

20th

NARBERTH

FOOD FESTIVAL

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GWYL

FWYD ARBERTH

22 & 23 September / Medi 2018



10-6

Saturday
Dydd Sadwrn

£4.00

10-4

Sunday
Dydd Sul

£3.00

Weekend Ticket
Tocyn Penwythnos

£5.00

Under 18s FREE

Mynediad am ddim
i dan 18



Noddir gan
Llywodraeth Cymru
Sponsored by
Welsh Government



www.narberthfoodfestival.com

20th NARBERTH FOOD FESTIVAL



Patrons: Angela Gray & Elisabeth Luard

WELCOME...or welcome back!

We'll never be the biggest food festival, but lots of people say we're the friendliest and most enjoyable. We're sure you'll agree!

2018 is a special year in the history of Narberth Food Festival – it's our 20th birthday.

And we've got lots on offer to make this weekend a super celebration.

Find out more inside our special 20th anniversary programme.

A big thanks

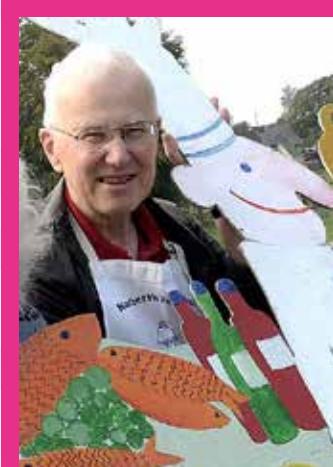
...to all our supporters and friends

...to all donors of raffle prizes

...to all chefs, stallholders and entertainers, who help give the festival its buzz

...and to all our volunteers: without them, the festival couldn't happen

The Festival Committee



The Paul Davey Education Day

Narberth Food Festival is always preceded by our Education Day, where children from local primary schools come together for talks, demonstrations, tastings and hands-on activities.

It has now been named in memory of Narberth Food Festival secretary, friend and indefatigable worker, Paul Davey (pictured), who lost his battle with cancer shortly after last year's festival.

What's on the menu?

Just a few of the goodies in store at this weekend's Narberth Food Festival...

- Welsh and Pembrokeshire produce galore
- culinary treats and tips from our Food Theatre chefs
- masterclasses in gin and whisky
- workshops in fish, fermenting and foraging
- top chefs chat in our Restaurant Confidential
- bee-themed activities for youngsters
- lots of lovely live music
- walkabout fun with street entertainers – look out for our special guest!



Who's Who



Bryn Williams, widely regarded as one of Wales' best chefs, is leading the line-up in the festival's Food Theatre. Bryn, the head chef and sole proprietor of Odette's Restaurant in London's Primrose Hill, developed his love for cooking when he started working at his local bakery in north Wales.

Since then, he has worked in some of the most prestigious kitchens in London and under some of the world's most stellar chefs; is a BBC Saturday Kitchen regular and has published three books. Bryn competed for Wales in the first series of the Great British Menu on BBC1. There, he triumphed with his fish course – pan-fried turbot with oxtail and cockles – which he went on to cook for The Queen's 90th birthday banquet. His third restaurant, Bryn Williams at Somerset House, opened last March.



Allister Barsby has been executive chef at The Grove of Narberth since January 2016. He came to Pembrokeshire from the two Michelin-starred Gidleigh Park in Dartmoor, where he was head chef for three years. In Narberth Food Festival's Food Theatre on Sunday afternoon, Allister will be creating a dish from his à la carte menu at The Grove's award-winning Fernery restaurant.

Ludo Dieumegard is head chef in the Harbourmaster in Aberaeron and a big favourite with Narberth Food Festival audiences. Ludo worked in various restaurants in his native France before coming to Wales, working for the then Welsh culinary team head, Peter Jackson, and at the renowned Le Gallois restaurant in Cardiff.

He has previously reached the semi-finals of Masterchef: The Professionals and spent five successful years at his own restaurant, Ludo's at the Coopers in Newcastle Emlyn.

Simon Wright, food writer, broadcaster and restaurateur, is the owner of the renowned Wright's Food Emporium at Llanarthney, near Carmarthen. He's small business, Fishing and Foraging Wales, based near Pembroke, focuses on bass lure angling and foraged food, and his goal is for his kitchen creations to make Wales stand out in the culinary world.

Catch him in the Food Theatre, where he will be compering the demos by Bryn Williams and Matt Powell before bringing the two chefs together for a Restaurant Confidential on-stage chat at 12.30pm.



Sarah Philpott is a food writer and blogger, based in Swansea. Her first cookery book, *The Occasional Vegan*, was published in March, and her vegan food blog, *Vegging It*, shares her passion for eating and cooking on a budget.

Sarah is a fluent Welsh speaker, and frequently talks about vegan cooking and eating out on Welsh radio and television.

Vic North is a Pembrokeshire cook and writer who celebrates all things real food. Vic has successfully run an award-winning restaurant and has been featured in *The Guardian* and on BBC Wales.

Vic is now using her experiences to work as a food writer, while continuing to host regular cookery classes. Her current projects include a series of interviews profiling women in food. Meet Vic in both the Food Theatre and the Masterclass tent. In her workshop, she'll be showing three ways to preserve fish.

Parc y Dderwen, located at the foot of the Preseli Hills, produce fermented foods for a happy gut and a healthy mind, which are hand-made, seasonal and full of goodness.

Parc y Dderwen's raw, naturally fermented sauerkrauts are in an array of flavours that are great as healthy snacks or tasty additions to zing up and diversify your plate.

In their workshop, Lauren and Phil will introduce you - and your taste buds - to the wonderful world of fermented vegetables.

You will taste a variety of different ferments, learn about the principles and benefits of fermentation and make your own sauerkraut to take home with you.

LICENSED BAR IN SEPARATE MARQUEE

Welsh beers and ciders, Pimms, wine and soft drinks

FREE bottled water, courtesy of Princes Gate

All profits to Festival funds

Sponsored by Templeton Beer Wine & Spirit Co

20th

NARBERTH FOOD FESTIVAL

There's always a celebratory feeling at Narberth Food Festival, but this year brings something extra to cheer about – our 20th birthday!

Our inaugural event in the Queens Hall in 1999 was part-funded by Planed and the Arts Council of Wales and included the making of a Pembrokeshire paella, Trinidadian cookery sessions and a food-themed art exhibition.

And the early festivals also featured culinary contributions from the Saturday Club – the Bloomfield-based cookery class which help to instil a love of food in a whole new generation of Narberth youngsters.

Narberth Food Festival chair, Colin Russell, has been on the festival committee throughout.

He said: "It's been an enjoyable and fulfilling journey since those early days.

"Along the way, we've had so much help and goodwill from so many chefs, stallholders and volunteers that we can't possibly name them all.

"Not to mention the thousands upon thousands of visitors who have travelled from near and far to Narberth for the festival weekend – on one occasion, arriving on site by helicopter!"

"We base our success on a foundation of food, drink, music and entertainment, with free entry and activities for children. This was the vision of the first committee and so it has continued, giving our visitors the friendliest food experience in Wales."



SATURDAY 10am – 6pm



- Food Theatre is equipped with hearing loops
- BSL interpretation for selected demos

MUSIC STAGE

10.45am Festival Opening Ceremony

FOOD THEATRE – FREE entry

- | | |
|---------|---|
| 11am | Vic North
Quick Fish Suppers |
| Noon | Bryn Williams
(compered by Simon Wright)
Braised sweetcorn and wood pigeon |
| 12.30pm | Restaurant Confidential
Simon Wright in conversation with
Bryn Williams and Matt Powell |
| 1.30pm | Lia Moutselou
My Greek Kitchen |
| 2.30pm | Matt Powell
(compered by Simon Wright)
From My Wild Larder |
| 3.30pm | Lia Moutselou
My Greek Kitchen |
| 4.30pm | Vic North
Quick Fish Suppers |

MASTERCLASS TENT

Book on the day in Food Theatre,
places limited, £5 per person

- 12.30pm** Preserving Fish Three Ways:
Salt, Smoke & Pickle
Vic North
- 2.30pm** Fermentation workshop
Lauren and Phil, Parc y Dderwen,
Llangolman
- 4pm** Gin masterclass and tutored
tasting (over 18s only)
Rob Higgins, Eccentric Gin

MUSIC STAGE

- 10.15am** George Whitfield
- 11.30am** Tony Black
- 12.45pm** Lightship Duo
- 2pm** Davy Jones & Thomas Crimble
- 3.15pm** Daisy B
- 4.30pm** Saint City Jazz Band

*Look out for Samba Doc in the High Street
at 2.30pm and 4pm*

FREE CHILDREN'S ACTIVITIES with BIG PLAY NARBERTH

Accompanied children only

- 11am-noon** Re-usable sandwich wraps (over 4s)
- Noon-1pm** Wildflower seed bombs (over 4s)
- 1pm-2pm** Bee hotels (over 4s)
- 2pm-4pm** Mask making workshop (all ages)
Plasticine modelling and quiz all day



FOOD THEATRE – FREE entry

- 11.30am** Sarah Philpott
Easy One-Pot Vegan Meals
- 12.30pm** Ludo Dieumegard
Slow roast shoulder of lamb with
mixed spices
- 1.30pm** Sarah Philpott
Easy One-Pot Vegan Meals
- 2.30pm** Allister Barsby
Dish from Fernery Restaurant, The Grove
of Narberth



MASTERCLASS TENT

Book on the day in Food Theatre,
places limited, £5 per person

- 12.30pm** Foraging workshop – From My
Wild Larder
Matt Powell, Fishing and Foraging Wales
- 2.30pm** Penderyn Whisky masterclass
and tutored tasting (over 18s only)
Mike Wheeler, Penderyn ambassador

MUSIC STAGE

- 10.15am** ElderWood
- 11.15am** Jess Dando
- 12.30pm** Bob Fish & Holly Robinson
- 1.45pm** Jodie Marie
- 3pm** Carmarthen Ukuleles

SUNDAY 10am – 4pm



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- 1pm-3pm** Mask making workshop (all ages)
Plasticine modelling and quiz all day



Stallholders

In Marquee

Pembrokeshire Cider Co

Bottled cider and apple juice made in Pembrokeshire using local produce

Celtic Spirit Co

Liqueurs and spirits from Wales

Cwm Deri Vineyard

Welsh wines and liqueurs

Celtic Country Wines

Fruit wines, sparkling wines, fruit liqueurs and preserves

Cusan Welsh Cream Liqueur

Homemade range of cream liqueurs

Eccentric Gin

Small batch craft gins

Parc Y Dderwen

Handmade raw probiotic sauerkrauts, pickles and condiments

Puffin Produce

Welsh fresh produce grown, picked and packed in Wales

Ritec Valley Organics

Organic vegetables and herbs

Gilly's

Oil-free balsamic dressings, marinades and fresh and smoked garlic

Morgan's Brew Tea Company

Loose leaf teas and infusions

Everest Bakehouse

Cakes, bakes and breads

Little Valley Bakery

Breads, croissants, cinnamon buns and olive sticks

Teisen Helenz Cakes

Cakes and bakes

PlumVanilla Café

Salads, falafels & breads



Good & Proper Brownies

Flavoured brownies including gluten-free, dairy-free and sugar-free

Oh Sugarplum!

Handmade confectionery, including award-winning fudge, truffles and marshmallows

Pembrokeshire Chilli Farm

Chilli-related products

Mrs Pook's Kitchen

Traditional homemade preserves



Farmers Food At Home

Artisan preserves made from home-grown, hedgerow-foraged and locally-sourced produce

Oscar's Kitchen

Homemade sweet and savoury preserves made in Carmarthenshire

Daisy Graze

Preserves, conserves and homemade fudge

Myrtle's Kitchen

Unique range of chutney and jam with a contemporary twist

Tast Natur

Botanical syrups

Sorai

Borneo-inspired artisan savoury, traditional and fusion-flavoured sauces

Pembrokeshire Friends of the Earth

Environmental campaigners focussing on plastic packaging

The Old Board Co

Food boards, furniture and gifts made from locally-sourced sustainable timber

Graffeg Limited

Books, cards, calendars and posters for adults and children

Beelief Botanics

Welsh wildflower honeys and beehive products

Devon Fishcakes

Range of fresh homemade gourmet fishcakes

Shore Seafoods

Shellfish ready to eat

Pembrokeshire Goats

Goats' cheese, goat meat and products

From Our Farm Ltd

Beef biltong made from own meat reared on a Pembrokeshire farm

Andrew Rees Butchers

Meat products

Caws Teifi Cheese/

Da Mhile Distillery

Artisan Welsh raw milk cheese and organic Welsh gins, whisky and liqueurs

The Hive Honey Ice Cream

Homemade honey ice cream

Calon Wen

Organic Welsh dairy products

Snowdonia Cheese Co. Ltd

Range of cheeses

Cowpots

Ice cream and ice cream-flavoured milkshakes



Fire & Ice

Small batch-produced gelato and sorbet

Outside

Sianabanana

Facepainting

Gilly's Coffee

Coffee, tea and handmade cakes

Dragon Mobile Catering Ltd

Coffee, tea, hot chocolate, cold drinks, cakes and biscuits

Grove of Narberth

Four-course tasting menu and chef demonstrations

Sim's Foods Ltd (Samosaco)

Asian snacks and meals

The Wrap Shack

Spanish and Mexican wraps



Pembrokeshire Woodfired Pizza

Thin crust woodfired pizzas and flatbreads

La Bonne Crepe

Homemade traditional crepes and galettes

The Teifi Toastie Co

Gourmet Toasted Sandwiches

Sam's Meat Roasts

Rare breed hog roast, burgers, bacon and sausages

Oakley Burgers

Gourmet, home-reared local Welsh Murray Grey beef burgers

Junkyard Dog

Smoked frankfurter sausages in gourmet buns with topping and sauce

Noodles To Go

Noodles stir fried with vegetables, beef, chicken or duck, vegetable and pork spring rolls

Stallholders

In Narberth this weekend...

SATURDAY

FOOD FOR THOUGHT!

Narberth Book Fair

Queens Hall

- 45 authors

- Children's activities

- Book chat, discussions and story time

9.30am – 4pm

FREE admission



SATURDAY AND SUNDAY

SOUND OUT THAT VEG...

DigiVeg@Narberth Food Fest

Span Arts are delivering one-day creative digital workshops in vegetable instrument making!

Ever wondered how to make a root flute or carrot clarinet?

Or play a digital vegetable keyboard?

Span Arts Gallery

10am – 5pm

Children £5, adults £7.50



Make sure you're in the car park between 4pm and 5pm on both days to hear the super digi-veg sounds that have been created!



Festival Raffle – great prizes!

Draw to be made on stage at 2.45pm on Sunday

Prizes Include

A £50 goody bag from Ultracomida

A bag of delicious organic dairy products from Calon Wen



Engraved chopping board from The Old Board Co.

Autumn Cookery book from Festival patron Angela Gray

Sunday lunch for two at Plas Hyfryd Hotel, Narberth

Meal voucher

from Tooj of Narberth

Cookery book

from chef Bryn Williams

£20 wine voucher

from Templeton Beer Wine and Spirit Co.

Tickets on sale at Festival Information Tent

All proceeds to Festival funds

With further thanks to...

Alan Hunt, Andrew Rees Butchers, Bloomfield Centre, Calon Wen, Dingle Marquee Hire, G D Harries & Sons, Gareth Davies Photography, Grove of Narberth, Llandissilio & Narberth Guides, Monddi Dimond Press, Narberth Chamber of Trade, Narberth Museum, Narberth Primary School, Narberth Scouts, Narberth & Whitland Rotary Club, Orsola Muscia, Pembrokeshire County Council, Peter Preece, Preseli Pioneer Explorers, Princes Gate Water, Ruth Davies, Sarah Hoss, Simon Wright, SPAN Arts, Templeton YFC, West Wales Biodiversity and Valero.

