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GŴYL  
FWYD  
ARBERTH

24 & 25 September / Medi 2011

The 13<sup>th</sup>

NARBERTH  
FOOD  
FESTIVAL

24 & 25 September  
Medi 2011

Saturday 10am – 6pm

Sunday 10am – 4pm

Entry Saturday £3 Sunday £2.50

Under 18s FREE

Ludovic Dieumegard  
Ludo's at The Coopers

Anthony Evans  
S4C chef

Angela Gray  
BBC Wales TV chef

Anna Hansen  
The Modern Pantry

Stephen Terry  
The Hardwick, Abergavenny

... and more

Dydd Sadwrn 10yb – 6yp

Dydd Sul 10yb – 4yp

Mynediad Dydd Sadwrn £3 Dydd Sul £2.50

Mynediad am ddim i dan 18

Best Event  
Pembrokeshire  
Tourism Awards  
2011



[www.narberthfoodfestival.com](http://www.narberthfoodfestival.com)

# Food & fun for all the family!

Patrons: Angela Gray & Elizabeth Luard

## Welcome – or welcome back!

We'll never be the biggest food festival, but lots of people tell us we're the friendliest and most enjoyable. We hope you agree.

## No hidden extras

There's no charge for demonstrations, master-classes, entertainment or children's activities (except face-painting).

## A big thanks

...to all our supporters and friends

...to all who donated prizes for the raffle

...and to all our volunteers, without whom the Festival couldn't happen  
The Festival Committee



Digwyddiad Gorau  
Gwobrau Twristiaeth  
Sir Benfro  
2011



For more information before, during & after the Festival: [www.narberthfoodfestival.com](http://www.narberthfoodfestival.com)

### Sunday 18th September

7.30pm in the Queen's Hall

Film on Sunday:

**Fried Green Tomatoes  
at the Whistle Stop Café**

### Saturday 24th September

SPAN Arts presents: Ceilidh +  
Twmpath Dawns - The O'Ceili Band  
**£8 / Conc. £6 / Child £4**  
Queen's Hall - Doors 7pm  
A Family - Friendly Event!

### Sunday 25th September, 7.00pm

Dinner at St Brides Hotel, Saundersfoot **£45**  
Drink & canapés + 3 courses + cheeseboard + coffee  
Meal cooked by Ludovic Dieumegard, Anand George,  
Toby Goodwin (St Brides Hotel) & Stephen Terry  
**Bookings:** call St Brides Hotel on 01834 812304

## Who's Who in the Food Theatre and Talks Tent



**Kimie Atkins** is Japanese, married to an Englishman and lives in Pembrokeshire. Her sushi workshops, including the one at our 2009 festival, are always popular.

**Duncan Barham** is chef at The Grove, Narberth's award-winning boutique hotel.

**Ludovic Dieumegard** was a semi-finalist on BBC2 Professional Masterchef 2009 and a hit at Narberth Food Festival 2010. He is chef-patron at Ludo's at The Coopers in Newcastle Emlyn.

**Anthony Evans** is the presenter of the award-winning S4C cookery programme Stwffio. A keen hunter and fisherman from an early age, his enthusiasm for cooking followed on naturally.

**Anand George** was the award-winning chef at Good Food Guide listed restaurant Mint & Mustard which brought 'classic contemporary' Southern Indian cuisine to Cardiff.

**Angela Gray** is our Patron and long-time supporter. Well-known as a radio and TV chef, Angela recently opened a state-of-the-art cookery school at Llanerch Vineyard, near Cardiff.

**Anna Hansen** has earned rave reviews for her fusion cooking at The Modern Pantry café/restaurant in Clerkenwell, London. She'll be demo'ing in the Food Theatre and signing copies of her new book.

**Karl Jones-Hughes** is a prize-winning pastry chef and former member of the Welsh National Culinary Team. In 2011 he became the executive chef at Hotel Plas Hyfryd, Narberth.

**Stephen Terry** is the chef-patron of The Hardwick, Abergavenny and a great supporter of our festival. His pasta-making workshop was so popular in 2010 that he is running one again this year.

**Simon Wright's** passion for good cooking has inspired his career as food journalist, restaurant critic and restaurateur, and earned him the title of True Taste Champion of Wales in 2010.



Find out more by following the links on our website



**Saturday**  
10am – 6pm



**Food stalls – Demonstrations –  
Master classes – Talks – Music –  
Children’s activities**

### The Food Theatre

- 11.00 am Angela Gray
- 12 noon Anand George
- 1.00 pm Angela Gray
- 2.00 pm Angela Gray
- 3.00 pm Duncan Barham
- 4.00 pm Anna Hansen

### Talks Tent

- 11.00 am Sushi Master-Class  
Kimie Atkins
- 2.00 pm Fish Curry Master-Class  
Anand George
- 4.00 pm Pudding Competition  
Judging by Angela Gray  
& Karl Jones-Hughes

### Music Stage

- The best of local talent
- A Certain Trio**
- Bob Fish**
- Kara Watts**
- Whitefern Mountain String Band**



### Walkabout Entertainers

**Foodies** - Feeling the pinch? Two wannabe TV Chefs conjure up “Gastronomy Economy”

**The Wardens** - Look out! They’ve been empowered to enforce any rule or law they see fit.

### Children’s Activities

**Art workshop - Have-a-Go Circus - Face Painting**  
Throughout the day



**Sunday**  
**10am – 4pm**



**Hot food – Drinks – Licensed bar –  
Entertainment – Craft stalls – Raffle –  
Competitions**

### **Food Theatre**

- 11.00 am** Anthony Evans
- 12 noon** Anna Hansen
- 1.00 pm** Ludovic Dieumegard
- 2.00 pm** Anthony Evans
- 3.00 pm** Anna Hansen

### **Talks Tent**

- 11.00 am** Fish Master-Class  
Ludovic Dieumegard
- 1.00 pm** Pasta-Making Master-Class  
Stephen Terry
- 3.00 pm** Young Chefs Competition  
Judging by Simon Wright,  
Angela Gray & Anthony Evans

### **Music Stage**

- More of the best of local talent
- Bob Fish**
- Jodie Warlow (aka Jodie Marie)**
- Pat Grover & The Hawks**
- Danielle Lewis**
- Dai Wynne-Jones & Davey**
- Fiddlebox**



### **Walkabout Entertainers**

- Musical Ruth** - She's back!  
The madcap nun with the amazing mobile piano.
- Pembrokeshire Falconry**
- Fiddlebox** – strolling serenaders

### **Children's Activities**

- Art workshop - Have-a-Go Circus - Face Painting**  
Throughout the day

# Local producers – Quality suppliers – Christmas presents!

## In Marquee

### **Aardvark Books**

Cookery, gardening, children's

### **Andrew Rees Butchers**

Quality locally sourced meat

### **Beelief Botanics**

Honey & apitherapy products

### **Bethesda Farm Shop / F for Fish**

Fresh fish and meat products

### **Blas y ffrwd (Ffrwd flavours)**

Pastries, paté, gluten-free cakes

### **Cardigan Bay Honey**

Honey and bee products

### **Caboose**

Gluten-free cakes & pastries etc

### **Carn Edward Meats**

Longhorn beef, Lleylamb, mutton

### **Castle Stores, Laugharne**

Palestinian olive oil, wine, nuts etc

### **Caws Cenarth Cheese**

Award-winning artisan cheeses

### **Celtic Country Wines**

Fruit wines & liqueurs

### **Celtic Crab / The Drunken Sailor**

Crab, lobster & fish; fish products

### **Chocolate House**

Handmade chocolates, truffles etc

### **Christine Sanders Chocolate**

Luxury award-winning chocolates

### **Cowpots**

Jersey cows' milk ice cream & cheese

### **Cradocs Savoury Biscuits**

Hand-baked cocktail etc biscuits

### **Cwm Deri Estate**

Welsh wine and liqueurs

### **Devon Fishcakes**

Handmade fishcakes, pies, quiches

### **Gilly's**

Quality handmade condiments

### **Glanbrydan**

Pies, pasties, pastries, dog treats

### **Graffeg**

Publisher of food, sport etc books

### **Gwaun Valley Brewery**

Real ale made locally

### **Little Welsh Deli**

Curry pots, pies, pasties, cakes etc

### **Llechi Cwm Gwendraeth**

Slate table mats, cheese boards etc

### **Nant Du Pork**

Rare breed pork & charcuterie

### **Nervous Nigel's Relishes & Hot Stuff**

Homemade relishes & marinades

### **Pemberton's Chocolates**

Handmade chocolates & fudge

### **Pembrokeshire**

#### **Friends of the Earth**

Green & food campaigning

### **Pembrokeshire Produce Direct**

Online food retailer

### **PlumVanilla Café**

Salads, smoothies, juice, bread

### **Polly's Patisserie & Fay Phillips**

**Vintage** High class pastries & vintage kitchenalia

### **Pommes**

Ancient Welsh cuisine revived

### **Preseli Coffee**

Ethical coffee, tea & hot chocolate

### **Siwgr Eisin**

Celebration cakes, desserts etc

### **Summerhill Farm Shop**

Groceries; organic beef & lamb

### **Sweet Treats**

Marshmallows, caramels etc

### **Teifi Farmhouse Cheese**

Artisan cheeses; organic spirits

### **Toloja Orchards**

Cider, cider brandy, preserves etc



Licensed bar courtesy of  
Templeton Beer Wine & Spirit Co

## Outside

### Café Tango

Pizzas from wood-fired oven

**Choices ... from Fine Dining.co.uk**

Chicken / vegetarian wraps etc

### Diod

Champagne cocktails etc

### Espress Yourself

Ethical coffee, speciality teas etc

### Glam Lamb

From the man with the golden boots

### Harmony Herd

Speciality sausages & burgers

### Homemade Country Preserves

Preserves & diabetic products

### PLANED

Supporting local communities

### Rhoshill Herbs & Garden Plants

Pot-grown culinary etc herbs

### Run Cookware

Top quality handmade cookware

### Samosaco

Veggie/non-vegetarian curries etc

### Sam's Meat Roast

Boar, buffalo & venison in a bun

### The Parsnipship

Stylish homemade vegetarian food

### Urban Jungle Coffee

Speciality coffees, chocolate, teas

### Welsh Sausage Co

Award-winning sausages etc

### Wild Hog Artisan Meats

Slow smoked poultry sausages

## Competitions

**pudding Competition - Sponsored by the Fourcroft Hotel, Tenby**

**2011: Chocolate Mousse** Open to all professional chefs & cooks – & Narberth Wl.

**Public judging – and tasting - Saturday 4.00pm**

**Young Chefs Competition - In memory of Luke Rogers**

**Open to local chefs aged 17 to 26 in work or in training.**

**Public judging: Sunday 3.00pm**

**Best Narberth Town Trader's Window Display - In memory of Paul Grimwood.**

**Awarded to the best window based on this year's theme: From East to West**

**Best Trade Stand - In memory of Wendy Connolly.**

**Awarded to the best Food Festival stall**

## For Young People - Free Festival Activities

**Have-a-Go Circus - Learn plate-spinning, poi, diabolo, devil sticks & juggling.**

**Drop-in art workshop**

**Plus Face Painting – only £2 per face**

## Education Day

Festival Friday is Education Day when 100 children from local primary schools take part in a programme of talks, demonstrations, tastings and hands-on activities in the Marquee.

This year's theme is **From East to West**. After a busy morning, lunchtime sees food prepared by international students from Pembrokeshire College. Afternoon activities include a demonstration by the Young Chef of the Year from Ludlow, Narberth's twin town.

**Thanks to supporters & volunteers, to school staff and to the always keen young people.**

**\* The full Education Day programme is on our website**

# Complete our questionnaire and win a prize!



## Festival Raffle - Tickets from Information Desk - Great prizes! - Draw: Sunday, 3.45pm

Dinner, bed & breakfast for 2 @ The Grove

Dinner for 4 @ Slebech Park

Meal for 2 @ Fourcroft Hotel, Tenby

Sunday lunch for 2 @ Plas Hyfryd

£50 voucher by Pembrokeshire Produce Direct

Large box of Pemberton's Chocolates

Cookbooks from Atheston Firewood

10% off a piece of art @ Oriel Q Gallery

Treatment @ Simply Balance, Narberth

2 tickets for SPAN Arts event

Massage/treatment @ Valley Gate Clinic

Bottle of single malt whisky

Bottle of Remy Martin cognac

Bottle of Southern Comfort



## With thanks to...

Andrew Rees Butchers  
Co-Operative Society  
Dingle Marquee Hire  
Dyffryn Taf School  
Gravells Car Showroom  
Herons Brook  
Llandisilio Guides

Oriel Q Gallery  
Queen's Hall  
Narberth & Whitland Rotary Club  
SPAN Arts  
Ultracomida Delicatessen  
Wisebuys, Narberth



Cronfa Amaethyddol Ewrop ar gyfer Datblygu  
Gwledig; Ewrop yn Buddsoddi  
mewn Ardaloedd Gwledig.  
The European Agricultural Fund for  
Rural Development Europe Investing in  
Rural Areas



Llywodraeth Cymru  
Welsh Government

bluestone



TEMPLETON  
Bear Wine & Spirit Co.



See you next year – 22 & 23 September 2012