

Bentham 100% Local Food Feast

Saturday 25th September 2010

Cooks for tonight's meal are Anne and Richard Wilson, who have between them over 50 years experience of professional catering.

Flowers by Sue Pilkington

Decorations by Nikki Johnson of the Looking Well Art Shed

On the Tables

Bread: Oakroyd Bakery, Bentham

Butter: Singleton's Dairy, Longridge – singletons.uk.com

Elderflower Cordial: Middlewood Cordials, Roeburndale – middlewood.org.uk

Starters

Soup

Onions, courgettes, celery, peas, sugar-snap peas, mint, all from Cooks' garden

Seasoning: Organic Perfect Salt – Steenbergs, Ripon – steenbergs.co.uk

Smoked mackerel pâté

Smoked mackerel: Mackenzies Yorkshire Smokehouse, Blubberhouses – yorkshiresmokehouse.co.uk

Apple: a Bentham orchard

Bread: Oakroyd Bakery, Bentham

Blackberry Vinegar: Reedy's, Oswaldtwistle – reedys.co.uk

Seasoning: Organic Perfect Salt – Steenbergs, Ripon – steenbergs.co.uk

Oatcakes: Barwise, Bentham

Salad: Cooks' garden and Growing with Grace, Clapham, own crop – growingwithgrace.co.uk

Goat's Cheese Salad

Goat's Cheese: Chapel-le-Dale

Tomatoes & basil: Cooks' garden

Rapeseed Oil with garlic & rosemary: Wharfe Valley Farms – wharfevalleyfarms.co.uk

Blackberry Vinegar: Reedy's, Oswaldtwistle – reedys.co.uk

Seasoning: Reedy's Sea-salt with lemon & thyme – reedys.co.uk

Salad: Cooks' garden and Growing with Grace, Clapham, own crop – growingwithgrace.co.uk

Mains

Beef & Ale Stew

Rump Steak: Limestone Country Beef

Ale: Dent Brewery Ramsbottom

Onions: Cooks' garden & Tatham Fells CP school via Bentham crop swap stall

Celery: Growing with Grace, Clapham, own crop – growingwithgrace.co.uk

Mushrooms: Preston via Pimlott's market stall in Bentham

Tomatoes, bay leaves, thyme: Cooks' garden

Rosemary: Bentham crop swap stall

Flour: Sunflours, Ripon – sunflours.com

Rapeseed Oil with garlic & rosemary: Wharfe Valley Farms – wharfevalleyfarms.co.uk

Seasoning: Reedy's Sea-salt with lemon & thyme – reedys.co.uk

Summer Vegetable Tart

Vegetables and herbs: Cooks' garden and Growing with Grace, Clapham, own crop – growingwithgrace.co.uk

Crème fraîche: Little Town Dairy, Longridge – littletowndairy.co.uk

Cheese: Sandham's Tasty Lancashire – Sandham's, Barton – jjsandham.co.uk

Flour: Sunflours, Ripon – sunflours.com

Butter: Best of Bowland – Procters of Chipping – procterscheeses.co.uk

Eggs: Free-range from Lowgill

Seasoning: Reedy's Sea-salt with lemon & thyme – reedys.co.uk

Fish Pie

Fish: Fleetwood

Shrimps: Morecambe Bay Potted Shrimps – morecambebayshrimps.com

Cheese: Sandham's Tasty Lancashire – Sandham's, Barton – jjsandham.co.uk

Tomatoes and herbs: Cooks' garden

Onions: Cooks' garden & Tatham Fells CP school via Bentham crop swap stall

Butter: Best of Bowland – Procters of Chipping – procterscheeses.co.uk

Seasoning: Organic Perfect Salt – Steenbergs, Ripon – steenbergs.co.uk

Flour: Sunflours, Ripon – sunflours.com

Potatoes: Donated by Clapham Community Co-operative

Milk: Brades Farm, Farleton – bradesfarm.co.uk

Vegetables

Potatoes: Lady Christl from Cooks' garden

Carrots: Preston, via Flowerfields

Leeks: Preston, via Flowerfields

Sweets

Cream: Brades Farm Dairy, Farleton – bradesfarm.co.uk

Yogurt: Ann Forshaw's, Longridge – alstondairy.co.uk

Apple and Honey Pudding

Apples: Bentham (crop swap)

Yorkshire Honey: Pennine Bee, Galgate – honeycombco.co.uk

Bread: Oakroyd Bakery, Bentham

Butter: Best of Bowland – Procters of Chipping – procterscheeses.co.uk

Eggs: Free-range from Lowgill

Blackcurrant Mousse

Blackcurrants: Cooks' garden

Yorkshire Honey: Pennine Bee, Galgate – honeycombco.co.uk

Cream: Brades Farm Dairy, Farleton – bradesfarm.co.uk

Eggs: Free-range from Lowgill

Crème fraîche: Little Town Dairy, Longridge – littletowndairy.co.uk

Summer pudding

Fruit: Cooks' garden

Yorkshire Honey: Pennine Bee, Galgate – honeycombco.co.uk

Bread: Oakroyd Bakery, Bentham

Tart Tatin

Apples: Bentham (crop swap)

Yorkshire Honey: Pennine Bee, Galgate – honeycombco.co.uk

Butter: Best of Bowland – Procters of Chipping – procterscheeses.co.uk

Flour: Sunflours, Ripon – sunflours.com

Eggs: Free-range from Lowgill

Poached Plums with Apple

Plums: a Burton-in-Lonsdale orchard

Apples: Bentham (crop swap)

Yorkshire Honey: Pennine Bee, Galgate – honeycombco.co.uk

Blackberry Brulée Tart

Wild blackberries from Lowgill

Yorkshire Honey: Pennine Bee, Galgate – honeycombco.co.uk

Yogurt: Ann Forshaw's, Longridge – alstondairy.co.uk

Cream: Brades Farm Dairy, Farleton – bradesfarm.co.uk

Eggs: Free-range from Lowgill

Butter: Best of Bowland – Procters of Chipping – procterscheeses.co.uk

Flour: Sunflours, Ripon – sunflours.com

Cheese

Sandham's Crumbly Lancashire (white) – Sandham's, Barton – jjsandham.co.uk

Ribblesdale Sheep's Milk Cheese (red wax)

Ribblesdale Goat's Milk Cheese (white wax)

Wensleydale with Cranberries – wensleydale.co.uk

Garstang Blue – dewlay.com

Oatcakes: Lakeland Specialities Cumbrian Oatcakes

Celery: Growing with Grace, Clapham, own crop – growingwithgrace.co.uk

Grapes: Growing with Grace, Clapham, own crop – growingwithgrace.co.uk

The **100% Local Food Feast** is the final event of Bentham Local Food Week 2010, brought to you by **BEST – Bentham Environmentally Sustainable Town** as part of a project funded by the Yorkshire Dales National Park Authority's Sustainable Development Fund, which is managed by the Yorkshire Dales Millennium Trust.



All the money for the Feast was spent locally:

Bentham	126.54
Burton	12.95
Clapham	35.48
Lowgill	22.00
Ingleton & Chapel-le-Dale	114.76
Wray	26.70
Total	£338.43

Shopping travel by car 35 miles

Find out what local food you can buy, and where, at

benthamlocalfood.org.uk

You will also be able to see pictures there of the week's events