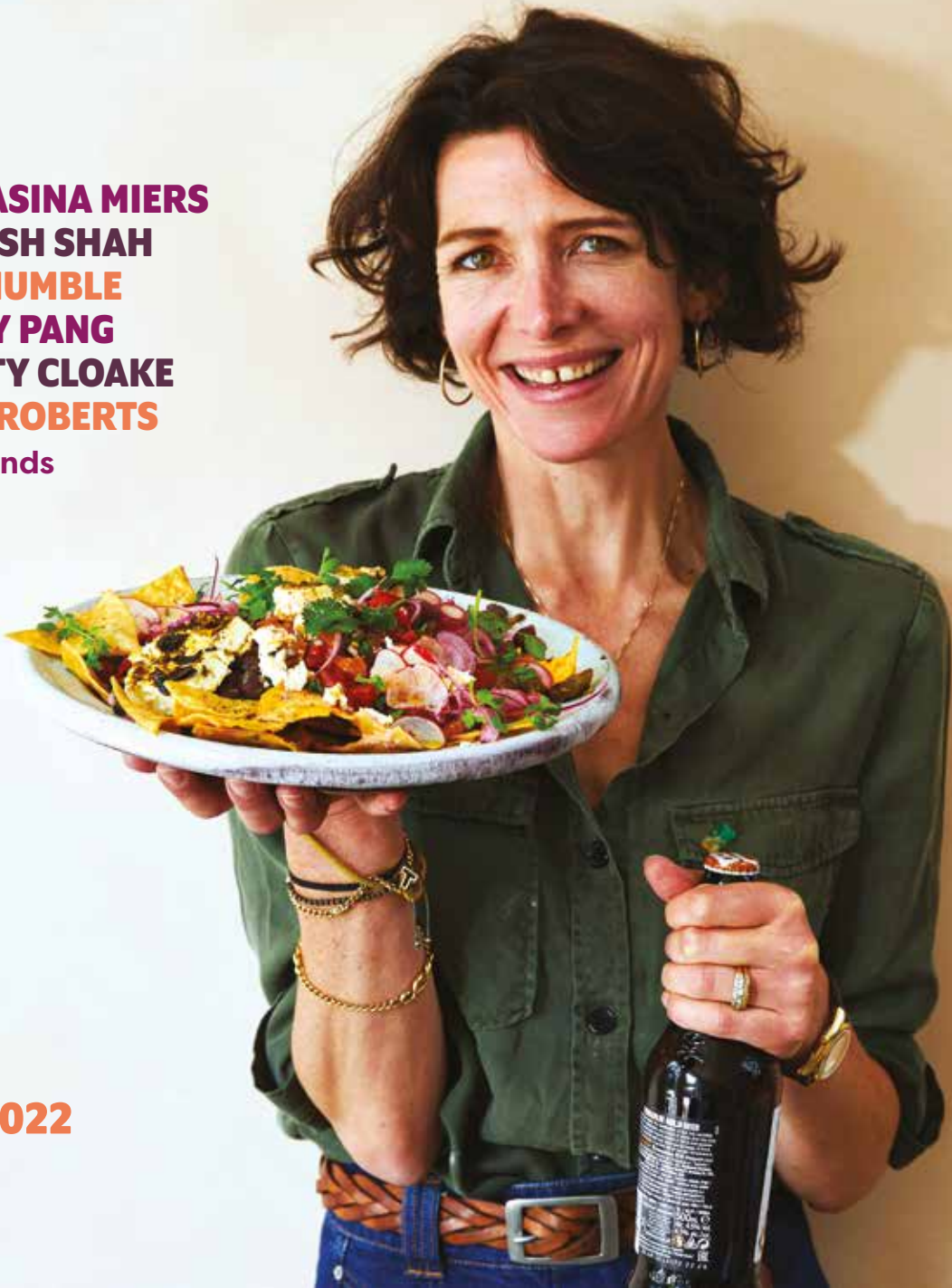




17-18 SEP 22

**ABERGAVENNY
FOOD FESTIVAL
GWYL FWYD
Y FENNI**

THOMASINA MIERS
SANTOSH SHAH
KATE HUMBLE
JEREMY PANG
FELICITY CLOAKE
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and friends



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SANT FFRAED HOUSE
by OLD WALLS


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WELCOME CROESO

It was 1999 and the first year of the Abergavenny Food Festival. Britain was suffering an epidemic of a previously unknown cattle disease called Bovine Spongiform Encephalitis. Markets were closed to exports of British beef all around the world. Experts, pundits and journos piled in to explain why our 'food system' was 'broken'.

All sound familiar? Here we are 20-odd years on. Once again British food and farming is under the spotlight. This time the 'system' is blamed for obesity, loss of bio-diversity, pollution of our waterways and – in the case of livestock farming – driving climate change.

We can see – with the benefit of hindsight – that some of the more lurid claims for BSE were not realised. The thousands of deaths predicted from this new disease never materialised. And we can be pretty sure that once again the problems and solutions will be less sensational than some of the more extreme voices are claiming.

Nonetheless while the symptoms may be different now to those that caused such anxiety in 1999, the underlying trends are not dissimilar. As our population and our consumption grow, we do take up more space on the planet and other species feel the pinch. The waste we generate is now showing in the remotest corners of the globe and depths of the oceans. We may live longer than we did a century ago but we do not necessarily live in better health. And producing the food we need will inevitably generate a large proportion of our greenhouse gas emissions.

Cover image: photograph of Thomasina Miers from her book *Meat-Free Mexican* published by Hodder & Stoughton. Photographer: © Tara Fisher



But there are different ways of doing things. Since 1999 it has been part of the Festival's mission to provide a forum for discussion about all aspects of our food. We aim to bring together informed voices; we love to include those working in the industry; and we look for constructive debate rather than entrenched positions.

This year is no different. We are talking about food poverty, the state of our rivers and the impact of livestock farming. But the food industry, for all its faults, also puts food on the table, day after day, and there is so much to celebrate in this. So we are also talking about the people behind the takeaways and ethnic restaurants that are the unsung heroes of so many high streets. And we are exploring the food traditions of Wales – a distinct and fascinating story that often gets lumped in with that of its larger neighbour.

There is so much to talk about. So do drop in to the Ogi Dome at the Castle and have your say too.

Martin Orbach
Programming Director

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Meet Beth Williams – one of Cywain's Regional Development Managers.

Beth is familiar with many of the fantastic businesses that exhibit at Abergavenny Food Festival with several of them receiving support from Cywain in various areas of their business, including the “do’s and don’ts” in preparing for and trading at an event such as this one.

Beth says: “What I enjoy most about Abergavenny Food Festival is the huge variety of producers here and seeing businesses thrive in this environment. Seeing businesses and customers meeting face-to-face once more is something wonderful to experience.”

Beth continues: “Attending food festivals such as the Abergavenny Food Festival is a fantastic opportunity to meet new and upcoming businesses and also a chance for the team at Cywain to introduce our services.”



As we walk around the town, tasting and trying new delicious food and drink products, it's great to see so many of our clients putting the things they've learned into action and enjoying a successful weekend of trading and importantly, sharing their produce and their story with new customers.

Cywain is a Menter a Busnes project funded by Welsh Government and offers assistance to new and established food and drink businesses in Wales. Get in touch with us to see how we can support you and your business.

Email: cywain@menterabusnes.co.uk or visit cywain.cymru

Dewch i gwrdd â Beth Williams – un o Reolwyr Datblygu Rhanbarthol Cywain.

Mae Beth yn gyfarwydd â llawer o'r busnesau gwych sy'n arddangos yng Ngŵyl Fwyd y Fenni gyda nifer ohonynt yn derbyn cefnogaeth gan Cywain mewn gwahanol feysydd o'u busnes, gan gynnwys y pethau i'w gwneud a'r pethau i'w hosgoi wrth baratoi ar gyfer a masnachu mewn digwyddiad fel hwn.

Dywed Beth: “Yr hyn rwy'n ei fwynhau fwyaf am Ŵyl Fwyd y Fenni yw'r amrywiaeth enfawr o gynhyrchwyr sydd yma a gweld busnesau'n ffynnu yn yr amgylchedd hwn. Mae gweld busnesau a cwsmeriaid yn cyfarfod wyneb yn wyneb unwaith eto yn rhywbeth gwych i'w brofi.”

Mae Beth yn parhau: “Mae mynychu gwyliau bwyd fel Gŵyl Fwyd y Fenni yn gyfle gwych i gwrdd â busnesau newydd ac hefyd yn gyfle i dîm Cywain gyflwyno ein gwasanaethau.”

Wrth i ni gerdded o gwmpas y dref, gan flasau a rhoi cynnig ar gynnyrch bwyd a diod blasus newydd, mae'n wych gweld cymaint o'n cleientiaid yn rhoi'r pethau maen nhw wedi'u dysgu ar waith ac yn mwynhau penwythnos llwyddiannus o fasnachu ac yn bwysicach fyth, yn rhannu eu cynnyrch a'u stori gyda chwsmeriaid newydd.

Mae Cywain yn brosiect Menter a Busnes sy'n cael ei ariannu gan Lywodraeth Cymru ac yn cynnig cymorth i fusnesau bwyd a diod newydd a sefydledig yng Nghymru. Cysylltwch â ni i weld sut y gallwn eich cefnogi chi a'ch busnes.

E-bostiwch cywain@menterabusnes.co.uk neu ewch i cywain.cymru





Blasau a gofiwch am gyfnod hir, gydag enwau yr ydych yn annhebyg o'u anghofio

Sir Fynwy yw prifddinas fwyd Cymru ac mae'n gartref i Wyl Fwyd y Fenni. Oes, mae llawer o leoedd gwych yma i fwyta, gan gynnwys dau fwyty â sêr Michelin, ond mae llawer mwy.

Darganfyddwch gynnyrch ein tir – sut rydym yn gwneud, ffurfio a mwynhau ein bwyd a'n diod â chariad. Gwelwch y grawnwin ar y winwydden. Blaswch ar ein diodydd sydd ag enwau diddorol. Casglwch eich Ffrwythau Eich Hun. Dysgwch sut i gadw gwenyn, fforio, pobi bara a chipio naws y gwrych mewn jar o jam blasus.

CROESO I SIR FYNWY AC I WYL FWYD Y FENNI!

Tastes you'll remember for a long time, with names you're unlikely to forget

Monmouthshire is the food capital of Wales and home of the Abergavenny Food Festival. Yes, there are many super places to eat, including two Michelin-starred restaurants, but there's much, much more.

Discover the produce of our land – how we lovingly make, shape and enjoy our food and drink. See the grapes on the vine. Taste our interestingly-named tipples. Pick-Your-Own fruit. Learn how to keep bees, forage, bake bread and capture the hedgerow in a jar of delicious jam.

WELCOME TO MONMOUTHSHIRE & THE ABERGAVENNY FOOD FESTIVAL!



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visitmonmouthshire.com/FoodandDrink



OUR WELSH FOOD STORIES

by Carwyn Graves

Carwyn Graves is a writer, public speaker, and gardener. He helped spearhead the national heritage orchard initiative at the National Botanic Garden of Wales and is the author of 'Apple of Wales' (Gwasg Carreg Gwalch, 2018). He will be participating in our debate 'Back to the Future? Welsh food history and lessons for today' (see page 58). He has written this article as an introduction to his latest book, 'Welsh Food Stories' (Gwasg Prifysgol Cymru, 2022) – a celebration of Wales' rich food heritage and the people behind it, past and present.

"I grew up in a terraced house in the middle of Cardiff. We spoke Welsh at home. Our neighbours were from Barbados, Ireland and Lebanon. It was a rich, multicultural setting with foods of all sorts.

I remember going to local shops or the market and picking up cockles or Welsh cakes as a snack. In those long-ago days in the 90s the seafood vans would come down the street once a week, and that was as normal as having a milkman.





I live now in Carmarthen with my wife and young kids, having spent time in Austria, France and England. When I lived abroad, the new friends I was making naturally wanted to learn about the food where I was from. That's when I really started realising that some of these foods I'd grown up with (like laver bread, cockles, cawl veg like swede and parsnips and even fish and chips) were actually quite interesting when viewed from another country.

But I came to write about Welsh food via apples. I'd been part of establishing the national collection of Welsh apples at the National Botanic Garden and had written a book about Wales' forgotten apple history (*Apples of Wales*). And I remember realising after the book came out that there were a whole host of other forgotten or neglected elements in Wales' food heritage and that these things can slip away because they seem old-fashioned and unexciting, and then before you know it, it's as though they were never there. And I knew even growing up that although the way my mother cooked with things like liver or faggots or the seafood wasn't unique, it was a lot less common among many of my friends.

Then on top of this I could see there was an artisan renaissance going on in many foods and drinks, with cider-makers in Wales rediscovering traditional varieties and replanting orchards to make *seidyr* – which as a quality product is of course light years away from supermarket 'cider'. That spurred me on to write, and the final piece of the jigsaw was the realisation that just telling the story of what people were doing today

wasn't enough. I needed to go back and really ground these foods in their long history; some of these traditions simply go right back, which is astounding when you think how little we celebrate them.

Food history

In researching Welsh food history, two of the key writers I had to rely on were Minwel Tibbot and Bobby Freeman. It's no exaggeration to say that these two women, almost by themselves in the 1960s and 70s, rescued Wales' culinary tradition from almost complete obscurity. They were responsible for things like the idea that it was acceptable to serve 'cawl' in a restaurant, or that a Welsh cookbook could be a thing. And I knew from my interest in Welsh literature that food, ways of cooking and kitchen tradition, keep cropping up in poems, memoirs, novels and so on all the way back, particularly in the Welsh language. And the more you look the more you find, so there are things like agricultural surveys from the 18th century, and reports from travellers to Wales in earlier periods which describe the eating habits of the 'native inhabitants'. I ended up getting a view both from inside and outside, and it was fascinating how consistent the picture these different sources

paint of food and eating habits, right until the middle of the twentieth century. It was quite something to realise as I got into it that there really isn't a 'History of Welsh food' out there, and to bring together this amazing feast of tales and foods was a real privilege.

Some fascinating discoveries came about through the research. The story of oysters and cockles in Wales was one of these, in that both types of shellfish were commonplace among the working class and were an important protein source for them. But whereas the cockle fishery was managed sustainably, the oyster one (which in those days was a more valuable export item) was overexploited and so collapsed. An incredibly cautionary tale! Another one was stumbling across a clear preference in alcoholic drinks for sweeter, fruitier ones in Wales – and you can trace this from the days of mead via forgotten tipples like *meddyglyn* and *diodgriafol* through to cider, which when made with Welsh cider varieties is noticeably fruitier than traditional Somerset cider. And then there's the rich grain tradition encompassing things like rye bread, maslin bread, oatcakes – and the fact that Wales has a claim to both Cheddar and Cheshire cheeses.



Welsh terroir

Food and the land are completely intertwined in Welsh history, as is true of course around the world. The huge variety over quite small distances gives traditional Welsh food a lot of its character; you had poor people in mountainous, inland areas buying seafood from the coast as a source of protein. Then you had the predominance of cider in the east of the country, but small beer in the west – reflecting in part the watershed and differences in growing conditions for apple trees. Or the tough conditions in Snowdonia or Mid-Wales, which pushed many to a kind of early entrepreneurship with droving – which led in turn to an almost complete lack of beef in Welsh diets (even for those who had money), which may account for the popularity of goat, mutton and later lamb. The book really goes after all these stories and tries to ground Welsh dishes – those that have survived, those that are still there but out of fashion and those we've lost over the course of the 20th century – in the landscapes that made them. Laver, salt-marsh lamb, oatcakes – they all reflect a sense of place quite strongly.



And beyond this, there was a real light-bulb moment for me in realising that so many of these foods are actually incredibly sustainable, really healthy and nutritious. Oat-based drinks are a great example – so many people in rural areas in the western half of Wales over a certain age even today have strong memories of things like *llymru* or *sucan* which are basically fermented oat drinks that used to be ubiquitous but fell out of favour because they're sour and seemed old-fashioned. But now we know that actually they are amazing for gut health and are of course naturally gluten-free. There are so many things like that – from laver, which is at long last being recognized for the superfood it is, via traditional buttermilk to the traditional landraces of wheat, such as *Hen Gymro* from Ceredigion.

A national cuisine

The idea of calling Welsh food a cuisine can sound laughable. There is an unexamined misconception that Welsh food either doesn't exist as a thing, or that it is boring, unhealthy poverty fare. I think both of those are a misconception and I have tried to demonstrate in my book, based on a wide variety of historical sources, why that is so, as well as why some of the misconceptions came about (and have addressed some of them in more depth on my website, carwyngraves.org.uk). Three of the main reasons in my opinion are the huge importance of heavy industry in Wales from much earlier on than most societies, the fact that most of these foods were the woman's domain, and the need to fight for any recognition of Welsh culture at all through most of the twentieth century; so much energy went into defending the language, and literature and song and so on, that there was little left to defend or develop what was seen as 'peasant food' in the face of supermarket fare.

But as I researched, I kept asking myself which of these foods would seem different or interesting from the point of view of someone from another part of the world. A great example of that is fish and chips, which is a cultural foodstuff with traditions and local knowledge in all sorts of ways, but which we hardly notice. I think if you view Welsh food from an English or Irish standpoint, you can see most of the ingredients or dishes as having some sort of equivalent elsewhere in the British Isles. But when you take a step further away, things settle into focus. Traditional Welsh food obviously has an enormous amount in common with all the neighbouring parts of Europe but the particular emphases and combinations you find are peculiar to Wales. So the book is structured around the foodstuffs that actually best represent Welsh food as a whole, that have a cultural resonance in terms of shaping the landscape, or mentions in literature.




Publisher: University of Wales Press
Price: £14.99, hardback, 256 pages

'A marvellous book, meticulously researched, that examines what it really means to be Welsh through ingredients that define the culinary traditions of the country from way-back-when to now... Poetic storytelling delivers hope for the future as well as respect for the past. Unmissable.' – Elisabeth Luard, Chair, Oxford Symposium on Food & Cookery



Food futures

I really hope people read the book and find themselves viewing Welsh history and traditional foods entirely differently. I think we have been mis-educated and that for the sake of people's health, local livelihoods and the climate we urgently need to own our food heritage again. Going forwards never means going backwards – and Italian, or Indian, or Chinese influence are now absolutely a part of our food heritage – but our ancestors knew a thing or two about producing tasty, healthy food from this land! We now have all these amazing producers who are featured in the book and many more across the country, who are trying to farm properly, or make proper cider or unadulterated organic cheese or whatever it is – and you sit back and you think, 'wow – we could have a country full of this – or more supermarkets'. We need to re-localise production of food, and in Wales doing that does mean rediscovering that until the mid-

20th century our countryside produced a whole lot more than dairy, lamb and beef!" 

www.carwyngraves.com

*Gweler Cynnyrch Coll Cymru ar dudalen 17
See an extract from Welsh Food Stories on page 18*

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dedicated to making
delicious artisan produce



Caws Teifi started in 1982 making wonderful raw milk cheese, based on a 500 year old Gouda recipe and it's the very same cheese that we make today.

In 1992, we collaborated with Springbank Distillery to create the world's first organic whisky. Then in 2012 we opened the doors to our very own distillery.

Our Organic Distillery

At Dà Mhile we make a range of spirits that are inspired by our surroundings & environmental ethos, from Welsh whisky, to seaweed gin and apple brandy to name just a few!

Organic principles form the foundation of how we farm at Glynhynod and how we operate at Dà Mhile Distillery, helping to ensure that we protect the environment, diversity and soil health for generations to come.

The name Dà Mhile was inspired by the initial bottling which was done to celebrate the millennium, (Dà Mhile translates to 'two thousand' in Scots-Gaelic / 'dwylfil' yn Cymraig).



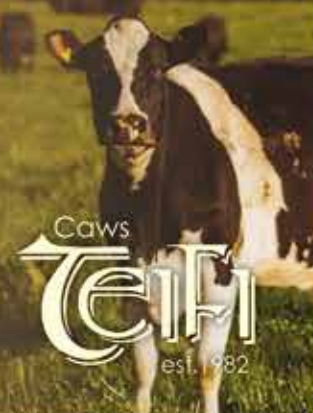
DÀ MHILE

Established 1992

Our Cheese

At Caws Teifi we make award-winning artisan cheeses from the finest, locally sourced organic, raw milk, derived from entirely pasture fed cows. Having started in 1982 we are now the longest established artisan cheesemakers in Wales.

We make a variety of different cheeses, superbly tangy Celtic Promise, traditional Welsh Caerphilly, Gouda-inspired Teifi, beautifully buttery Halloumi and more.



Caws
TEIFI
est. 1982



Embrace sustainable farming for food security

As we get used to meeting one another again at in person events, after COVID, I'm delighted to contribute to the Abergavenny Food Festival guide and share some thoughts as the recently appointed Wales Chair of the Food, Farming and Countryside Commission.



CHRISTOPHER NOTT
WALES CHAIR
FOOD, FARMING AND
COUNTRYSIDE COMMISSION

The Abergavenny festival brings people together around the quality food and drink we produce in Wales, but it also provides an opportunity to discuss the critical issues in and around our food system.

It is therefore my pleasure to enter this debate and help stimulate both discussion and action around some of the challenges and opportunities we need to grasp.

With COP26 now seemingly a distant memory, the war in Ukraine has brought the issue of food security firmly into the minds of citizens, industry and government. The effects of Brexit still sit with us, with huge impacts on the food system in the UK from labour difficulties across the sub-sectors to distribution and export. Foodbanks proliferate thanks to the kindness of many, but there must be other solutions to this crisis.

While it would be easy to follow the UK Government's Food Strategy and lose focus

on the opportunity for change, Wales has a chance to adopt the first incremental steps to a sustainable farming system providing affordable food, underpinned by a transition to regenerative farming principles as a move towards agroecology. This agroecological transition is at the core of FFCC's work in Wales and, with our partners, we are advocating a move towards greater localisation of food from public procurement through to changing consumer behaviours.

Another major strand of our work in Wales over the next year will be planning the development of a National Nature Service for Wales, together with our partners, a wonderful idea that grew out of Welsh Government's Green Recovery Group. FFCC has nurtured the initiative for the last year and we will seek to ensure that it enables the development of skills, knowledge and opportunities to tackle the nature crisis at a practical level.

FFCC has also wanted to bring together a diverse range of voices to comment on its work and mission and we have brought together just that in terms of our new Wales Leadership Group, formed over the last few months. Having undertaken our inquiry work in Wales I'm really looking forward to discussing with the group how FFCC can work in Wales to support Government, business and citizens to embrace a more sustainable food system for all, based on a just and fair transition to agroecology.

I'm really excited to be able to part of the 2022 Abergavenny Food Festival and wish the team the very best for this year's event.

FIND OUT MORE: [FFCC.CO.UK/WALES](https://ffcc.co.uk/wales)

CYNNYRCH COLL CYMRU

gan Carwyn Graves

Mae fy llyfr newydd Welsh Food Stories yn amlinellu yr amrywiaeth flasus a diddorol sydd o fewn bwydydd Cymru, gan gynnwys bwydydd sy wedi diflannu bellach. Ond os yw ein hymborth hanesyddol yng Nghymru yn cynnwys mwy na chennin a chig oen, beth yw rhai o'r bwydydd coll ac annisgwyl hynny?

Caws dafad

Dyma oedd y caws arferol ym mharthau mynyddig Cymru hyd y 19eg ganrif. Mae Thomas Pennant yn rhoi disgrifiad cofiadwy o'r arfer o wneud y cawsiau hyn yn yr hafotai mynyddig:

'During summer, the women [pass their time] in milking or making butter and cheese.... they milk both ewes and goats and make cheese of the milk.'

Mae cofnodion o Forgannwg o ddechrau'r 19eg ganrif yn disgrifio'r arfer o gymysgu llaeth defaid a llaeth gwartheg i wneud caws oedd yn "exceedingly rich and highly flavoured; and when of a proper age, little if at all inferior to the boasted Parmesan." Un o'r pethau diddorol am yr arfer hwn o fwyta caws dafad neu afr yng Nghymru yw'r cysylltiad rhyngddo a'r hoffter hanesyddol o gaws pobi: mae cawsiau gafr neu ddafad yn gallu bod yn addas iawn i'w pobi (meddylwch am halloumi). Roedd y Cymry mor hoff o'u caws pobi nes i hynny fynd yn ystrydeb cyffredin iawn amdanynt. Pam felly bu farw'r arfer? Mewn gair, ffasiwn. Ond mwy ar hyn yn y llyfr...

Wystrys

Bwyd rhad i'r tlodion ac un cyffredin am ganrifoedd. Mor gynnar ag 1603 roedd y rhain yn cael eu hallforio o aber y Cleddau

yn Sir Benfro a chaent eu gwerthu yn nhrefi marchnad Cymru hefyd: mae disgrifiad o farchnad Caerfyrddin ym 1652 yn nodi bod modd prynu cant o wystrys am geiniog, sef pris dwsin o wyau. Ganrif yn ddiweddarach, roedd rhai o wystrys Dinbych-y-Pysgod yn mesur 7 modfedd ar eu traws – credid eu bod felly gyda'r mwyaf yn y byd! Roedd bae Abertawe a'r Fenai hefyd yn fannau hel wystrys gyda physgodfeydd sylwedol yn eu dydd (o hyn daw enw'r pentref 'Oystermouth') yn rhoi bywoliaeth i hyd at 500 o ddynion.

Roedd arfer ar draws Cymru o'u bwyta'n ffres ond roedd hefyd traddodiad o'u piclo i'w cadw a'u gwerthu – mae Lewis Morris yn nodi bod wystrys Penmon 'yn fawr a thew, ac yn enwog i'w piclo'. A'u blas? Doedd dim amheuaeth ym meddwl George Owen, a nododd 'if the poet Horace had tasted of this Milford oyster, he would not have preferred the oyster of Circæi before this'

Bara rhyg

Tueddu i feddwl am fara rhyg fel rhywbeth yn perthyn i ddwyrain Ewrop y byddwn ni heddiw. Ond yn ei ddydd, ystyrir bara rhyg fel cynnyrch cyfarwydd, Cymreig. Mewn rhai ardaloedd, yn enwedig y parthau mynyddig â phridd sâl, ar ryg a cheirch y byddai'r mwyafrif yn dibynnu am eu cynhaliaeth. Roedd hyn hefyd yn wir mewn rhannau o Loegr, ond goroesodd yr arfer lawer hirach yng Nghymru – efallai yn rhannol oherwydd brogarwch y bobl. Mae cerdd o 1750 yn son am fara rhyg fel yr 'ymborth amla' ym Maesyfed ac mae hefyd yn son am 'rygau dibrin' Sir Aberteifi ac yn nodi bod rhyg hefyd yn gysylltiedig â Maldwyn. Noda fod pobl yn bwyta bara rhyg fel y byddem yn ei ddisgwyl, – gyda chaws a menynd a hynny cyn dyfeisio'r brechdan! Ffasiwn – a'r gallu i brynu bara gwyn rhad pan ddechreuwyd mewnfario gwenith o dramor – roddodd y farwol i fara rhyg yma, er i fara ceirch oroesi am hirach. Mae olion o'r arfer o dyfu rhyg wedi goroesi yn bennaf oll yn ein enwau lle: ceir sawl 'Bryn Rhyg' yng Nghymru, ac mae yna 'Cae Rhyg' ger Nefyn ym Mhen Llŷn.



An extract from WELSH FOOD STORIES

by Carwyn Graves

Cyfoeth Naturiol

Ac felly, cyn i ni droi i'r wledd naw-cwrs hon, gadewch i mi fentro i gyflwyno Cymru i chi o'r newydd – cilcyn o ddaear creigiog a thoreithiog ar ynys yng Ngogledd-Orllewin Ewrop.

Llethrau gwyrddion yn llifo i lawr i'r glannau gleision. Caeau'n frith â buchod a deri'n hongian â chen mwsoglyd ar lechweddau. Carreg galch, tywodfaen a granit du yn haenau bendramwnwgl.

Y nentydd yn llenwi'r pantiau ar eu taith o'r mawnog i'r môr. Afonydd ar eu taith i'r aberoedd yn herio'r eog a'r sewin i lamu'n uwch. Dwryd, Mawddach a Menai yn ymagor i weilgi'r pysgod oll. Glawogydd yn dyfrio'r tir, a'r cerrynt yn cynnal y cwbl yn ei wyrddni.

Ac fe ddaeth pobl i hyn o dir, gan enwi'r crugoedd a'r cymoedd. Dyma nhw'n aredig y ddaear ac yn ffrwyno'r ffrydiau am flawd. Fe blantent erddi a pherllannoedd. Fe ganent, fe garent, fe ddawnsient, addolent eu Duw a buont farw. Gwylent eu preiddiau a'u bugeilio drwy ddrycin a hindda. Pysgodent yn y dyfroedd a medi ffrwyth y traethau. Dyma nhw'n masnachu, yn dysgu ac yn gwrthod. Yn cadw'r hen ac yn croesawu'r newydd – ffrwyth yr Amerig ac aeron Ewrop, tra'n mwya ac yn cnoua, yn dyrnu ac yn dylino. Dyma nhw'n gwledda ac yn newynu. Yn melltithio'r diflaster ac yn moli'r blasau. Gwlad y mae ei gwedd yn bloeddio bwyd da yw Cymru, ac mae cyfran o'i thrigolion wedi bwyta'n dda ohoni ers miloedd o flynyddoedd. Gadewch i ni felly gymryd cnoad o rai o'r hanesion hynny yn eu tro...

Natural Riches

And so, before we tuck in to this nine-course meal of a book, let me presume to introduce Wales - this surprisingly diverse, rocky, sea-bound peninsula in north-western Europe - a second time.

Green mountains sweep down to craggy coastlines. Cow-dotted fields and ancient moss-covered Atlantic oakwoods cling to the slopes. Limestone, sandstone and dark-bellied granite vie to outcrop.

Fast-flowing streams tumble and trickle through the moss and the peat. Rivers race down the inclines, gathering tributaries and challenging salmon and sewin to keep jumping. Deep coastal rias open into rich, shallow waters. Regular rains water the ground, even as the tropical waters of the Gulf Stream keep the climate mild and temperate.

And people came. They named the nooks and the crannies, and ploughed a living from the land. They harnessed the watercourses with mills for flour. They tended orchards and vegetable gardens. They sang, they loved, they danced, they worshipped their God and they died. They hefted flocks to the hills, and shepherded them through rain, snow and sun. They fished the seas and they harvested the sands and the shallows. They made markets, and traded; they kept their foods and they changed them. They brought in what was new – tubers from the new world, sweet berries from the old – while still foraging, picking and gathering the leaves and drupes of their weather-worn realm. They feasted; they starved. They cursed the monotony; they praised the variety. Wales is a country whose landform shouts good food, and many of its inhabitants have been blessed to eat well for millennia. Let's take a bite into the stories of nine of those foods in turn. 🍷

Photographs by Geoff Charles, National Library of Wales



THE SEASONAL BAKER

Baking All Year Round

Michelle Evans-Fecchi

Former Great British Bake Off contestant Michelle Evans-Fecchi ('Star Baker' in cake week) was known on the show for her flavoursome, colourful bakes and for championing seasonal, locally sourced and homegrown produce.

In *The Seasonal Baker*, her first book, Michelle brings favourite recipes straight from her kitchen to yours; from quick-and-easy bakes to stunning showstoppers perfect for special events. As well as delicious bakes, Michelle has handy hints and tips on ways of being thrifty and self-sufficient with food, as well as what to plant, when to plant it, and when to harvest it.



Michelle grew up on a farm and learned from a young age how to grow vegetables and the basics of cooking and baking. She now lives in the beautiful seaside town of Tenby in Pembrokeshire with her husband Ben, their teenage son Alfie, little whippet Rosie, and two cheeky hens. As a family they love to be out in the garden where they grow a lot of the fruit, vegetables, and herbs that Michelle uses in her everyday cooking. 🍷

She will be appearing as part of the Chef Dem programme in the Market Hall. See page 54.

This recipe is taken from *The Seasonal Baker* and has been reproduced with permission from the publishers.

RECIPE

RAINBOW CHARD QUINOA CRUSTED QUICHE

You will need a 20cm/8" round fluted tart tin. We love quiche, and using cooked quinoa instead of pastry as a base elevates this quiche to the next level. The delicious, crispy, chewy crust makes a nice change to traditional pastry.

Ingredients

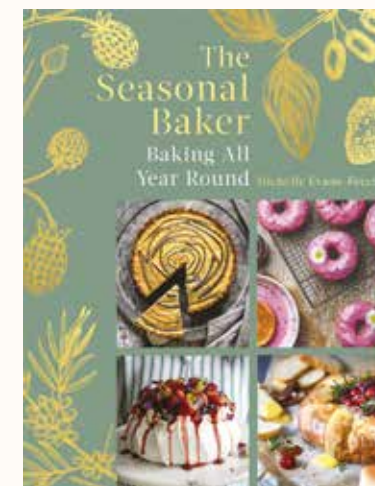
SERVES 6

- 2 large egg whites
- 250g/9oz cooked quinoa
- 400g/14oz rainbow chard
- 170g/6oz smoked bacon
- 1 small onion
- 80g/3oz mature cheese (grated)
- 2 large eggs
- 200ml/7fl oz double cream
- Salt and pepper, to taste
- Oil/butter for greasing

Method

Preheat the oven to 200°C (180°C fan oven) Gas 6 and lightly grease the tin.

Whisk the two egg whites in a bowl and add the cooked quinoa, reserving a tablespoon of the egg white. Mix together to coat the quinoa, then tip into the tin. Using the back of a spoon, press the quinoa firmly up against the sides and onto the base of the tin. Bake in the oven for 15 minutes until the case is dry to touch and shrinks away from the sides a little. Brush the sides and base with the remaining egg white and pop back into the oven for 5 minutes.



Publisher: Robinson
Price: £20.00 Hardback

'Amazing, delicious recipes I love to bake with the family.'
Sam Warburton OBE, former Wales, British & Irish Lions rugby captain

For the filling, trim the leaves from the rainbow chard and roughly chop. Steam the chopped leaves and stems for 5–10 minutes to soften and place them on kitchen paper to absorb the moisture.

Cube the bacon and finely dice the onion. Gently fry them over a medium heat, then transfer to a bowl to cool using a slotted spoon.

Place the cooled bacon, onions and chard leaves into the base of the crust, top with grated cheese, then arrange the chard stems in a circular pattern starting from the outside and working inwards, shaping the chard with your hands as you go.

Whisk the two whole eggs with the cream and season with salt and pepper. Fill the tin halfway with the creamy mixture, then transfer it onto the shelf of the oven and fill to the top. Bake for 25–30 minutes until golden with a slight wobble in the centre.

Leave to cool in the tin, then transfer to a board or platter and slice.

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THE SEED DETECTIVE

By Adam Alexander

'As Red as a Movie Star's Lips...'

Filmmaker Adam Alexander aka 'The Seed Detective' is on a global mission to hunt down and preserve veg varieties that might otherwise be lost for ever.



He now grows over 100 varieties on his 3.5 acre garden in Monmouthshire, Wales. His garage is filled with jars of over 500 seeds collected from around the world and saved from previous crops, all of which he uses, shares and sends to the Heritage Seed Library. He also shares seeds with other growers and gene banks in the USA, Canada and the EU, and he is currently growing seed of heritage Syrian vegetables to be returned to the Middle East as part of a programme to revive traditional horticulture.

His new book, *The Seed Detective: Uncovering the Secret Histories of Remarkable Vegetables* (Chelsea Green Publishing) draws on his own travel experiences and tells tales of globalisation, political intrigue, colonisation and serendipity – describing how these vegetables and their travels have become embedded in our food cultures. "Vegetables are truly our history on a plate".

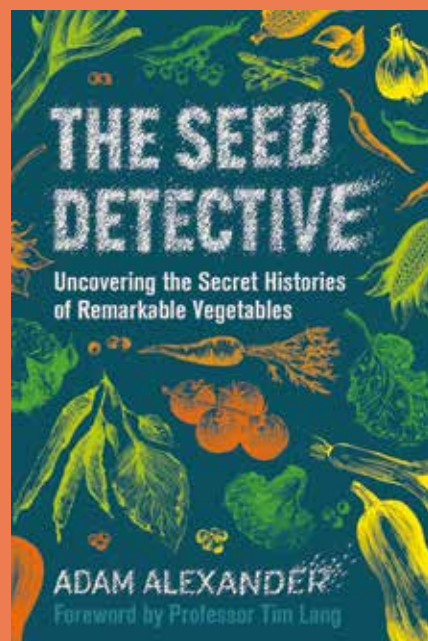
It all started with a Ukrainian pepper. Here's an extract from the introduction (Chelsea Green Publishing, September 2022) and is reprinted with permission from the publisher.

Introduction

“Autumn 1988. The room was large and the monochrome chequered lino on the floor should have been replaced years ago. The white wall tiles, chipped and scratched, needed a good scrub. This was the sight that met us when my Russian interpreter and I decided to take control of the crumbling Communist Party hotel kitchen in Donetsk, an impoverished Soviet steel and coal town in eastern Ukraine. Little did I know as I walked into that abandoned kitchen – the staff had gone on strike because the only guests were us, a foreign film crew whom they didn't think should have been staying there – that this moment was to mark the start of a journey of discovery that fundamentally changed the way I looked at and came to understand the often visceral relationship we can have with what we grow and eat.

The First Encounter

With economic collapse, a result of the political breakdown of the old Soviet Union, Donetsk's supermarket shelves were bare. The farmers markets were well stocked but with prices beyond the pockets of most citizens. With a black market ready to offer me roubles for my dollars at rates way above the official one, food shopping in the draughty central market, for me at least, was a wonderful and inexpensive adventure. It was there that I met the figure who would become the most important person in my seed-hunting life and, from then on, I would always seek out this individual when scouring food markets around the world because what she had on her stall was invariably delicious, precious and unique. Wherever I was, she would come in the form of what is, I think, a character familiar to most: an 'ideal granny' type, usually of diminutive height, but always a powerful presence.



Publisher: Chelsea Green
Price: £18.99 (hardback, 320pp)



This remarkable and wonderful breed of grower is often to be found in markets worldwide, selling vegetables and fruits that she has been cultivating for years. And because she has little money, buying expensive seed from a merchant is unthinkable. She saves seeds from her crops, which may well have been grown on her small plot of land for generations. From time to time, among those prosaic vegetables are some culinary gems, and so it was in Donetsk, where I made my first discovery. A tennis-ball-sized sweet pepper with a fiery heart. Multi-lobbed and as red as a movie star's lips, this simple fruit, *Capsicum annuum*, literally changed my life.

I didn't know what to expect from this humble Ukrainian pepper when I first took it into the kitchen but, as soon as I had a nibble, I was smitten. I have been a keen vegetable grower since I was a kid and have always kept a productive vegetable garden, whether living in a city or the countryside. Until that day I had only ever sown commercial seeds. I determined to take some seed of this unique pepper home with me and see if I could grow it the following year. I was delighted with the result and have been saving and sharing seed from many abundant harvests with other gardeners ever since.

Thirty years ago, I never thought of vegetables as being rare or endangered, or how they were embedded in the social traditions of their native food culture – that they had their own stories to tell. Undoubtedly that same pepper is still being grown in the Ukraine's fertile black soil by a cohort of grannies, each with their own recipe. Stuffed peppers are a national favourite.

Becoming a Seed Detective

After that serendipitous encounter in Donetsk's central market, I always found an excuse to escape and scour the local markets while filming around the world. At first, I would search for chillies, beans and tomatoes. I was not so discerning then and it took me several years to distinguish commercial varieties from local ones. Within a few short years I started to think of myself as a seed detective: someone on the trail of local varieties that, first and foremost, were delicious and which I could grow in my own garden. Working in remote places, often countries in conflict and undergoing significant social upheaval and change, I realised that many vegetables that were an intrinsic part of local diet were in great danger of being lost forever. They needed to be saved from possible extinction. Gradually I started to build a library of the varieties I had come across, either in a local market or from a farmer, a gardener or a chef I met on my travels. And as the numbers grew, I became ever more curious about how these crops had found their way into the great diversity of food cultures that enrich our culinary pleasure today. Just how long had we been living with these crops and what, if any, was their place in the human story?

Why Save Seeds?

Although my initial motivation for collecting vegetables was culinary curiosity and a desire to grow things none of my neighbours had, it wasn't long before I started to understand why seed saving is so important, especially of traditional, open-pollinated and local



varieties that are not commercially available – something that I explore in more detail throughout this book.

What we eat today is the result of plant domestication: a process of selection and subsequent breeding that started as a necessity when Neolithic hunter-gatherers settled on the land to farm and became seed savers about 12,000 years ago. This revolutionary change in how humans sourced their food has become something that goes to the very core of our relationship with what we grow and eat.

Understanding what triggered the change from hunter-gatherer to farmer still prompts vigorous debate; however, climate change, reductions in prey (and how easy this was to hunt) and population pressures were all factors. Selecting the plants that expressed the traits the farmer wanted, saving their

seeds, sharing them, and then sowing them the following year became a cornerstone of the development of agriculture and is something I have been doing ever since I stumbled across that lovely pepper in a Donetsk market. This act completes a journey which is at the very core of our survival as a species: an unbroken link for me to those first growers and an endlessly repeating and magical circle of life. I believe saving seeds from one's own crops inspires us to think more deeply about the food choices we make."

Adam will be taking part in our debate 'Back to the Future? Welsh food history and lessons today' (see page 58) and 'Heritage Seeds & Cultural Roots - every vegetable has a story to tell', as part of the Local & Vocal sessions (see page 63). 

www.theseeddetective.co.uk



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TAKEAWAY

Stories From a Childhood Behind the Counter

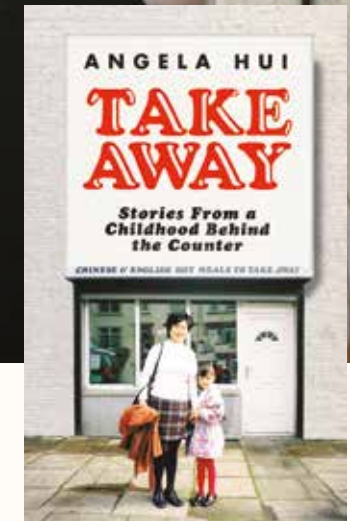
by Angela Hui

Angela will be on the panel for the Festival Debate: 'The Post Empire Kitchen – Britain's hospitality industry in the post-colonial era' (see page 58), and you can join her for a Meet the Author session with Jonathon Nunn (see page 65).

Growing up in a Chinese takeaway in rural Wales, Angela Hui was aware at a young age of just how differently she and her family were perceived by the local community.

Life growing up in a takeaway was far from peaceful – from attacks on the shopfront (in other words, their home), to verbal abuse from customers, and confrontations that ended with her Dad wielding the meat cleaver.

But alongside the strife, there was also beauty in the rhythm and joy that came from living in the takeaway and being surrounded by the food of her home culture. Family dinners before service, research trips to Hong Kong, preparing for the weekend rush with her brothers – the hive



Publisher: Orion Books
Price: £16.99, hardback, ebook, audio

Full of entertaining and surprising stories, *Takeaway* blends Angela's Welsh and Chinese heritage in a powerful memoir that will capture readers' attention and spark conversations and appetite.

of activity that happens before a customer places an order.

Angela's first book: *Takeaway – Stories From a Childhood Behind the Counter* – is a blending of her Welsh and Chinese heritage. The takeaway was a place that embodied the dual identities Angela herself was experiencing. The book combines evocative prose with delicious Cantonese recipes – from special spring rolls and egg fried rice to her Dad's recipe for off-menu ribs – all complemented by illustrations from tattoo artist Georgina Leung.

Takeaway

“As I walk down the narrow, white, artexed hallway and closer to the kitchen, I feel a blast of hot air punch me in the face like opening the door to a chip-grease-fuelled sauna. The air is brimming with enticing smells of aromatic curries, fiery satays, funky black beans and fragrant sweet-and-sours all rolled into one. It’s a tight space, made even tighter with five bodies frantically scurrying around trying to get things done without knocking into each other.

Red quarry anti-slip tiles on the floor, with an odd cracked tile or two showing signs of wear. We have two stainless-steel silver surfaces, one central island for packing orders, a line of heavy-duty wok burners, a deep-fat-fryer station, a domestic gas cooker that always has bubbling pots of sauces on the hobs, and a giant fridge that is clearly too big for the room. The five of us have to carefully manoeuvre around the fridge whenever the door is open, like in The Matrix’s famous slow-mo ‘dodging bullets on the rooftop’ scene.

Our set-up isn’t much, or state of the art, but somehow it works, and so do we. I take the paper ticket and yell, ‘One special chow mein with no prawns (22), one lemon chicken (10e), one black bean beef (6), two bags of chips (94 x 2), chicken balls with a sweet-and-sour sauce (12),’ to my parents over the loud whirring extractor fans, then stub the ticket on the makeshift receipt spike, which Dad made out of a small piece of wood and four nails.

‘Okay, lah, ah mui!’ Dad shouts back as he effortlessly rocks the steel wok back and forth with his left hand while stirring the lemon chicken with a wok ladle in the right. He grabs a bottle of lemon juice from the wonky white shelf that Mum has fashioned out of old tiles to the left of him and squirts it directly into the wok. As soon as the liquid touches the

wok, flames creep up the sides, licking the raw ingredients and bringing a charred smoky addition to the zesty dish. He stands on a flattened cardboard box splayed out on the floor to stop himself from slipping and to help catch fallen grains of fried rice and strands of chow mein, which makes for easier clean-up.

Dad’s work station is nestled in the top left-hand corner, surrounded by prepped ingredients all within arm’s reach. Sliced chicken, diced char siu, peas and prawns sit in mismatched plastic tubs on a giant tray of ice behind him; jars of spices and sauces in metal bowls on the stainless steel shelf in front of him. I can hardly hear him, or much else, over the jet-engine-like roar of the water-cooled industrial wok burner range; the clash of the metal spatula; the hiss and sizzle of Mum plunging chicken balls into the scalding hot oil – it’s like a war zone in there, but thankfully run with military culinary precision. Organised chaos churning out the orders when it is just another normal Friday night in with the family. We always do the same thing, every night, seven days a week. I feel trapped, and I hate having no social life outside the takeaway. Scratch that, I hate having no life. TGIF? Thank God It’s Friday? More like ‘Takeaway Graft Is Forever’.

The takeaway has always been a part of my life. According to Mum, when I was a baby, I slept in a cardboard chip box in the pantry storage under the stairs by the kitchen while she worked and occasionally checked in on me during service – how I didn’t wake up crying from all the noise I’ll never know. I started helping out when I was eight years old. I used to stand on a step stool, reaching over the tall counter to serve customers. My parents taught me and my brothers the ropes as soon as we could walk and talk so that we could help ease the burden and, one day, take over the business when they retired. I couldn’t think of anything worse ...”

www.angelahui.com



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Cynhwysion

450g briwrigig Cig Oen Cymru PGI heb fawr o fraster
3 planhigyn wŷ mawr, wedi'u plicio a'u sleisio'n drwch o 1cm
2 daten fawr, wedi'u plicio a'u sleisio'n drwch o 1cm
2 llwy fwrdd olew olewydd
2 winwsyn, wedi'u torri'n fân
3 ewin garlleg, wedi'u malu
Tun 400g tomatos wedi'u torri
2 llwy fwrdd purée tomato
¼ llwy de sinamon
1 llwy de oregano
Papur a halen
Halen ychwanegol i halltu'r planhigyn wŷ
1 llwy fwrdd blawd l ysgeintio dros y planhigyn wŷ
2 ddeilen llawryf
Gwydraid bach o win coch
Briwsion bara ar gyfer gwaelod y ddysgl caserôl (dewisol)

Ar gyfer y saws béchamel

100g menyn heb halen
100g blawd plaen
900ml llaeth cyflawn
Pinsiad o bapur a halen
½ llwy de nytmeg mâl
100g caws Parmesan wedi'i gratio
2 felynwyl

Dull

1. Rhowch y planhigion wŷ wedi'u sleisio ar bapur cegin, ysgeintiwch halen drostyn nhw, a'u gadael am 30 munud i dynnu'r lleithder allan, yna rinsiwch mewn colandr a sychwch gyda phapur cegin, yna ysgeintiwch gydag ychydig o flawd.
2. Rhowch ychydig o olew mewn padell ffrio a ffrwch y tafelli o blanhigyn wŷ mewn sypiau, am ychydig funudau bob ochr, i'w lliwio. Rhowch nhw ar bapur cegin.
3. Rhowch y sleisys tatws mewn padell o ddŵr berw am 5 munud, draeniwch, a rinsiwch â dŵr oer i'w hatal rhag coginio mwy.
4. Cynheswch y popty i 180°C / 160°C ffan / Nwy 4.
5. Gwnewch y cymysgedd briwrigig trwy ffrio'r briwrigig cig oen nes ei fod wedi brownio, ychwanegwch y winws a'r garlleg a'u coginio am ychydig funudau i adael i'r winws feddalu. Ychwanegwch y tomatos, purée, sinamon, oregano, sesnin, dail llawryf a'r gwin. Dewch ag ef i'r berw, ac yna mudferwch am tua 30 munud nes ei fod yn drwchus. Gadewch i oeri ychydig.
6. Gwnewch y saws béchamel trwy doddi'r menyn mewn sosban, yna ychwanegwch y blawd a'i chwisgio am 2 funud. Chwisgiwch y llaeth yn raddol nes bod y saws yn llyfn braf. Dewch ag ef i'r berw, ac yna tynnwch oddi ar y gwres ac ychwanegu'r caws, nytmeg a'r sesnin. Chwisgiwch eto nes ei fod yn llyfn braf. Gadewch i'r saws oeri am tua 15 munud, yna chwisgiwch y melynwyl i mewn.
7. I'r wch ddysgl bobl neu dun rhostio, ac yna ychwanegwch haen denau o friwsion bara i amsugno'r hylif o'r llysiau. Rhowch y tafelli tatws ar y gwaelod, gan eu gorgyffwrdd ychydig. Yna rhowch haenen o'r tafelli planhigyn wŷ ar eu pennau, gan eu gorgyffwrdd. Arllwyswch y cymysgedd cig drosto, yna haen arall o'r planhigyn wŷ. I orffen, arllwyswch y saws béchamel drosto.
8. Rhowch yn y popty am tua awr. Mae'n well gadael iddo sefyll am 10-15 munud cyn ei weini.

UNIGRYW I GYMRU. BLAS O'N GWLAD.

Ingredients

450g lean PGI Welsh Lamb mince
3 large aubergines, peeled and sliced 1cm thick
2 large potatoes, peeled and sliced 1cm thick
2 tbsp olive oil
2 onions, finely chopped
3 garlic cloves, crushed
400g tin chopped tomatoes
2 tbsp tomato purée
¼ tsp cinnamon
1 tsp oregano
Salt and pepper
Extra salt for salting the aubergines
1 tbsp flour for sprinkling the aubergines
2 bay leaves
Small glass red wine
Breadcrumbs for bottom of casserole dish (optional)

For the béchamel sauce:

100g unsalted butter
100g plain flour
900ml whole milk
Pinch of salt and pepper
½ tsp ground nutmeg
100g grated Parmesan cheese
2 egg yolks

Method

1. Place the sliced aubergines on kitchen paper, sprinkle with salt, and leave for 30 minutes to draw out the moisture, then rinse in a colander and pat dry with kitchen paper, then sprinkle with a little flour.
2. Place a little oil in a frying pan and fry the aubergine slices in batches, for a few minutes each side, to colour. Place on kitchen paper.
3. Place the potato slices in a pan of boiling water for 5 minutes, drain, and rinse with cold water to prevent further cooking.
4. Preheat the oven to 180°C / 160°C fan / Gas 4.
5. Make the mince mixture by frying the lamb mince until browned, add the onions and garlic and cook for a few minutes to allow the onions to soften. Add the tomatoes, purée, cinnamon, oregano, seasoning, bay leaves and the wine. Bring to the boil, and then simmer for approximately 30 minutes until it reaches a thick consistency. Allow to cool slightly.
6. Make the béchamel sauce by melting the butter in a saucepan, then add the flour and whisk for 2 minutes. Gradually whisk in the milk until the sauce is nice and smooth. Bring to the boil, and then take off the heat and add the cheese, nutmeg and seasoning. Whisk again until nice and smooth. Allow the sauce to cool for approximately 15 minutes, then whisk in the egg yolks.
7. Grease a baking dish or roasting tin, and then add a thin layer of breadcrumbs to absorb the liquid from the vegetables. Place the potato slices on the bottom, overlapping them slightly. Then place a layer of the aubergine slices on top, overlapping them. Spoon over the meat mixture, then another layer of the aubergines. To finish, pour over the béchamel sauce.
8. Place in the oven for approximately 1 hour. It is best to let it stand for 10-15 minutes before serving.

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HALEN MÔN

Striking Welsh Gold

The Lea-Wilsons, founders of Halen Môn (Anglesey Salt), have been exhibiting at the Abergavenny Food Festival for years. To mark the launch of their first book 'Sea Salt – a perfectly seasoned cookbook' (White Lion Publishing) they will also be giving a demonstration on the Robert Price Kitchen Stage in the Market Hall on the Saturday (see page 54).

*Photographs by:
Liza and Max Haarala Hamilton*

Alison, David and their daughter Jess have had lives centred around sea salt – making it, perfecting it and travelling the world selling it – for over twenty years. Their commitment to the craft has earned them 'Protected Designation of Origin' status.




Authenticity

Sea salt was made on the island of Anglesey up until the late eighteenth century when it was halted after makers were fined for adulterating the sea brine with Cheshire rock salt.

The Lea-Wilsons resurrected this age-old craft by combining traditional hand harvesting with brand new technology to produce crunchy white flakes. Unlike their predecessors, nothing extra is added.

Authenticity is crucial. The process is unique and has been legally recognised as such under EU law. They are proud to be the UK's 60th Protected Food Name, are British Retail Consortium (BRC) certified and are one of the few sea salt producers in the country to have qualified for Certified Product Status from the Soil Association. Every pack of sea salt is marked with the harvest date and the salt maker's initials, and is hand-packed.

Visit their stall at the Festival in the Market Hall. 

Try out their recipe for Grilled Oysters in Smoky Spiced Garlic Butter. 

www.halenmon.com



Halen Môn - then and now

"It all started in 1997," explains Alison. "A saucepan of seawater was left to boil on the Aga in the family kitchen and as the salt crystals started to form, we knew we'd struck culinary gold. We were already paying the Queen for the seawater as she owns the coastline and charges rent for our pipeline to it. We also knew the sea around the island was exceptionally clean as the notoriously fussy seahorses at The Sea Zoo (founded by us) bred happily in it. Seahorses are very picky about the water in which they live and breed so we had a feeling that these briny waters had the potential to produce the world's finest sea salt."

The family started supplying Halen Môn Sea Salt to local butchers, Swains, in Menai Bridge on the Isle of Anglesey. Today, their sea salt is enjoyed around the world by chefs, food lovers and even Barack Obama. It has been served at the London 2012 Olympics, political summits and royal weddings and is a vital ingredient in Green & Blacks chocolate and Piper's Crisps. Along with over one hundred of the nation's best delicatessens in the UK, they also supply Marks and Spencer, Waitrose and Harvey Nichols.

Their sea salt can now be found in over twenty countries across the globe, as well as on the tables of some of the world's top restaurants like The Fat Duck. Importantly, it's still for sale at Swains in Menai Bridge.

The Halen Môn process:

- Uses pure charcoal-filtered seawater drawn from the Menai Strait around Anglesey.
- Before the water even reaches the Saltcote, it has already passed through two natural filters: a mussel bed and a sandbank.
- Once naturally filtered, the salt water is gently heated in a vacuum so it boils at a low temperature.
- Gradually, the water releases steam and turns into a very salty brine.
- When the concentration of the salt in the water is high enough, it is released into shallow crystallisation tanks and left there to allow the sea salt crystals to form.
- Once the crystals have formed, the sea salt is harvested by hand. Finally, the flakes are rinsed in brine until they shine.
- While the majority of the sea salt is kept pure, some of it is then blended with a range of the finest ingredients to make seasoned range or kiln-smoked on-site to create bespoke blends.



Alison Lea-Wilson in her kitchen



RECIPE

GRILLED OYSTERS IN SMOKY SPICED GARLIC BUTTER

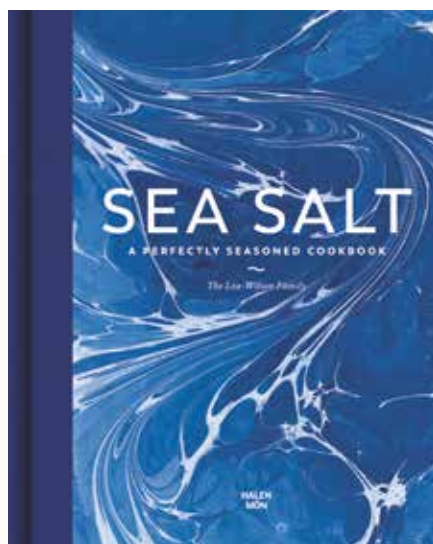
Wystrys wedi'u grilio mewn menyng mwg sbeislyd

(This recipe is from Sea Salt – a perfectly seasoned cookbook – and has been reproduced with permission from the publisher)

Publisher: White Lion Publishing
Price: £26.00, hardback

“This beautiful book, written collectively by a whole family about their shared passion and business, celebrates the irreplaceable savoury edge of salt – in its flakiest most appetising form. And the recipes are irresistible too.”

Hugh Fearnley-Whittingstall



Menai oysters are grown right in front of our Saltcote at Halen Môn – the raw seawater is an incredible resource. You can do the prep earlier than it's quick, easy (and impressive) to cook and serve. Your guests will automatically gravitate towards the chef and are almost guaranteed to impatiently burn themselves on the hot shells and molten butter, so please be careful! The hardest part of this dish is to find something to serve the oysters on. Rock oysters have an irregular cupped shell and when they come off the barbecue, they will be scalding hot and filled with bubbling butter. We have found the best thing is an old griddle pan but we have also used seaweed (when feeling fancy), pebbles or egg boxes (when desperate).

Ingredients:

- 75g/23/4oz butter, softened
- 50g/13/4oz Parmesan cheese, finely grated
- 4 garlic cloves, finely grated
- Finely grated zest and juice of 1/2 lemon
- 1 tsp hot smoked paprika, plus extra for dusting
- 1 tsp cayenne pepper
- 1/4 tsp smoked sea salt
- 1/4 tsp hot sauce
- 12 rock oysters
- Small bunch of parsley, leaves picked and chopped
- Lemon wedges, to serve
- Time: 25 minutes
- Serves 4 as a starter

Method:

Mix the softened butter, cheese, garlic, lemon zest and juice, paprika, cayenne, salt and hot sauce together in a large bowl. Use a fork to work it into a smooth mixture. Empty the bowl onto a piece of clingfilm, big enough to hold the butter, then roll it into an even sausage shape about 2cm/3/4in thick. Chill until ready for cooking.

Opening oysters can be tricky – even trickier after a few drinks by the barbecue with lots of people watching you – so open the oysters just before your guests arrive and make sure the oyster is completely detached from the shell to help with eating later. If you have not done this before, ask your fishmonger to show you (and refresh your memory with tutorials available online once you get home). You will need an oyster knife to do this at home.

Remove the grill from the barbecue and light. Get your charcoal to the point where you cannot hold your hand over the heat for more than 10 seconds. Place the shucked oysters, cup-shell down, on the cold grill. You need to be careful to get them to remain upright so they don't spill their contents and add a 1cm/1/2in disc of the flavoured butter to each oyster. Very carefully lower the laden grill on to the barbecue. Depending on the heat, it will take 3–6 minutes before the butter is bubbling and this means the oyster is poached to perfection. Using tongs, move each oyster to a serving platter. Sprinkle with parsley and a dusting of paprika and serve with lemon wedges and crusty bread.

Note

The oysters can be cooked under a preheated hot grill if you don't want to light the barbecue; the cook time will be the same.

How much is a pint of milk?

What higher inflation means and what you could do to help survive it.

Inflation in much of the developed world has been low for decades. But post-COVID reality and the impacts of unrest in Ukraine has resulted in a surge in demand, supply issues and soaring energy costs. So, what does this mean for inflation and how could it affect you and your money?



Kim Waters, Chief Executive Officer of Abergavenny Food festival, discusses the impact of inflation with **Nigel Clarke**, Regional Director for South Wales at Schroders Personal Wealth.

“Financial advice isn’t just for the wealthy”

What is inflation?

Simply put, inflation is the general increase in the cost of goods and services. Governments work out price changes by tracking a basket of commonly bought items designed to reflect a typical household's spending. This is known as the Consumer Price Index (CPI).

From 5p to 50p in five decades: real-life price rise of a pint of milk

In January 1971, the average price of a pint of milk in the UK was just 5p. It remained roughly that level until 1975, after which it crept up gradually to just under 40p in the 1990s. The steepest increases have come recently. In April 2021, a pint of milk cost 42p. In March 2022, that reached 50p: a 19% increase in less than a year.

Source: Office for National Statistics, RPI: Ave price - Milk: Pasteurised, per pint, 13 April 2022.

What causes inflation?

Inflation is potentially affected by a number of things, but essentially there are two main reasons. If the costs of producing goods and services escalate, consumers are faced with increased prices for the finished product. This is known as 'cost push'. But prices can also grow when the demand

for something exceeds the ability to supply it. This is called 'demand pull'.

We're currently experiencing the highest inflation rate in the UK for decades and the reason behind this is mainly cost pushes. As oil and gas prices swell, in part due to the conflict in Ukraine, some producers are passing on the additional costs to the purchasers of the goods or services they provide.

Is too much inflation a bad thing?

A moderate amount of inflation can signal a healthy economy. As an economy grows, demand for goods and services increases which pushes prices up. The concern is, too much inflation can become problematic.

The biggest risk of inflation is the impact on our living standards. If prices rise faster than wages, people can be left unable to afford to spend money on goods and services to the level they have enjoyed previously.

The negative effects of rising inflation impact different sections of society differently. Those on fixed incomes, such as pensioners, are often hit hardest. This is because the prices of things they buy go up while their income remains unchanged. It can also result in workers requesting higher wages; however, this can contribute to surging inflation which may end up eroding some of the benefits of the increased pay.



How does inflation impact savings?

This is a great question and one that isn't always considered as inflation increases, but it can have a damaging effect on savings.

Recent research by Schroders Personal Wealth highlighted the fact that 59% of UK adults surveyed don't know or aren't sure how much interest their savings account is currently paying. This may be much less than they think.

Although the majority of people (55%) are aware of the effect that increased inflation has on their savings, 18% have no awareness and a further 27% haven't considered the impact.

Even more concerning is that 73% of UK adults over the age of 55 claim that due to increased inflation they can't afford to retire (29%) or are not sure if they can retire (44%). worryingly, 23% of over 55's stated that they have already had to delay retirement due to the current cost of living crisis.

What can be done to tackle inflation?

Inflation and interest rates are closely linked. This is because central banks (such as the US's Federal Reserve or the UK's Bank of England) traditionally respond to increased inflation by raising interest rates.

This generally hits mortgage owners the hardest as monthly payments go up as interest rates rise. Higher borrowing costs tend to equal less spending. In principle, this would mean people have less money to spend and therefore prices may stop rising so sharply.

Do you have some practical ways to limit the harm of inflation?

You could potentially protect against rising prices by fixing the cost of certain outgoings, such as loans, mortgages and energy bills meaning that you will pay the same amount each month. But what can you do when it comes to savings

and investments?

As we have highlighted, cash often performs poorly in times when inflation is high. Investing in stocks and shares can appear daunting at first but owning some equities (company shares) could be one way to help combat the impact of inflation, as company shares often hold their value better than cash in times of high inflation. It's important to realise that the ability for stocks to weather inflation varies according to a range of factors.

At Schroders Personal Wealth, we believe that holding a diversified range of assets can be an effective way to provide some protection against inflation. These assets could include a mix of commodities (such as gold), shares and property. A financial adviser could help you find an investment portfolio that meets your individual requirements and circumstances.

If Festival visitors fancy an informal chat on the day, where will they find you?

We'll be located at key locations across the Festival site. We know people will be busy shopping and having fun, but they may want to drop by, say hello, and perhaps arrange an appointment. We'd love to see you there, but if you're keen to talk sooner, then do please get in touch for a no obligation conversation. There are no hidden fees or charges, and you'll only start to pay if you choose to go ahead with our recommendations from your financial plan.

You can book your free initial consultation with an adviser at spw.com/aff.

Important information

Any views expressed are our in-house views as at the time of publishing.

The value of investments and the income from them can fall as well as rise and are not guaranteed. Investors might not get back their initial investment.

MEAT-FREE MEXICAN

by Thomasina Miers


Thomasina (Tommi) Miers won *MasterChef* in 2005 and has led the love for Mexican cuisine in this country with her award-winning street food restaurants Wahaca and a stream of bestselling cookbooks. She believes that real Mexican food, as one of the world's most diverse cuisines, is perfect for anyone looking for inspiration in their vegetarian and vegan cooking.

Mexican food is fresh, healthy and bursting with flavour, using hundreds of chilli varieties and different types of corn, tomatoes, beans, avocados, pumpkins, courgettes, wild herbs and greens; plus much loved ingredients like cacao, peanuts and vanilla – while nuts and seeds add goodness and body to beautifully-flavoured sauces.

In her restaurants, Tommi has championed the rise of the vegetarian diet and witnessed consumers' growing recognition that meat-free dishes are not only healthy, but just as delicious and satisfying as meat alternatives. Half of Wahaca's menu is now vegetarian.

Tommi wrote *Meat-free Mexican* – her eighth book – during lockdown.

"Writing and cooking Meat-free Mexican has been the most rewarding and exciting project. Stuck at home over lockdown I felt like I was visiting Mexico daily through these recipes, using seasonal fruits and vegetables and giving them energy and character with some classic and some more modern Mexican cooking techniques. Using an exciting collection of fresh herbs and spices I was able to weave wonderful flavour and bold tastes into simple, everyday ingredients. I am incredibly proud of this book and the recipes inside it."

The book contains 125 of her favourite Mexican-inspired vegetarian and vegan recipes celebrating fresh, seasonal vegetables, earthy pulses, subtle-tasting herbs and bold spices. You'll find mouth-watering tacos, spectacular salads, homely and delicious enchiladas, smoky salsas, fiery chilli oils and rich moles as well as tempting puddings and some dazzling drinks. Simple enough to cook every day but definitely exciting enough for date nights and entertaining. 

www.thomasinamiers.com

Join Thomasina for a Chef Dem (see page 54) and Meet the Author session (see page 64).



Publisher: Hodder & Stoughton
Price: £25.00, hardback and ebook

When Thomasina Miers first arrived in Mexico aged eighteen, she fell so in love with its food that she went back to live there, opening a cocktail bar and cooking with some of Mexico's top chefs. After returning to London and winning BBC2's *MasterChef* in 2005, she co-founded Wahaca, winner of numerous awards for its food and sustainability credentials. Tommi's passion lies in great food and how it can positively affect people and the environment. She co-founded the 'Pig Idea' campaign in 2015 and in 2017 helped set up Chefs in Schools. An ambassador for the Soil Association, she was awarded an OBE in 2019 for her services to the food industry. She has a weekly column in the Guardian's *Feast* magazine.

Try out her recipe for Beetroot Ceviche with Tarragon, Blood Orange & Avocado 'Crema' 



RECIPE

BEETROOT CEVICHE WITH TARRAGON, BLOOD ORANGE & AVOCADO 'CREMA'

This recipe is taken from *Meat-Free Mexican: Vibrant Vegetarian Recipes* by Thomasina Miers, and reproduced with permission from the publishers, Hodder & Stoughton. Photography by Tara Fisher.

As it becomes increasingly apparent how much we have overfished the oceans and how much care we need to take if we are to eat any fish at all in the future, I have started to look for ways to avoid eating it. 'Ceviche-ing' beautiful vegetables, at the peak of their season, has become a favourite in my Mexican feasts. If blood oranges are not in season, use normal ones.

Serves 6 as a starter, or fewer as part of a light meal.

Ingredients

- 4 medium beetroot (beets)
- 21/2 tbsp olive oil
- 30g (1oz) sunflower seeds
- 1 avocado
- 11/2 tbsp lime juice
- 2 tbsp chopped coriander (cilantro) stalks plus small handful of roughly chopped coriander (cilantro) leaves
- 3 radishes
- 2 spring onions (scallions), finely chopped
- small handful of roughly chopped tarragon leaves
- fine sea salt
- cress or pea shoots, to garnish (optional)

Preheat the oven to 200°C/180°C fan/400°F/gas 6.

Rub the beetroot with 1 tablespoon of the olive oil, followed by a little fine sea salt, pop into a baking tin and cover with foil. Roast for 1 hour or until tender when pierced with a knife.

Toast the sunflower seeds in a dry frying pan (skillet) until golden. Remove and set aside. Meanwhile, to make the dressing, put the chilli and garlic in the dry frying pan over a medium-high heat and toast on both sides until blackened all over, about 5–7 minutes. Toast the cumin seeds for 30 seconds in the same pan. De-seed the chilli, cut into quarters and peel the garlic. Pound a quarter of the chilli to a paste in a pestle with the garlic and several pinches of salt, the cumin and the sugar. Work in the lime juice and finally pour in the olive oil and orange juice and stir to combine.

Blitz the avocado with the lime juice, 11/2 tablespoons of water and the remaining oil. Add the coriander stalks and 2–3 large pinches of salt and blitz again to a smooth, thick cream.

When the beetroot is cooked, allow to cool for 5 minutes, then pop on a pair of washing-up gloves and rub away the beetroots' skin. Slice into rounds about 3mm (1/8 inch), preferably with a mandolin. Arrange them in overlapping circles on a large serving plate and dress with the dressing while still warm. Slice the radishes to paper-thin discs (use the mandolin if you have it). Scatter over the spring onions, coriander and tarragon leaves and the seeds and dot with the avocado cream. Serve at once with the cress or pea shoots.

Dressing

- 1 Scotch bonnet chilli (or a bird's eye)
- 1 small garlic clove, unpeeled
- ¼ tsp cumin seeds
- 1 tsp caster (superfine) sugar
- 2 tbsp lime juice
- 7 tbsp extra-virgin olive oil
- juice of 1/2 orange (blood or otherwise)
- salt

How to make a Tostada

The above recipe can be served with a tostada (recipe in the book) – a crisp fried tortilla, rather like a crispbread, that provides the perfect base for a range of delicious Mexican toppings. They are a wonderful addition to a summery spread of Mexican tapas, otherwise known as antojitos In Mexico! Frying stale tortillas, rather than fresh, will give you a crunchier tostada as they will absorb less oil.

Warm a couple of centimetres of oil in a frying pan (skillet) and individually fry small corn tortillas for approx. 30 seconds on each side until golden and crisp, then drain on kitchen paper. Alternatively, dry-toast fresh tortillas in a dry frying pan until black in spots and brittle. Tostadas like these need to be served at once, or they will turn chewy.

I also make tostadas from pitta breads when I can't get hold of corn tortillas. Just use a ring cutter, cut out the size you want, brush with vegetable oil and bake in a 180°C/160°C fan/350°F/gas 4 oven for 4–5 minutes until golden and crisp.

CHEERS!

Let's raise a glass to good times! And what better glass to raise than 1985, a deliciously refreshing (and multiple award winning) premium lager. Pale straw in colour, it's brewed using the best of British hops together with European lager hops for a cool, crisp taste.



Photo by Hannah Katrina Jedrosz



VITTLES

by Jonathan Nunn

Jonathan is founder and editor of Vittles, the mould-breaking online platform for new food writing. Vittles publishes food and culture writing from across the world, platforming writers, illustrators and chefs, particularly those not given space within traditional food media.

Jonathan will be chairing 'The Post Empire Kitchen - Britain's hospitality industry in the post-colonial era' which is part of our Talks & Debates strand (See page 58).

I set up Vittles in March 2020 for a multitude of reasons - concern, boredom, spite - but the main one is because I wanted to platform a new type of food writing in the UK, or rather, a type of writing which was already out there but didn't seem financially viable or particularly wanted by mainstream food publications.

The idea started, like most ideas do, on a whim. It's difficult to get in the mindframe of what someone in the early stages of the pandemic was going through, but my thinking was this: I'm out of a job (I was both working in a tea shop and restaurant writing at the time) and I bet lots of chefs and food writers are out of a job too. Why not start something that could solve my boredom and people's financial troubles at the same time? The furlough scheme quickly solved a lot of the most urgent problems within a week, but still, judging from a quick survey of Instagram followers it seemed like there was an appetite for some kind of newsletter, written by many restless people who finally had the time and mental space to try their hand at something new. This was the perfect time to do it.

Everything came together very quickly: the name (a homage to my favourite author as a child, Brian Jacques), the logo (done in 30 seconds on Word and hasn't been changed) and the format, a new-ish newsletter creator called Substack. In my first newsletter I wrote

the following words: 'I've always thought it strange that food writing - something that literally everyone in the world, no matter what class or race or religion, has an opinion on - is actually one of the least democratic forms of writing that gets regularly published, with most of the 'expertise' concentrated into the hands of a very small number of people, all of whom seem to be the same type of person. I hope that if anything, this newsletter can show the variegated ways that this amorphous thing called 'food writing' can be tackled, all the different ways we can use our city and communities and give back to them, that we did not know about.'

The first four months of Vittles are a blur to me now, and operated somewhat anarchically as a kind of food zine based around pandemic-related needs: recipes from people who had never had the chance to write down recipes before; guides to food shops used by different London communities; masterclasses by expert writers like Thom Eagle in how to ferment, and other long-term projects - baking, foraging, pasta making - that were vital to filling up the expanses of blank space that existed for those who were working from home; utopian reimaginings of restaurants, labour, cities, that all felt like possibilities in a time when everything was changing. I almost consider that era of Vittles a separate publication to what it is now: it was hopeful, and flexible, and green, born out of a specific experience that the world was collectively going through and run entirely through my bedroom.

Two and a half years on, Vittles is an international publication, with three editors in three cities (tagline: London, Delhi, Harwich). It has platformed a couple of hundred writers and dozens of illustrators in countries from Mexico to India, allowed new writers to leapfrog into the mainstream and let established writers do the kind of writing they really love and believe in. It has published long reads, investigative pieces, huge deep dives and compilations, podcasts, poetry, short stories, and even a few recipes.

It has three rotating columns, on Black food culture, snacks, and hyper regional British food, expanding what was originally a very narrow London remit to the rest of the UK. It has given me the freedom to publish my own restaurant writing when there were few other publications who would take it. Its writers and editors have been nominated for or won major food writing awards. It has done all of this while paying its contributors a better wage than many newspapers despite running on a lower budget. It has increased its fees with every season, and stayed profitable despite being funded entirely through subscriptions by people who want to read it and see it flourish. It is only when I write all of this out, or explain it to people, that I realise how unusual this is in any media, let alone the food writing world.

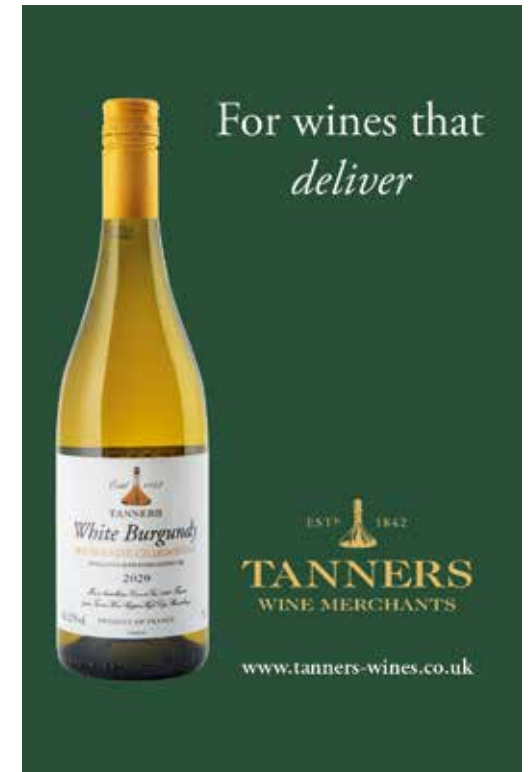
I am still not entirely satisfied. In retrospect, it is clear that March 2020 represented a break with the old era of British food writing. There has been an emergence of new voices who feel emboldened to create publications based on their lived experience and political outlook, centering writing on immigrant identity, labour, urban architecture, food policy, the environment, climate change and decolonisation. I look at British publications that existed pre- and post-pandemic like *Sourced Journeys*, *Pit*, *Cheese*, *Potluck*, *Lecker*, *Pellicle*, *Filler* and feel like there is so much incredible diversity and experimentation already here, and plenty of room for all these publications to grow into. And it's heartening to look at American publications, like *Whetstone* and *Mold*, and see what that might look like, given the right circumstances..

In many ways, this is an exciting time for food writing in this country. The last couple of years have expanded British food writing away from recipes and restaurant criticism, while also diverging from the American food writing that has influenced it, adding levity and its own unique character and voice. I'm heartened by how much interest in food writing there is currently (I think this is the first generation in history where 'food writer' is an

aspirational job rather than something people fall into by mistake.) But there currently aren't enough spaces to publish good writing, and we increasingly have to look outside food publications, and particularly to America, to actually make a living.

Growing a publication is one solution - I don't know what Vittles will look like in another two years - but I would hope that food writing in this country, with the help and support of institutions like Abergavenny, will have progressed so that the many publications that already do great work are no longer considered marginal but a viable centre ground for new food writing away from legacy media. Really the goal should not be to get legacy media to change, but rather how to expand the space we already have, and make it the centre. 🍷

www.vittles.substack.com



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STRAIGHT OUTTA CYMRU

In search of the Perfect Burger

by Owain Hill

Owain's family-run restaurant, Hills Brecon, is a hit with anyone who loves quality produce, straightforward cooking, great flavours, and generous portions. Here he shares a recipe from his book 'Straight Outta Cymru' which will be on sale over the weekend.

Owain will be doing a Cooking Over Fire Dem at the Castle on Saturday (See page 56).

'Burger Man' Origins

The food speaks for itself, but there's another dimension to the Hills Brecon experience, and that's the striking branding; the use of black and white line, witty graphics, and sharp messaging, all of which is reflected in the book. How did that come about?

"One day we noticed a diner who was quietly doodling away on a napkin. But as we later discovered, this wasn't any old diner – and it wasn't any old doodle either. This was Phil Morgan, the celebrated graphic artist who has lent his talents to high-profile projects on both sides of the Atlantic, and exhibited all over the world.

He has built a reputation for creating quirky and colourful post-modern street art, taking well-known elements from worldwide pop culture and repurposing them with a wink, a smile.

He arrived unannounced one day and left behind a quirky little character called 'The Burger Man' who summed up our ethos and atmosphere perfectly.

We're happy to report that, with Phil's blessing, The Burger Man is now firmly established as a popular member of the Hills family. Not only is the original design now proudly framed and mounted on the wall of our restaurant, but it also features in our growing range of merchandise." 

www.hillsbrecon.co.uk



Meat may be the main focus at Hills Brecon, but a great main meal must be complemented by a delicious dessert. Try this at home.

Burnt Cheesecake

Ingredients:

- 600g full-fat cream cheese
- 175g caster sugar
- 3 large free range eggs 300ml sour cream
- 1/4 tsp sea salt 25g cornflour

Method

Pre-heat the oven to 200°C. Line a 20cm springform tin with greaseproof paper, leaving an overhang of 5–7cm to allow the mix to rise without going over the side.

Take your ingredients out of the fridge and allow to come to room temperature. I use a freestanding mixer fitted with the flat paddle for this, but you could easily use a large bowl and wooden spoon.

First beat the cream cheese with the sugar until light and smooth around 2 minutes. Next beat in the eggs, one at a time, waiting for each one to be incorporated before adding the next.

When they're all mixed in, pour in the sour cream. Once that is also incorporated, you can slow down the mixer a little and beat in the salt and add the cornflour a teaspoon at a time.

Remove the bowl from the mixer, scrape down the sides with a silicon spatula and give everything a good stir. Pour the mixture into the lined tin and tap the filled tin on the work surface about five times to get rid of any air bubbles.

Place in the oven and bake for 50 minutes, until the cheesecake is dark bronze on top and well risen and still quite wobbly. You may think it's undercooked, but it will carry on cooking as it cools, and it should have a soft set anyway. Finally, transfer the tin to a wire rack and leave to cool for a few hours before carefully removing from the tin. Serve with your favourite sorbet.

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Kate Humble



THE FESTIVAL WEEKEND PENWYTHNOS YR WYL

17 & 18 September

Guest Performers Perfformwyr Gwadd

A big welcome to our hugely talented guest performers who are coming to Abergavenny to share their culinary knowledge and skills.

On the following pages you will see the full line-up for **Chef Dems**, **Cooking Over Fire**, **Talks & Debates** and (new this year) **Local & Vocal**. All these events can be enjoyed for free with a Stroller Ticket.

Please also see our programme of individually ticketed events: **Meet The Author**, **Drinks Theatre**, and **Forages**. E.tickets can be purchased online. **All tickets are being sold in advance.**

Events listed are correct at the time of going to press, but may be subject to change.

Pick up a site map on the day with event times and exhibitor listings by venue.

www.abergavennyfoodfestival.com

Chef Dems – Market Hall

Supported by



Saturday 17 September

10.30 – 11.10am

The Seasonal Baker – Michelle Evans-Fecchi

One of the stars of *GBBO 2019*, Michelle's farm upbringing informs her whole approach to cooking and baking: thrifty, zero-waste and making the most of home-grown produce as it comes in season.

11.30 – 12.10pm

Red Sauce, Brown Sauce – Felicity Cloake

Some breakfast tips from the nation's favourite taster-in-chief, and author of *The Guardian's How to Make the Perfect...* columns. *Red Sauce Brown Sauce: A British Breakfast Odyssey* is Felicity's latest cookbook and travelogue.

12.30 – 1.10pm

School of Wok – Jeremy Pang

School of Wok is the title of Jeremy's latest book and also the name of the award-winning cookery school he founded with the aim of demystifying Chinese cooking. Ten years on, the school has taught over 60,000 students. Here he introduces the Wok Clock, which is at the heart of his teaching method.

1.30 – 2.10pm

Tapas y Copas – Owen Morgan Bar 44

Celebrating 20 years since they opened their first Tapas Bar in Cowbridge, brothers Tom and Owen have now produced their first book during lockdown. It's packed with stories and recipes garnered over those two decades. Get a taste of it here.

2.30 – 3.10pm

A Celebration of Sea Salt – Halen Môn

Chef Anna Shepherd and the Lea-Wilsons – the family behind Halen Môn sea salt – celebrate the most important (and often-misunderstood) ingredient in your pantry as they demonstrate recipes from their new book *Sea Salt: A Perfectly Seasoned Cookbook*.

3.30 – 4.10pm

Meat-free Mexican – Thomasina Miers

Tommi Miers is founder of the Wahaca chain of restaurants and widely credited with having introduced Britain to real Mexican food. Her new book, *Meat Free Mexican*, shows how the ancient diet is strikingly flexitarian in nature, a celebration of vegetables and plant-life that feels thrillingly modern in its approach.

4.30 – 5.10pm

Matt Tebbutt and Jane Baxter

The presenter of BBC TV's *Saturday Kitchen* is joined by one of his favourite guests. Matt and Jane have also been working together on Channel 5's *Go Veggie and Vegan with Matt Tebbutt*. Jane runs the Devon-based food and event company Wild Artichokes. Expect chat and repartee but what will they cook?



Felicity Cloake,

Kalpna Woolf



Sunday 18 September

10.30 – 11.10am

Eat, Share, Love – Kalpna Woolf

'When we cook together it is an act of love. And when we eat together we create a shared memory.' *Eat, Share, Love* is a remarkable cookbook featuring recipes and stories collected by Kalpna through the charity she founded, '91 Ways to Build a Global City'. The charity – and all proceeds from this book – are dedicated to bringing together Bristol's 91 language communities through the common language of cooking and sharing food. Kalpna will be cooking one of her family's recipes – a centuries old Moghul dish, Butter Chicken – and its vegetarian equivalent, Shahi Paneer.

11.30 – 12.10am

The Italian Way – Stephen Terry

It is 21 years since Stephen Terry opened his first restaurant. One of Marco Pierre-White's protégé's, Stephen traded the white heat of the London scene for the green pastures of Monmouthshire where he is happy to be able to cook the Italian way – close to the produce that features on his menu at The Hardwick, Abergavenny.

12.30 – 1.10pm

Cora – Lee Skeet and Lily Griffiths

Lee and Lily, chef and front of house, are Cora – Cardiff's small but perfectly formed 12-seater restaurant – recently named as one of the Top 10 restaurants in Wales. Lee's background is in Michelin-starred kitchens and that's the level he is aiming for at Cora.

1.30 – 2.10pm

Ayla – Santosh Shah

Santosh demonstrates a white fish curry from his new book *Ayla: A Feast of Nepali Food from Terai, Hills and the Himalayas*. Santosh leapt to fame on *Masterchef: The Professionals 2020* where he was runner-up but dubbed 'The People's Champion'. In 2021 he won the rematch!

2.30 – 3.10pm

Your Daily Veg – Joe Woodhouse

Your Daily Veg: Modern, fuss-free vegetarian food is the first book from rising star Joe Woodhouse. A vegetarian from a young age, Joe is lauded by colleagues – such as Anna Jones and Nigella Lawson – for being the best vegetarian chef in the business.

3.30 – 4.10pm

Hang Fire – Sam Evans and Shauna Guinn

Meet the ebullient pair behind the Hang Fire brand whose meteoric rise took them from a pop-up in a Cardiff pub to their own Americana restaurant, Hang Fire Southern Kitchen, in Barry. Multiple awards and TV series followed along the way. The staffing crisis during the Covid years forced the eventual closure of the restaurant, but that won't stop the dynamic duo. Find out what the next chapter will be...



Joe Woodhouse

Cooking Over Fire – The Castle

Supported by



Saturday 17 September

11.00 – 11.40am

Jamaican-style – Melissa Thompson

The food writer and Webber BBQ Ambassador cooks from her new book *Motherland: A Jamaican Cookbook* and talks about the history, the people, and the ingredients which have shaped the fascinating patchwork that is today's Jamaican cuisine.

12.00 – 12.40pm

Hangfire – Sam Evans and Shauna Guinn

A Southern States US road-trip 10 years ago introduced Sam and Shauna to American-style BBQ and launched the Hangfire story. They have done pop-up restaurants, written books and presented their own BBC TV series *Sam and Shauna's Big Cookout*. They are irrepressible, Abergavenny-Festival favourites.

1.00 – 1.40pm

Katahar Poleko – Santosh Shah

The winner of *Masterchef: The Professionals* Rematch 2021 demonstrates Katahar Poleko, a Nepalese way of cooking charred spiced jackfruit. *Ayla: A Feast of Nepali dishes from Terai, Hills and the Himalayas* is Santosh's first cookbook.



Santosh Shah



Melissa Thompson

2.00 – 2.40pm

Straight Outta Cymru – Owain Hill

Great local suppliers and an inventive menu has burger-lovers from all over beating a path to the door of Hills Brecon, Owain's family-run restaurant. From a young age it has been his ambition to make the perfect burger, a topic he addresses alongside much else in his lockdown-written book, *Straight Outta Cymru*.

3.00 – 3.40pm

Little French – Freddy Bird

After training at Ballymaloe, Freddy landed jobs at Moro and The Square before opening Lido Bristol and then his own first restaurant. Little French is a family-owned independent neighbourhood restaurant specialising in big flavoured modern European cooking.



Chris Roberts

Jeremy Pang



Sunday 18 September

11.00 – 11.40am

A Vietnamese Feast – Jeremy Pang

Jeremy reprises the Vietnamese pork dish he cooked for his ITV series *Jeremy Pang's Asian Kitchen* and teams up again with Kyle and Lauren who rear high welfare Welsh Black pigs at Forest Coalpit Farm near Abergavenny. The pork is the centrepiece with lots of sides.

12.00 – 12.40am

Flamebaster – Chris Roberts

Stories of gauchos from his Patagonian Dad kicked off Chris' fascination with fire-cooking and the Asado barbecue style. His evident love of fire, heat and flame and his enthusiasm for Wales, its produce, and its chefs, has earned him his own TV series *Bwyd Epic Chris (Chris' Epic Food)* and made him one of the great Ambassadors for Welsh food. Sponsored by Hybu Cig Cymru / Meat Promotion Wales.

1.00 – 1.40pm

Seared – Genevieve Taylor

Join Genevieve Taylor, live fire cook, author and founder of the Bristol Fire School, as she cooks a recipe or two from her new book *Seared, The Ultimate Guide to Barbecuing Meat*. Expect exceptionally tasty meat cooked to perfection, and plenty of geeky science chat about the physics of fire and the wonder molecule that is sodium chloride.

2.00 – 2.40pm

Seafood – Cyrus Todiwala

Cyrus Todiwala is chef-proprietor at Café Spice Namasté, a 25-year London institution, newly rehoused at Royal Albert Wharf, Docklands. He is a regular guest on BBC TV's *Saturday Kitchen* and BBC Radio's *Food Programme* and co-presented the hit TV-series *The Incredible Spice Men* with Tony Singh. He is a champion of Welsh produce and here he turns his attention to seafood.

3.00 – 3.40pm

Asador 44 – Owen Morgan

Brothers Owen and Tom Morgan modelled their fourth restaurant Asador 44 on the grill restaurants of northern Spain that they had fallen in love with over many years of road-trips and time spent in Spanish restaurant kitchens. At Asador 44 they focus on cooking large pieces of meat and fish on their custom-made Spanish parilla grill.



Genevieve Taylor

Talks & Debates – The Ogi Dome



Saturday 17 September

11.00 – 12.00pm

Meat: Should we still be eating it?

Chair: **Ruth Tudor** – Writer, psychotherapist, farmer, Director of The Practice of the Wild.

Panel:

Henry Mance – Is a writer and journalist whose book *How to Love Animals* examines the contradictory nature of our relationships with pets, livestock and wildlife. Writing this book took him on a journey from vegetarianism to veganism.

Illtud Dunsford – As a Charcutier, Illtud won Food Producer of the Year at the *BBC Food and Farming Awards*. He has changed his focus and in 2016 founded Cellular Agriculture, the first UK start-up working in the cultured protein space.

Muhsen Hassanin – Muhsen left the city with his family to take over a small farm in Monmouthshire. He is a partner in Abraham Meats, a company that specialises in meat that is both halal and tayib; meat from animals that have been treated with compassion.

Henry Mance



Simon Wright

Nicolette Hahn Niman – Nicolette is a former vegetarian, environmental lawyer and cattle rancher in the US. She is the author of *Defending Beef: The Ecological and Nutritional Case for Meat*.

12.30 – 1.30pm

Back to the Future? Welsh food history and lessons for today

Adam Alexander – Author of *The Seed Detective*, film-maker and grower, Adam collects rare vegetables to grow for seed, including several varieties of Welsh heirlooms.

Carwyn Graves – Writer, public speaker and gardener, Carwyn is author of *Welsh Food Stories*, an important new study of an overlooked national cuisine.

Simon Wright – Restaurateur, writer and broadcaster, Simon was recently appointed Professor of Practice at University of Wales, St David's.

2.00 – 3.00pm

The Post Empire Kitchen – Britain's hospitality industry in the post-colonial era

Post-war migrants from Britain's former colonies have had the most transformative impact on the eating out experience in Britain. Chicken tikka masala is often cited as 'Britain's true national dish'. Indian, Chinese and Bengali families have taken their food and their cooking to every corner of the British Isles. Yet this contribution is rarely discussed, and even more rarely credited. Here we try and put that right with some of those who have seen it from close up.

Angela Hui



Chair: **Jonathan Nunn** – Jonathan is founder and editor of *Vittles*, the mould-breaking online platform for new food writing.

Panel:

Angela Hui – Angela's new book *Takeaway* is her story of growing up behind the counter in her parents' takeaway in South Wales. She is an award-winning freelance writer and editor. Her work has been published in *Eater London*, *HuffPost*, *The Independent*, *Lonely Planet*, *Refinery29*, and *Vice*, among others. She's currently the editor of *Rekki*, a new ordering app for chefs and was previously the Food and Drink Writer at *Time Out* in London.

Cyrus Todiwala – Cyrus was born in Mumbai and trained at the prestigious Taj Hotels chain before coming to the UK in the early 90's. On the strength of his reputation as a chef, he found backers to open his own restaurant Café Spice Namasté in 1995. He has become a legendary figure in UK Hospitality, not least for his contribution to staff training, and was awarded an MBE in 2000 and an OBE 2010.

Kasim Ali – South Walian Kasim left his pharmacy business in 2008 to open his first teahouse in Waterloo Gardens, Penylan, Cardiff. His vision was to transform tea-drinking in the same way as coffee had been transformed. Waterloo Tea has now opened its fifth chef-led teahouse in the Cardiff and Vale of Glamorgan area and Kasim is increasingly involved in wholesaling tea.

Melissa Thompson – Of Jamaican and Maltese heritage, Melissa grew up in Dorset and worked as a journalist before gravitating towards food-writing. In 2021 she won the

Guild Of Food Writers *Food Writer of the Year* Award and this year published her first book *Motherland*, an exploration of the history and culture that has shaped Jamaican cooking.

3.30 – 4.30pm

The Food Quiz with Monsieur Bon Bon & Madame Saucisson

Join Monsieur Bon Bon and Madame Saucisson and take part in the Festival's famous (and hilarious) Food Quiz.

Sunday 18 September

11.00 – 12.00pm

The Price of Food: Is it too expensive – or too cheap?

For some years we have heard about the external costs – the social and environmental damage – which need to be factored in to our so-called 'cheap' industrial food system. But, with the rising cost of living, the imperative to produce food sustainably is increasingly under pressure from the need to produce affordable food. Are these objectives in conflict with one another?

Chair: **Sarah Mukherjee** – Sarah was for many years the BBC's Environment Correspondent presenting on national and international television and radio news. She now heads up the Institute of Environmental Management and Assessment and sat on the National Food Strategy Advisory Panel.

Panel:

Denise Bentley – After a career in banking and a near-fatal brain haemorrhage, Denise switched her focus to helping others. With her

Denise Bentley



husband, she launched First Love Foundation. Their first project was to set up Tower Hamlets Foodbank but this soon morphed into a wider mission to tackle social injustice and the causes of poverty and deprivation. Denise sat on the National Food Strategy Panel, is a Food, Farming and Countryside Commissioner, and an Independent Chair of the Bank of England's Citizens Panel for Greater London.

Judith Batchelar – Judith has worked in Food and Drink for thirty-five years. She is a former Director of Sainsbury's Brand, responsible for the whole of the company's product offer. She is currently a Non-Exec Director at the Environment Agency and a Commissioner on the Food, Farming and Countryside Commission.

Peter Fox – Peter is a livestock farmer, former Leader of Monmouthshire County Council and Shadow Finance Minister in the Welsh Senedd. Last year he brought forward a Member's Bill to establish a more sustainable food system in Wales. The Bill had the support of the Senedd and Peter is now working on the details of a Welsh Food Bill.

Thomasina Miers – Sustainability is at the heart of everything Tommi does. She is a co-founder of Wahaca restaurants which now has 13 UK branches, and is the UK's first Carbon Neutral Restaurant Group. With Tristram Stuart she launched The Pig Idea, a campaign to reduce foodwaste and she is a founder and Trustee of Chefs in Schools, the charity which brings restaurant industry expertise to help train school chefs.

12.30 – 1.30pm

Home Cooked – Kate Humble talks with Miles Jupp

Kate's debut cookbook *Home Cooked* is inspired by her own love of simple home-cooking and the many wonderful and talented cooks she has met filming her Channel 5 series *Escape to the Farm* and, over the years, at Humble by Nature – the school for rural

skills that she and husband Ludo set up on their working farm in Monmouthshire. She is joined in conversation by her friend and Monmouthshire neighbour, the comedian and actor, Miles Jupp.

2.00 – 3.00pm

Rivers at Risk – What can we do to protect them?

Two of the jewels in the crown of the Welsh borders, the rivers Wye and Usk, both famous fishing rivers in their day, are now at risk of ecological collapse. Fish numbers have declined precipitously, and high levels of phosphate pollution have led to recurring incidences of algal bloom. What can be done to help these rivers recover? We bring together farmers and conservationists to look at this pressing issue.

Chair: **Elissa Swinglehurst** – Elissa sits on Herefordshire County Council and represents the Council on the Nutrient Management Board set up to protect the River Wye. She is a keen angler.

Panel:

John Reed – John is a Director at Avara Foods, the UK's third biggest poultry processor and the largest employer in Herefordshire. He has worked in the poultry meat industry for many years, including 8 years as Chairman of the British Poultry Council, and has been recently appointed by DEFRA to its Animal Health and Welfare Board. He is a smallholder, farms Ryeland sheep, and is a member of the Rare Breeds Survival Trust.



Miles Jupp



Nicola Cutcher

Martin Williams – Martin farms 800ha of arable land, some of it bordering the River Wye. In 2017 he offered his farm as a Monitor Farm for the Agriculture and Horticulture Development Board, bringing every aspect of his farming operation under scrutiny. Awareness of the phosphate problem has led him to work actively with neighbours to seek ways to bring the catchment back into balance.

Nicola Cutcher – Nicola is an award-winning investigative journalist in broadcast and print media. She recently produced *Rivercide*, the world's first live-streamed investigative documentary. The 60-minute documentary presented by environmental journalist George Monbiot and directed by *Age of Stupid's* Franny Armstrong was filmed along the river Wye.

Simon Evans – Simon is an environmental scientist and Chief Executive of the Wye and Usk Foundation, a charity formed in 1996 in response to the alarming decline in Atlantic salmon and tasked with trying to restore the habitat, water quality and fisheries of the two rivers. He has recently said that we may have only a couple of years before the ecology of the Wye faces irretrievable collapse.



Tim Hayward

3.30 – 4.30pm

Chef Talk – A light-hearted look behind the pass

Put your questions about the restaurant businesses to our panel of top chefs.

Host: **Tim Hayward** – Tim writes about restaurants in the Financial Times, talks about food on BBC Radio's *Kitchen Cabinet* and is proprietor of the iconic Cambridge restaurant Fitzbillies.

Chefs

Freddy Bird – Freddy earned his stripes at The Square with Phil Howard and Moro with Sam and Sam Clark. He opened The Lido Bristol for Arne Ringer before moving on to his own place Little French in Westbury, Bristol.

Jane Baxter – Jane learnt her trade at The Carved Angel with Joyce Molyneux and at The River Café with Ruth Rogers and Rose Gray. She opened The Field Kitchen for Riverford and now runs her own food and events business, Wild Artichokes, in Devon.

Pervin Todiwala – Pervin is the other half of the Café Spice Namasté story. A trained chef, graduating with honours from Bombay's prestigious Institute of Hotel Management, Pervin is co-patron, along with husband Cyrus, and Operations Director at the restaurant. She was recently named as one of 'the 100 most influential women in UK hospitality'.

Stephen Terry – Stephen's CV is hard to match. He learnt his craft at Harvey's and Le Gavroche. He won his first Michelin Star at Canteen at the age of 25 and opened Coast, Oliver Peyton's groundbreaking Mayfair restaurant before moving to the calmer waters of Monmouthshire, initially as a partner at The Walnut Tree. Since 2005, with his wife Jo, he has been chef-proprietor at The Hardwick, Abergavenny.

LOCAL & VOCAL

The Castle

Supported by



New this year. The Local & Vocal tent is an intimate space to meet and hear from people growing, producing, and selling food in Abergavenny and the surrounding area. Join us to sample and savour local produce, discuss and debate local food issues, and champion and celebrate a shared culture, heritage and environment. Everyone should have access to local, nutritious, and affordable food, which benefits both local people and the place they live. This won't happen quietly though – time to get Local & Vocal.

Saturday 17 September

11.00 – 11.40am

Local Food Stories

A chance to meet a series of local food growers, experts, producers and businesses from Abergavenny and the surrounding area, to hear the stories behind the food they make and love, how they got to where they are, and what motivates them (or gets them riled-up!). Settle into our intimate Local & Vocal tent to treat your tastebuds and enjoy some nourishing local food tales.

12.00 – 12.40pm

Tackling Food Insecurity – How do we make local food work for everyone?

Is there a way that we can address food insecurity in Abergavenny with locally grown, nutritious food, and do so in a way that treats those in need with dignity and builds communities with local food at the heart? Hear from our panel who are trying to do just that. With Alison Sidwell from Orchard Acre Market Garden, Heidi Jacobson from Hope Panty, Merthyr Tidwell, Sam Froud-Powell, from Action in Caerau and Ely and Annie Hartwright, from Cwtch Angels.

1.00 – 1.40pm

Tasting and Flavour Masterclass – with Joelle Drummond and Sarah McNena of Drop Bear Beer Co

Fancy yourself as a discerning supertaster? Ready to put your taste buds to the test? Or maybe you're just a fan of delicious alcohol-free beer. Either way, join the founders of Drop Bear Beer Co to discover the secret to award-winning taste and discover how Drop Bear Beer Co plan to brew beer in a way that positively impacts both the local community and the environment.



Monsieur Bon Bon

2.00 – 2.40pm

Cywain & The Welsh Honey Cluster: adopting a hive mentality – with Shane Llewelyn-Jones and Matt Newell

There is so much potential for beekeeping and honey production in Wales, yet we still import a large proportion of our honey. Drop in to sample local honey and mead and discover how Welsh beekeepers are working collaboratively through the Honey Cluster to grow and support each other.



and profitable for producers. Sadly, so far, most attempts have failed. What have we got wrong? Is there a new opportunity after the pandemic, with new technologies, to make it work? Join our panel of experts and local producers grappling with this puzzle. Featuring James Swift (Trealy Farm), Nick Miller (Miller Research), and Martha Roberts (The Decent Company).



Ben Cipolla

1.00 – 1.40pm

The Food Quiz with Monsieur Bon Bon & Madame Saucisson

Join Monsieur Bon Bon and Madame Saucisson and take part in the Festival's famous (and hilarious) Food Quiz.

3.00 – 3.40pm

Local & Vocal Sessions

Music and spoken word from local artists, including the soothing voice and ethereal melodies of Natalie Holmes, Ben Cipolla's blend of Jazz, Soul, and Indie-Pop, and the vibrant Neo-soul of Hesta Banks.

2.00 – 2.40pm

Heritage Seeds & Cultural Roots – every vegetable has a story to tell

With Adam Alexander, Juliet Hodgkiss, and David and Katherine Langton. Come celebrate and savour a selection of local heritage vegetables that have played an important role in our past, and just might be key to our future. We are also celebrating the launch of Adam's new book, *The Seed Detective*. Join us for a toast!

Sunday 18 September

11.00 – 11.40am

Local Food Stories

As Saturday session. See previous page.

12.00 – 12.40pm

Can Local Producers Ever Compete with Supermarkets? How do we build a viable local food model?

There have been numerous attempts to create effective and efficient local food models, to distribute locally produced food to customers in a way that is convenient, cost-effective,

3.00 – 3.40pm

Local & Vocal Sessions

Music and spoken word from local artists – featuring the intricate guitar playing and warm-hearted vocals of Jim Ramsey, the soaring acoustic folk of Kite Iya, and poetry from Lily Sequoia.

INDIVIDUALLY TICKETED EVENTS – ADVANCE BOOKING ONLY

MEET THE AUTHOR

New this year. Get together with some of our talented authors who will be chatting informally with other guests about their latest books (signing sessions afterwards). The venue is Abergavenny Library. Tickets for these sessions cost £5.00 and can only be purchased in advance (e.ticket) online at www.abergavennyfoodfestival.com.

Supported by



Saturday 17 September

11.00 – 11.40am

Seared by Genevieve Taylor with Freddy Bird

Join Genevieve Taylor, live fire cook, author and founder of the Bristol Fire School as she chats about the wonderfully addictive nature of fire cooking, and how delicious it feels to cook in an analogue way in an overwhelmingly digital world. She talks with Freddy Bird, chef-prop of Bristol restaurant *Little French*.

12.00 – 12.40pm

Meat Free Mexican by Thomasina Miers with Jane Baxter

On her first visit to Mexico she was astounded by the unexpected diversity of fruit and vegetables. She learnt that Mexico is mega-diverse, with 50,000 native plant species from herbs, greens, corn, and chillies, to squash plants, fruits and edible flowers. Tommi talks about *Meat Free Mexican* with chef Jane Baxter, co-author of *The Riverford Farm Cookbook*.

1.00 – 1.40pm

The Seasonal Baker by Michelle Evans-Fecchi with Sarah Dickins

Talk baking and Bake Off with one of the stars of *Great British Bake Off 2019*. Although known on the show for her colourful stylish bakes, Michelle's background as a West Walian farmer's daughter taught her about thrift and seasonality from the start. She is joined by BBC Wales Economics Correspondent, Sarah Dickins.

2.00 – 2.40pm

How to Love Animals by Henry Mance with Nicola Cutcher

Henry Mance is Chief Features Writer at the Financial Times. In his first book *How to Love Animals and Protect our Planet* he set out to explore the conundrum of how we can love animals so much and yet treat so many of them so badly. He started the journey as a vegetarian and finished as a vegan. He talks about the book with journalist Nicola Cutcher, producer of *Rivercide*.



Michelle Evans-Fecchi

3.00 – 3.40pm

Jeremy Pang's School of Wok with Tim Hayward

Jeremy comes from three generations of Chinese chefs. He founded the School of Wok in 2009, originally as a mobile cookery school teaching Chinese cooking in the comfort of students' own homes. It opened its doors as a permanent kitchen in 2012. He is often seen on TV and is a regular panellist on BBC Radio's *Kitchen Cabinet*. He talks about Jeremy Pang's *School of Wok*, his third book on Chinese cooking, with his *Kitchen Cabinet* colleague Tim Hayward.



Nicolette Hahn Niman

4.00 – 4.40pm

Ayla by Santosh Shah with Rob Penn

On arrival in the UK, Santosh worked his way up through some of London's top Indian restaurants, rising to the role of Executive Chef at the five-star LaLit Hotel. His success on *Masterchef: The Professionals* catapulted him into the spotlight, and with him the cuisine of his beloved Nepal. *Ayla* – the title of his first book – refers to a traditional Nepali spirit served on 'joyous occasions'. He talks with author and travel writer Rob Penn.

Sunday 18 September

11.00 – 11.40am

Charcuterie by Tim Hayward

Tim is a writer, broadcaster and restaurateur; a columnist for the Financial Times; a regular presenter on *The Food Programme* and a panellist on *Kitchen Cabinet*, both on Radio 4. He describes himself as an 'unrepentant food-geek'. Find out what he's brought up from his latest deep dive as he talks about his new book, *Charcuterie: Slow Down, Salt, Dry and Cure - From Scratch*.

12.00 – 12.40am

Your Daily Veg by Joe Woodhouse with Christine Smallwood

Joe trained as a chef and worked in kitchens while pursuing a parallel career as a food and travel photographer. A lifelong vegetarian, his first book *Your Daily Veg* has perfectly captured the zeitgeist with its combination of flavoursome recipes that are both sophisticated and accessible. He talks here with Christine Smallwood, author of *Italy: The World Vegetarian*.

1.00 – 1.40pm

Takeaway by Angela Hui with Jonathan Nunn

Angela grew up behind the counter of The Lucky Star, her parents' Chinese takeaway in Beddau, South Wales. *Takeaway* is a fascinating memoir; a coming-of-age story of a Chinese girl growing up in a community in the Welsh valleys; and a glimpse behind the curtain of an institution that is both familiar and mysterious, ubiquitous and unnoticed. Angela talks with Jonathan Nunn, founder and editor of *Vittles*, the erudite and essential food-zine.

2.00 – 2.40pm

Defending Beef by Nicolette Hahn Niman with Rob Penn

Nicolette's phrase 'It's not the cow, it's the how' sums up the powerful case she makes for pasture-fed beef being part of the solution not the problem, in the revised edition of her classic book *Defending Beef: The Ecological and Nutritional Case for Meat*. Nicolette was a vegetarian for 33 years and working in Washington as an environmental lawyer when she met and married cattle-rancher Bill Niman, a pioneer of grass-fed beef and original supplier to Alice Waters' famous San Francisco restaurant Chez Panisse. In conversation with author and journalist, Rob Penn.

3.00 – 3.40pm

Red Sauce, Brown Sauce by Felicity Cloake with Kate Humble

In *Red Sauce, Brown Sauce: A British Breakfast Odyssey* Felicity set out on a bicycle to test the theory that breakfast is the high point of traditional British cooking. The book is the sequel to her hugely popular French adventure chronicled in *One More Croissant for the Road*. She talks food and travel with Kate Humble whose own epic journey round Britain can be seen on C5's *Kate Humble's Coastal Britain*.

Celebrate the last days of Summer with

White Bordeaux

Discover Bordeaux's hidden gems at the Bordeaux White Wine Bars at the Abergavenny Food Festival this September. Bordeaux whites, we hear you say? Mais oui! Bordeaux white wines are light, refreshing and great value. From bubbly crémants to refreshing dry whites, not forgetting rich and delicate sweet wines, this region has something for everyone.

Visit one of our three on-site wine bars for a foray into the world of white Bordeaux. In the meantime, here are few things you should know about this lesser-known style.



Sweet, Dry & Sparkling

Bordeaux white wines reflect the nature of their terroirs. Benefiting from the freshness of the Atlantic Ocean and strong westerly winds, they offer unique characteristics with their liveliness and natural fruitiness.

Let Bordeaux sweet whites inspire you. These golden nectars, combining aromatic sweetness and freshness, allow for a marriage of flavours that are clean, modern and audacious.

Apéritifs with friends, family meals, birthday parties, dinners, holiday celebrations... To get off the beaten track, Crémant de Bordeaux with its delicate bubbles full of freshness is the perfect match for festive occasions.

What to eat with it?

Summer is the season for apéritifs, barbecues and picnics, all of which call for light and refreshing wines.

Love seafood? Try a wine from Entre-Deux-Mers: the freshness of these wines pairs beautifully with grilled fish, gambas or seafood platters.

Want to surprise your guests? Kick off your evening with a white crémant. This sparkler is bursting with a freshness that's just right for casual celebrations, while white Bordeaux are a deliciously unexpected complement for your cheeseboard.



Which wine is for you?

If you prefer crisp, dry whites, with aromas of lemon or peach, try a Sauvignon Blanc or Sémillon. These grape varieties are the most widely produced white wines in Bordeaux.

Delicate crémant de Bordeaux, often with flavours of acacia, citrus, or even hazelnut, are perfect for informal gatherings and celebrations.

If you have a sweet tooth, an intense and indulgent Bordeaux dessert wine such as a Sainte-Croix-du-Mont would be the ideal choice for you.



Come and find us

Over this weekend we have various events taking place, including free speed tastings and ticketed masterclasses. Come and find us at one of our three locations near the Castle, St Mary's Priory and Lower Brewery Yard. Talk to our friendly wine experts and find out more about white Bordeaux!

BORDEAUX



Find us on social media:



Find us online at:



INDIVIDUALLY TICKETED EVENTS - ADVANCE BOOKING ONLY

DRINKS THEATRE

Our Drinks Theatre masterclasses will take place in the beautiful Angel Hotel Ballroom. The ticket price for Tapas y Copas on the Friday is £20. All other events listed are: £10. Tickets for these sessions can only be purchased in advance (e.ticket) online at www.abergavennyfoodfestival.com



Owen Morgan

Friday 16 September

6.00 – 7.30pm

Tapas y Copas – Owen Morgan and David Menendez

An evening of Spanish food and wine with Owen Morgan and David Menendez. A love of Spanish food and culture led Owen Morgan and his brother Tom to found their first Bar 44 nearly twenty years ago. Over time Bar 44 has grown organically into a small group of restaurants which have consistently set the standard for serving the best authentic Spanish food in South Wales and Bristol. Owen works closely with David Menendez, founder of Mevalco, the specialist Spanish importer. From very small beginnings, Mevalco has grown to supply many of the best restaurants in the UK. From 'local to local' is how David describes his mission to hook up British chefs with some of the finest artisanal producers operating in Spain today.



Joelle Drummond and Sarah McNena

Saturday 17 September

10.30 – 11.30am

Breakfast Beers: You Won't Believe They're (Almost) Alcohol-Free - Drop Bear

This time, it's not a fad. This time, finally, you can get alcohol-free beers that are so nice you won't miss the alcohol. If you ever drank an old-school alcohol-free beer, you may have trouble believing this. If so, the only thing to do is start your festival beer drinking early with some multi-award-winning 0.5% ABV craft beers. Having begun life in a 10L saucepan in founders Joelle and Sarah's kitchen, Drop Bear Brewing is now internationally acclaimed and enjoyed across the world. Named European Champion Brewer of low/no beers twice, Drop Bear is building a new carbon neutral brewery in Abergavenny. Come and meet your favourite new school night brewers!

12.00 – 1.00pm

Cider Country – James Crowden

Is Cider the most misunderstood of British drinks? It's certainly the most underrated. Author and poet James Crowden writes beautifully about a drink that has been at the heart of country life for hundreds of years. His latest book, *Cider Country: How an Ancient Craft Became a Way of Life* traces cider's mystical history and timeless, optimistic present, through the voices of modern-day makers keeping ancient traditions alive. Spanning centuries and continents, *Cider Country* tells the story of our country through the culture, craft and consumption of our most iconic rural drink. As James shares wonderful words and images, we'll accompany them with a tasting of some of the best ciders being made in South Wales and Herefordshire.



Mike Turner

1.30 – 2.30pm

Discover White Bordeaux – Mike Turner

Find out why Bordeaux white wines are becoming so popular and how producers are innovating to meet new consumer demands for ethically produced wines. With 75% of Bordeaux's vineyards dedicated to sustainable practices and many more in the process of converting, you'll taste some exceptional examples of crisp sparkling crémants, dry whites made from Sauvignon Blanc, and lusciously golden Bordeaux wines that the region is producing today. Mike Turner, an accredited Bordeaux tutor, will take you on this fun tasting tour around Bordeaux showing you some of its wine styles, grapes and best kept secrets.



Kate Hawkings

3.00 – 4.00pm

Salute! Why There's More to Spritz than Aperol – Kate Hawkings and Richard Tring

Look, there's nothing wrong with an Aperol Spritz: it's been one of the drink sensations of the last decade and for many it's now the taste of summer. But do you ever order a drink and think, 'That was nice, but I fancy a change?' If so, you need to join Kate Hawkings and Richard Tring as they demonstrate that a Spritz isn't just one drink: it's a way of life. They'll talk through spritzes as a concept, their history, how easy they are to make, and other lovely things you can use instead of Aperol to make these simple but simply wonderful drinks.

4.30 – 5.30pm

Whisky and Chocolate: Why Two of Your Favourite Treats Are Even Better Together – Rachel McCormack

Here at Abergavenny we've always tried to offer alternative food and drink pairings to complement the tried and trusted combo of food – any food – and wine. Sometimes they sound weird at first – but the stranger they might sound, the more likely they are to blow your palate away. Rachel McCormack – whisky expert, panellist on BBC Radio 4's *The Kitchen Cabinet*, and author of *Chasing the Dram: Finding the Spirit of Whisky*, presents a selection of perfect pairings that must be tasted to be believed. Do not make any plans to drive or operate heavy machinery after this one.

Sunday 18 September

10.30 – 11.30am

Cheese and Cider Pairing: What Grows Together Goes Together – Ned Palmer and Gabe Cook

You know that slice of green apple you often see on the side of a Ploughman's? It's trying to tell you something. It's trying to drop a fairly big hint that the pasture eaten by the cows that make the best cheese is often on the other side of a hedge from some of our finest cider orchards. In 2021 Ned Palmer, author of *A Cheesemonger's History of The British Isles* and *A Cheesemonger's Compendium of British & Irish Cheese*, wowed us with some pairings with British beers. Now, he teams up with Gabe "The Ciderologist" Cook, author of *Modern British Cider*, to show us that cheese snuggles up with cider at least as well as it does with any other drink.



Pete Brown

12.00 – 1.00pm

The Greatest Hits of Welsh Craft Beer – Pete Brown

Along with the rest of the UK, Wales has undergone a craft brewing boom over the last twelve years or so. Through all that time, drinks writer and Festival Drinks Theatre curator Pete Brown has been running beer and music matching sessions at the Green Man Festival. Here, he picks some of his standout beers from a decade of sampling and tasting, telling the stories of the breweries and explaining why Welsh beer has an identity of its own

and deserves to be recognised as part of the culinary renaissance of the nation. If you really want to know, he might also talk about what kinds of music they pair with.

1.30 – 2.30pm

Discover White Bordeaux – Mike Turner

As Saturday session. See previous page.

3.00 – 4.00pm

Taking Your Cocktails to the Next Level – with Willy's Apple Cider Vinegar

The latest venture from longtime Festival collaborator Willy Chase (Tyrell's Crisps, Chase Gin and Vodka) is Willy's Organic Apple Cider Vinegar (ACV). The health benefits of ACV are widely celebrated, but neat, it can be a little... challenging to some palates (here at the Festival, we've never felt more alive than after a ginger apple cider vinegar shot down in one). In this masterclass, hosted by the talented Luke Williams of Verzon House, learn how apple cider vinegar can be combined with other ingredients to create delicious alcoholic and non-alcoholic cocktails, from a healthier twist on a sangria through to a vibrant, life-affirming Bloody Mary. With home cocktails remaining one of the biggest trends in drinks, here's how to set yours apart."



Gabe Cook

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INDIVIDUALLY TICKETED EVENTS -
ADVANCE BOOKING ONLY

FORAGES

Sunday 18 September

10.00am and 2.00pm

Tickets: £12

Tickets for these sessions can only be purchased in advance online at

www.abergavennyfoodfestival.com

A Stroll through the Meadows with Forage Expert Liz Knight

Liz Knight of Forage Fine Foods makes delicious products, runs courses and is the author of *Forage: Wild Plants to Gather and Eat*. Join her for a stroll through Castle Meadows and find out what's growing now and how to use it.





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FIRE & FOOD

James Strawbridge at AFF 2021 –
photographer Tim Woodier

Fire and food have a way of drawing people together, and combined they are a potent rallying cry. After the separation and uncertainty over the last few years, it's little wonder that many of us are gathering around fire pit grills. Designed for both warmth and cooking, they provide a focal point without banishing the chef to BBQ corner.

At FirepitsUK, we produce a wide range of unique fire pits, chimineas, pizza ovens and outdoor kitchens to fuel fireside gatherings and wood-fired cooking. Made from high-quality British steel and manufactured in Monmouthshire by skilled local craftsman, our fire pits are built to last and keep you warm and entertained the whole year round.

To see our fire pits in action, we're gathering the Festival's headline chefs at the Fire Stage in the Castle. The ancient curtain walls make a dramatic backdrop as chefs showcase their culinary skills on our unique fire pit grills, providing inspiration for your own gatherings and a theatre for food. Come and see for yourselves how the sights, sounds and smells of wood-fired cooking can nourish the body, as well as the mind.

See our full range of fire pits at www.firepitsuk.co.uk





OUR VENUES

Ein Lleoliadau

The Festival Stroller Experience

The markets comprise over 150 exhibitors across six venues with lots of live events and family entertainment in the mix. Our exhibitors are featured A-Z (see page 89) and our guest performers (see page 51). The Festival opening times are: Saturday – 9.30am to 6.00pm and Sunday – 9.30am to 5.00pm.

Market Hall

Head to the historic Market Hall for live cooking demos with top-notch chefs. Check out the legendary hanging art installations made by Bettina Reeves and friends. Pick up fine Welsh and British food from Festival regulars including smoked fish, cured meats, pate, olives, Wales' oldest Caerphilly cheese, crackers, local charcuterie, sea salt, brownies, chocolate, preserves, honey, local beer, craft gin, British vodka, seeds for your garden and so much more.

Tiverton Market

A hub for ready-to go-produce, gifts and gourmet ingredients. Now extended into Horsingtons Yard, new home of our popular cheese and drinks area. Sample British and alpine artisan cheeses and pair with beer, wine, cider or non-alcoholic drink. Produce ranges from seaweed rum to gourmet seasonings, Sicilian cannoli to loose leaf teas, cakes and bakes, preserves, ferments, unusual meats, edible flowers, craft hot chocolate, kitsch aprons and beautiful ceramics, plus lots more to explore.

Upper Brewery Yard

This market is bursting with fresh produce from Isle of Wight tomatoes to a celebration of garlic, and local farmed vegetables. You'll also find fresh bread, artisan chocolates, wine, beer, spices, Indian-inspired pickles and chutneys and chefs' knives amongst many other delicious ready-to-go foods and Welsh homewares.

Lower Brewery Yard

Hot street food including Venezuelan arepas, Spanish paella and tapas, fresh fish 'n' chips, burgers, curries, falafels, poutine, raclette, NYC deli style sarnies, veggie fritters, Japanese, and Tibetan dumplings. There's also a bar, craft beers, small batch gin, locally made alcohol-free beers, Welsh coffee, doughnuts, fudge, waffles and ice cream – plus entertainment on the free stage.

The Priory Courtyard Fish & Fizz Market

Bringing a taste of the coast to town, here you'll find freshly shucked oysters, sustainably caught seafood, soft-shell crab rolls, crepes, cooking sauces, and fine French wines. Plus The Little Hygge Caravan, a quiet feeding and changing space for parents and infants.



The Priory Souk New & Small Producers Market

Sponsored by



This buzzing market is the destination to discover the best new and small-scale food producers in Wales, and the UK. There are doughnuts, artisan baking kits, cold brew coffee, Danish inspired baked goods, locally grown mushrooms, honey, cooking sauces and rubs and beautiful handmade chefs' knives and more. Find your new favourite!

The Castle

A magical retreat featuring our Bloreng Bar and family-friendly areas for play and picnics. There's pizza, modern Indian, pasta, tacos, American-style burgers, Mediterranean and middle eastern ingredients, charcoal-grilled kebabs, cider, perry, gin, ice cream and coffee to tempt taste-buds. Browse traditional iron and copper cookware and British hand-forged fire pits. Enjoy the theatre of the cooking over fire demos, plus musical performances and inspiring talks and debates in the tents.

Pick up a site map on the day with event times and exhibitor listings by venue.





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EXHIBITOR SPOTLIGHT

SHROOT Green Gifts that Grow


Shroot is an award-winning business based in South Wales, founded and run by Jude Cook and Carolyn Davies.

Growing microgreens became a lockdown hobby for Jude. They were so quick and easy to grow, and tasty too. She wanted to find a way to share her hobby with friends and developed the idea of Greens & Greetings – attractive greeting cards containing everything needed to grow microgreens – including the pot.

Jude, who works in Environmental Management, shared the idea with fellow Penarth mum and friend, Carolyn Davies, an Ecology graduate. Together they formed Shroot (a blend of Shoots and Roots), and worked hard to hone the product and designs until they came up with three launch products in 2021. (Subsequently, they've added 6 more designs to the range.)

They won the *Rising Star Award* at the Wales Startup Awards in 2021 for this innovative and sustainable product, and they are finalists in the *Gift of the Year Awards 2022*.

They have now launched another eco-friendly product. Wildflower Wishes are unique gift sets which include wildflower seed papers. Write your wishes on the papers, plant them, then watch your wishes grow into beautiful bee-friendly flowers.

"Shroot is dedicated to creating products that are sustainable, ethical, natural and meaningful," says Carolyn. "We believe that there is a growing market of conscious shoppers who are seeking beautiful, innovative and eco-friendly products like ours." 

Find Shroot in the New and Small Producers Market (The Priory Souk).
www.shroot.co.uk





EXHIBITOR SPOTLIGHT

TWO STICKS FORGE

Alchemy in Ashdown Forest

Andrew Lindsay has been making knives for chefs and home cooks for over eight years, deep in the Ashdown Forest.

Andrew's interest started a long time ago. When teaching English in Japan, he bought a couple of specialist chefs' knives in a little household store, with no clue as to particular use, but appreciating their straightforward beauty. After many twists and turns of career, including 15 years in the games and film industries as an animation director, Andrew fell into teaching Metalwork at his children's school – a catalyst for exploring the possibilities of making kitchen cutlery himself.



Caring for your knives

- Most Two Sticks knives are made from high-carbon steel which is not rust resistant.
- They should be wiped and dried soon after use.
- The same goes for the forged stainless-steel blades.
- Do not put knives in a dishwasher or leave wet.
- Do not use for cutting bones or frozen food.
- Carbon steel may react with some foods the first couple of times it's used (eg onions) but will quickly build up a protective patina.
- The knives are sharpened on a sequence of whetstones, finishing by honing on a leather strop. Recommended for ongoing maintenance.




Pop along to the Two Sticks Forge stall in the New and Small Producers Market (The Priory Souk) for a chance to win a handmade kitchen knife in their raffle supporting Young Minds charity. £1 a ticket.

"There are more than twenty stages to making our knives," says Andrew. "It's an addictive, demanding, elemental process, involving fire, metal, earth, water, and air. We start with a billet (small rectangle) of high carbon core steel which is forge-welded with a layer each side of low carbon steel or iron at around 1000 degrees centigrade i.e. hammered together to fuse into a single lump of steel. This forms a laminate rather like a sandwich, which is then forged to blade shape. A series of processes of heating and cooling the blade, both very slowly and rapidly, reduces the steel grain size and puts the crystal structure into the best condition for taking a very sharp edge which it can keep for a long time."

"We use the best Japanese cutlery steels, some fabulous European steels too. Every handle is bespoke-made to fit and balance the blade; to complete knives which can serve multiple generations. Our handle materials are 5000 year old bog oak from the Anglian Fens and local sustainably sourced hardwoods. We have a unique handle profile and finish our woods with a proprietary solvent-free treatment which gives great water-resistance whilst preserving the natural feel of the wood in the hand."

With family connections to Japan, Andrew gets to visit regularly, spending time watching traditional bladesmiths at work. He has built his workshop and process around two beautiful vintage Sakamoto 'belt hammers' which he imported from Japan – the only two in Europe.

"Our philosophy is one of simple beauty and function. We aim to make knives that cut effortlessly, that can be taken easily to a very sharp edge, feel great in the hand, and are great to look at." 

www.twosticksforge.com




EXHIBITOR SPOTLIGHT GINGERBEARD'S PRESERVES Made for pairing

GingerBeard's Preserves was founded in a one-bed basement flat in Montpellier, Bristol in 2014 by Harry Calvert and Claire Charras. The mission is to bring awesome tasting preserves and sauces to the people of Bristol and beyond. They are small batch and independent, now producing over 60,000 units a year by hand in their unit in Kingswood, Bristol.

They have an impressive range of craft preserves and sauces from hot sauce to mustard. The difference? They collaborate with breweries and small businesses to create unique and original flavours. You may recognise names like Moor Beer Company, Arbor Ales, Wiper & True or Bristol Beer Factory among some of their bigger collaborators from the beer industry.

Harry Calvert is a fine-beer connoisseur and has a natural instinct for pairing beers with the right ingredients to make both stand out and create awesome tasting craft preserves. Their products have gone on to win multiple *Taste of the West* and *Great Taste* awards and six of their chilli-based products were recently awarded the *National Chilli Awards* earlier in 2022.

They use only natural ingredients so you won't find any chemical preservatives or additives in their products. One of their best-sellers is Beer Bacon and Chilli Jam, combining Arbor Ales' breakfast stout with free-range bacon and cascabel chillies to create a delicious medium spiced jam with bits of bacon and smoky, nutty undertones. Serving suggestions? *"Eat directly out of the jar and top on everything,"* says Harry. 

www.gingerbeardspreserves.co.uk

Find Gingerbeard's Preserves in Tiverton Market.



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www.raglancountry.estate



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EXHIBITOR SPOTLIGHT

THE CRAFTY PICKLE CO

Living fermented foods


Madi Myers and Arthur Serini are Registered Associate Nutritionists and dedicated to spreading the word about fermented foods and their relationship to good gut health.

They had a challenging 2021, juggling work and family commitments. Having started their business in Aberdeen, they moved from Scotland to Wales (Monmouthshire), found new premises, set up a brand new fermentation kitchen with temperature-controlled space and re-started their fermentation workshops. On top of that, they also welcomed a baby boy (aka the Pickle) into the world.

"When we had that first jar of handmade Welsh sauerkraut in our hands it was a terrific feeling," says Madi. "The culmination of months of graft (and the occasional tear) but we'd finally done it!"

The couple had an amazing welcome from locals in Monmouthshire and beyond and are now hosting regular kraut, kimchi and fermented drinks workshops in their production kitchen. After a slow start, word of mouth and good reviews have resulted in plenty of bookings. Participants also get the chance to sample their fermented experiments.

Madi and Arthur have developed a great partnership with FareShare Cymru, a charity committed to reducing the pointless waste of perfectly good surplus food and imperfect produce.

"We are grateful to take items they can't utilise through their distribution channels," explains Arthur. "We love working with this fine charity and have made limited batch ferments using surplus celeriac, cabbage, carrots, radishes and more, such as our madras curry-spiced Kurry Kraut and our pretty pink 'slaw inspired Crafty Coleslaw Kraut. A percentage of the sale from each jar goes back to FareShare Cymru to help with the work they do fighting food insecurity." 

Details on upcoming workshops can be found at: www.thecraftypickle.co.uk

Find The Crafty Pickle Co in Tiverton Market.



Deliciously Sweet Summers with Pure Canadian Maple Syrup

HAILED "GOOD FOR YOU" BY THE PRINCE OF WALES, PURE CANADIAN MAPLE SYRUP IS NATURE'S SECRET INGREDIENT THAT TAKES ANY DISH FROM GOOD TO GREAT.

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Maple is classified in four different grades based on its colour which changes subtly throughout the spring harvest. Golden with its delicate and subtle flavour, Amber offering a more rich and rounded profile and the most common in the UK, Dark which provides a more robust tasting experience and Very Dark, the strongest of all the grades.

Whether you're a newbie in the kitchen or a culinary connoisseur, Maple from Canada UK is here to help with a few different ways to get inspired this season:

ALWAYS IN SEASON

The Maple podcast 'Always in Season', hosted by culinary powerhouse and Maple from Canada UK ambassador, James Golding, is the perfect place to go for top tips on growing and sourcing your ingredients and simple cooking tips and recipes so that you can learn how a splash, drizzle or generous pour of naturally sustainable pure Canadian maple syrup can transform fresh produce into delicious food creations.

With episodes featuring the likes of HIDE restaurant owner Ollie Dabbous, the man behind the UK's tapas scene Jose Pizarro and iconic TV chef Lesley Waters, Always in Season celebrates the very best of seasonal and sustainable eating.

MAPLE TV

If you're still looking for recipe inspiration, head to the Maple from Canada UK YouTube channel to experience Maple TV for a range of tantalising recipe videos. The team will also be filming at Abergavenny Food Festival; so keep your eyes peeled and you might spot yourself in an upcoming episode!

For more recipe inspiration, visit: maplefromcanada.co.uk

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MAPLE AND VANILLA FRENCH TOAST WITH BANANAS

SERVES: 4
READY IN: 10 MINS

Ingredients

- 3 eggs
- 180ml milk
- 60ml whipping cream
- 100ml pure maple syrup (preferably golden colour for its delicate flavour)
- 1 tbsp vanilla extract
- 1 tsp mixed spices
- 1 tsp cinnamon
- 4 slices of sourdough bread
- 2 bananas, peeled and sliced
- 4 tbsp maple sugar
- 30g unsalted butter
- 1 tbsp vegetable oil for greasing pan

Method

1. Beat the eggs, milk, whipping cream and add maple, vanilla and spices
2. Place the sourdough slices into the mixture and leave to soak for a few minutes
3. Prepare bananas, slice lengthways and roll in maple sugar evenly. Coat pan with oil and heat
4. Place soaked bread into a hot pan and leave to cook for 2 minutes on each side until golden brown
5. In a separate pan, heat butter and caramelize sliced bananas on each side
6. This dish is delicious with seasonal fruit or toppings such as crispy bacon



QUEBEC MAPLE PORK PIE

SERVES: 6-8
READY IN: 1 HOUR

- 2 x 500g pack pork mince
- 1 large onion, chopped
- 2 sticks celery, chopped
- 1 tsp ground black pepper
- 2 bay leaves
- 2 sprigs fresh rosemary
- 1/2 tsp ground nutmeg
- 1/2 tsp cinnamon
- 2 tbsp maple syrup (preferably dark syrup for its robust taste)
- Pinch of salt
- Rolled Oats
- 1 packet re-rolled shortcrust pastry
- 1 Egg Beaten

Method

1. Preheat oven to 220°.
2. In a large, heavy frying pan, fry the pork until it begins to brown. Remove from the pan, add onion, celery, herbs and spices and cook until soft. Add back in the pork with maple syrup and cook on a low heat for 15 minutes. Add oats and salt and cook for a further 15 minutes. If the mixture becomes too dry add a splash of water. Once cooked, remove bay leaves and allow the mixture to cool.
3. When the meat mixture is lukewarm, add it to a pie dish and spread it out evenly.
4. Cover the dish with the rolled-out pastry and press gently around the edges. Trim the pastry, crimp edges with a fork and snip small cuts into the crust to allow the steam to vent.
5. Use a cutter to make decorations with any leftover pastry then brush beaten egg across the top to glaze.
6. Bake for 15 minutes, then reduce heat to 190° and bake another 25 minutes or until the crust is golden.





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A-Z STALLHOLDER LISTINGS **A-Y STONDINWYR**

This listing is correct at the time of going to press. Please go to our website to see stallholder listings by venue. This information will also be on the site-map which can be picked up at any of the venues on the day. Large-format maps will also be displayed for easy reference.

Ah-ma's Dumplings

Home-cooked Cantonese cuisine.

www.ahmasdumplings.com

Anglesey Sea Salt Company/ Halen Mon

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www.halenmon.com

Apple County Cider

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www.applecountycider.co.uk

Babhaus BBQ

Authentic Mexican recipes with a modern twist.

www.babhausmex.co.uk

Bakers Pig, The

Producing a range of award winning, exquisite cured meats and fermented salami from their traditional hill farm.

www.thebakerspig.com

Bar 44 Tapas

Based in South Wales and the West Country, showcasing outstanding Spanish produce.

www.grupo44.co.uk/bar44/cardiff/



Barti Rum

Barti seaweed-infused mellow rum created in beautiful Pembrokeshire.

www.bartirum.wales

Bath Soft Cheese Co, The

Award-winning artisan cheeses handmade on the farm at Kelston, using organic milk from their own cows.

www.parkfarm.co.uk

Bearded Taco, The

Cardiff's original taco truck.

www.thebeardedtaco.co.uk

Beefy Boys, The

American style BBQ burgers. Only use 100% Herefordshire Beef, no egg, fillers or breadcrumbs.

www.thebeefyboys.com

Bee Welsh Honey

Honey and beeswax products direct from the beekeeper in Builth Wells.

www.beewelshhoney.com

Belazu

Responsibly sourced Mediterranean & Middle Eastern ingredients for chefs & home cooks.

www.belazu.com

Bettina Reeves

Artwork by artist Bettina Reeves, designer of the Abergavenny Food Festival installations.

www.bettinareeves-designer.co.uk

Bird Kitchen Clothing

The apron that actually fits. Shaking up kitchen apparel.

www.birdkitchenclothing.co.uk

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www.blackmountainscbdool.com

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Produces some of Wales' most awarded blended cheddar waxed truckles.

www.chunkofcheese.co.uk

Bookish

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www.book-ish.co.uk

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Discover the exceptional quality, diversity and affordability of Bordeaux wines.

www.bordeaux.com

Bo Tree Seasonings

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www.botreefarm.co.uk

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Fabulous soft drinks which make people smile. A range of 12 flavours.

www.brecklandorchard.co.uk

Brecon Chocolates

Independent Chocolatiers based in Brecon, making hand crafted, small batch chocolates.

www.breconchocolates.co.uk

British Cassis

Delicious with fizz, decadent with cocktails, making great British fruit liquers.

www.whiteherondrinks.co.uk

FESTIVAL PICKS PIGION YR WYL



Caws Teifi Cheese

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www.teificheese.co.uk



Flowerhorn Brewery

Try Flowerhorn's flagship 'Capo' – brewed with oats, and dry-hopped with zesty citrus. A fruity, hazy, low IBU pale ale. Or you may prefer 'Bits' – brewed with orange pulp, orange zest and dry-hopped with Amarillo and Citra. Wildly surreal comic book branding adds to the appeal.

www.flowerhorn.co.uk





FESTIVAL PICKS



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www.saplingspirits.com

Freda's Peanut Butter

Uniquely flavoured, deeply roasted with natural ingredients and the perfect crunch. These butters are free from palm oil and refined sugar. As well as plain and salted, the range includes chocolate & orange, toasted coconut, and chipotle chilli. Check out their website for some great recipe ideas.

www.fredas.co.uk



Burren Balsamics

Award-winning infused dark and white balsamic vinegars and other premium pantry goodies like blackberry and thyme-infused balsamic vinegar pearl bursts, or truffle and porcini salt. Plus cocktail kits, condiments, jam, chutney and sauces.

www.burrenbalsamics.com

Burren Balsamics

Seasonings, flavoured balsamic vinegars, cocktail mixes and unique gifts with 100% natural ingredients.

www.burrenbalsamics.com

Caws Cenarth

Producers of artisan Welsh cheeses, home to the oldest traditionally made farmhouse Caerffili cheese in Wales.

www.cawscenarth.co.uk

Caws Teifi Cheese

Award-winning artisan cheeses from locally sourced organic raw milk at Glynhynd Farm in Ceredigion.

www.teificheese.co.uk

Chantler Teas

Loose Leaf Tea Specialists, ethically sourced & blended in Pembrokeshire.

www.chantlerteas.co.uk

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Traditional Continental Charcuterie Meat & Game with over 68 different varieties.

www.charcuterie-hereford.co.uk

Chilli Rogues

Chilli flakes, powder, whole dried chillis and fresh chillis grown from seed.

www.chillirogues.com

Chock Shop

Abergavenny-based artisan brownie company producing lots of varieties.

www.chockshop.co.uk



Chilli Rogues

Clam's Handmade Cakes

Award-winning handmade cakes, made locally using quality ingredients.

www.clamscakes.co.uk

Coal Town Coffee

B-corp specialty coffee roastery with focus on sustainable & transparent trade.

www.coaltowncoffee.co.uk

Coedcanlas

Artisan award-winning honey, marmalade, jellies and syrups.

www.coedcanlas.cymru

Cooking Cooks Ltd

Italian cooking with a modern style.

www.thecookingcooks.com

Cosy Chocolate Company, The

Craft drinking chocolate & single origin chocolate bars.

www.cosychocolate.co.uk

Cottage Sweets

Small batch marshmallows with vibrant flavours made in Wales.

www.cottagesweets.co.uk

Cradocs Savoury Biscuits

Baked with whole wheat and oats, veg, fruits, flowers, seeds, herbs & spices.

www.cradocssavourybiscuits.co.uk

Crafty Pickle Co, The

Live, eco-friendly sauerkraut and kimchi: ferments fighting food waste.

www.thecraftypickle.co.uk

Crepe Escape, The

Local family-run, family-friendly crêperie and coffee shop.

www.thecrepeescape.co.uk

CRWST

Artisan bakes and cakes.

www.crwst.cymru

Cwm Deri Vineyard

A huge range of beautiful varieties and flavours of Welsh wine and liqueurs.

www.cwm-deri.co.uk

Come Grab a Beer From Tiny Rebel



Festival Picks

FESTIVAL PICKS

Barti Rum

Barti's Caribbean rum is seasoned with notes of vanilla, clove and orange, and also hand-picked Pembrokeshire laver seaweed. Their newest product is a barbecue sauce which is smoky and sweet, with a teeny bit of heat and plenty of rum. Boost your burgers, dynamise your dips. Vegan and gluten-free.

www.bartirum.wales



Derw Coffee

Check out this Anglesey-crafted coffee liqueur which enhances the bold intensity of Derw cold brew by adding a subtle infusion of tonka bean. Experience aromatic tasting notes of vanilla and coconut. 75% less sugar than most liqueurs, with full-on flavour. Try drizzled over ice cream or tiramisu.

www.derwcoffee.co.uk



Cradocs Savoury Biscuits

Elevating the humble cracker – like exquisite squares dusted with Halon Mon sea salt for dipping, dunking, topping and munching. Vegan friendly. Made for mermaids; a world away from mariners 'hard tack'. Plus amazing pairings like coconut lemongrass & chilli, or leek & Caerphilli cheese.

www.cradocssavourybiscuits.co.uk



Sugarloaf Catering, based just outside Abergavenny, was founded by chef Mark Coulton in 2005 to provide amazing and memorable food (using the best Welsh produce) for private and public functions across South Wales.

From weddings and funerals to afternoon teas, or birthday parties to pop-up functions and private dinners, this small family-run company offers a bespoke service (equipment included) and lots of delicious options for any occasion – large or small.

Whilst Sugarloaf Catering can adapt to all requirements, for more informal events they specialise in foods to share – like boards laden with BBQ or slow roasted meats, authentic tapas and paella – or even Neapolitan-style pizza.

Find out more at www.sugarloafcatering.co.uk



Sugarloaf Catering provides equipment, ingredients & logistical support to the Abergavenny Food Festival and guest performers in the run-up to the weekend and during the event itself.



Da Mhile

Organic distillery with a range of spirits inspired by Ceridigion surroundings.

www.damhile.co.uk

Deez Dough Nutz

Luxury, homemade doughnuts, crispy pies and 'fatjacks'.

www.deezdoughnutz.co.uk

Derw Coffee

Wales' first cold brew coffee producer.

www.derwcoffee.co.uk

Dough and Daughters

Danish, Nordic and Italian bread-making classes and bakery.

www.doughanddaughters.com

Doughnutterie

Welsh baked doughnuts with delicious toppings.

facebook.com/doughnutterie

Drop Bear Beer Co.

Award-winning brewer of 0.5% ABV craft beers. Wales' 1st B Corp and carbon neutral alcohol-free brewery.

www.dropbearbeers.com

Dugan's Patisserie Ltd

Unique French-style individual sweet tarts served with tea, coffee or prosecco.

www.dugans.co.uk

Fiercely Fine

Proud producers of fermented foods, specialising in tempeh and kimchi.

www.fiercelyfine.co.uk

Firepits UK

Firepits UK

British hand-forged firepits, pizza ovens, Indian fire bowls and outdoor kitchens.

www.firepitsuk.co.uk

Flapjackery

Scrumptious gluten-free flapjacks delivered to your door, handmade in Devon.

www.flapjackery.co.uk

Flint and Flame

Knives made from highest quality German carbon steel: quality, performance and value.

www.flintandflame.co.uk

Flowerhorn Brewery

Craft brewery making surreal beers since August 2019.

www.flowerhorn.co.uk

F R Ball

local award-winning independent insurance broker.

www.frball-insurance.co.uk

Freda's Peanut Butter

High oleic Argentinian peanuts, no palm oil.

www.fredas.co.uk

Fritter Shack, The

High-quality veggie fritters with coconut dal and homemade dips.

www.thefrittershack.co.uk

Frome Valley Vineyard

Award-winning still and sparkling wine, beers and cider.

www.fromevalleyvineyard.co.uk

Fwdge

Creamy chocolate-based fudge made with artisan Welsh ingredients.

www.fwdge.com

Garlic Farm, The

Isle of Wight, third-generation brand with a unique range of garlic products.

www.thegarlicfarm.co.uk

Garlic Meadow Farm

Goats milk skincare products, knitting yarn and organically tanned sheepskin rugs.

www.garlicmeadow.co.uk



Gillow Cider

Traditional Herefordshire farmhouse cider from their own orchards.

www.gillowcider.co.uk

Gingerbeard's Preserves

Award-winning craft preserves made by a man with a ginger beard.

www.gingerbeardspreserves.co.uk

Good for you ferments

Naturally fermented, unpasteurised sauerkraut in a range of delicious flavours.

www.goodforyouferments.co.uk

Gower Coffee Cart

Top-quality, ethically sourced, affordable coffee.

www.gowercoffeecompany.co.uk

Gower cottage brownies

Delicious brownies made in the heart of the Gower.

www.gowercottagebrownies.co.uk

Grey Trees Brewery Ltd

Finest traditional craft beer with a modern twist.

www.greytreesbrewery.com

Harth Chocolate

Artisan, micro-batch and ethical chocolate made in Somerset.

www.harthchocolate.com

Hay Distillery

Micro distillery where everything is done by hand and with integrity.

www.haydistillery.com

Hobbs House Bakery

Delicious range of artisan bread using heritage and classic recipes.

www.hobbshousebakery.co.uk

Hodmedods

Pioneers of British-grown pulses, grains and seeds.

www.hodmedods.co.uk

Hogi Hogi Hogi

Local hog roast specialists.

www.hogihogihogi.co.uk

Hybu Cig Cymru

Meat Promotion Wales: Helping Welsh farmers prepare for a vibrant and sustainable future.

www.meatpromotion.wales

Isabel's Bakehouse

A tasty range of sweet & savoury crepes using local eggs, milk, meat and salads.

www.isabelsbakehouse.com

Jumi Cheese

Renowned artisan Swiss and alpine cheese, based in London's Borough Market.

www.jumilondon.com

Kitchen Flowers

Products made with edible flowers, many home-grown.

www.kitchenflowers.co.uk

La Crème Patisserie

Incredible cakes, desserts, patisserie and everything sweet.

www.lacremepatisserie.co.uk

Langtons Farm

First-generation Crickhowell farmers growing food that's good for people and the environment.

www.langtonsfarm.co.uk

Little Goat Brewery

A range of core beers and limited-edition bottle brews from South Wales.

www.littlegoatbrewery.co.uk

Little Hygge Caravan, The – by Little Pips

Parent and baby wellbeing haven away from the crowds. Baby change / feeding space.

www.littlepips.org

Llangattock Apiaries

Honey, beeswax and combs from Monmouthshire and Herefordshire.

www.llangattockapiaries.co.uk

Lola's Fish & Chips

Seasonal and locally caught fish from small boats.

www.modern-amusement.com

Macman

Sensational mac'n'cheese, fresh slaws and delicious dips.

www.gomacman.com

Makasih

Malaysian street food and café from Cathays, Cardiff.

facebook.com/Makasihstreetfood

Maple from Canada

Pure Canadian Maple Syrup – pure magic.

www.maplefromcanada.co.uk

Marches Mushrooms

Using organic industry waste like hemp shiv and straw to grow delicious mushrooms.

www.marchesmushrooms.co.uk

Market Bakery

Abergavenny indoor market bakery supplying local breads, bakes and pastries.

www.marketbakeryabergavenny.co.uk

Mayhawk

All made 'bean-to-bar' in small batches, from ethically sourced cacao.

www.mayhawkchocolate.com



Market Bakery

Mighty Soft Shell Crab, The

Hot & Crispy gluten-free soft shell crab /king prawn tempura & sweet chilli sauce.

facebook.com/The-Mighty-Soft-Shell-Crab/

Momo Bar

Tibetan steamed dumplings filled with a choice of mouth watering fillings.

www.momo-bar.co.uk

Monmouth Shepherd

Hard cheese, feta and halloumi-style with 100% pasteurised sheep's milk.

Monnow Valley Cider

Artisan Ciders, Perries and Apple Juices from low-intensity managed orchards.

facebook.com/monnowvalleycider/

Mr Todiwala's Pickles

Bespoke hand made products created in the kitchen of Cafe Spice Namaste.

www.mrtodiwalas.com

Murray May's

Middle-eastern inspired charcoal grilled kebabs served from a vintage food van.

www.murraymays.co.uk

Netherton Foundry

Traditional and sustainable iron and copper cookware and bakeware.

www.netherton-foundry.co.uk

Nixon Farms Penmincae Welsh Black Beef and Lamb

Slow-roasted Welsh black beef, lamb and pork served in rolls or with chips.

www.nixonfarms.co.uk



Nonya's Secrets

Handmade cooking sauces from the Nonyas & Babas of South East Asia.

www.nonyasecrets.com

Nutcessity Ltd.

Organic & peanut-free nut butters, free from palm oil and refined sugar.

www.nutcessity.co.uk

Nutty But Nice

Hot-roasted nuts with cinnamon and vanilla glaze.

facebook.com/HotandRoasted

Oasis Cardiff

Serving falafels to support their mission: a warm Welsh welcome for Refugees and Asylum Seekers.

www.oasiscardiff.org

Ogi

Ogi is powering up internet connections for homes and businesses all around south Wales.

www.ogi.wales

Old Coach House Distillery

The world's first alcohol-free distillery in the Wye Valley.

www.oldcoachhousedistillery.co.uk

Olive Press, The

Provides the finest range of olives, olive oils, and antipasti.

www.theolivepress.co.uk

Origin Coffee

Speciality coffee roaster sourcing exceptional sustainable coffee.

www.origincoffee.co.uk

Origin Pizza

A team of wood-fired pizza fanatics.

www.originpizza.com

Oyster Meister

The highest quality oysters and caviar.

www.oystermeister.com

Panski

Sourdough plant-based creperie from the Welsh borders.

facebook.com/panski.kitchens

Parva Spices Ltd

Hot sauces, sambals and spice blends - traditional recipes, natural ingredients.

www.parva-spices.co.uk

Patchwork Pâté

Over 30 pates including chicken liver, fish, vegetarian & vegan, cheese and game.

www.patchworkfoods.com

Pembrokeshire Chilli Farm

A wide range of superb chilli sauces, jams and spices.

www.pembrokeshirechillifarm.com

Pomme Pomme Foods

Homegrown and locally sourced, organic food.

facebook.com/pommepommefood

Popty Cara

Home-made cakes, made with love in the heart of the Pembrokeshire National Park.

www.poptycara.co.uk

Puckin Poutine

Best authentic Canadian poutine (cheese curds and gravy) with a variety of toppings.

facebook.com/Puckin-Poutine

Parsnipship, The

Pioneering vegetarian Produce and vegan food options.

www.theparsnipship.co.uk



Nutcessity Ltd

Preservation Society, The

Multi award-winning chutneys, sirops and preserves.

www.thepreservationsociety.co.uk

Pudding Shop, The

Handmade steamed puddings including Suet Spotted Dick and Treacle Pudding.

www.thepuddingshop.co.uk

Queen Pepiada, The

Arepas are the cornerstone of Venezuelan cuisine, a Caribbean staple with a Welsh twist.

www.tapepiada.com

Raclette Raclette

Purveyors of alpine-style grilled cheese, raclette, and the French dish, tartiflette.

facebook.com/LoveGrilledCheese

R B Ceramics

Ceramics for cooks and kitchens - the perfect gift for foodies.

www.rupertblamire.com

Riverford Organic Farmers

An organic farm and UK-wide organic vegetable box delivery company.

www.riverford.co.uk

Rowlestone Farm Ice Cream

Fresh ice cream made from cows milk and cream.

www.rowlestoneicecream.co.uk

RSPB Cymru

The country's largest conservation charity, inspiring everyone to give a home to nature.

www.rspb.org.uk

S A Sauces Ltd

Certified gluten-free sauce concentrates that are simple and delicious to cook with.

www.sasauces.co.uk

Sapling Spirits

A climate positive spirits brand that distils using regenerative British grain.

www.saplingspirits.com

Schroders

Global investment managers building partnerships for over 200 years with a focus on future prosperity.

www.schroders.com



Wye Valley Brewery

Seeds of Italy Ltd

Franchi seeds 1783 - endangered, heritage, regional and ethical veg seed varieties.

www.seedsofitaly.com

Shepherds Ice Cream

Small batch Herefordshire sheep's milk ice cream since 1987, and now in Abergavenny too.

www.shepherdsicecream.co.uk

Sibling Distillery

Artisan distillery making luxury vegan and gluten-free gins with 100% renewable energy.

www.siblingdistillery.com

Sizzlers

A gourmet selection of prime meats from a small family company

www.sizzlersprimemeats.co.uk

Shroot

'Greens & Greetings' Eco green greeting cards that grow - a card and present in one.

www.shroot.co.uk

Silver Circle Distillery Ltd

Craft spirits produced in the Wye Valley, the first distillery in Monmouthshire.

www.silvercircledistillery.com



Sim's Foods Ltd (Samosaco)

Vegetarian and vegan samosas, bhajis, pakoras, scotch egg, chutneys, curry sauces, pickles.

www.samosaco.co.uk

Skyborry Cider & Perry

Full-juice cider and perry, on draught and in bottles.

www.skyborrycider.co.uk

Sorai

Borneo inspired artisan, plant-based and uniquely flavoured sauces and 'all-in-1 flavouring' pastes.

www.sorai.co.uk

South Caernarfon Creameries / Dragon

Family owned dairy farm co-operative - members from North Wales, Mid Wales and Ceredigion.

www.sccwales.co.uk

Spanish Buffet Ltd, The

Mediterranean cuisine from Valencia, with tasty Paella and tapas on the menu.

www.thespanishbuffet.com

Spengler's Deli

Street food inspired by delis of NYC. Southwest flavours, New York City style.

www.spenglersdeli.com

Spirit of Wales

Modern spirits, gins and vodkas inspired by Celtic roots.

www.spiritofwales.com

Stedman Brothers Bars

Serving local and Welsh alcoholic and soft drinks at the Castle Bloreng Bar & Lower Brewery Yard Airstream Bar.

www.stedmanbrothers.com

SundayGirl Company, The

Award-winning, beautiful, retro kitsch inspired aprons and kitchen textiles.

www.thesundaygirlcompany.co.uk

Tiny Rebel

Stylish and flavourful award-winning craft beers from Newport microbrewery.

www.tinyrebel.co.uk

Tipsy Fruit Gins

Produce a range of rich fruity fruit gins and liqueurs - made with whole fruit.

www.tipsyfruitgins.co.uk

Tokyo Nights

A new experience of Japanese food, bringing the side streets of Tokyo to Wales.

www.tokyonights.co.uk

Tomato Stall, The

Speciality tomato varieties, along with tomato-based products.

www.thetomatostall.co.uk

Tracklements

Handmade range of over 50 award-winning and B Corp accredited condiments.

www.tracklements.co.uk

Trealy Farm Charcuterie

Award-winning artisan charcuterie using only free range British meats.

www.trealyfarmcharcuterie.co.uk

Trubel

Precious and finest truffles used in butters, sauces, oils and condiments.

www.trubel.co.uk

Tudor Brewery

Micro-brewery specialising in hand-crafted real ales with a flavour of traditional Wales.

www.tudorbrewery.co.uk

Two Belly Ltd

High quality Bristol shop specialising in UK farmhouse raw milk cheeses and fine beers.

www.twobelly.co.uk

Two Dogs Roasting Co.

Hand-roasted small batches of speciality Artisan Coffee Beans.

www.twodogscoffeecompany.com

Two Farmers Ltd

Hand-cooked crisps. True flavours of Herefordshire, with a 100% compostable packet.

www.twofarmers.co.uk

Two Fields

A social regenerative project building a better food system and producing high quality olive oil.

www.twofieldszakros.com

Two Sticks Forge

Handmade beautiful knives for chefs and home cooks using the finest culinary steels from Japan.

www.twosticksforge.com

Veggie Confetti

Urban farming microgreens in the heart of Newport.

www.veggie-confetti.co.uk

Very Happy Belly Co, The

Artisan baking kits and monthly baking subscriptions, sourced locally, packaged sustainably.

www.theveryhappybelly.com

Welsh Coffee Roasters

Speciality coffee roasters using only the best coffee beans.

www.welshcoffee.com

Welsh Connection

Gifts and Homewares. Handmade and hand drawn, created in Wales.

www.welshconnection.wales

Welsh Saucery, The

Quality artisan sauces and spice rubs in small batches with nothing artificial added.

www.thewelshsaucery.co.uk

Weymouth Seafood

Salt & pepper squid, squid with chorizo & chillies, tempura king prawns.

facebook.com/Weymouth-Seafood-855662367885520/

Whey More

Raw milk artisan cheese: cow, goat, sheep and buffalo milk are also in the range.

facebook.com/WheyMore

White Lake Cheese Ltd

Artisan goat and sheep's cheese makers.

www.whitelake.co.uk

Willy's ACV

Apple cider vinegar made using organic apples from 300-year-old orchards.

www.willysacv.com

Winkle Picker

Seafood and oyster caravan - sustainable fish from the West Country and The Gower.

www.winklepicker.org.uk

Wye Valley Brewery

Award-winning, family-owned British brewery of original craft beers since 1985.

www.wyevallybrewery.co.uk

Wye Valley Meadery

Modern and traditional-style mead, plus honey beers and honey based soft drinks.

www.wyevallymeadery.co.uk

Wye Valley Meadery



THANK YOU DIOLCH

We would all agree that life has its challenges at the moment. But tough times often bring out the best in people.

Last year's Festival only happened thanks to the goodwill and support of many businesses and individuals, and the huge effort put in by the core team and Board, together with AFF patrons Alun Griffiths CBE and Franco Taruschio OBE. Visitor feedback was really positive and we relished the simple pleasure of coming together and celebrating all things food in a beautiful setting once more.

You will be reading this just before the weekend of AFF 2022. As you'll see, we have a terrific guest line-up, amazing producers and exhibitors - and the town itself, where there is so much to enjoy. We are continuing to sell all tickets in advance. No walk-up on the day means a relaxed and enjoyable experience for everyone.

I would like to thank all our 2022 guests performers, and also our sponsors and supporters (see page 2) who come from many sectors - but each with a role to play and a story to tell - that adds richness to the Festival weekend. You'll meet many of them when exploring the venues.

We look forward to welcoming you to Abergavenny.

Kim Waters, Chief Executive

MEET THE TEAM CWRDD Â'R TÎM

A big thank you to our year-round core team and Board members, and to our additional staff and volunteers who work over the weekend to ensure everything runs as smoothly as possible.

Festival Team (A-Z by role)

Chief Executive **Kim Waters**
Communications **Cathy Green**
Drinks Theatre **Julia Scully**
Finance **Eleanor Hunter**
Fire Cooking Stage **Spencer Rouse**
Hospitality **Elaine Blanchard**
Hospitality Logistics **Lisa Evans**
Kitchen Logistics **Mark Coulton**
Logistics and Staffing **Liesel Townley**
Market Hall Venue **Patti Buada**
Operations and Production **Ben Robbins**
Photographer **Tim Woodier**
Programming Director **Martin Orbach**
Programmer, Drinks Theatre **Pete Brown**

Programmer, Local & Vocal **David Urry**
Social Media **Laura Stagg**
Systems **Caius Shaw**
The Castle Venue **Alison Parry**
Traders and Markets **Ceri Elms**
Website & Design **Doc & Tee**

The Board

Christine Smallwood Co-Chair
Martha Roberts Co-Chair
Sarah Dickens, Huw Evans, William Griffiths, Ruth Tudor

Patrons

Alun Griffiths CBE, Franco Taruschio OBE

Tempted to make a move?



If a new home could be on the table, why wait? Parrys have all the expertise to help you on the way. Our enviable in-depth local knowledge covering Monmouthshire, South Powys and South Herefordshire, coupled with a professional marketing strategy, ensures we can deliver a successful sale this autumn.

Contact Heather Cook, Ben Watkins or Gemma Povey for a free market appraisal.



ben.watkins@parrys.com



heather.cook@parrys.com



gemma.povey@parrys.com

#AFF2023 will take place on 16 and 17 September 2023. Sign up to our news bulletins via the website and keep an eye on @afoodfestival



abergavenny@parrys.com Sales 01873 858990 Lettings 01873 859237

www.parrys.com #LoveWhereYouLive





Proud to be
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best food event over
the last 20 years!

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the Market Hall. We
would love to see you.

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