



Buy at the farm-gate

DOWN country lanes across Suffolk you'll find all kinds of produce for sale: anything from plants and flowers to eggs and vegetables, homegrown and usually very reasonable in price.

Near me, there is the unlikely combination of quails' eggs and rhubarb on offer and I am always on the lookout for interesting ingredients.

After a walk at Newbourne Springs to see marsh marigold and flag iris we called in to have tea and cake at the Newbourne Farm Shop. Its range is extensive and varied: fabulous vegetables, cakes, preserves and endless choices in the chillers and freezers.

We enjoyed our tea and looked about us. I spied and heard some piggy action in the next-door property, so we walked over to get a closer look and were rewarded with a sty filled with pink piglets and a proud mum.

Even without my children, it would have been on my top ten list of cheerful sights to see.

I began talking with Ian Johnston, teacher and pig keeper.

He told me about how his "hobby" has been going since moving to Newbourne three years ago.

He started keeping pigs straight away, began breeding them a couple of years ago and selling to the public only last June.

"We're learning all the time about the pigs and what keeps them happy," he said. "We have a registered British Lop boar called Jack. As well as [him] covering our sows, we hope to continue hiring him out too."

Longer-term, Ian would like just a couple of registered British Lop sows to breed from.

"I can then sell all our pork as British Lop," he said. "This breed is one of the rarest. In fact it hovers around the 'endangered' classification.

"The British Lop Pig Society is concerned that more pigs need to be shown around the country in order to raise the profile of the breed - but I'm some way off showing pigs at the moment!

"Currently, most of the young pigs we have around are British Lop/Gloucester Old Spot crosses - and a range of sizes up to 70-80kg at certain times.

"We also keep registered Kune Kune pigs. We hope to continue breeding this type of small pig, originally from New Zealand. The young pigs are popular as pets."

Ian doesn't currently sell to restaurants.

"I'll be perfectly honest - if I was to sell to a meat wholesaler, I would be unlikely to cover my costs on my scale," he said. "I imagine that restaurants can buy very competitively from wholesalers and large producers, and I have been shy of testing the theory that they'd pay any premium for, say, a local producer.

"I'd like to develop a base of regular customers for my meat and, longer term, try to offer special-recipe sausage and cured meat products."

If you want to try Newbourne pork, you will need to buy from the garden gate!

Phone ahead or email to speak to Ian or Esther Johnston to order. I can confirm it is delicious.

■ www.newbourne-pork.co.uk; 25A Mill Road, Newbourne, Woodbridge; 01473 736397.



Pork Loin with Brown Sugar Glaze

INGREDIENTS

1 boneless pork loin roast, 4 to 6 pounds
1 clove garlic, halved
Salt and pepper
110g brown sugar, divided
1 tablespoon Dijon mustard
1 tablespoon balsamic vinegar
1/4 teaspoon cinnamon

PREPARATION

Wash pork roast, trim excess fat, pat dry, and

rub with garlic halves. Sprinkle with salt and pepper, then prick the roast all over with a fork or skewer.

In a cup or bowl, combine half of the brown sugar, the mustard and vinegar. Rub all over the roast.

Cover and cook on LOW for 7 to 9 hours. Pour off the excess juices.

Combine the remaining brown sugar with cinnamon; Spread the mixture over the top of the roast. Cover and continue cooking on LOW for 1 hour longer.

Serve with gravy and apple sauce.



Cookery courses

The Cookhouse at The Suffolk Food Hall

My cookery dates for the new season starting in September are rather different. I will be moving the venue from Ipswich Girls School at Woolverstone to the new Cookhouse at The Suffolk Food Hall. My July Skills Day will be the last one at the girls' school and anyone who has a voucher for The Cookery Rooms can use it at The Cookhouse. Go to my website to book new course dates. You can also book through the Suffolk Food Hall website, where all my courses will be listed. www.suffolkfoodhall.co.uk/cookhouse; www.emmacrowhurst.co.uk

September 22

Classic patisserie: Macarons, Meringues, Tarts and Chocolate layer mousse and more...

October 13

Skills Day: Filet a fish, bone a chicken, general knife skills, seasoning - how to use salt, sugar and acid to balance your food. Bread and pastry techniques and tips and more...

November 10

Game: Pheasant confit, venison casserole, partridge with walnuts and squash and more...

December 1

Christmas: Christmas bone stuffed chicken, cranberry 'no cook' cheesecake, chocolate truffle roulade and more...

January 12 2013

Enriched doughs and sourdough: Go home with your own sourdough starter, follow the process of sourdough, make panettone and brioche and more...

February 9 2013

Fish and vegetarian: Learn how to fillet flat and round fish, pan-fried mackerel with caponata, flat fish with bacon and mustard, roasted pepper, lentil and feta salad, shallot tatin, aubergine bread puffs and more...

March 16 2013

Easy entertaining: Learn how to cook and dress whole salmon, Parma ham & pesto chicken breasts, roasted pepper and goat's cheese tarts, pecan pavlova and toffee sauce and more...

April 17 2013

Italian Spring: Homemade pasta, risotto, black olive and parmesan polenta, red onion tatin, Biscotti, tiramisu and more...

May 18 2013

Men in the Kitchen: Not just for men! Beginners course for all, perfect for young and old! Learn how to cook the basics: casseroles, fish, steak, sauces and puddings to increase confidence in the kitchen

June 8 2013

Summer entertaining: Boned, stuffed chicken with ricotta and sundried tomatoes, Roasted Mediterranean Vegetable Tart, Rose petal and raspberry meringues, chocolate and summer fruit tart and more...

July 6

Summer dinner party: Salmon coriander pesto with mango and chilli salsa, filet of beef with roasted vegetables, Pommes Anna, Raspberry panna cotta, Summer pudding and more...



Newbourne Pork



Indulge your senses

THIS weekend's Flavours of 2012 Food and Drink Festival offers a sumptuous, indulgent foodie day out in the picturesque countryside of Henham Park, bringing together a selection of the best local, regional and national produce available.

There will be a great range of things to see and do over the weekend, including a chefs' demonstration theatre and children's cookery area.

Tomorrow I will be there, demonstrating in the children's cookery area

with my daughter Tilly, who will be doing her prize-winning recipe from the Make it with Mince Challenge and from 3pm to 3.30pm I'll be in the chefs' theatre, making my chocolate tart. Perfect for a summer's day!

White and Dark Chocolate Tart

Either make the shortcrust pastry or the slightly richer and sweeter pastry mentioned below. Both pastries are made by the rubbing-in method.

INGREDIENTS

Rich shortcrust Pastry

To line a 8 inch/20cm tart case
170g/6oz plain flour
85g/3oz unsalted butter
1 egg yolk mixed with 2 tablespoons of water

For the sweet pastry:

150g (5oz) plain flour
4 level tbsp icing sugar
Pinch of salt
100g (3½ oz) unsalted butter
1 medium egg yolk

For the white chocolate filling:

150mls cream double cream
1 tbsp liquid glucose
150g white chocolate
Few drops of vanilla extract
Freeze dried raspberries

For the dark chocolate filling

150mls cream double cream
1 tbsp liquid glucose
100g bar dark chocolate
30g/1oz) unsalted butter
1 teaspoon freeze dried raspberry powder (optional)

Fresh raspberries and chocolate curls or fans, to serve
Icing sugar, to dust

You need a 20cm (8in) round, loose-bottomed sandwich tin or tart case. Alternatively you can use individual cases, this recipe will make between five and six cases depending on the size of the cases.

METHOD

Tip flour into a bowl and stir in icing sugar and salt. Add the butter, in pieces, and rub it into the flour. Add the egg yolk and bind together, adding 1-2 tbsp water, if necessary. Alternative you can use a food processor to make the pastry. Roll the pastry out and use it to line the tart tin. Trim around the top to neaten it and prick the base. Chill for 20 minutes in the fridge.

When you are ready to cook the pastry, preheat the oven to at 190°C (370°F, gas mark 5) Place the tart on a baking sheet, line it with baking parchment and baking beans. Bake in the centre of the oven for about 8-10 or until the pastry is beginning to cook. Remove the tart from oven and lift out baking parchment with baking beans. Return tin to the oven for a further 3-5 minutes, or until the pastry is cooked through. Remove the tin from the oven and leave it to cool. To make the white chocolate filling. Bring cream to the boil, remove pan from heat and

stir in liquid glucose. Throw in the broken-up chocolate and stir until it's melted. Add the vanilla extract and freeze-dried raspberries if using. Pour into a bowl to start setting. Chill until filling has set.

To make the dark chocolate filling:

Bring cream to the boil, remove pan from heat and stir in liquid glucose. Throw in the broken-up chocolate and stir until it's melted. Add butter and vanilla extract and stir until melted. Pour the mixture into a bowl to start setting. Stir in the dried raspberry powder if using.

Depending on the effect you want, you can let the two mixtures set until they are set enough to pipe and then fill a piping bag with the dark mix down one side of the bag and the white mix down the other side. If this sounds too complicated just fill two separate bags. You can dust the pastry base with some more dried raspberry powder. Pipe the mixtures into the pastry case and create a nice pattern. Alternatively you can wait until the mixtures are near set and then pour into the pastry case and swirl the two colours with a knife or the end of a teaspoon. Chill until filling has set. Serve the tart with raspberries and enjoy.

Brodie on beer



Swapping bails for ales

THE beer drinkers of Suffolk and north Essex are a jolly fortunate lot.

Just how fortunate struck me afresh at a bottled beer tasting event staged earlier this month by Boxted Cricket Club, just north of Colchester, at which I was invited to offer an "expert" (their word, not mine) opinion.

A total of 22 breweries, small and not so small, donated beers to taste and – without any consultation between them, so far as I am aware – they managed to contribute as comprehensive a range of beers as you could wish to find in one locality.

From stout to lager, all shades of beer were represented and while I admit that I didn't manage to taste all 22 in the time available, those I did get to sample didn't include a single dud.

Among those to make a particularly favourable impression were Amarillo, a hoppy golden ale from Crouch Vale Brewery; Chockwork Orange, a complex dark ale from the Brentwood Brewing Company, and Wily Ol' Fox, an aromatic amber ale from the Red Fox Brewery.

All these, it might be noted, hail from Essex (South Woodham Ferrers, Brentwood and Coggeshall respectively) but Suffolk was not to be out-done.

Besides IPA and Suffolk

Springer from Greene King, and Southwold Bitter from Adnams, there was Tumble Home, a ruby ale from the Cliff Quay and Earl Soham Brewery, and Soul Survivor, a full-bodied brew from HellHound Brewery, based in Hadleigh.

These two were doubly pleasing in that, besides them being eminently drinkable, I can (if only tenuously) claim a connection with each of them as I happen to be a descendent of two generations of innkeepers from Earl Soham and a current resident of Hadleigh.

Just to keep honours between the two counties even, the line-up also included two of my personal favourites, Old Growler and Umbel Ale, from Nethergate; which, having originally been based in Clare, in Suffolk, is now located just

across the River Stour at Pentlow, in Essex.

With apologies for the roll-call, other breweries which supported the event included Wibblers, Mauldons, Calvors, Mersea Island Brewing, Felstar, Mighty Oak, Harwich Town Brewing, Maldon Brewing Company, Green Jack, St Peter's and Mill Green.

The event, thanks to the generosity of the breweries which supplied the beer, and that of Fillpots Nursery, which provided the venue free of charge, was a resounding success and raised just over £1,000, which will be used to promote youth and women's cricket.

Actually, the exact sum has been given as £1,011.01. In the context of an evening spent drinking beer, would it be inappropriate to ask who spent a penny?



Not strictly beer, but certainly inspired by it, is Adnams' Spirit of Broadside, the latest spirit to emerge from the Southwold company's distillery. It has been matured in oak casks for more than a year and has now been launched to mark the 340th anniversary of the Battle of Sole Bay.

The connection might seem slightly tenuous but Broadside beer, now an established fixture in the Adnams range, was originally brewed in 1972 to mark the 300th anniversary of the battle, the first naval encounter of the third Anglo-Dutch War which took place off the coast of Southwold.

The anniversary celebrations in the town also include the Broadside Big Swim, a one-mile, open-water, sea swim which is being staged by Active Outdoor Sport tomorrow, with the help of sponsorship from Adnams.

It's just as well the weather has taken a turn for the better. Good luck to all who take part; I'll be with you in spirit...

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