPIAN EFFORT

The Country Barn farm shop and café near Morpeth showed support for the Olympics with a Team GB Sausage containing HP Brown Sauce and a Team GB Burger going for gold thanks to golden curry powder and golden mango chutney. Like everything else at Country Barn, both are made fresh on the premises.

The Country Barn Farm Shop and Coffee Shop, Widdrington Farm, Widdrington Village, Morpeth, NE61 5EA, tel 01670 760 181, www.thecountrybarn.co.uk



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WE WENT TO MARKET

So when was the last time you went on a European holiday and didn't marvel at the markets? Most of us, when we skip off to Italy, France or Spain during the summer, take ourselves off to market.

Just the other day, the **appetite** crew were in Clarks shoe shop in Hexham, and we witnessed a woman buying a pair of shoes for the very purpose. "Something cool and flat," she said. "Perfect for the market."

So, this month we set ourselves a challenge to buy every fresh ingredient for the recipes in this magazine from the market (except the berries, and we went to Brocksbushes in Corbridge for those).

On this occasion, the Grainger Market in Newcastle, the city's Quayside Market and Durham Market provided every single fresh ingredient on these pages and so much more – including a whole lot of entertainment thanks to the characters on the stalls.

Research shows a surge in numbers visiting markets these days – both town centre ones and occasional farmers' markets. The North East is home to some of the best you'll find; treasure troves of super produce all under one roof.

Our top tip for the market – invest in one of those wheeled shoppers which used to be the preserve of old ladies but are now de rigueur among younger market fans. At last, we're in fashion!



FUN FOR ALL THE FAMILY

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RELISHING THE CHALLENGE

A-Level Food Technology students at King Edward VI School in Morpeth did their bit for good taste by undertaking pre-publication testing of some of the dishes featured in the forthcoming second edition of regional cookbook *Relish Cumbria*.

Meanwhile, Year 12 students at Churchill Community College, Wallsend, created three courses each for teachers and guests from the *Relish* series of books which feature recipes from

leading chefs all over the UK. "It was amazing. These talented young people did a fantastic job and really enjoyed these experiences," says *Relish* publisher Teresa Peters.

There is a series of *Relish* hardback books for Yorkshire, the North East, Cumbria, Manchester and Cheshire, Merseyside and Lancashire, Scotland, and Wales. For info and recipes, go to www.relishpublications.co.uk



Sausages!

Congratulations to two amateur sausage makers. First to Daniel Bansal, six, from Gosforth, the winner of a right royal banger recipe competition run by George Payne Butchers. Daniel's lamb, mint and redcurrant jelly sausages were so good, they tripled lamb sausage sales at the shop and a pack was sent to the Queen. Meanwhile, June Turnbull, 67, won a sausage competition staged by the Dun Cow at Bournmoor. June's prize was an engraved cup and a bottomless tankard at the pub's Jubilee party.

SWEET SPOT

The Beehive Inn at Earsdon has been taken over by former Jennings Ford chief Alan Bentley, his wife Mary and business associate Terry Bell.

Sean Kelly and his partner Joanne Curgenven - formerly of Bay's Bistro in Whitley Bay - complete the team.

Two miles from Whitley Bay town centre, the Beehive is offering no-nonsense pub grub, regular comedy and music nights and a big garden with a fantastic kids' play area.

The Beehive Inn, Hartley Lane, Earsdon, NE25 0SZ, tel 0191 252 9352, www.beehiveearsdon.co.uk



To read more about Sharon's adventures in veganism, see www.facebook.com/aveganvirgin

THE VEGAN COMETH

Sharon McKee's adventures in veganism...



If you're going to be a 'fussy eater' you have to remember that the world can be an unwelcoming place. We live in an era where there are all kinds of food allergies and diets but, in the fussy stakes, veganism is a real competitor for the number one slot.

For the first few days it was easy. Breakfast was toast or cereal with vegan friendly toppings / rice milk, at lunchtime hummus was my choice of sandwich filling, or soup or a stir fry - easy to do at home and nothing out of the ordinary for me.

Nothing much changed at dinnertime as I realised most of my staple vegetarian dishes were either vegan or easily adapted. And my new vegan ways stopped me snacking on biscuits with a cuppa, which was definitely a good thing. It was going well and I felt great.

But I had to venture out into the big wide world, and that's where the fun started. An invite to a BBQ and a day out at a show resulted in little that I could eat (even veggie burgers are off-limits) but plenty that I could drink. Not the healthiest of days.

Then a few days travelling for work meant long train journeys during which, despite the plethora of cafes on platforms and trolleys on trains, I discovered you can't get anything vegan beyond, if you're lucky, a bruised banana.

I searched for something I could make to satisfy my cake cravings. A first disastrous attempt at cupcakes resulted in something at which even the dog turned up his nose. But I persevered and finally produced a fantastic looking and actually edible chocolate creation. I *will* eat cake!

Making things like hummus and falafel at home (the shop-bought variety often contains dairy) turned out to be easy and could be packed up for lunch should I have to travel in the vegan-unfriendly world. And I now never leave home without an 'emergency' packet of nuts, just in case.

I've also had to put a little more planning into going out for meals, checking menus

in advance and if necessary issuing a warning that The Vegan Cometh. While curtailing spontaneity, there have been some surprisingly scrumptious results, including a delectable aubergine dish specially prepared by the very helpful team at Six at BALTIC, where the wine list also marks the vegan-friendly bottles.

Despite being desperately disappointed with the lack of lunchtime choices like sandwiches (a particular bug bear and Costa you have lost my custom), I have found some gems, including a piece of vegan heaven in Heaton. Jack Sprats on Chillingham Road not only has cake galore but also does vegan and gluten-free options on all veggie snacks, lunches and evening meals. I can't believe how exciting it was being able to walk into a cafe and order coffee and cake just like I used to back in the day.

Further down Chillingham Road I discovered the Grocer, not just a fruit and veg shop but a treasure trove of vegan-friendly food and ingredients and now a regular shopping spot for me.

So, I've now discovered that I can eat cake, just less of it, I can still socialise, just with a bit more planning, and I'm giving more money to the local economy rather than the big boys.

I have even occasionally been welcomed instead of feeling like I'm a problem and even more occasionally been able to order vegan-friendly food from 'normal' menus.

This is a new and fascinating world of food, even if some of the time I am treated like a total fussy spot and have to go a long time with nothing to eat but fruit.

How much can one eat without actually turning into a grape? Watch this space!



Light my fire

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BLANDFORD GINGER POACHED NECTARINES AND APRICOTS

SERVES 4

1 vanilla pod
500ml bottle of Badger Blandford Flyer Ale
200g/7oz caster sugar
1 ball of stem ginger, finely chopped
3 tbsp syrup from stem ginger jar
2 slightly under ripe nectarines, halved and stones removed
4 slightly under ripe apricots, halved and stones removed
whipped cream or vanilla ice cream, to serve

Method

Split the vanilla pod lengthwise and scrape out the seeds. Add the seeds and pod to a saucepan large enough to hold the fruit and add the Badger Blandford Flyer Ale, sugar, stem ginger and syrup gently to a boil, stirring occasionally to ensure the sugar dissolves. Reduce the heat, add the nectarines and apricots and enough water to cover them. Poach the fruit gently, turning halfway until the fruit is tender when pierced with a sharp knife, about 6 - 8 mins for the apricots and 12-15 mins for the nectarines, depending on the ripeness of the fruit. Remove and place in bowl. Increase the heat and boil the poaching liquid until it has reduced by two thirds and is syrupy. Allow the syrup to cool, then pour it over the fruit and chill until ready to serve. Place the nectarines and apricots in small dishes with a little syrup, and the vanilla pods, which are pretty to serve but shouldn't be eaten, and serve with either whipped cream or ice cream.

Tip

Try using plums and peaches as well for this recipe.

Broom House Farm mutton

There's a lot to be said for a good piece of mutton, and mutton from Broom House Farm is superb. Home to finest Aberdeen Angus beef, lamb, Saddleback pork, chicken, homemade sausages and burgers, Broom House is a gem and we like their blog too. The mutton we had recently tasted like proper old-fashioned meat used to, even the fat!

Broom House Farm, Witton Gilbert, Durham DH7 6TR, tel 0191 371 9697, www.broomhousedurham.co.uk



QUACKERS!

Ten out of ten for enterprising young farmer Jake Richardson, who has taken his family's farm into duck egg production in response to a surge in popularity fuelled by fans including Jamie Oliver.

The son of farmers Peter and Joanne Richardson, Jake, 20, has introduced ducks for the first time to Riverford on Home Farm near Northallerton, which produces and distributes veg boxes all over the North East.

Jake's flock of 250 Khaki Campbell ducks are a cross between Indian Runner and Rouen Ducks. Their offspring were crossed with Mallards to increase their hardiness and with Pencilled Runner ducks. The resulting birds are prolific layers and can each produce up to 300 eggs each a year.

Who knew...

Duck eggs can be used as a direct replacement for large hens' eggs (they are larger, but have thicker shells, so the difference in liquid volume is small).

Duck eggs have a richer yolk and slightly more protein in their whites so they're great for baking. Cakes made with duck eggs will rise slightly more and be slightly richer and moister, and they may also last a day or two longer. Because of their thicker shells, duck eggs last longer – typically six weeks in a cool place.

For info, visit www.riverford.co.uk/homefarm



LIGHT-UP TIME

Foodie destination Vallum on Hadrian's Wall is going to be one of the top spots to witness the spectacular lighting up of the Wall on August 31 as part of the Cultural Olympiad.

Vallum, which is on Milecastle 18 at East Wallhouses near Corbridge, will be putting on feasting and music on August 31, plus some of the best views you will see of the illumination.

Connecting Light promises to be a major event with a series of interactive giant LED balloons illuminating the entire length of the Wall to form a line of pulsating colours. The installation will be live from Friday August 31 to Saturday September 1.

Vallum is also hosting a family fun day in aid of Help for Heroes and Hexham Priory School, 10am-4pm on August 12. Opened by BBCTV's Carol Malia, the event will feature farm games and army challenges, food stalls and demos from David Kennedy of Food Social at the Biscuit Factory, music and family entertainment. For info re the Hadrian's Wall event and Vallum Family Fun Day, visit www.vallumfarm.co.uk

RESTAURANT WEEK RETURNS

A total of 40 venues are taking part in NE1's fourth Newcastle Restaurant Week between August 20-26, offering meals at only £10 or £15 per person.

The concept comes from New York and is a big hit in Newcastle, with more than 15,000 Restaurant Week vouchers redeemed during the last event in January.

Participating restaurants include the newly opened Fat Buddha, Terry Laybourne's award-winning 21 Group of restaurants, Dabbawal, Blackfriars, and Electric East.

Then, from August 28–September 2, World Cities Week brings a giant world street food market to Grey's Monument in Newcastle. The streets around the Monument will be taken over by stalls selling a vast array of international cuisine and entertainment.

For info and Restaurant Week vouchers, go to www.getintonewcastle.co.uk



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ON YOUR BIKE

Hairy Bikers Si King and Dave Myers have gone all Bradley Wiggins and swapped motorbikes for pedal bikes to match their new healthy diet. These are their post-Olympic road race dishes

Clearly, the world has gone mad. Why? Well, the Hairy Bikers have been on a diet, which is enough proof, if ever it were needed, that the planet has tilted on its axis.

Their new book and BBC2 series, *Hairy Dieters: How To Love Food and Lose Weight*, claims to offer the key to losing weight without compromising on taste.

Hairy Biker Si King, who lives on Tyneside, says: "We're two blokes who love food and we're not this shape for nowt. Last year we spent four months sampling the finest patisseries in Europe. We had a blinding good time, but it left both of us with a bit of a spare tyre.

"There's nothing wrong with a little bit of what you fancy, but we were having a lot of what we fancied, all the time. We were both on medication for high blood pressure and high cholesterol. The opportunity then arose to make a TV programme about weight-loss and it was just the push we needed.

"It really is irrelevant that these recipes happen to be less calorific because, when it comes down to it, it's just bloody good food."

The four-part series *Hairy Dieters: How to love food and lose weight*, is at 8pm on Thursdays on BBC2. The accompanying book is in bookshops now



SPANISH-STYLE CHICKEN BAKE

SERVES 4

INGREDIENTS

1 medium onion, cut into 8 wedges
 1 medium red onion, cut into 8 wedges
 500g/1lb new potatoes, quartered
 8 whole garlic cloves, unpeeled
 8 medium tomatoes, quartered
 75g/3oz chorizo (preferably picante)
 8 boneless, skinless chicken thighs
 ½ tsp sweet smoked paprika
 ½ tsp dried oregano
 1 green pepper, deseeded and cut into strips
 flaked sea salt
 freshly ground black pepper

Method

Preheat oven to 200C/Gas 6. Put onions, potatoes, garlic and tomatoes in a large roasting tin and season with sea salt and black pepper. Toss lightly, roast for 20 mins. Skin chorizo, cut into 5mm slices. Slash chicken thighs 2 or 3 times each with a knife. Season with black pepper. Mix paprika and oregano together, set aside. Take roasting tin out of oven, scatter chorizo over veg, turn everything a couple of times. Put chicken on top of the veg and chorizo and sprinkle with paprika and oregano. Season with salt. Return to oven for 20 mins. Then baste and tuck pepper strips loosely around chicken and veg. Turn oven up to 220C/Gas 7. Put tin back in oven for 20 mins or until the peppers are just softened and the chicken is golden and crisp. Serve. (Squeeze garlic out of the skins as you eat).

SPECIAL CASSOULET

SERVES 6

INGREDIENTS

½ tsp sunflower oil
 6 good-quality herby sausages, at least 85% meat
 4 celery sticks
 3 medium carrots
 2 medium onions, halved and sliced
 6 boneless, skinless chicken thighs (about 450g)
 2 fat garlic cloves, crushed
 200g/7oz smoked lean gammon, trimmed and cut into 2cm cubes
 2 x 400g cans chopped tomatoes
 150ml/¼ pint red wine (or water)
 300ml/½ pint cold water
 1 tsp caster sugar
 1 tsp dried chilli flakes
 1 bay leaf
 4–5 bushy sprigs of fresh thyme
 400g can cannellini beans in water, drained and rinsed
 400g can butter beans in water, drained and rinsed
 freshly ground black pepper

Garnish

handful of fresh flat-leaf parsley
 finely grated zest of half a well-scrubbed large orange

Method

Brush a large non-stick frying pan with the sunflower oil. Add sausages and cook over a medium heat for 10 mins, turning occasionally, until browned on all sides. Trim celery, peel carrots and cut into diagonal slices about 1.5cms thick. Preheat the oven to 180C/Gas 4. Add onion and cook with the sausages for 6–8 mins, stirring regularly until softened and lightly browned.

Trim chicken thighs of any visible fat (a good pair of kitchen scissors does the job) then cut them in half. Add the garlic and chicken pieces to the pan with the sausages and onions and cook for 3–4 mins, turning chicken twice until coloured all over. Transfer everything to a large flameproof casserole. Stir in the gammon, celery, carrots, tomatoes, red wine and water and sprinkle with caster sugar and chilli flakes. Stir in the bay leaf and thyme and season with lots of ground black pepper. Bring to a simmer on the hob, then cover with a lid and transfer to the oven. Cook for 45 mins.

Take the casserole out of the oven and stir in all the beans. Cover with the lid and put back in the oven for another 30 mins. Just before the cassoulet is ready, prepare the garnish.

Chop the parsley roughly and toss with the orange zest in a serving dish. Serve large portions of the cassoulet in deep plates or wide bowls with a good sprinkling of the zesty parsley garnish on each one.





SOUTHERN-STYLE JAMBALAYA

SERVES 6

INGREDIENTS

6 boneless, skinless chicken thighs
100g / 4oz chorizo (we like picante)
1 tbsp olive oil
1 large onion, roughly chopped
4 slender celery sticks, cut into 1cm slices
2 small green peppers, deseeded and cut into 2cm chunks
5 large ripe vine tomatoes (about 475g)
3 garlic cloves, peeled and crushed
1 tbsp paprika
¼ tsp cayenne pepper
1 tsp dried thyme
1 tsp dried oregano
2 bay leaves
200g/7oz long-grain rice
450ml/¾ pint chicken stock, made with 1 chicken stock cube
100g cooked peeled king prawns, thawed if frozen
6 spring onions, sliced (including lots of green)
flaked sea salt
freshly ground black pepper

Method

Cut the chicken into bite-sized pieces, removing excess fat, and season with salt and pepper. Skin sausage and cut into 5mm slices. Heat oil in a large non-stick frying pan and fry chicken for 3 mins over a medium heat until lightly coloured. Add chorizo and cook for 30 secs more, then transfer chicken and chorizo with tongs to a large plate or tray. Discard most of the oil from the pan. Return to a low heat. Stir in onion, celery and green peppers. Cook for 8–10 mins until softened. Skin tomatoes, cut in half, remove green stem ends, roughly chop. Stir crushed garlic, paprika, cayenne, thyme, oregano and bay leaves into frying pan and cook for 20–30 secs, stirring. Increase heat and add chopped tomatoes and any juice on the board. Cook for 5 mins or until tomatoes are well softened, stirring. Return chicken and chorizo to the pan, add rice and cook for about a minute, stirring. Pour over the stock, season with a pinch of salt and lots of black pepper. Bring to a simmer and cook for about 10 mins or until the rice is just tender and most of the liquid has evaporated or been absorbed by the rice, stirring occasionally. Stir in the prawns and spring onions and cook for about 2 mins more or until the prawns are hot, then serve.



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tel 0191 261 9646 www.redmezze.co.uk

Turkish Delight

What to do when you're having lunch with a committed carnivore and you're being virtuously vegan?

The answer on this occasion lies in Turkey, or more precisely the Turkish food at Red Mezze in Newcastle.

So many international places try and fail to create the atmosphere of home, but Red Mezze really is a little piece of Turkish delight buzzing with an eclectic crowd. Its laid back vibe, music and aromas rapidly transported us back to happy holidays and almost made us forget the rain.

We also almost forgot the dire economic situation thanks to the £6.50 lunchtime special price tag for a choice of two mezze dishes and a main course. This really is like being on holiday!

Hilariously - for me, when my committed carnivore sitting opposite me realised the hideous truth - our first taste of Red Mezze was an all-vegan mezze.

Mind, it didn't take him long to remember that he was hungry and he put up a good fight for the hummus and pitta, saksuka (peppers, potatoes, aubergine in a tomato sauce), kisir - a Beluga wheat a

little like couscous, and broad beans in olive oil and herbs.

Just a couple of months into my vegan odyssey, I'm already fed up of having to call ahead every time I want to eat out, and with being treated as a 'fussy eater' or extreme hippy. So to simply go out and eat like a normal person, without going off-menu to the tuts and sighs of waiting staff, was a huge treat.

And - again, hilariously - my carnivorous partner admitted that my main course felafels looked "quite tasty, really" - not bad for a man who has been known to eat an entire water buffalo for breakfast.

So while he tucked into a delicious chicken shish, I feasted on six sumptuous super-sized falafels with heaps of salad and hummus. Crisp on the outside and soft on the inside flavoured with garlic, coriander and parsley, this was a perfect vegan feast.

I then persuaded my companion to go for the Turkish coffee (something you should try, but perhaps only the once) and clearly I spin a good yarn, because I convinced him that it's tradition to down it all in one, including the thick syrupy bit at the bottom. Suffice to say, I don't think he'll be attempting to do it again.

Red Mezze is a fabulous find - not just for us vegans but for anyone who wants to eat authentic Turkish food in a warm, welcoming place. If you want to feel like you've been on holiday for an hour or two, I'd highly recommend it, and if you can't get through the raging torrents, there are some fab recipes on the website.

**Red Mezze, 36 Leazes Park Road, Newcastle,
tel 0191 261 9646, www.redmezze.co.uk**

Some 30 years ago, my husband would trudge up our local farm lane on his way home from school through the cow pats left by the black and white dairy herd which trod the same path to the milking sheds.

Today, our own children walk a clear path past attractive homes created from the barns which once housed the milking parlour.

The herd is gone, one of many which have disappeared from this green and pleasant land in recent years; victims of tumbling milk prices which have forced many farmers to sell, slaughter, or diversify.

Why it's taken so long for this issue to gain such a momentum that people are discussing it in Tesco's aisles is a mystery, certainly considering that the number of UK dairy producers has dropped from 35,741 in 1995 to 14,793 by the end of last year.

Consumers have been conditioned by some of the largest supermarkets to expect milk so cheap that it is now, in many cases, sold below cost.

The result is noticeably fewer dairy farms. And those farmers who remain in business are under growing pressure to increase their herd size to achieve lower costs. Times are especially tough for the small family farmers who are so much a part of the North East countryside.

The nightmare scenario - which sounds overly dramatic but follows the recent trend - could be the complete disappearance of British milk and a dependence on imports, which means the longlife stuff they put in your tea in France.

While Farmers' For Action members are barricading processing plants, and the WI has joined a fast-growing campaign for the farmers, the National Farmers' Union (NFU) is advising consumers to shop at places where they are assured farmers are paid a "sustainable" price that pays for the cost of production.

The NFU focus has largely been on some of the big supermarkets, while the British Retail Consortium says the stores are actually the best payers and that big buyers including manufacturers and the public sector need to show more support for farmers.

Both agree that the big processors have a responsibility to pay dairy farmers a fair price, and that doesn't necessarily mean passing the cost on to the consumer.

Currently, in response to the protests, virtually all the main retailers have pledged to meet farmers' costs of production, but there is no indication of how long this will last, or how sustainable it is for the industry.

Work is ongoing to agree a voluntary code of practice that will ensure dairy contracts are fairer to farmer producers and meanwhile, the NFU is asking consumers to keep asking all retailers where and how their milk is sourced.

LOTTA BOTTLE?

Jane Pikett asks – where to buy a responsibly sourced pinta?





The family farm

Dennis Gibb (pictured above) and his brother Richard have been farming at Eachwick Redhouse near Newcastle for 40 years, on the land farmed by their father and grandfather and before them.

They have 300 milking Holstein Friesians on their dairy/arable farm and the changes they have seen in the last 40 years have been dramatic. "It used to be reasonably profitable," says Dennis, 61, "but over the last 12 years the margins have become extremely poor and some years we have made nothing at all. Farmers are locked into restrictive contracts with no say over prices and no option to get out of contracts.

"Because the margins are so bad, there has been a terrible lack of investment on dairy farms. The costs of maintenance are very high, as is the cost of feed, which has rocketed. When my father was my age, we had about 80 cows, but my brother and I have been forced to increase numbers, not necessarily because we wanted to, but for economy of scale."

Dennis, whose working day begins at 3.30am and ends between 7pm and 9pm during harvest, believes the industry can only survive with an end to the restrictive contracts which tie producers into a single processor, often for 12 months at a time, with no say on prices. "We want to stay in dairy, but that depends on things changing," he says. "The current situation cannot continue."

At a glance

Farmers say: They are losing about 5p on every litre of milk they produce because of price reductions, soaring costs and difficulty accessing finance from the banks.

Processors say: They are trying to assist while offering value to the consumer. The large processors - Wiseman, Arla, First Milk and Dairy Crest - had all dropped further price cuts planned for August 1 as we went to print, but the situation is extremely fluid.

Farmers say: The current free market (ie the cost of milk is not regulated as it used to be by the Milk Marketing Board) has broken down, resulting in some processors and some supermarkets abusing their power. Farmers are typically locked into fixed 12-month contracts with processors, and with all the processors cutting prices, there isn't anywhere else to go. Farmers rarely have the bargaining power to sell milk directly.

Processors say: They are in a competitive market where demand is falling. The price of cream on global markets has fallen dramatically, and the price paid to UK farmers reflects this.

Farmers say: A voluntary code would ensure a 'fairer balance' within the supply chain. Alternatively, legislation would result in greater transparency around prices. They say farmers can't afford to wait for the Grocery Code Adjudicator Bill going through Parliament now to pass into law and create a supermarket watchdog. They want the Government to speed up and enforce a draft code of practice between processors and producers.

Processors say: They are doing all they can in a competitive market where demand is falling.

Farmers say: There will be a 'substantial contraction' in the industry if the price stays as it is.

Processors say: This is a complex supply chain issue of farmers seeing higher costs, processors facing volatile commodity markets and supermarkets trying to get value for customers.

If you want to buy milk bought at a 'fair' price from the farmer: Seek out your local milkman and opt for doorstep deliveries, buy direct from a producer which processes its own, or ask your retailer for information on what its dairy suppliers are receiving per litre. If it is below 30p, the supplier is probably making a loss.

You could also seek out a retailer which offers aligned contracts: These contracts guarantee to pay at least a farmer's cost of production and the amount paid rises and falls with changes in costs. Some 2,000 of the UK's farmers have these contracts which are currently offered by Tesco, M&S, Sainsbury's and Waitrose.

So how much is a pint?

A surprising number of people don't know. A highly unscientific poll of 20 consumers carried out by **appetite** the day before we went to print revealed only one of them knew the price of a pint or a litre of milk. They also didn't realise that if there were an increase in prices paid to farmers, it would not necessarily lead to a price hike for consumers, as increases may be absorbed into the supply chain.

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NO MILK TODAY?



Farmer and processor

The Tweddle farming family's answer to falling milk prices was to go organic and supply the customer direct.

The family's Acorn Dairy, which produces organic milk and cream from 170 Dairy Shorthorn milking cows, now supplies stockists regionwide and some 4,000 doorstep deliveries.

The family has been farming near Darlington since 1928 and its four generations of farmers has seen many changes, not least in the fall in milk prices and the corresponding intensification of dairy farming. Indeed, when the family first began the organic process in 1998, they had 300 cows on 330 acres and were considered a large farm. Today, an intensive farm will number some 2,000 cows reared in the cheapest way possible, which means less space and more time indoors. "We are fortunate because we are close to the A1 so we can distribute milk directly to the customer," says Acorn's Caroline Tweddle (*pictured above with Acorn's Aberdeen Angus bull, Frazzle*).

"Not all farmers can do that, and may have to farm more intensively and sell to the big processing companies. We decided to become our own processor and retailer, which gave us the option to farm less intensively. "Consumers may not realise that the cheapest milk is not always the best value. Low intensity farming produces more contented, healthier cows and – as research from Newcastle University has proved – better quality milk. But it is more costly to achieve."

"Our approach also includes a commitment to the maintenance of our hedgerows - which is why we have 65 different species of birds on our farms - and to the health of our animals. All the animals have more space, especially in winter. This reduced intensity has led to fewer health problems."

**Acorn Dairy, Archdeacon
Newton, Darlington,
DL2 2YB,
tel 01325 466 999,
www.acordairy.co.uk**



NO MILK TODAY?



The processor says

Robert Wiseman Dairies is one of the processors which withdrew its planned August 1 milk price cut following blockades by dairy farmers. When we went to press, this meant that the price paid by Wiseman would remain 26.43p a litre. The company had intended to reduce its standard litre price by 1.7p a litre to 24.73p a litre.

A statement from Wiseman said: "We have been engaging with our customers with regards to the exceptional circumstances facing the supply chain and the need for urgent and significant support.

"From our discussions to date, we are confident this support will now be demonstrated. We have confidence that we can work with our customers and farmers to address the obvious challenges that exist," the statement said.

The supermarket says

William Morrison Supermarkets, the smallest of the four main UK grocers, is one of the supermarkets which has pledged to improve payments to farmers. The supermarket chain recognised "the exceptional pressure on farmers currently," Morrison's Commercial Director Richard Hodgson said in a statement on the company's website.

An extract from an open letter to The Times from High Fearnley Whittingstall and Jamie Oliver last month:

Dairy farming in this country is fast becoming completely unviable. Why should we care? Because, unlike a lot of other industries, farmers can't go on strike, cows need milking every day. Farming isn't just a job; it's a way of life. The value of milk is something we have all lost sight of. We pay more for bottled water than we do milk. We enjoy a fresh product because farmers care about the quality of their milk and work hard to look after the cows that produce it. And those grazing cows are responsible largely for the beautiful countryside we all enjoy; the patchwork landscape that our country is famous for. Dairy farming is an intrinsic part of our countryside.

Stop letting milk be the loss leader in supermarkets. We can all start by paying farmers a fair price at the farm gate for their milk. A fair price that means they - and we - have a future where dairy farming is great in Britain again.

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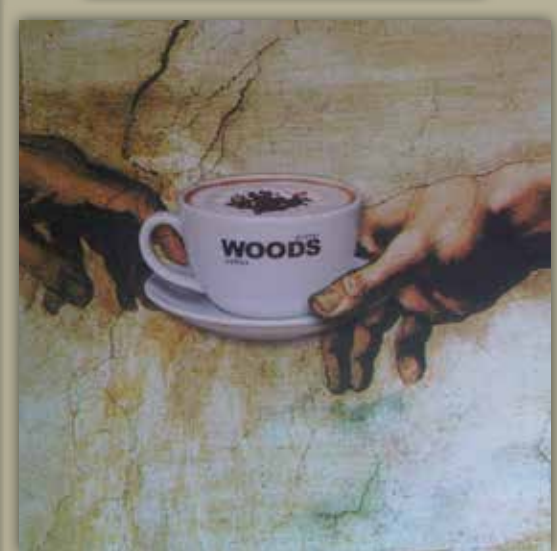
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SUMMER BERRY BUTTONS

MAKES 18

These dainty little sponge cakes are filled with crème fraîche swirled with lemon curd and chopped strawberries. What's not to like?

INGREDIENTS

3 medium eggs
75g/3 oz caster sugar
75 g/3 oz self-raising flour
a little strawberry sugar (see tip) or caster sugar
3 tbsp lemon curd
250ml/8floz full fat crème fraîche
100g/4oz strawberries, hulled and chopped

Method

Preheat oven to 190C/Gas 5. Line 2 large baking trays with non-stick baking paper.

Add the eggs and sugar to a large bowl then set this over a saucepan one third filled with simmering water, making sure that the base of the bowl is not touching the water. Using a handheld electric mixer whisk the eggs and sugar together until very thick and the whisk will leave a trail on the surface when lifted above the mixture. If your electric mixer is on a stand then whisk the eggs and sugar in the fitted bowl (not on the pan of water) but it will take a few minutes longer.

Sift the flour over the surface, then using a large spoon fold in gently in a figure of eight movement, being careful not to knock out the air, until there are no traces of flour. Spoon or pipe the mixture using a 1cm/1/2inch plain piping tube into circles about 4cm/1 1/2 inches in diameter then bake for 5-8 mins, alternating the baking sheets after 4 mins so that all the sponge cakes colour evenly. Take out of the oven and sprinkle with strawberry sugar or a little caster sugar, slide paper and mini sponge cakes on to a wire rack and leave to cool.

When ready to serve, fold the lemon curd into the crème fraîche until only just mixed then spoon over the undersides of half the cakes. Top with spoonfuls of chopped strawberries then the remaining biscuits. Best served within a few hours of assembling the biscuits together.

TIP: To make strawberry sugar, mix 2 tbsps of strawberry puree (made by pureeing and sieving 50g/2oz hulled strawberries) with 175g/6oz granulated sugar then spread into very thin layer over a sheet of foil set on a baking sheet. Bake at 110C/Gas 1/4 for 15 mins. Allow to cool then wrap in the foil and keep in the fridge until needed. Crumble into tiny pieces to use.

GLAZED STRAWBERRY TARTS WITH ELDERFLOWER CREAM

MAKES 12

INGREDIENTS

Pastry

225g/8oz plain flour
50g/2oz icing sugar
100g/4oz butter, diced
2 egg yolks

Filling

200ml/7fl oz double cream
25g/1oz icing sugar
2 tbsp elderflower cordial
400g/14oz strawberries, sliced
75g/3oz redcurrant jelly

Method

To make the pastry, put the flour into a bowl, add the icing sugar and butter then rub in the butter with fingertips or an electric mixer until it resembles fine crumbs. Stir in the egg yolk then squeeze together with fingertips to make a dough, adding a little water if needed. Knead lightly then roll out thinly on a lightly floured surface. Cut out 10cm/4in circles using a large biscuit cutter then press circles into buttered sections of a 12 hole deep muffin tin. Prick bases with a fork and chill for 15 minutes.

Line each tart with a circle of greaseproof paper and some dried lentils or baking beans and bake blind in a preheated oven set to 190C/Gas 5 for 10 minutes, remove paper and lentils or beans and cook for 3-4 minutes until pale golden. Leave to cool.

Remove pastry cases from the tin, arrange on a serving plate. Whip the cream with the icing sugar and elderflower cordial until it forms soft swirls. Spoon into the tart cases. Arrange the strawberries on top. Warm the redcurrant jelly in a small pan until melted then brush over the tarts. Serve within 30 minutes.



RUBY BERRY NESTS

MAKES 12

INGREDIENTS

50g/2oz butter
270g pack of 6 frozen filo pastry sheets (defrosted) (use 3 sheets each 46 x 21.5 cm)
150ml/¼ pint double cream
400g/14oz can low-fat ready-made custard
½ orange, grated rind and 1 tbsp juice
450g/1lb mixed berries (raspberries, blueberries, strawberries, halved or quartered)
3 tbsp strawberry jam
icing sugar (sifted) to decorate

Method

Warm the butter in a small saucepan until melted and use a little to grease a 12-section deep muffin tin. Separate the

pastry sheets, brush each one with a little butter then cut into 12 rectangles.

Lay one piece in each section the muffin tin then arrange a second and third square at a slight angle to the previous one to give a jagged nest like effect.

Bake at 180C/Gas 4 for 6-8 minutes until golden and crisp. Leave in the tin to cool.

Take the pastry cases carefully out of the tin and arrange on a large serving plate. Whip the cream until it forms soft swirls then fold in the custard and orange rind. Spoon into the pastry cases.

Warm the jam and orange juice in a small saucepan, stirring until the jam has melted. Add the berries, coat in the jam glaze then spoon into the tarts. Dust the top edges of the pastry with a little sifted icing sugar and serve.

A close-up portrait of a man with dark, curly hair and a light beard, wearing a dark pinstripe suit jacket over a white turtleneck. He is looking directly at the camera with a serious expression. The background is a deep red, textured surface.

MARCO

**IN SEARCH
OF THE
GENIUS**

*It's **Marco Pierre White Day** and **Rosie McGlade** can hardly contain her excitement*

The sad thing about Marco Pierre White Day is that I miss him. In all my years as a journalist, I don't think this has ever happened.

Apparently, there's been a crossing of wires. Marco is in Newcastle only briefly, and it turns out he'll only do 10 minutes with the media, so they've got to sit together and ask him questions in turn, like it was Madonna. The slot I'd asked for no longer seems to exist.

I manage to see him. I even hear him speak. He says he's just going upstairs to do a TV interview, and he'll be back to talk to me in 10 minutes. Later, when rejection hits, I am left suspecting that both of the only things this 'Byron of the Backburner' said to me may not have come from the heart.

For now, though, I'm still excited. Here he is, having his picture taken in the lounge of the new Hotel Indigo in Newcastle; stern-faced shots that he makes seem somehow naked without his knife.

He is tall, with an expensively crumpled air that leaves you with no doubt who the celebrity is at this gathering of ladies-who-lunch (and some of their husbands). The pulse quickens, even from the far side of the room. It's that handsome-cum-dangerous-cum-haggard thing that has won him three wives and a chain of red-top headlines in his 50 years.

The PR tells me he won't want to discuss his private life, as if it really is Madonna. As if I'd dare! She's probably just making small talk. She's stuck with me, waiting, thinking, I sense, that I should have come sooner, that he's probably gone. But we had a slot! And I'm still excited.

Why is he here in Newcastle? Because he's got money in the Indigo 100-seater restaurant that houses the Marco Pierre White Steakhouse Bar & Grill - a chain which is reaching out for a national restaurant empire, Newcastle being the fourth to date.

For just under £30, today's guests have enjoyed a Marco-designed menu - all aubergine caviar, rosti and roast rump of lamb - while he brooded in the background, lounging in a purple booth as the charmed diners were ushered over, table by table, to ask questions. What did they ask? He likes finish-the-sentence type things, they were advised. So, Marco, finish the sentence: "My favourite breakfast / holiday food / special occasion dish is..."

He likes straightforward food, he hates pretense, he told everyone. He obviously said he likes Newcastle. We know he'll use locally-sourced food. It's the law isn't it?

He trained Gordon Ramsay and Heston Blumenthal before requesting that the former be thrown out of the

latter's Fat Duck many years later, but it's not the sort of occasion for those, more interesting, questions.

I flick through the tiny type-faced menu (don't forget your specs, diners!) marking things like French onion soup (£5.50), fried haddock, 'real' chips & mushy peas (£13.50), and belly pork Marco Polo (£14). I plan to ask him for tips on how to cook these dishes in light of him being the youngest UK chef of his day to get three Michelin stars.

He knows what he's doing in the kitchen, even though he retired from it at 38, making his money through TV and restaurant ownership instead. Steak, this being a steakhouse, features prominently, ranging from £23.50 for a 10oz rib eye to £28 for 8oz fillet. They are 'fine quality native breed beef, which gets a double mark as I have a good question about how fine quality native breed breeders are failing to sell their cheaper cuts. "But that's what all the TV chefs are telling us to cook these days!" I want to exclaim. "Isn't anyone listening?"

I do manage to speak to restaurant manager George Liddle, who is pleased with the afternoon and that the ladies have had a nice time. Marco spoke to them, apparently, finishing their sentences.

It is very comfy in here. I can't vouch for the food, but the left-overs look interesting. George says you can come into the lounge for a pint and a ploughman's, or a coffee while you pore over your laptop. "And just enjoy the space," he adds. "You don't get many places where you can take your time like that." He's right. It's even bearable being stood up.

"Hotel Indigo is for the experienced traveller; someone who wants something a little bit thinking-outside-the-box. A more quirky, vibrant, boutique hotel experience," the PR chirrups when I ask about the rooms. Had we known that Marco had cleared off, perhaps she'd have shown me some of them, because they look nice in the brochure. Especially the penthouses with their decked verandas overlooking the city.

I wonder where in Newcastle Marco may have gone. Perhaps he hasn't; he's asleep in his penthouse, or admiring the view with a fag. Perhaps he's roaming the Grainger Market. On Wikipedia it says he likes fishing and game hunting. Perhaps he's down on the Quayside.

He doesn't look the type to hang round for the press. I wish him well. I'd probably need a few drinks to dare talk to him anyway. The bar here is nice though.

Marco Pierre White Steakhouse Bar and Grill, Hotel Indigo, Fenkle Street, Newcastle, tel 0191 300 9222, www.mpwsteakhousenewcastle.co.uk

I manage to see him. I even hear him speak. He says he'll be back in 10 minutes



Feast of the east

Anna Hedworth joins the pop-up trend

I have joined the world of supper clubs and pop-up restaurants! And while it's really hard work, I love it!

Carruthers and Kent wines in Newcastle invited me to put on a mezze tasting evening of Middle Eastern food and matching wines during the EAT! Festival. This is food I cook regularly at home - tagines, spiced couscous, yoghurt, chopped salads, pomegranates, dried fruits - but it took me a long time to choose the menu to create four courses of Middle Eastern flavours that balanced and kept the diner entertained throughout. Mind you, I love this type of food, so it wasn't exactly hard work testing pomegranate salads, dips, flatbreads and delicious sticky lamb.

Claudia Roden is a hero of mine, so I started with her books. Arabesque is one of my favourites, and everything I have made from it has been delicious. It journeys through Turkey, the Lebanon and Morocco, with lots in between. Claudia started collecting recipes in the early 1950s from relatives and family friends; recipes she feared would be lost if they weren't documented.

There had previously been no cook books in Egypt, so these recipes keep a link with the past and are full of beautiful tips like, 'you know that there is enough flour

when the dough feels like your earlobe'.

So, in a beautiful tasting room above a wine shop, the table was flickering with candles and scattered with rose buds from Istanbul. People began to arrive and sip their Portuguese fizzy with pomegranate syrup. Carruthers and Kent matched wines for each of the four taster courses and there were dips to start; roast carrot, garlic and lemon, smoky aubergine yoghurt, and sweet tomato with honey, black pepper and cinnamon. I made Lavosh crackers - an Armenian baked flatbread topped with poppy seeds and caraway seeds - to go with the dips, which were followed by salads; broad bean, mint and pomegranate, radish, parsley and a lovely sherry vinegar dressing, alongside tomato, tarragon and feta salad with a sumac dressing.

We paired wonderful soft, sticky roast lamb (see right) with a cinnamon couscous full of chopped dates, almonds and sultanas, steaming hot. A pistachio and rosewater tartlet with clotted cream brought the evening to a close, by which time I was exhausted and relieved that it all went to plan. Now for the next one...

For more recipes and tips, visit The Grazer at www.the-grazer.blogspot.co.uk

TOMATO, TARRAGON AND FETA SALAD WITH SUMAC DRESSING

SERVES 4

Slice up a few different varieties of tomato (I got mine in the Grainger Market) and make sure they smell strongly of tomato - if they smell of nothing they will taste of nothing! Slice up a few per person. Thinly slice a shallot and scatter over and chop a handful of tarragon and scatter over too. Crumble up about 75g/3oz of barrel-aged feta over the top of everything. For the dressing, soak a tablespoon of sumac in 60ml/ 2fl oz warm water for about half an hour, drain through a sieve, then whisk the water with 4 tablespoons extra virgin olive oil, a squeeze of lemon juice, half a teaspoon of caster sugar, a sprig of chopped thyme and some salt and pepper. Drizzle the dressing over everything and serve straight away.



ROAST CARROT, GARLIC AND LEMON DIP

SERVES 6

Roughly tear up a handful of fresh mint leaves and put them in a large jug. Add the juice of 6 lemons, the zest of 2 lemons and 4 tablespoons of sugar syrup (you can buy sugar syrup, or make your own by heating 2 parts sugar to one part water until the sugar dissolves). Top everything up with sparkling water, give it a mix, add some ice and enjoy in the garden.



SLOW ROAST LAMB WITH CINNAMON, DATE AND ALMOND COUSCOUS

SERVES 4

Claudia Roden has excellent advice on roasting lamb and her tips for a really soft, sticky falling apart roast lamb has become my fail safe. A shoulder of lamb on the bone, about 1.5–2kg/3-4lb will serve four generously. Heat the oven to 240C/Gas 9, coat lamb in salt and pepper and put it in the hot oven for 15 mins; then drop it to 180C/Gas 4 and cook for three hours. So simple, but amazing results! For the couscous add 250g/90z to an oven-proof dish. Measure about 300ml/½ pint boiling water, add a little salt, a teaspoon of cinnamon and a tablespoon of orange blossom water (it is still good without if you haven't got any). Pour over the couscous and cover for 10 mins. Break it up with a fork or your hands until it is loose and full of air, then add 2 tablespoons olive oil, 100g/4oz chopped dates, 100g/4oz chopped blanched almonds and 50g/2oz sultanas. Add to the oven for the last 20 mins of the lamb, and stir in 30g/2oz butter just before serving when it is steaming hot.



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KEEP ON RUNNING



Starter's orders: Mark, Mike and Ryan McLeod

Fast food

On a post-Olympic high, Great North runner Laura Emmerson seeks professional advice for a sporting diet

The McLeod men are nothing if not fit. Dad Mike, 60, is an Olympic silver medalist and the winner of the first Great North Run. His sons Mark and Ryan are both pro athletes, so they're the perfect interviewees for this Run hopeful.

Hearty food and lots of it seems to be their recipe for speed and endurance. Mike's wife Jo raised the family on roast dinners, spaghetti bolognese, mince and dumplings and the like. Mike, who won Silver in the 10,000m in Los Angeles in 1984, was more likely to race on a low-tech shepherd's pie, topped with cheese, than any scientific recipe I'd assumed all athletes lived on.

And while frozen food and ready meals are out, Mike is partial to spotted dick, apple crumble and homemade custard. But what about us Great North Runners? Mike (*pictured right in his heyday*) says your food the night before a race matters far less than your intake in the week leading up to it, when you need carbs to put fuel in your system.

"The night before you just need calories," he says. "People get that wrong and just eat lots of carbs the night before a race, but you should eat like that all week. I still eat much as I did when I was competing - things like steamed fish and veg, shepherd's pie with lots of mash and cheese on top. Fruit and veg are important, too. When you're training hard and running 20 mile races, you can eat junk food because you just burn it off, but on the whole you want a healthy diet."

Mark, 32, says watch your fluid intake. "Fluids are the most important thing. You just need water. Energy drinks are more important after a race, but you've got to hydrate prior to competing." He doesn't take on water during a race, but that's because he's looking to finish the Great North Run in 70 minutes. "Just take small sips during a race. Too much can give you stomach cramps."

Ryan, 27, who is currently out of action through injury,

backs up the family advice with an enlightening anecdote about Kenenisa Bekele, World Record holder and Olympic champion (at the time of writing) in the 5,000m, who he witnessed devour a McDonalds the night before the world cross country championships in 2003. "He still won; the point being that it's all about getting calories in the night before. He'd eaten well leading up to the race, so he could get away with it.

"I enjoy cooking - paella, stir-fries with lots of veg, lasagne, and things my mum used to cook. I always make my own sauces because shop-bought often contain hidden sugars, and I never eat ready meals or frozen foods."

Mike, 60, used to coach Ryan and Mark, and still does to a degree, but he doesn't race any more. He does still eat healthily though, despite his love of puddings. While Mike now enjoys the odd pint, Mark's teetotal and Ryan has drunk alcohol about five times in the last year. "Mo Farah [10,000m Olympic Champion] had a go at me three years ago after a race when I said I was going out drinking," says Ryan. "He asked me why I would throw away all that hard work of training by drinking. I hardly drink now."

Mark advocates cutting out fizzy drinks. He used to drink lots of Coke and put on three stones after an injury prevented him training a few years ago. He was able to lose the weight by cutting out the fizzy drinks alone.

For those starting out in running, Mike says, just be flexible and work out what works for you. "Everyone's different, so experiment to see what works for you." They all advocate beans or eggs on toast for breakfast, - but not beans the day before a race because it'll fill you up with gas! Mike likes sardines or pilchards on toast and Ryan always has toast and jam three hours before a race. So vital is this preparation he travels abroad with it. And there you have it; jam makes you run faster. Who knew?





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KEEP ON RUNNING



Name: Charles Renwick

Age: 45

Sport: Former army Cresta Run rider and polo player. Currently a middle-distance runner in the mould of a poor man's Jimmy Saville. Training for the Great North Run

Food on a training day

Whatever's in the fridge. I'm partial to ready meals, but draw the line at Pot Noodles

Meal the night before competing

In the army, what we ate and drank before riding the Cresta Run and playing polo was certainly not healthy or conducive to high-class sports performance. However, a slug of Bullshot before heading down the Cresta was always quite effective at calming the nerves

Choice of snack for energy

I'm quite keen on Cadbury's Dairy Milk

Post-event recovery food

A can of Coke (particularly effective when hungover)

Not allowed when training

Nothing. I'm a great believer in moderation, at least until the weekend

Grazer or three meals a day?

I eat nothing between meals and I only eat lunch and dinner. I know it's bad not to eat breakfast, but it's never done me any harm

What's your food weakness? Hellman's mayo, Dairylea cheese, fillet of beef, Coke, roast potatoes. Obviously not all together

Charles is running the Great North Run in aid of the Light Dragoons' Colonel's Appeal to support members of the regiment and their families. North East-recruited members of the regiment are currently on operations in Afghanistan. Support the appeal at www.lidcolonelsappeal.com



Name: Mike McLeod

Age: 60

Sport: Athletics. Olympic silver medallist Los Angeles 1984, 10,000m

Food on a training day

Breakfast is porridge or a full English, lunch is an omelette or fish, and dinner is meat and vegetables, something like mince and dumplings, or liver and onions

Meal the night before competing

A pasta or rice dish

Choice of snack for energy

Custard creams!

Post-event recovery food

Steak or pasta

Not allowed when training

Very little alcohol

Grazer or three meals a day?

When competing, I always ate when hungry, which was often

What's your food weakness?

I don't have one.



Name: Laura Weightman
Age: 21

Sport: Athletics. Laura, from Morpeth, is a prodigy of Steve Cram, who coaches and mentors in her event of 1500metres. As we went to print, she was a couple of days away from competing in the Olympics

Food on a training day

Cornflakes, banana and sultanas for breakfast, a ham salad bagel for lunch, pasta and chicken for dinner, and a ham roll for a snack

Meal the night before competing

Tuna pasta bake and salad

Choice of snack for energy

Homemade malt loaf

Post-event recovery food

Recovery shake and carbohydrate and protein (pasta and chicken or steak and potatoes)

Not allowed when training

Alcohol

Grazer or three meals a day?

Three meals plus snacks

What's your food weakness?

Chocolate



Name: Ross Murray
Age: 21

Sport: Athletics. Gateshead Harrier Ross Murray competes in the 1,500m and as we went to print, he was a couple of days away from his first heat at the Olympics

Food on a training day

A bowl of porridge and a banana and a recovery drink after morning training, then omelette, chips, coleslaw and a cup of tea for lunch, then a

snack of a muffin with a piece of fruit and a cup of tea, then pasta with meat, then a bowl of cereal

Meal the night before competing

Pasta arrabiata

Choice of snack for energy?

Banana

Post-event recovery food?

Don't have one

Not allowed when training

Alcohol

Grazer or three meals a day?

Three meals

What's your food weakness?

Alcohol

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1



4



1 GRILLED LAMB SKEWERS WITH CRUSHED BRITISH PEAS, TZATZIKI AND CHILLI

SERVES 4

INGREDIENTS

For the lamb

800g/1¾lb diced leg of lamb
Small bunch of thyme, chopped
1 lemon, zested and juiced
2 tbsp olive oil
salt and pepper

For crushed peas

200g/7oz fresh peas, shelled and cooked
small bunch parsley, chopped
half lemon, juiced
2 tbsp extra virgin olive oil
salt and pepper

For tzatziki

150g/5oz Greek yogurt
half a cucumber, deseeded and finely chopped
small bunch of mint, shredded
salt and pepper

To serve

4 warmed pitta breads
1 lemon, cut into 4 wedges
1 red chilli, deseeded and finely chopped

Method

In a medium-sized bowl marinade the lamb with the thyme, lemon and olive oil, season with salt and pepper and set aside. In a food processor blend the cooked peas, parsley, lemon juice and olive oil for 30 seconds, remove and season with salt and pepper and then set aside. In a small bowl, mix together the Greek yogurt, cucumber and mint and then season with salt and pepper and then set aside. Preheat a griddle pan, then divide the lamb between four skewers and place on the griddle for 3 minutes each side. The lamb should be slightly pink in the middle. When the lamb is cooked, divide between four plates and serve with the crushed peas, tzatziki, warm pitta and lemon wedges. Sprinkle with the chopped chilli and serve.

2 WARM RADISH, HALLOUMI, POTATO AND CHERRY TOMATO SALAD WITH A MUSTARD AND DILL DRESSING

SERVES 4

INGREDIENTS

200g/7oz new potatoes, sliced
150g/5oz mixed radishes, halved
100g/4oz cherry tomatoes, halved
1 tbsp olive oil
200g/7oz Halloumi, sliced
4 tbsp extra virgin olive oil
1 tbsp red wine vinegar
1 tbsp Dijon mustard
small bunch dill, chopped
salt and pepper

Method

Place the new potatoes in a medium-sized pan, cover with cold water and lightly salt. Bring to the boil, and simmer for 10-15 mins until cooked. Drain and set aside. In a medium-sized bowl, mix together the olive oil and vinegar, then add the Dijon mustard and dill. Add the new potatoes, radishes and cherry tomatoes to the dressing, mix and season well. Heat the olive oil in a medium sized non-stick frying pan and cook the Halloumi on both sides for 1 minute until golden brown. Add the Halloumi to the salad and mix gently, then divide between four plates and serve immediately.

3 BEETROOT, WALNUT & HERB DIP WITH PITTA CRISPS

INGREDIENTS

250g/9oz pack cooked beetroot
1-2 cloves garlic, crushed
1 small bunch each of coriander & parsley
50g/2oz shelled walnuts
3 tsp extra virgin olive oil
2tsp red wine vinegar
Salt & freshly ground black pepper
1 pack white or brown pitta bread
Olive oil for brushing
Salt & freshly ground black pepper

Method

Preheat the oven to 180C/Gas 6. Roughly chop the beetroot and herbs and put in a food processor with the walnuts and garlic and process until you have a course paste. Add the oil and vinegar and season generously with salt and freshly ground black pepper. Taste to check the seasoning (you may need to add a little more vinegar if the beetroot are particularly sweet). Set aside for the flavours to mingle while you make the pitta crisps. For the pitta crisps, slice each into 2-3 strips diagonally and gently prise each strip in half. Arrange on baking sheets, brush with the oil and season with salt and freshly ground black pepper. Bake in the oven for 10-15 mins or until the pitta strips are dry and crispy. The crisps will keep in an airtight tin for at least a week.

4 RUNNER(!) BEAN AND BROAD BEAN REMOULADE

SERVES 4

INGREDIENTS

200g/7oz broad beans, podded (approx 400g/14oz unpodded)
200g/7oz runner beans, cut into diamonds
2tbsp mayonnaise
1 tsp Dijon mustard
200g/7oz celeriac, cut into matchsticks

Method

Bring a medium-sized pan of salted water to the boil, cook the broad beans and runner beans for 2 mins, drain and refresh under cold water, then squeeze the broad beans out of their shells. To make the remoulade, mix together the mayonnaise and Dijon mustard in a medium-sized bowl, add the celeriac, broad and runner beans, season and mix well.



Festival feasts

appetite's guide to on the best of the fests

ALNWICK: SEPTEMBER 22 & 23

Alnwick Food Festival's organisers have played another blinder this year in securing celeb chef Jean-Christophe Novelli to appear for the second consecutive year.

By all accounts, the great Frenchman so enjoyed the festival last year that he immediately vowed to return for this year's event. And, in addition to demos and appearances during the weekend, he will again be hosting a ticket-only Novelli Evening. "I'm delighted to come back," he says. "Northumberland produces a fantastic range of local produce and I'm looking forward to coming back and meeting the public, producers and suppliers again."

Novelli and his fellow exhibitors attracted a record-breaking 30,000 visitors last year, and there will be 10% more stalls this time round.

A programme of activities and ticket-only demos by Monsieur Novelli are online at www.alnwickfoodfestival.co.uk

NOVELLI'S CRISPY GRANARY BRUSCHETTA WITH POACHED EGG AND PORT SALUT GLAZE

SERVES 4

INGREDIENTS

4 large eggs
2-3 tablespoons of white wine vinegar
4 thick slices of ciabatta bread
25ml/1floz olive oil
½tsp dried herbs
400g/14oz washed baby spinach leaves

For the glaze

100ml/4floz double cream
4 egg yolks
100g/4oz Port Salut cheese (thinly sliced)
50g/2oz butter
sprinkle of ground nutmeg

Method

Place ciabatta on a baking sheet, brush with olive oil and season with dried herbs, salt and pepper. Place in a hot oven (180C/Gas 4) and bake until crisp and golden (approx 5 mins) then set aside. Poach eggs in boiling water with a little vinegar. Bring cream to the boil in a pan and reduce for a few mins to thicken, then remove from the heat. Stir in Port Salut and eggs, allowing the cheese to melt. In a frying pan, add the butter and the spinach, cover and bring to the boil. Strain spinach when wilted to remove any excess water. Season with salt and pepper, spoon onto each slice of ciabatta. Top with an egg, mask with cheese and cream mix. Place under a hot grill until bubbling and golden brown. Garnish with snipped chives and serve.



TASTE CUMBRIA: SEPT 29&30

Some 30,000 foodies will flock to Cocker mouth to enjoy the third and biggest Taste Cumbria festival. There'll be heaps of workshops, courses, foraging days, kids' activities and tastings, and more than 100 regional producers showcasing their produce. Famous names include Simon Rimmer, Jay Rayner, Simon Rogan and James Martin, who will be giving three cookery demonstrations on September 30.

For info – www.tastecumbria.com

JAMES MARTIN'S VANILLA AND GRASMERE GINGERBREAD CHEESECAKE

CHEESECAKE:

50g/2oz Grasmere Gingerbread slices
450g/1lb cream cheese
250g/8oz caster sugar
250g/8oz crème fraîche
475ml/¾ pint double cream
2 vanilla pods, scraped

FOR THE STRAWBERRIES:

200g/7oz strawberries
2tsp caster sugar
2 tsp Balsamic vinegar

Method

Leave gingerbread out to dry overnight. When dry, put in a food processor and pulse until fine crumbs are formed and set aside. Place all other ingredients in a bowl and whisk to a smooth cream. Place cream mix in 2 inch rings, smooth with a palette knife and set in fridge for 2 hours. Remove from fridge, sprinkle crumbs over top and bottom, remove ring, place on the plate and serve with strawberries sprinkled with sugar and Balsamic vinegar.



REVIEW: OUSEBURN FESTIVAL FEAST

The Ouseburn Festival included a fantastic market organised by our own columnist and food blogger, Anna Hedworth.

The courtyard at Hotel du Vin turned into a busy market place with more than 20 food and drink stalls; a fine accompaniment to the annual festival which featured music, parades, food, pony rides, art, tours and markets. Hotel du Vin chefs were on the BBQ, Cafe 21 brought an amazing spread of pastries and Broad Chare pies and scotch eggs, Carruthers and Kent were laden with wines, Riverford Organics brought beautiful fruit and vegetable boxes, The Meat Merchant had fresh meat and chutneys, and Tyne Bank Brewery and Foodie Face put on a good show. The French Oven stall was overflowing with macaroons and tarts, the Pet Lamb Patisserie girls brought beautiful cakes and the Garden Kitchen brought lots of picnic foods. Zen Baker and Dough Works had delicious fresh breads, Archers Ice Cream turned up with their new ice-cream cart and Emily Botham had towers of brownies. All in all, delicious!

NORTHUMBRIA FOOD & WINE FESTIVAL: AUGUST 10&11

A spectacular celebration of the region's finest wine merchants and culinary offerings descends on Tynedale Park, Corbridge on August 10 and 11. The gastronomic extravaganza will feature wine and food tours and tastings plus live music and a host of gourmet activities. Musical performer Mo Scott returns to the festival and vintage group My Favourite Things will perform. The festival, organised by the Feathers Inn, Hedley on the Hill and wine merchant Stuart Colmer with the support of RMT accountants and NEL Fund managers is a celebration of the finest produce and culinary talent in the region. "The event has captured everyone's imagination and is a truly European affair with wine exhibitors from Italy and Romania as well as superb home produced food and drink," said Helen Greer of The Feathers Inn.

Info - www.nfwf.co.uk and
www.facebook.com/northumbriafoodandwinefestival



FESTIVAL REVIEW: EAT!

By Laura Emmerson

Any event that orders one to Eat! peaks my interest, and I wanted to try as many of the 70 events offered over the 18-day EAT! Festival as was humanly possible. From paladares (restaurants in private homes) to demos, guided pub tours led by Alastair Gilmour of our sister mag, Cheers, to tasting markets, even the hungriest foodie was satisfied.

A highlight for me was Sarah Savoy's Cajun cooking demo with her band at The Sage Gateshead. Part of the Tyne Americana festival, we were treated to a lesson in making Jambalaya, a guide to the culture and life of Louisiana and unplugged Cajun music while the pot bubbled away. And everyone in the 100-plus audience got a bowl to try. Perfect! The Beer and Chilli festival proved a fiery affair with Trees Can't Dance and Spicy Monkey offering tastings to make the taste buds tingle or blow one's head off, depending on your tolerance levels. I sampled some seemingly innocuous wasabi peas from Spicy Monkey and had to dash out to the Snozberry van for the frozen yoghurt strategically positioned outside.

The interactive stall from Trees Can't Dance included a chilli roulette wheel, a chilli quiz and the option to make your own Bloody Mary. There were 22 local ales on offer and fantastic food from The Cumberland Arms and Dabbawal Street Food Kitchen.

Next stop was the Loaves and Fishes fete outside St Nicholas Cathedral for chocolate brownies from the Settle Down Café stall. After stocking up on bread, we then dashed down to the buzzing Street Food Festival on the Quayside, where scores of tapas-style dishes were on offer from all corners of the world.

The jerk chicken from the Heavenly Manna stall took us straight to the sunny Caribbean, despite the drizzle.

I have it on good authority that I probably consumed enough food and drink for a family of six during the EAT! Festival, which I consider to be only polite. After all, when at EAT! it is only polite to eat!

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AFTERNOON TEA



Tea-total!

*Laura Emmerson immerses herself in
afternoon tea*



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What a year it's been for all things British. The Diamond Jubilee. The Olympics. My 30th birthday. It's good to be us right now. And with the corresponding influx of tourists to our green and pleasant land, guess what's at the top of their agenda. No, it's not Big Ben, Hadrian's Wall or the Highlands, it's tea. Afternoon tea!

So what better time to wax lyrical about this quintessentially English tradition, still offered with style and panache by England's grandest hotels through to our tiniest village tearooms?

Tea is the new black, and if you didn't get the memo, here it is loud and clear. Even those waifish ladies at London Fashion Week celebrate high tea and Victoria Beckham's been known to scoff a whole tray of cream scones at the Ritz. Or was that Edina from Ab Fab? Oh, I forget.

The Berkeley Hotel in London fashions its Prêt-à-Portea (geddit?) on the latest catwalk designs. Their tea includes the Miu Miu bikini biscuit and the Dolce & Gabbana beach bag blueberry muffin (yes, really!), which sounds particularly intriguing. Clearly, this is the crème de la crème of stylish afternoon teas.

What we really need to know is, does the milk go in first or the tea? How should one sip? I made a big faux pas with my first afternoon tea. Having heard a story in which the heroine was said to 'wash her cake down with a cup of tea', I took it literally and poured my cuppa all over my cake, much to my mother's annoyance.

I was only four, so luckily I was forgiven.

Opinions are divided as to the origins of the phenomenon that is tea, finger sandwiches (why do the crusts have to be cut off, exactly?), scones and pretty little cakes, but Anna, the 7th Duchess of Bedford is reputed to have started the trend in the early 1800s.

She decided that, to stave off hunger pangs between lunch and dinner, one should have tea around four or five in the afternoon (sounds like a girl after my own heart). Combine her genius with that of the Earl of Sandwich, who had the idea of putting a filling between two slices of bread, and hey presto you have a fine excuse for a social get together which was to rapidly become entrenched in British life.

Not long after that, dancing was thrown into the mix, and the idea of the tea dance was born, remaining all the rage in Britain until World War II, when their popularity began to wane. Now though, swing dancing is experiencing a resurgence and a trend for all things vintage means you can find a swing dance event in most areas. I can vouch for The Sweet 'n' Hot Club run by NE1 Can Swing. It hosts tea dances and classes in Newcastle and they are a lot of fun.

Tea versus gin? Did you know that the role of tea in the temperance movement's fight against rising levels of gin consumption possibly led to the term teetotal? Apparently, meetings were held to convert drinkers and raise money for the cause. Apparently, –so



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AFTERNOON TEA

don't quote me on it. And the difference between afternoon tea and high tea? While afternoon tea was for ladies in drawing rooms, high tea became the meal of the working and farming communities. Families returning from work exhausted and hungry would be greeted to a table set with meat, bread, cheese, butter, pickles and of course tea, and would serve as the main meal of the day.

And finally we mustn't forget a manageress at the Victorian

Aerated Bread Company who persuaded the directors to serve liquid refreshments to customers, starting the fashion for tearooms and a first step towards women's emancipation, since it became acceptable for an un-chaperoned lady to meet friends in a teashop without sully her reputation.

So there we have it, a potted history (excuse the pun) of afternoon tea. Time to join the tourists and enjoy a slice of pure Englishness.



Tea etiquette
according to Debrett's...

1

If serving tea for a group, brew a pot of loose leaf. A second pot with hot water should be provided to dilute if necessary. If a waiter places a teapot on the table without pouring the tea, the person nearest the pot should pour for everyone.

2

The tea should be poured first and any milk, lemon or sugar added afterwards. Once you have stirred your tea remove the spoon from the cup and place it on the saucer.

3

You should hold the handle of the teacup between your thumb and forefinger. Don't hold your little finger in the air.

4

Don't dunk your biscuits in your tea unless in a very informal setting, and don't make slurping noises - even if it is hot.

5

If you are served a scone with jam and clotted cream with your 'cream tea', bear in mind that the most practical way of consuming it is to split the scone in half, spread the jam first, then add clotted cream on top. This is favoured in Cornwall, but in Devon the practice is to spread the clotted cream first.



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David 'pops up' to delight Vallum foodies

Leading Newcastle restaurateur David Kennedy showcased his award-winning skills with a three-night pop-up restaurant at Vallum on Hadrian's Wall. The pop-up, entitled Off the Wall, featured modern British fare served at David Kennedy's Food Social restaurant at Newcastle's Biscuit Factory and Off the Wall reflected Vallum's location on Milecastle 18, eight miles west of Newcastle. Among the producers featured was Bywell Smokery and North Country Growers, both of which have bases at Vallum. **Vallum, Military Road, East Wallhouses, Newcastle, NE18 0LL, tel 01434 672 652, www.vallumfarm.co.uk**



David Townsend, Vicky Moffitt of Vallum



David Kennedy in the Vallum kitchen



Peter Moffitt, Poppy Moffitt of Vallum



Helen Porter, Tiffany McKirdy, Karen Phillips



Gary Ramsay, appetite magazine, Suzanne Ramsay

Ramada Encore Newcastle-Gateshead launch

Ramada Encore Newcastle-Gateshead, a new 200-room Quayside hotel beside the Gateshead Millennium Bridge, BALTIC and The Sage Gateshead, officially launched in the company of 100 invited guests who enjoyed drinks and entertainment in The Hub – the hotel's signature lounge, restaurant and bar. Tasting plates showcased the hotel's diverse menu and music was provided by popular duo PaulandRich. **RamadaEncore Newcastle-Gateshead, Hawks Rd, Gateshead, tel 0191 481 3600, www.encorennewcastlegateshead.co.uk**



Daniel Norris, Adrian Walker and Marc Stanley



Deb Peart, Susan Making (Mayoress), Malcolm Brain (Mayor), Belinda Atkins, Rob Tindle



Kenny Toal, Rachel Sweeney, Jackie Marston, Sue Sweeney and Robin Palmer



Rob Tindle

CLUCK!

LIFE ACCORDING TO PLUCK,
A CITY CHICK...

I died, reader. This is my last column, a farewell. Don't be sad. Think about the last time you ate chicken. She had the same dimwitted soul as me, and she didn't spend her life eating worms and flowerheads, freezing in the snows of winter, lazing with friends on sunny days, fluffing her feathers in the soil. I had a good innings, and I was a pet. I leave you with a few truths they won't tell you in the fan clubs, in case you think of keeping chickens yourself.

1. We eat flowerheads. I favoured geraniums and marigolds; anything pretty. **2.** We will devastate your pots, getting right in the middle and scratching, the soil flying all over the patio. Borders, too. Especially herbs. **3.** We are incontinent. If that's the right word. Roaming free, we poo as we go. Everywhere. **4.** We moult in winter and break your heart, looking like the bird you bought for dinner, and it's -4 out there. You want to put a little jumper on us, but you can't. **5.** We're not necessarily compatible with other pets, see #2. A cat like ours, who will not be trained out of jumping on kitchen counters, spreads our poo on its little paws in all the places it shouldn't. Like your food. (Note, when was the last time a cat laid you an egg?) **6.** So will dogs. **7.** And dogs eat our poo. A hairy dog, with a hairy face, will greet you with a big kiss, covered in the stuff. **8.** We don't lay eggs forever. Our first spring is glorious and a prodigious layer will carry on until winter. The next year is not so good and none of us manages much in our third year. Then what do you do with us? Coq au vin? **9.** We can be vicious. How do you think I got my name? Poor Polly had half her feathers torn out so that I could be first on the perch. That's the meaning of 'pecking order'. **10.** We need rounding up and putting to bed before dusk. I think you can guess why. On the other hand, we're beautiful and bring your garden alive. We'll keep you company while you weed, we'll hop in the house, and some of us will let you pick us up and stroke us (see also #3). And if you like eggs with yolks so vivid they paint everything you cook with them the deepest yellow and you like a big, pretty bird with character, and a pet, well, that makes up for our faults. They'll be getting some more here one day, I expect. Oh, cluck! xxx

Sit back, relax, enjoy!

ARGENT D'OR AT CLOSE HOUSE



Argent D'Or, the new restaurant located in the main hotel at Close House is open for lunch between noon and 2pm Monday to Saturday (3pm on Sundays) and dinner 7pm to 9.30pm Monday to Sunday. The elegant furnishings and stunning decoration combine with a modern influence to create an open, spacious restaurant. A great seasonal menu is available through the week, making the most of the best in local seafood, meats and vegetables. On Sunday classic roast rib of beef and Yorkshire puddings, roast loin of pork and poached smoked haddock are on offer with a mouth-watering selection of starters and desserts.

LOCATION: Close House Hotel, Heddon on the Wall, Newcastle NE15 0HT
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LUIGIKHAN'S



Located within the elegant Best Western Ryokan Hotel, LuigiKhan's, is a sophisticated Indian restaurant. The authentic Punjabi menu includes an impressive range of meat, fish and vegetarian dishes including roasted Paneer tikka starters, delicious Lamb karahi and traditional desserts served with a warm welcome. LuigiKhan's, is available for private functions and has a heated outdoor shisha lounge with a range of shisha flavours from apple to strawberry. Open Sun-Thurs 5pm-11pm, Fri-Sat 5pm-11.30pm.

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LOCATION: 4-6 Gilesgate, Hexham, Northumberland, NE46 3NJ • Telephone 01434 609 943 www.bouchonbistrot.co.uk email: info@bouchonbistrot.co.uk

DABBAWAL



DABBAWAL, Newcastle's only street food kitchen, has launched a fantastic healthy lunch campaign aimed at office workers and shoppers.

The new lunch selection from Dabbawal is big on fresh grills, salads and Indian tapas-style dishes. Traditional street food is more nutritious and lower in salt and fat than the average bought sandwich and the menu has also been boosted with extra salad and grill items and a new selection of healthy Indian chaats (street snacks) and tandoori dishes. Everything is prepared in the open kitchen, and the early bird evening menu also stars fantastic street grills and amazing fresh tandoori dishes. Wholesome!

LOCATION: 69-75 High Bridge, Newcastle upon Tyne, NE1 6BX • Tel: 0191 2325133 www.dabbawal.com • info@dabbawal.com

ESLINGTON VILLA



Eslington Villa is set in two acres of beautiful gardens in a quiet leafy district of Low Fell. The award-winning restaurant is at the very heart of the hotel and the kitchen team led by Head Chef Jamie Walsh enjoys an excellent reputation for producing dishes reflecting the best of modern British and Continental cuisine. Don't miss the Sunday menu between 12-9pm, perfect for a late lunch or the Early Bird option served Mon-Fri 5.30-6.45pm, 2 courses £13.95, 3 courses £16.95. The restaurant also hosts regular wine tasting dinners in conjunction with Helen Savage, the Journal's wine writer.

LOCATION: Eslington Villa, 8 Station Road Low Fell, Gateshead, Tyne and Wear NE9 6DR 0191 487 6017 www.eslingtonvilla.co.uk

MICHELANGELO'S



This little corner of Italy, Hotel Michelangelo, is located between Blaydon and Ryton. With ample car/coach parking it's the ideal venue for your celebration. The function room is versatile enough to accommodate large parties in style and smaller ones in cosy intimacy for any special occasion, offering a mouthwatering Mediterranean style menu. 3 Course early bird specials - only £4.95 Mon to Sat 12-7pm and all day Sunday. Childrens menu - only £3.95 3 Course Sunday lunch is £12.95 or roast of the day for £4.95. A fantastic place for a relaxing drink or a 3 course meal. Booking for Christmas, menu's available.

LOCATION: Michelangelo Hotel Stella Road, Ryton • Tel: 0191 4132921 www.michelangelohotel.co.uk

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t: 01325 489129
www.robineau.co.uk

SARDIS
196 Northgate, Darlington
Co Durham, DL1 1QU

COUNTY DURHAM

9 ALTERS COFFEE SHOP
19a Silver Street, Durham
DH1 3RB
t: 0191 3741120

ALISHAAN
50-51 North Rd, Durham,
DH1 4SF
t: 0191 3709180
www.alishaandurham.com

ANCHOR INN
Whittonstall, Co. Durham, DH8 9UN
t: 01207 561110
www.theanchorinnwhittonstall.co.uk

BEAMISH HALL
Beamish, Stanley, DH9 0YB
t: 01207 233733

BISTRO 21
Ayckley Head House, Durham
DH1 5TS
t: 0191 3844354
www.bistrotwentyone.co.uk

BRAMBLES FOOD HALL
Poplar Tree Garden Centre,
Shincliffe, DH1 2NG
t: 0191 3847553

BROOM HOUSE FARM
Near Witton Gilbert, Durham
DH7 6TR
t: 0191 3719697

CENTRAL THAI
19 The Gates Shopping Centre,
Durham City, DH1 4SL
t: 0191 5978774
www.centralthairestaurant.co.uk

CHESTERS GROVE
Chester Moor, Chester-le-Street
DH2 3RQ
t: 0191 3881662
www.chestersgrove.co.uk

CIAO CIAO
3A Framwellgate Bridge
Town Centre, Co. Durham,
DH1 4SJ
t: 0191 3830149

DERWENT WALK INN
Ebchester, DH8 0SX
t: 01207 560347

DERWENT MANOR HOTEL
Allensford Co. Durham
DH8 9BB t: (01207) 592000
www.bw-derwentmanorhotel.co.uk

DURHAM INDOOR MARKET
Market Place, Durham, DH1 3NJ
t: 0191 3846153
www.durhammarkets.co.uk

DURHAM MARRIOTT ROYAL COUNTY
Old Elvet, Durham DH1 3JN
t: 0191 3866821
www.durhammarrriottroyalcounty.co.uk

FINBARRS
Waddington Street, Flass Vale
Durham City, DH1 4BG
t: 0191 3709999
www.finbarrsrestaurant.co.uk

FLAT WHITE
21a Elvet Bridge, Durham, DH1 3AA
t: 07789 951149

GIOVANNIS
Genesis Road, Consett, DH8 5XP
t: 01207 504210

HARDWICK HALL HOTEL
Sedgefield, Co Durham, TS21 2EH
t: 01740 620253
www.hardwickhallhotel.co.uk

HOLLATHANS CAFE BAR
6-9 Ashfield Terrace,
Chester le Street, DH3 3PD
t: 0191 3880090

I. K. FISH
Durham Indoor Market,
Market Place, Durham, DH1 3NJ
t: 0191 3831113

KNITSLEY FARM
Knitsley, Consett, DH8 9EW
t: 01207 592059

LA COOKSHOP
9 Saddler Street, DH1 3NP
t: 0191 3831722

LEONARDS COFFEE HOUSE
1-2 Back Silver Street, DH1 3RA
t: 0191 3840647
www.leonardscoffeehouse.co.uk

LE RAAJ
Front Street, Chester Moor,
Chester-le-Street, DH2 3RJ
t: 0191 3890561 www.le-raaj.com

LUMLEY CASTLE HOTEL
Lumley, Chester le Street
Co Durham, DH3 4NX
t: 0191 3891111

MARCELLO'S
Grey Horse, Hill Top,
Dipton, Co. Durham. DH9 9JH
t: 01207 571040

MELANZANA
96 Elvet Bridge, Durham, DH1 3AG
t: 0191 3840096
www.melanzana.co.uk

RAVENDALE FOODS
UNIT 2 Leadgate Industrial
Estate, Lope Hill Road, Consett
DH8 7RN

SALE PEPE
10, Front St, Shotley Bridge
Consett, DH8 0HH
t: 01207 509969

SOUTH CAUSEY INN
Beamish Burn Road, Stanley,
DH9 0LS t: 01207 235555

STAR OF SIAM RESTAURANT
Highfield Hotel, 101 Durham
Road, East Rainton, DH5 9QT
t: 0191 5120905
www.highfieldhoteldurham.co.uk

THE PANCAKE CAFE
11 Crossgate, Durham, DH1 4PS
t: 0191 3868070

THE PLOUGH INN
Mountsett, Burnopfield, NE16 6BA
t: 01207 504210
www.plough-inn.co.uk

GATESHEAD

ARTISAN EXPRESS
16 High Level Parade
Wellington street
NE8 2AJ
t: 0191 4900208

CAKES BY BECKY
11 Beechgrove Terrace
Crawcrook, NE40 4LZ
t: 0191 4138888

COSTCO
Mandela Way, NE11 9DH
t: 0191 461 9800
www.costco.co.uk

CAFE CHIC
4. Princesway North
Team Valley NE11 0NF
t: 0191 4473304

CELEBRATION CAKES
Jedburgh Court Team valley
NE11 0BQ t: 0191 4877171

ESLINGTON VILLA
8 Station Road, Low Fell, NE9 6DR
t: 0191 4876017
www.eslingtonvilla.co.uk

GREENHOUSE BRASSERIE
Baltic Business Quarter
Quarryfield Road, Gateshead
NE8 3BE t: 0191 490 2414

MICHELANGELO HOTEL
Stella Road, Ryton, NE21 4LU
t: 0191 4132921
e: info@hotelmichelangelo.co.uk
www.hotelmichelangelo.co.uk

R MARTIN & SON FAMILY BUTCHERS
38 Main St, Crawcrook,
NE40 4NB
t: 0191 4134037

SIX THE BALTIC
Baltic Quay, Mill Road,
Gateshead, NE8 3BA
t: 0191 4404948

SPICY MONKEY
10 Beaconsfield Low Fell NE9 5EU
t: 07812 946899
www.spicymonkey.co.uk

TAVISTOCK ITALIA
Penshaw View, Vigo, Birtley
DH3 2JL t: 0191 4474487

THE BRASSERIE, THE SAGE
St Mary's Square, Gateshead Quay
Tyne & Wear, NE8 2JR
t: 0191 4434654
www.thesagegateshead.org

THE IVY RESTAURANT
2-3 Parsons Drive, Ryton, NE40 3RA
t: 0191 4136444

WALTER DIX
1 Stirling Court, 11th Ave North,
Team Valley, Gateshead, NE11 0JF
t: 0191 4911488

NEWCASTLE

1 OAK
Milburn House, Dean Street,
NE1 1LF
t: 0191 2323200

THE BLAGDON FARM SHOP



Milkhope Centre,
Berwick Hill Road, Newcastle
NE13 6DA
t: 01670 789924
enquiries@theblagdonfarmshop.co.uk
www.theblagdonfarmshop.co.uk

ARLOS CAFE & BISTRO
36-38 Brentwood Avenue,
Jesmond, NE2 3DH
t: 0191 2814838

ADRIANOS
90 High Street, Gosforth, NE3 1HB
t: 0191 2846464

AVANTI
52-54 Brentwood Avenue,
Jesmond, NE2 3DH
t: 0191 2814240
www.avantinewcastle.co.uk

THE BISCUIT FACTORY
16 Stoddart Street,
Shieldfield, NE2 1AN
t: 0191 2611103

BILLABONG, CALEDONIAN HOTEL
68 Osborne Road, Jesmond
t: 0191 2817881

BRUGES
46 Brentwood Avenue,
Jesmond, NE2 3DH
t: 0191 2818081

CARRUTHERS & KENT
3a Elmfield Road
Gosforth NE3 4AY
t: 0191 2131818
www.carruthersandkent.com

CAFE 1901
St Georges Terrace, Jesmond,
NE2 2DL
t: 0191 3409774

CAFÉ ROYAL
8 Nelson Street, Newcastle, NE1 5AW
t: 0191 2313000

CAFFE VIVO
29 Broad Chare, Quayside,
NE1 3DQ
t: 0191 2321331

CAFFE Z
Goldspink Lane, Sandyford,
NE2 1NQ
t: 0191 2304981

CLOSE HOUSE HOTEL
Heddon On The Wall,
Newcastle NE15 0HT
t: 01661 852255
www.closehouse.co.uk

DABBAWAL
69-75 Highbridge Street
Newcastle, NE1 6BX
t: 0191 2325133
www.dabbawal.com

ELECTRIC EAST
St. James Boulevard
Waterloo Square NE1 4DN
t: 0191 2211000

FISHERMAN'S LODGE
Jesmond Dene, Jesmond,
NE7 7BQ
t: 0191 2813281

FIRENZE
7 Osborne Road, Jesmond,
NE2 2AE t: 0191 2812136

GEORGE PAYNE BUTCHERS
27 Princes Road, Brunton Park,
Gosforth, NE3 5TT
t: 0191 2362992

JESMOND DENE HOUSE
Jesmond Dene Road, Jesmond,
NE2 2EY
t: 0191 2123000

LINDSAYS TO GO
Alley 1 Grainger Market
Newcastle

LOUIS
71-73 Osborne Road,
Jesmond, NE2 2AN
t: 0191 2814545

LOVES THAI RESTAURANT
32-34 Mosley Street
Newcastle, NE1 1DF
t: 0191 2332828
www.lovesthai.com

CAFÉ MALMAISON
Quayside, Newcastle,
NE1 3DX t: 0191 245 5000

LUIGIKHAN'S RESTAURANT
358 Westgate Road
Newcastle NE4 6NU
t: 0191 2724937
www.luigikhans.com

MARCO POLO
33-35 Dean Street, Newcastle
upon Tyne, NE1 1PQ
t: 0191 2325533

MMM
Unit 12/13 Grainger Arcade
Grainger Market NE1 5QF
t: 07801 357314

THE MEAT MERCHANT
5 Hazelwood, Jesmond
t: 0191 2121444

NE2 FOOD SOCIAL
The Biscuit Factory,
Stoddart Street, Shieldfield,
NE2 1AN
t: 0191 2605411

NO.28
27 - 28 Nelson Street, NE4 5SP
t: 0191 2322005
www.no28.co.uk

NO.95
95 High Street, Gosforth,
NE3 4AA
t: 0191 2130033

NEW RENDEVOUS
3-5 Bell Villas, Ponteland
NE20 9B
t: 01661 821775
www.kevinliu.co.uk/
rendevous-ponteland

OLIVE & BEAN
17/19 Clayton Street, Newcastle,
NE1 5PN
t: 0191 2330990

OLIVERS
The Grainger Market Arcade,
NE1 5QF

THE PLOUGH INN
Mountsett, Burnopfield,
NE16 6BA
t: 01207 570346
www.plough-inn.co.uk

PANIS
61-65 High Bridge
Newcastle upon Tyne, NE1 6BX
t: 0191 2324366

PAN HAGGERTY
19-21 Queen Street,
Newcastle Upon Tyne, NE1 3UG
t: 0191 221 0904

PINK LANE COFFEE
1 Pink Lane, NE1 5DW

POPOLO
82-84 Pilgrim Street,
Newcastle upon Tyne, NE1 6SG
t: 0191 2328923
www.popolo.co.uk

PREMIER MEATS
Units 1A/1B Airport Ind Est
Kingston Park NE3 2EF
t: 0191 2710574

RADCLIFFE COFFEE HOUSE
14 Clayton Road, Jesmond
NE2 4RP
t: 0191 2813939

RUMANA
261 Ponteland Road, Cowgate
t: 0191 2866621

ROSIES BISTRO
23-24 Gosforth Shopping Centre,
Gosforth, NE3 1JZ
t: 0191 2136220
www.caferosies.co.uk

SACHINS
Forth Banks, Newcastle,
NE1 3SG t: 0191 2619035
www.sachins.co.uk

SAVANNAH CAFE
11-14 Nelson Street,
City Centre, NE1 5AN
t: 0191 2301919

SILK ROOM
One Trinity Gardens,
Broad Chare, Newcastle,
NE1 2HF
t: 0191 2603506

SOLOMONS
Thorn tree Farm, West Road,
Denton Burn, NE15 7EX
t: 0191 2742323

SPICE GRILL KITCHEN
The Gate, Newcastle, NE1 5TG
t: 0191 2221181
www.spicegrillkitchen.com

STANGER'S COOKSHOP
101 St. Georges Terrace,
Jesmond, NE2 2DN
t: 0191 2818563
www.stangerscookshop.co.uk

THE FRENCH OVEN
Unit 27 The Grainger Market
NE1 5QF t: 07921 082953
www.frenchoven.webs.com

THE KITCHEN@OSBORNES
61 Osborne Road, Jesmond,
NE2 2AN
t: 0191 2402811
www.osbornesjesmond.co.uk

THE STAND COMEDY BISTRO
31 High Bridge, Newcastle
t: 0844 693 336
www.thestand.co.uk

URBAN CAFE DANCE CITY
Temple Street, Newcastle,
NE1 4BR
t: 0191 2610505

VUJON
29 Queen Street, Newcastle
NE1 3UG
t: 0191 2210601

WILLIS COFFEE SHOP
Clayton Road, Jesmond, NE2 4RP
t: 0191 2818123

NORTH TYNESIDE

ALLARDS
Front Street, Tynemouth
t: 0191 4473252

THE BARNACLE
Central, Lower Promenade,
Whitley Bay, NE26 1AN
t: 0191 2533876

BEACHES & CREAM
1 Victoria Crescent,
Cullercoats, NE30 4PN
t: 0191 2514718

CRUSOES
South Beach, Longsands,
Tynemouth, NE30 4HH
t: 0191 2964152

HALO
3 Marden Road, Whitley Bay
NE26 2JH
t: 0191 2518144

IT'S ALL GREEK 2 ME
Watts Slope, Whitley Bay
NE26 1BQ t: 0191 2510622
www.itsallgreek2me.com

IL STAZIONE

Station Buildings, Tynemouth
Station, Tynemouth, NE30 4RE
t: 0191 2583200
www.ilfornotynemouth.co.uk

IRVINS BRASSERIE

The Irvin Building,
The Fish Quay, North Shields,
NE30 1HJ
t: 0191 2963238

LOLA JEANS BAR & KITCHEN

The Arcade, Tynemouth,
NE30 4BS
t: 0191 2577061

LADYBIRD CAKE SUPPLIES

4 Queensway, Tynemouth,
Tyne & Wear NE30 4NA
t: 0191 2571707
www.ladybirdcakesupplies.co.uk

LOTTIE MCPHEES CUPCAKES

195 Park View, Whitley Bay,
NE26 3RD
t: 0191 4479632
www.lottiemcphescupcakes.com

MARTINO'S ITALIAN RESTAURANT

Fish Quay, 16 Union Quay
North Shields, NE30 1HJ

MISTER WOODS COFFEE



1 & 2 King Edwards Court
Front Street
Tynemouth
NE30 4DZ

t: 0191 2575556

t: 0191 2585929

THE NEW EXCHANGE BRASSERIE & BAR

Saville Exchange,
Howard Street,
North Shields, NE30 1SE
t: 0191 2587866
www.newexchangebrasserie.co.uk

PARK VIEW KITCHEN

155 Park View, Whitley Bay
NE26 3RF
www.parkviewkitchen.co.uk

THE PARK HOTEL

Tynemouth, NE30 4JQ
t: 0191 2571406
www.parkhoteltynemouth.co.uk

PRIORY CAFE

35 Percy Park Road Tynemouth,
NE30 4LT
t: 0191 2590627

THE DELI AROUND THE CORNER

61 Hotspur Street, Tynemouth
NE30 4EE
t: 0191 2590086

THE GRAND HOTEL

Grand Parade,
Tynemouth, NE30 4ER
t: 0191 2936666
www.grandhotel-uk.com

THE WOODEN DELI

S59 Saville Street, North
Shields, NE30 1AY
t: 0191 2964656
e: thewoodendeli@hotmail.co.uk

NORTHUMBERLAND

ALLENDALE TEA ROOMS

Market Place, Allendale,
NE47 9BD
t: 01434 683575
www.allendaletearooms.co.uk

AMBLE BUTCHERS

31 Queen Street, Amble,
NE65 0BX
t: 01665 712700

THE ANGEL INN

Main Street, Corbridge, NE45 5LA
t: 01434 632119

BARI TEA

28 Narrowgate, Alnwick, NE66 1JG
t: 01665 510508
www.BariTea.co.uk

BARN AT BEAL

Beal Farm, Berwick upon Tweed,
TD15 2PB
t: 01289 540044

BARLUGA DELI

Unit 3D, Sanderson Arcade,
Morpeth, NE61 1NS
t: 01670 505000

BATTLESTEADS HOTEL

Wark, Hexham NE48 3LS
t: 01434 230209
e: info@battlesteads.com
www.battlesteads.com

BIN 21

Robson House, 29 Newgate
St, Morpeth, NE61 1AT
t: 01670 504901

BOUCHON BISTROT

4-6 Gillesgate, Hexham,
NE46 3NJ
t: 01434 609943

THE BOUTIQUE WINE CO.

14 Narrowgate, Alnwick,
NE66 1JG
t: 01665 606304

BROCKSBUSHES

Corbridge, NE43 7UB
t: 01434 633100
www.brocksbushes.co.uk

THE CAFE HOUSE

26 Middle Street, Corbridge,
NE45 5AT
t: 01434 633130

THE CHEESE SHOP

6 Oldgate, Morpeth, NE61 1LX
t: 01670 504434

CAFÉ LOWERY

33-35 Broadway, Ponteland,
NE20 9PW t: 01661 820 357

CAFÉ NO 6

Market Place, Corbridge,
NE45 5AW t: 01434 634356

CAFE DES AMIS

62 Newgate Street, Morpeth
NE61 1PB t: 0758 5614156

CANDY CASTLE SWEETS

29-31 Finkle Street, Alnwick,
NE66 1HW
t: 01665 606597

CHAR MAUSUM

INDIAN RESTAURANT
Station Road End, Stannington,
Morpeth, NE61 6DR
t: 01670 789011

THE CHOCOLATE SPA

1 Finkle Street Alnwick
NE66 1HW t: 07984 409284
www.thechocolatespa.co.uk

THE COUNTRY BARN

Widdrington Farm, Morpeth
NE61 5EA
t: 01670 760181
www.thecountrybarn.co.uk

CORBRIDGE LARDER

18 Hill Street, Corbridge,
NE45 5AA
t: 01434 632948
www.corbridgelarder.co.uk

CORBRIDGE LARDER

Sanderson Arcade, Morpeth
NE61 1NS
www.corbridgelarder.co.uk

CORBRIDGE COOKSHOP

15 Middle Street Corbridge
NE45 5AT
t: 01434 632582

COOK & BARKER

Newton on the Moor, Felton,
Morpeth, NE65 9YJ
t: 01665 575234

CRANSTON'S BUTCHERS

7 Cattle Market, Hexham,
NE46 1NJ
t: 01434 602271

DANIELLES BISTRO

East Gate, Hexham
t: 01434 601122

DELI AT DARRAS

13a Broadway, Ponteland
NE20 9PW
t: 01661 860206

DIWAN-E-AM

INDIAN RESTAURANT
County Mill, Priestpoppel,
Hexham, NE46 1PH
t: 01434 606575

DOXFORD HALL HOTEL & SPA

Chathill Alnwick, NE67 5DN
t: (01665) 589700
www.doxfordhall.co.uk

DUKE OF WELLINGTON

Newton, NE43 7UL
t: 01661 844446
www.thedukeofwellingtoninn.co.uk

THE DYVELS INN

Station Road, Corbridge,
NE45 5AY
t: 01434 633633
www.dyvelsinn.co.uk

ESHOTT HALL

Morpeth, NE65 9EN
t: 01670 787454

GERBHERDS DELI

FARM SHOP
7 Newgate Street,
Morpeth
NE61 1AL
t: 01670 512106

GIANNI'S RISTORANTE

3 Market Place,
Morpeth
NE61 1H
t: 01670 511547
www.giannis-ristorante.com

HORTON GRANGE

Berwick Hill, Ponteland
NE13 6BU
t: 01661 860686

KAYOLA'S DELI

6 Newmarket, Morpeth
NE61 1PS
t: 01670 515115

IL PICCOLO

St Helens Street,
Corbridge, NE45 5BE
t: 01434 634554

IN THE CHARE

19a Saint Mary's Chare,
Hexham, NE46 1NQ
t: 01434 608 558

JASPERS

8 Bridge Street, Amble,
NE65 0DR
t: 01665 714724

JIGGERY POKERY TEAROOM & SHOP

Mickley, Stocksfield, NE43 7BG
t: 01661 842256

JOLLY FISHERMAN

9 Haven Hill, Craster, NE66 3TR
t: 01665 576 461

LANGLEY CASTLE

Langley-on-Tyne, Hexham
NE47 5LU
t: 01434 688888
www.langleycastle.com

LA BODEGA

Newgate Street, Morpeth
NE61 1BU t: 01670 516055
www.labodegarmorpeth.co.uk

MANZIL TANDOORI

RESTAURANT
2B Oldgate, Morpeth, NE61 1LX
t: 01670 515405

MIZEN HEAD HOTEL

Lucker Road Bamburgh
NE69 7BS

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Millfield, Wooler, NE71 6JD

t: 01668 216224
www.redlioninn-millfield.co.uk

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MOORHOUSE FARM

Station Road, Stannington
Station NE61 6DX
t: 01670 789350

MORWICK FARM

Acklington, Morpeth,
NE65 9DG
t: 01665 711210
www.royaldouble.com

MULAN

Woodlea, High, Stanners,
Morpeth NE61 1QL
t: 01670 503288
www.kevinliu.co.uk

NORTH ACOMB FARM SHOP

North Acomb Farm,
Stocksfield, NE43 7UF
t: 01661 843181

NORTHUMBERLAND CHEESE CO.

The Cheese Farm, Green Lane,
Blagdon, NE13 6BZ
t: 01670 789798
www.northumberlandcheese.co.uk

NORTHUMBERLAND SAUSAGE COMPANY

Wark Village Farm Store
Hexham road, Wark
Northumberland, NE48 3LR
t: 01434 230221
www.northumberlandsausagecompany.com

PEPPERPOT CAFÉ-BISTRO

5 Oldgate, Morpeth, NE61 1PY
t: 01670 514666

PRIMA DELI

Market Place, Alnwick,
NE66 1HS t: 01665 605610

PIZZA EXPRESS

4 Market Place Morpeth
NE61 1HG t: 01670 512855

RIVERSIDE LODGE

High Stanners, Morpeth, NE61 1QL
t: 01670 512771
www.riverside-lodge.co.uk

L.ROBSON & SONS

Haven Hill, Craster, NE66 3TR
t: 01665 576 223

R.MARTIN BUTCHERS

21 Newgate Street, Morpeth
NE61 1AW t: 01670 513359

RUTHERFORDS OF MORPETH

Coffee Shop 10-16 Bridge
Street, Morpeth NE61 1NJ
t: 01670 512458

ROBSON & SONS LTD QUALITY BUTCHERS

2 Meal Market,
Hexham, NE46 2DA
t: 01434 602049

ROTHBURY FAMILY BUTCHERS

Townfoot, Rothbury, NE65 7SL
t: 01669 620744
www.rothburyfamilybutchers.co.uk

R.TURNBULL & SONS FAMILY BUTCHERS

33-35 Market Street, Alnwick,
NE66 1SS
t: 01665 602186

SWALLOW FISH

'Fishermans Kitchen',
2 South Street, Seahouses,
NE68 7RB
t: 01665 721052

SPURELLI ICE CREAM

The Old Chandlery, Coquet
Street, Amble, NE65 0DJ
t: 01665 710890
www.spurelli.com

SUNNYHILLS OF BELFORD

South Road Belford, NE70 7DP
t: (01668) 219662
www.sunnyhillsbelford.co.uk

THE SHORELINE CAFE

1 Church Street, Craster
NE66 3TH
t: 01665 571251

THE SUN INN

High Church, Morpeth,
NE61 2OT
t: 01670 514153
www.suninn-northumberland.co.uk

THE WHITE SWAN HOTEL

Bondgate within Alnwick
t: 01665 602109
www.classiclodges.co.uk

TEA AND TIPPLE

18 Market Place, Corbridge,
NE45 5AT
t: 01434 632886
www.teaandtipple.com

TINO'S DELI

60 Front Street West,
Bedlington, NE22 5UB
t: 01670 824444
www.tinodeli.co.uk

TOMLINSONS CAFÉ AND BUNK HOUSE

Bridge Street, Rothbury,
NE65 7SF
t: 01669 621979
www.tomlinsonsothbury.co.uk

VALLUM FARM

East Wallhouses, Military Road,
NE18 0LL
t: 01434 672652
www.vallumfarm.co.uk

WHEELBIRKS FARM

Stocksfield, NE43 7HY
t: 01661 842613

WMH FARM FRESH MEATS

Haydon Bridge, Haltwhistle
Allendale

WHITE SWAN HOTEL

Bondgate Within
Alnwick, Northumberland
NE66 1TD
t: (01665) 602109
www.classiclodges.co.uk

SOUTH TYNESIDE

BOLDON G.H PICKINGS BUTCHERS

East Boldon
NE36 0SE
t: 0191 5367359

COLMANS FISH AND CHIPS

182-184 Ocean Road,
South Shields, NE33 2JQ
t: 0191 4561202
www.colmansfishandchips.com

LATIMERS

Shell Hill, Bents Road,
Whitburn, SR6 7NT
t: 0191 5292200

TAVISTOCK RETRO @ THE STANHOPE

Stanhope Road, South Shields
NE33 4SS
t: 0191 4565670

SUNDERLAND

VALENTINE WARNER'S SUMMER PUDDING

SERVES 6

INGREDIENTS

600g/1lb 6oz raspberries
600g/1lb 6oz strawberries, hulled
and halved if large
600g/1lb 6oz blackberries
300g/11oz caster sugar
juice of ½ lemon
150ml/¼ pt white wine
300ml/½ pt water
6 slices thick-cut white bread
double cream, to serve

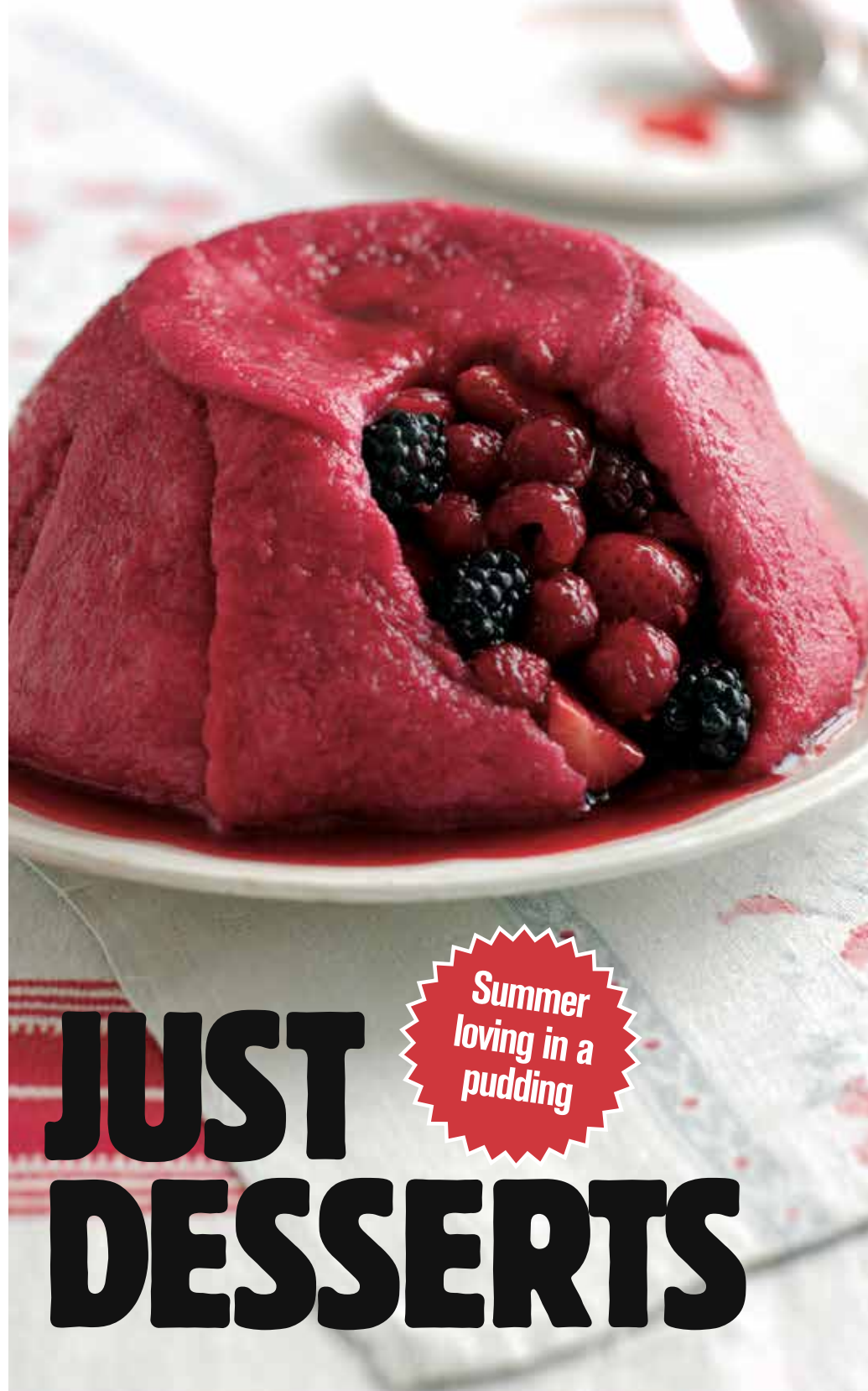
Method

Put half the fruits in a large saucepan with the sugar, lemon juice, wine and water. Bring to a gentle simmer and cook for 5 mins until softened, stirring occasionally. Put fruit in a sieve, strain any liquid back into the pan, then put fruit aside and cool (so you don't cook the raw fruits in the hot ones). Reserve 200ml/7fl oz of the fruit syrup for painting the bread.

Return pan to the heat and boil remaining liquid for 20-25 mins until syrupy. Cool.

Combine cooled cooked fruit and reduced syrup with raw fruit. (the mix of cooked and raw fruit makes a better flavour and texture). Line a 1.8litre/3¼pt pudding basin with two sheets of overlapping cling film (leave edges of cling film hanging over the top of the basin to enclose the pudding). Cut crusts off bread and cut each slice into two rectangles. Thoroughly paint one side of each rectangle with the reserved syrup. Cut and paint a circle of bread that fits the bottom of the basin. Place in basin with the red side facing the cling film. Arrange the bread all the way round the inside of the basin, overlapping slightly where the joints meet, the painted side facing the cling film. Spoon fruit into the basin and pack down. Top neatly with remaining painted bread. Cover with overhanging cling film, put a side plate and a heavy weight on top. Leave in fridge overnight. To serve, remove weight, open cling film, invert pudding on a plate. Remove cling film, daub any pale patches with any remaining syrup. Serve with cream.

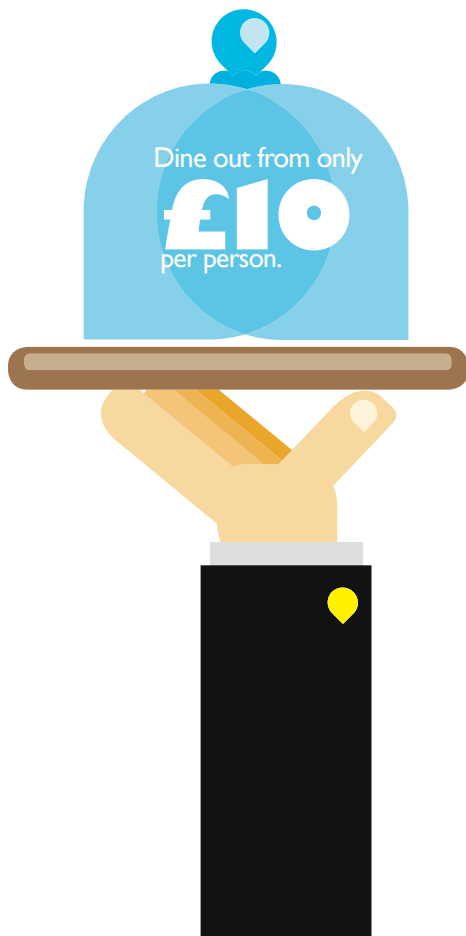
We sourced our ingredients for this recipe at Brocksbushes Farm Shop and pick your own, Corbridge, NE43 7UB, tel 01434 633 100, www.brocksbushes.co.uk



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