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■ What's On ■ Recipes ■ Town Map 20 - 24 October 2010 £1.00

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WELCOME

Hello and welcome to the 2010 Dartmouth Food Festival.

When planning the Food Festival we have one overwhelming objective, to develop the reputation of Dartmouth as a destination for lovers of good food and drink. If we get that right then producers, farmers, fishermen, hoteliers, restaurateurs and residents all benefit from our efforts.

For this to happen, we have to attract a broad range of people to the Festival to experience our great produce, wonderful restaurants and brilliant chefs. This means that events must appeal to young, old, local, travelled, Festival regulars and newcomers alike. The upshot of this is that despite starting our planning this year by saying that we wouldn't grow the Festival, we seem to have planned something twice as big as last year. When we see an idea that might work for our audience we say 'yes!' and then think about how it's going to work.

So this year we have a whole new area in Royal Avenue Gardens full of cooking demonstrations, writers, hands on workshops, family activities and talks. We're also staging wine tastings at Dartmouth Castle, hosting the South West Wine Challenge at Browns Hotel, welcoming a Real Ale Festival at the Ship Inn, Kingswear and a Festival Open Golf Championship. This on top of the usual line up of local producers, parties, restaurant events and chefs on stage.

So I'm sure you'll find something to your taste at the Festival this year. I certainly hope so.

David Jones
2010 Festival Chairman



2010 Dartmouth Food Festival:

Don't miss a thing with our complete listings 'What's On' (pages 2 & 3), 'Demonstrations' (pages 8 & 9) and a handy Map for all the Festival venues on (page 12).

Inspiring Recipes from some of our Celebrity Chefs and Food Writers (pages 7, 14, 15 & 16).

dartmouthfoodfestival.com



David Jones image - © Terry Reeve - oipphoto.co.uk

Whilst we have made every effort to ensure that all information is correct at time of going to press there may be last minute changes to schedules. Please check daily information boards at the information points for any updates and latest information.

Mon 18th - Sun 24th	Real Ale Festival	Ship Inn, Kingswear. Taste the very best of local real ales and some unusual winter ales.
Tues 19th 6 - 7.15pm	Patrons, Sponsors & Supporters Reception	St Clements Church. The first official event of the festival and our chance to say thank you to our key supporters. By invitation only.
Tues 19th Sold Out	Festival Quiz	Café Al Fresco. Food Festival Quiz with dinner. Quiz master Henry Dimpleby.
Wed 20th 12 - 2pm	Dartmouth Caring Lunch	Dartmouth Guildhall. A special Food Festival Lunch Club for our Elders.
Wed 20th 3pm - 4pm	Opening Demonstration	South Embankment Theatre. Featuring Mitch Tonks, Henry Dimpleby, Josceline Dimpleby and local chefs.
Wed 20th 7.30 - 11pm	Opening Party with Dart Music Festival	Old Market Square. Celebrating 50 years of the South Devon AONB, featuring the Red Bullets and food inspired by Keith Floyd. Tickets £12.50 from Dartmouth TIC.
Thur 21st 10am - 4pm	Children's Festival	Old Market Square. Workshops for local school children and pre-school activity area.
Thur 21st	Food Festival Open	Dartmouth Golf & Country Club. Golf Competition with excellent food related prizes, call Tony Chappell on 01803 712 016 for more details.
Thur 21st 4.30pm - 6pm	Family Tea Party	Old Market Square. All children welcome but must be accompanied by an adult.
Thur 21st 5pm	Rotary Young Chefs Competition	Old Market Square for judging.
Thur 21st Sold Out	An Audience with Mitch Tonks & The Girls	The Flavel. Mitch Tonks will be joined by Jane Baxter, Holly Jones and Fiona Beckett for an evening of chat, food and good company. Tickets £30 to include demonstration and taster menu from Dartmouth's best restaurant. (Reserve list being held at the Flavel)
Fri 22nd 10am - 5pm	Visit South Devon Crab Day	South Embankment & Avenue Gardens. In association with Visit South Devon, Friday will celebrate our most wonderful local resource - crab. Exhibitors and workshops will all have a seafood focus.
Fri 22nd 10.30am	Wildwise Wild Food Walk	Dartmouth Castle. Join a Wildwise Guide to explore the coast and countryside in search of edible plants. Cost £5. Walking shoes/boots recommended. Book direct with Wildwise on 01803 868269.
Fri 22nd 11am - 4pm	South West Wine Challenge	Browns Hotel. Red & White's South West Wine Tasting Challenge offers everyone (trade and public) the opportunity to demonstrate their wine tasting skills. Visit: red-white.co.uk/south-west-wine-challenge or call 01548 854478 to register (£10 per entry)
Fri 22nd 10am - 4pm	Dartmouth Caring's Naughty But Nice Tea Party	The Flavel. Dartmouth Caring are hosting an afternoon of sheer indulgence with cream teas, coffee, cakes and a little light music, plus an appearance from the Calendar boys and girls.
Fri 22nd Sold Out	Blue Chip Holidays' Wine Tasting	Dartmouth Castle. Red and Wines' Liam Steevenson and renowned wine writer, Fiona Beckett, will host a wine tasting in one of Dartmouth's most atmospheric venues.

Fri 22nd Until 8.30pm	Open Galleries Night	Dartmouth Galleries around town will be open until 8.30pm so pay a visit before dinner.
Sat 23rd 10am - 5pm	Festival Markets	South Embankment & Market Square. Nearly 100 hand-picked exhibitors will fill stalls.
Sat 23rd 10am - 5pm	Coast & Country Cottages' Workshops	Royal Avenue Gardens will play host to a number of workshops running throughout the day. Crack crab, bake bread, taste, touch and smell great food.
Sat 23rd	Demonstrations	South Embankment & Avenue Gardens. Castle's Kitchens and Garton King Aga theatre will feature a full programme of local and visiting chefs. See Demo Calendar on pages 4 & 5 for details.
Sat 23rd 12.30pm	MP's Question Thyme	Royal Avenue Gardens. We are delighted to be joined by Dr Sarah Wollaston MP who's here to answer your questions on Food, Farming and Fishing.
Sat 23rd 10am - 5pm	Coated and Crunchy Biscuit Decorating	Royal Avenue Gardens. Coast & Country Cottages are sponsoring a biscuit decorating and other activities for families.
Sat 23rd 12pm	Pasty Making Competition	Old Market Square. Dart to Mouth Deli Pasty making competition official judging - if you're interested, then contact Philip Watts at Dart to Mouth Deli in the Old Market for an entry pack before Saturday when the judging will take place.
Sat 23rd 10am - 5pm	Writers' Forum	Royal Avenue Gardens. Hosted by Fork Magazine, this area features signings, writers' talks and a well stocked cookery book shop. Drop in for some inspiring chats and Christmas shopping.
Sat 23rd 5.30pm	Food Festival - Film Festival	The Flavel. <i>Eat Pray Love</i> starring Julia Roberts, with Pre Film Canapés provided by the Dartmouth Apprentice.
Sat 23rd Sold Out	Blue Chip Holidays' Wine Tasting	Dartmouth Castle. Red and Wines' Liam Steevenson and renowned wine writer, Fiona Beckett, will host a wine tasting in one of Dartmouth's most atmospheric venues.
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WHAT'S ON



LOCAL HERO

© Mitch Tonks image - Chris Terry

Mitch Tonks is one of the UK's most respected names in seafood, with a string of awards to his name including Tatler's 'Restaurateur of the Year' and listed as one of the UK's 'Top Most Influential Foodies'.

He co-owns 3 seafood restaurants, works closely with Young's Seafood, has published 4 cookery books and between all that has found time to film a series about the best fish in the UK with Matt Dawson.

Mitch is a passionate advocate of South Devon, he lives and works closely with the local community from fishermen to butchers, from restaurants to accommodation providers; he writes regularly for the national press as well as blogging and tweeting to spread the word.

His approach to cooking fish stems from his belief that the fish is the star of the show and good produce needs a simple approach, a philosophy that has won him many fans and supporters.

The Dartmouth Food Festival brings together all that Mitch loves about living in South Devon and is a great celebration of food and local produce that is second to none.

For more information visit
mitchtonks.co.uk



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To find the best places to catch, eat and buy South Devon Crab, go to visitsouthdevon.co.uk/crab

visitsouthdevon.co.uk



Image courtesy of Pete Cassidy



FRESH SPAGHETTI WITH CRAB CHILLI AND PARSLEY

To Make

Bring a large pan of salted water to the boil and cook the spaghetti until al dente. In a separate pan add the olive oil and gently sweat the shallots and garlic. Add the chilli. On a gentle heat, stir in the crab meat and warm through. Add a squeeze of lemon juice and the parsley, season to taste and then toss with the cooked spaghetti.

You'll need

- 400g spaghetti
- 1tbsp good olive oil
- 1 clove of garlic, chopped
- 1 shallot, finely chopped
- 1 red chilli, finely chopped
- 150g fresh brown crab meat
- Juice of ½ lemon
- 50g fresh white crab meat
- Handful of flat leaf parsley
- Salt and pepper to season

© Mitch Tonks, Seahorse, Dartmouth



Fri 22nd	10am	11am	12 noon	1pm	2pm	3pm	4pm	
Castles Kitchens Theatre South Embankment	Visit South Devon Crab Demonstrations	Mitch Tonks Seahorse - 11am	Philip Watts Philips' Food - 11.45am	JP Bidart Millbrook Inn - 12.30pm	Jane Baxter Riverford Field Kitchen - 1.15pm	Heri Royal Castle Hotel - 2pm	Tom Woods Dart Marina - 2.45pm	
Garton King Aga Theatre Royal Avenue Gardens		Serin Aubrey Anzac St Bistro - 11am	Matt Buzzo Waterside Bistro - 11.45am	Miranda Gardiner 12.30pm	Tim Bouquet Ode - 1.15pm	Holly Jones Manna from Devon - 2pm	Ben Cary Arms - 2.45pm	Richard Hunt (Grand Hotel), James Crowdon & Jane Baxter A brief History of Food in South Devon
Fork Magazine Writers' Forum	Royal Avenue Gardens		Mitch Tonks 'Fish'	Visit South Devon Crab Campaign	Miranda Gardiner 'Teaching Dad to Cook Flapjack'	Jane Baxter 'Riverford Farm Cookbook'	Valentine Warner 'What to Eat Now'	Royal Avenue Gardens
Workshop 1	Sponsored by Coast & Country Cottages	Have a cracking time learning to crack and pick a crab with 'Devon Crab' and Visit South Devon. Buy your crab, join a class and enjoy one of Devon's best natural resources. From 10.30am						
Workshop 2		South Devon AONB Apple Pressing and Family Activities. From 10.30am						
Workshop 3		Coated and Crunchy – Biscuit Decorating and Family Activities with Coast & Country Cottages. From 10.30am						
Sat 23rd	10am	11am	12 noon	1pm	2pm	3pm	4pm	
Castles Kitchens Theatre South Embankment	Demos	Valentine Warner Star of TV and writer of best selling 'What to Eat Now' - 10.30am	Miguel - Royal Castle Hotel Local chefs show us why Dartmouth is a Mecca for foodies - 11.45am	Jacques Marchel Inspirational cooking with Festival favourite Jacques - 1pm	Alan Murchison What we can look forward to from the soon to be owner of The Carved Angel - 2.15pm	Mark Hix Unbelievably talented and multi award winning chef - 3.30pm		
Garton King Aga Theatre Royal Avenue Gardens	Demos	Nick Coffey 'My Daddy Cooks' - 10.30am	Will Herbert Sourdough/Real Bread Campaign 11.45am	Dart Marina Local chefs show us why Dartmouth is a Mecca for foodies - 1pm	Richard Hunt & Kate Gover - Lahloo Tea Tea and Cakes - 2.30pm			
Fork Magazine Writers' Forum	Royal Avenue Gardens	Fiona Beckett - Trethowan's Dairy Cheese School - 10.30am	Rosemary Barron 'Flavours of Greece' 11.45am	Dr Sarah Wollaston MP 'Question Thyme - Part 1' 12.30pm	Dr Sarah Wollaston MP 'Question Thyme - Part 2' Local Food writers and activists discuss current food issues - 2pm	Diana Henry 'Food from Plenty' - 3.30pm		
Workshop 1	Sponsored by Coast & Country Cottages	Richard Vines - Wild Beef Raising Cattle on Dartmoor 11am	Visit South Devon - Blue Sea Food Company Crab cracking demos by Devon Crab - 12pm	Peter Hunt Bee Keeping - 1pm	Mark Lobb 'Getting to Know Fish' with your local fishmonger and raconteur - 2pm	Antonia - Ooh La La! Chocolaterie demonstrates 'Hands on Chocolate' - 3pm		
Workshop 2		South Devon AONB Apple Pressing and Family Activities. From 10.30am						
Workshop 3		Coated and Crunchy – Biscuit Decorating and Family Activities with Coast & Country Cottages. From 10.30am						
Bandstand		Children's storytelling with Old Fairweather throughout the day						
Sun 24th	10am	11am	12 noon	1pm	2pm	3pm	4pm	
Castles Kitchens Theatre South Embankment	Demos	Philip Watts - Best of Devon Festival Chef cooks perfect local food 11am	Alan Murchison What we can look forward to from the soon to be owner of The Carved Angel - 12.15pm	Holly Jones - Manna from Devon Cooking School cooks a selection of dishes using food found in the Markets - 1.30pm	Chefs Mash-Up Whoever's around and still standing will gather on stage and cook whatever's left - 2.45pm			
Garton King Aga Theatre Royal Avenue Gardens	Demos	Dartmouth Landladies' Sunday Brunch including Festival Chairman, David Jones 11am	Will Herbert Sourdough/Real Bread Campaign 12.15pm		Kate Gover - Lahloo Tea Kate shows us how to enjoy tea as it should be - 2.45pm			
Fork Magazine Writers' Forum	Royal Avenue Gardens	Diana Henry & Suzy Atkins talk about Wine and Food and sign their books - 11am	Suzy Atkins - Trethowan's Dairy talk about Cheese & Wine - 12pm	Sharpham Dairy & Vineyard Excellence on the River Dart 1pm	Alistair Sawday Publisher Alistair Sawday talks about his passions for food and travel - 2pm			
Workshop 1	Sponsored by Coast & Country Cottages	Richard Vines - Wild Beef Raising Cattle on Dartmoor - 11am	Richard & Lesley - Gara Barton introducing venison - 12pm	Peter Hunt Bee Keeping - 1pm	Mark Lobb 'Getting to Know Fish' with your local fishmonger and raconteur - 2pm	Antonia - Ooh La La! Chocolaterie demonstrates 'Hands on Chocolate' - 3pm		
Workshop 2		Coated and Crunchy – Biscuit Decorating and Family Activities with Coast & Country Cottages. From 10.30am						
Bandstand		Children's storytelling with Old Fairweather throughout the day						
Throughout Friday, Saturday and Sunday we'll also have ongoing demonstrations from the Royal Navy 'Fit For life' Team and 'Hy-tech enamellers' incorporating 'ECO Cuisiniere' reconditioned range cooker with Colin from Resnova Floating Inn. From 10.30am								

FORK MAGAZINE WRITERS' FORUM

A new initiative at the Festival this year is the Writer's Forum. Sponsored by Fork Magazine, the forum, in Royal Avenue Gardens, will play host to talks, interviews, signings and discussions.

We have a fantastic line up of nationally renowned writers, details of which can be found on pages 8 & 9. Highlights include wine writers Susy Atkins and Fiona Beckett, the fabulous Telegraph writer, Diana Henry, chefs Mark Hix, Alan Murchison, Jane Baxter and Mitch Tonks, local writer Miranda Gardiner and TV personality Valentine Warner. Many of these will be demonstrating in one or other of the theatres or holding workshops before signing their books.

On Saturday afternoon we are delighted to welcome Totnes MP, Dr Sarah Wollaston, who will answer your questions on Farming, Fishing and Food. This will be followed by a panel discussion featuring food activists including Guy Watson of Riverford Farm and Western Morning News Journalists Becky Sheaves and David Wilcock. Please bring your questions to put to the panel.

The Forum will also host wine and cheese tastings, a look at the Food of Greece and impromptu interviews. So it'll be lively throughout Friday, Saturday and Sunday and well worth stopping by.

Alongside the Writers' Forum will be the Harbour Bookshops' stall which will be well stocked with a delicious range of Cook Books by guest writers and others; a great place to do some early Christmas Shopping.

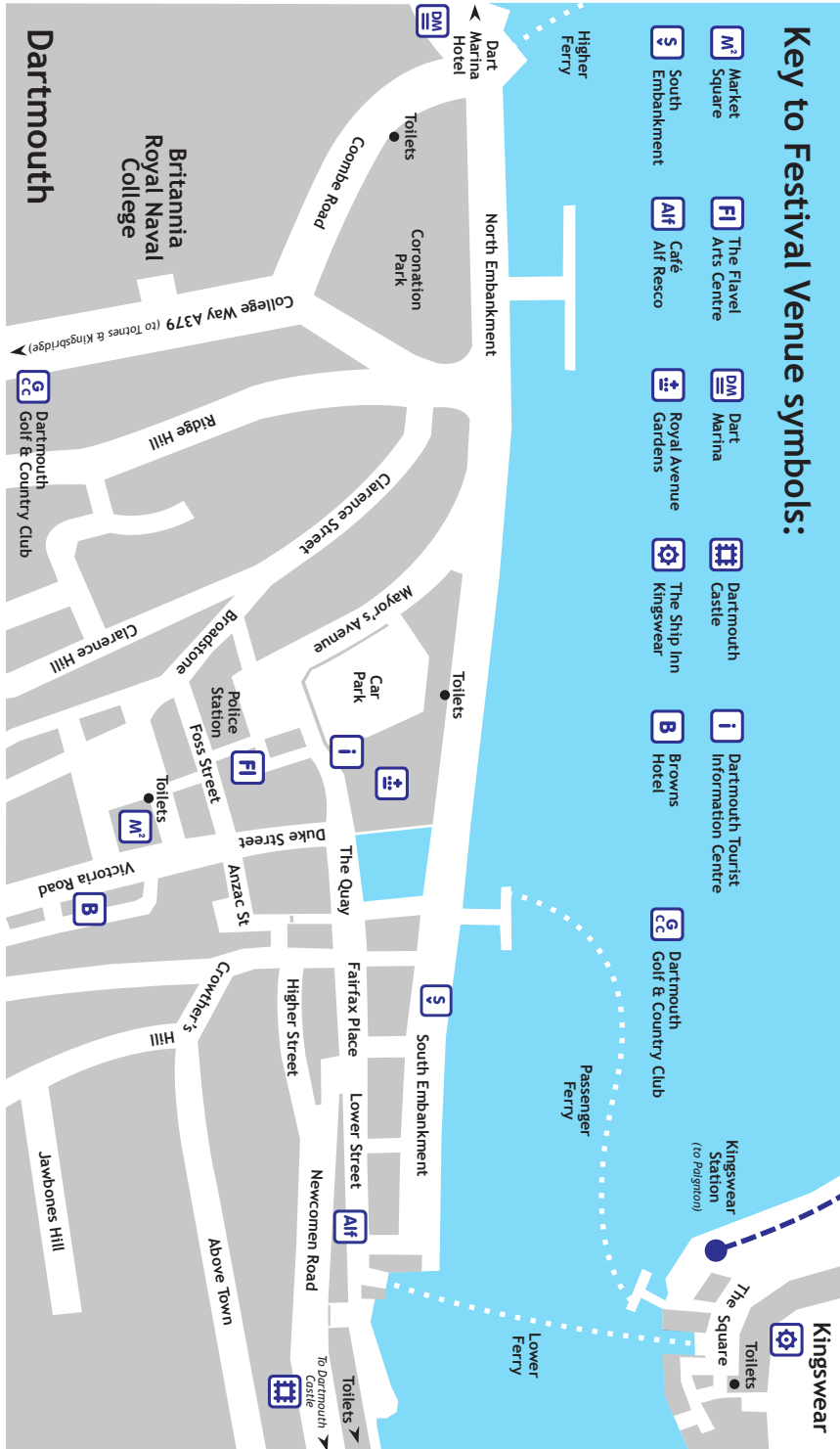


© Valentine Warner, Dr Sarah Wollaston MP and Miranda Gardiner images - supplied



Key to Festival Venue symbols:

- Market Square
- The Flavel Arts Centre
- Dart Marina
- Dartmouth Castle
- Dartmouth Tourist Information Centre
- South Embankment
- Café Air Resco
- Dartmouth Golf & Country Club
- Dartmouth Golf & Country Club
- Dartmouth Golf & Country Club
- Browns Hotel
- Dartmouth Golf & Country Club



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Short Crust Pastry

175g Plain flour
1 teaspoon caster sugar
Pinch of salt
125g cold, unsalted butter – Cut into small pieces
3 tablespoons very cold water

Put the flour, sugar and salt into a food processor and process briefly to mix. Add the butter and pulse until the mixture resembles fine breadcrumbs. Transfer to a bowl & stir in enough water to make a dough. Wrap in cling film and chill for a minimum of 30 minutes.

Roll out the pastry on a lightly floured surface into a rough circle (or other shape if preferred). Place on a baking sheet and prick with a fork in several places before leaving to chill for a further 15 minutes.

Place in a pre-heated oven (200°C) & bake for approx 10 – 15 minutes until golden brown in colour.

The Filling

75g Pecan nuts
Pinch of cayenne
Dash Tobasco
½ Teaspoon salt
1 Butternut Squash (Or other variety if preferred)
2 Garlic cloves, finely chopped
Olive oil for drizzling
2 small onions, sliced
2 tablespoons olive oil
300g Swiss Chard (Or Spinach)
200g Blue cheese, chopped – We use Devon Blue
50g grated Parmesan
1 tablespoon butter
20 Sage leaves

Mix together the Pecan's, Cayenne, Tobasco and salt & place on a baking tray. Bake in the oven for 5-6 minutes until lightly toasted.



Peel squash, cut in half and remove the seeds before then cutting into rough 2cm cubes. Place onto a baking tray, toss in olive oil, season and then bake for approx 30 minutes in the oven (200°C) until squash is tender.

Sprinkle with garlic and then return to the oven for a further 5 minutes before removing and allowing to cool.

Cook onions in olive oil gently for approx 20 minutes until soft but not brown. Whilst onions are cooking separate the chard stalks from the leaves. Chop the stalks roughly (1cm strips) and blanch in boiling, salted water for 4 minutes. Remove using a slotted spoon and set aside.

Using the same boiling water cook the chard leaves for 1 minute before removing and refreshing under cold, running water. Squeeze any excess water out of the chard and add both the stalks and leaves to the onions. Mix very well until thoroughly combined and season well.

In a large bowl gently combine the pecans, squash, chard and blue cheese. Use mixture to top the cooked pastry base and sprinkle with parmesan. Place back into the oven for approx 10 minutes.

Cook the sage leaves in butter until crisp and use to garnish the finished pastry.

SWISS CHARD, SQUASH + BLUE CHEESE TART



Recipe by Jane Baxter



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SCALLOP AND KING PRAWN BROCHETTE WITH PINEAPPLE SALSA

To prepare the salsa

Combine the vinegar, sugar, chilli and garlic. Bring to the boil and reduce by half. Mix the diced pineapple and spring onion together and pour the liquid over. Allow to cool slightly and then refrigerate for at least 2 hours.

For the brochette

Place 2 scallops and 2 prawns on each skewer alternatively, season with salt and pepper. Preheat a non stick pan, drizzle a little olive oil and place the brochette in the pan - cook for approx 2 mins on each side ensuring the prawns are fully cooked. Finish with a squeeze of lemon and a little knob of butter.

To serve

Divide the salsa onto four plates or onto one large plate and put the brochette on top and serve.

Nice as a centre plate for all to pick at with a mixed leaf salad and coriander oil.

Serves 4

8 scallops cleaned and without the roe
8 king prawns - peeled and de-veined
1 pineapple - dice into small cubes
1 bunch spring onions - finely chopped
250g red wine vinegar
250g castor sugar
8g red chilli - finely chopped
1 clove garlic - crushed
4 x 6 inch wooden skewers (soaked in cold water)



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If we've missed anybody, our sincere apologies.

Festival Programme designed and artworked by Cherub Consultancy Ltd:

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