



Salford Food and Drink Festival

7-17 October 2005

buy local, buy regional • healthy eating • skills and training • fairtrade



Salford Food and Drink Festival Friday 7 to Monday 17 October

Welcome to the first ever Salford Food and Drink Festival.

We hope you'll scoff, sip, chomp, chew, slurp and munch your way through the next week and there'll be plenty of opportunities with a packed schedule of events, tastings, themed menus and beer festivals.

The next few pages will give you a taste of the culinary skills Salford has to offer, but there will be loads more events and offers still to come so be sure to **check the website** www.insalford.com/events or call Salford Tourist Information Centre on **0161 848 8601** for all the latest culinary news.

And don't forget to **enter our fabulous competition to win a luxury meal for two, with wine, at The Lowry restaurant. Grub's up!**

Salford is proud to be part of the **Manchester Food and Drink Festival 2005** - this year's festival themes are:

- Buy local, buy regional
- Healthy Eating
- Skills and Training
- Fair-trade



Visit www.foodanddrinkfestival.com for details of all of Greater Manchester's festival events.



Special festival offers Take your pick from the best of Salford's restaurants, or try them all! **Special offers run for the length of the festival (7 - 17 October) unless otherwise stated.**

ISIS restaurant

390 - 392 Bolton Road, Swinton,
Salford M27 8UX Tel: 0161 281 2222
www.restaurantisis.co.uk

Monday - Saturday 12.00 - 2.00pm and
6.00 - 10.30pm, Sunday 12.30 - 10.30pm

- **2 for 1 on Sunday lunch menu.**
- Monday 10 - Thursday 13 October **free bottle of house wine** with a meal for 2 or **2 free drinks of your choice.** Please book in advance quoting 'Salford Food and Drink Festival'.

Puccinis

171 - 175 Chorley Road, Swinton,
Salford M27 4AE Tel: 0161 794 1847
www.puccinirestaurant.co.uk

Tuesday - Saturday 12.00 - 2.30pm and
6.00 - 10.30pm, Sunday 3.30 - 9.30pm

- **Tuesday to Friday lunchtimes - any pizza or pasta for £5.75.** Puccinis is proud to be a non-smoking restaurant.

Punters Bistro

194 Cromwell Road, Salford M6
Tel: 0161 792 1490

Monday - Saturday 12.00 - 2.00pm and
6.00 - 9.00pm, Sunday 12.00 - 8.30pm

- **Tuesday to Friday - four people dine for the price of three.** Please book in advance quoting 'Salford Food and Drink Festival'.

The Lowry

Pier 8, Salford Quays, Salford M50
Tel: 0161 876 2121 www.thelowry.com
Cafe: from 10.00am Terrace Bar: drinks from
11.00am, food from 12.00-3.00pm and 5.00-7.30pm
Terrace Restaurant: 12.00-3.00pm and
5.00-8.00pm

- **Special festival menus will be on offer,** using regional and local produce, in both the main restaurant and The Terrace Bar, with the café selling fair trade coffee as usual.
Runs until 16 October

Cromptons Restaurant and Bar Lounge

219-221 Chorley Road, Swinton M27 6AZ
Tel: 0161 793 7111

www.cromptons-restaurant.co.uk
Tuesday - Friday 12.00 - 2.00pm and
5.30 - 9.30pm, Saturday 5.30 - 9.30pm,
Sunday 1.00-9.00pm

- Sunday, Tuesday, Wednesday, Thursday **free bottle of house wine** with a meal for 2 or **2 free drinks of your choice** (booking essential). Please book in advance quoting 'Salford Food and Drink Festival'.

Smiths Restaurant

1-3 Church Road, Eccles M30
Tel: 0161 788 7343

www.smithsrestaurant.net
Tuesday - Saturday 5.30 - 10.00pm,
Sunday 5.00 - 9.00pm, Thursday and Friday
lunchtimes 12.00 - 2.00pm

- **Fixed price menu £14.50** for three courses
- **Early evening menu** (6.45pm last orders) **main and starter or pudding £9.95**
- **Lunch fixed price menu £8.75** starter and main. Last year's winner of the Family Friendly award, Smiths is proud to be a non-smoking restaurant.

The Copthorne Hotel

Clippers Quay, Salford Quays M50
Tel: 0161 873 7321

Chandlers: Monday - Saturday 7.00 - 9.30pm
Clippers: Monday - Sunday 6.30 - 10.00pm
(lunch & breakfast also available)

Wine and Dine - free bottle of wine when two or more people dine (minimum two courses per person). Available at Chandlers Restaurant and Clippers Brasserie.

Look out for many more offers still to be confirmed - visit www.insalford.com/ events for details.

Libraries

Time to chew on a book or two at our **food and drink themed reading groups and storytimes** at Salford's libraries.

Feed your brain as well as your stomach! Stories will include Eat Your Peas, Cheese and Tomato Spider, Green Eggs and Ham, The Rascally Cake and many more to set your tummy rumbling! All sessions are free!

Monday 10 October

Chatterbox Reading Groups Broughton, Height, Swinton and Walkden Libraries
5.30 - 6.30pm

Tuesday 11 October

Storytime for under fives Height and Walkden Libraries • 2.00 - 3.00pm

Thursday 13 October

Storytime for under fives Eccles and Swinton Libraries • 2.00 - 3.00pm

Try it Yourself recipe book


Determined to dispel the myth of Salford as a city of unhealthy eaters, Salford Youth Service and the Primary Care Trust organised a series of cookery workshops for young people, focussing on healthy ingredients. All the recipes have now been



collected into the Try it Yourself book, offering young people healthier meals at a low cost. The book costs just 50p with all proceeds donated to Oxfam.

Call Helen Wilson on 0161 736 2550 or Angie McLeod on

0161 607 1960 for more details.

A close-up, profile shot of a man with dark, curly hair (dreadlocks) smiling broadly. He is wearing a light-colored, short-sleeved shirt. In the foreground, a large, clear glass filled with golden beer and a thick head of white foam is visible. The background is softly blurred, suggesting an outdoor setting like a bar or pub.

Calling bars, pubs and restaurants - if you'd like to get involved with this year's festival by hosting an event or promoting a special offer, please call either Karen Robinson (0161 778 0342) or Gavin Robertson (0161 778 0346) and help promote Salford's culinary culture!

Events

Chapel Street Pub Walk

Meet at Mark Addy at 6.00pm

Call 07876235638 to book. Take a guided ramble around some of Salford's best pubs in its oldest quarter with award winning Blue Badge Guide Jonathan Schofield. With an informative and amusing commentary the tour takes a peek at the astounding story of local boozing. Four pubs are visited in total with some perhaps more familiar than others. We close with a quiz in which guests can win Salfordian specialities.

Wednesday 12 October • Price: £4.00

Mayor's Lunch

The Cophorne Hotel

Special celebratory lunch for invited guests, featuring Salford's very own dish, Chicken Lowry, created for the Commonwealth Games (chicken stuffed with black pudding). The meal will be cooked by seven lucky Year 10 pupils from Salford schools who won the chance to cook for the mayor in a competition!

Friday 14 October

The Crescent Beer Festival

Last year's City Life Pub of the Year welcomes you to its very own Beer Festival, to celebrate Salford's first year as part of the Food and Drink Festival. Try samples of real ales, fruit beers and ciders from local producers and further afield. Regional themed food will also be available to soak up some of those pints!

Dates to be confirmed



Festival Beer

We're thrilled to announce that fabulous local brewery Bazens will be producing a limited edition ale, especially for the Salford Food and Drink Festival.

Set up in 2002 by Richard and Jude Bazen, this Broughton based brewery has won a loyal following and a number of awards for its range of ales and beers. It is hoped that the festival ale will be launched at The Crescent Beer Festival so make sure you come down and try it out!

Bazens ales are stocked at Albert Vaults, The Crescent and The King's Arms pubs in Salford and in a wide range of outlets across Greater Manchester including Corbieres, Knott Bar, Marble Arch in Manchester. The perfect opportunity to organise your own Bazens' pub crawl!
www.bazensbrewery.co.uk

If you're a younger reader, don't worry. There will be events and special menus, including the launch of Fairtrade orange juice in primary schools on Monday 10 October, organised by Citywide catering in all schools across Salford.

Keep an eye on the website www.myschoollunch.co.uk/salford for further details.

There were loads more events being organised as we went to press so again, check out www.insalford.com/events for the latest information.



Keep an eye out for details of the finalists - visit them all and choose your own winner!

Salford City Council Curry Chef Competition 2005

It's time for Salford's hot stuff to show us what they're made of again in the 2005 Salford Curry Chef Competition. Over 38 restaurants and take-aways have been invited to compete for the prestigious title of Curry Chef of the Year, proving they can produce a fantastic meal and that their businesses are run in a hygienic way all year round.

This year's event will be made up of two stages. Initially Environmental Health Officers will carry out unannounced visits to the premises to carry out inspections. The inspections will look at standards of hygiene, temperature control, cleaning and personal hygiene, ensuring all customers know they're in safe hands!

The inspection this year will also take into consideration skills of employees (i.e. level of training etc.) and healthy eating options in line with the themes of the Manchester Food and Drink Festival 2005. From this inspection scores will be given to each premise.

Up to eight premises with the highest score will be invited to attend a 'cook off' final. The final is to be held at La Sallion restaurant within the De La Salle Campus of Pendleton College on the 11 October 2005.

Chefs will be asked to produce a curry dish, a complimentary side dish and a rice or bread dish. Judges will assess each dish for their taste, texture, aroma and appearance and scores will be given.

The chef with the highest score will be crowned Salford Curry Chef 2005.



Preparation time: 20 minutes
Cooking time: 15 minutes
Pre-heat your oven to 425°F/220°C

Ingredients

500g flaky pastry
25g melted butter
Nutmeg
50g candied peel
100g sugar
200g currants

Method

- In a medium saucepan, combine the sugar and butter and cook over a medium heat until melted
- Off the heat, add currants, candied peel, nutmeg and allspice
- On a lightly floured surface, roll the pastry thinly and cut into rounds of about half a centimetre thickness and 10cm diameter
- Place a small spoonful of filling onto centre of each pastry circle
- Dampen the edges of the pastry and draw the edges together over the fruit and pinch to seal
- Turn over, then press gently with a rolling pin to flatten the cakes
- Flatten and snip a V in the top with scissors. Place on a baking tray
- Brush with water and sprinkle with a little extra sugar
- Bake in a hot oven for 20 minutes (425°F/220°C) or until lightly browned round the edges
- Place on a wire rack and allow to cool.
- Try not to eat them all at once!



Eccles Cakes

In 1793 James Birch's shop on the corner of Vicarage Road in Eccles began selling small, flat, raisin-filled cakes. They sold, quite literally, like hot cakes! This is the first recorded commercial selling of Eccles cakes, sparking a world-wide phenomenon!

In 1650, when the Puritans gained power, they banned the Eccles cakes which they considered to have pagan significance due to their juicy and exotic richness. The fact that Eccles cakes were being exported by 1818 also suggests very good keeping qualities, so they may well have included spirits such as brandy and rum. No wonder the Puritans wanted to ban them.

Mrs Raffald's original recipe for "sweet patties" of 1769 was a mixture of the meat of a boiled calf's foot (gelatine), plus apples, oranges, nutmeg, egg yolk, currants and French brandy enveloped in a good puff pastry which could be either fried or baked.

Make your own Eccles Cakes using our easier (and tastier) recipe and keep a Salford tradition alive!

Throughout history, families making Eccles cakes have all kept their recipes as closely guarded secrets. The authors of cookery books would therefore have had to invent their own recipes based on the taste of the cakes they purchased at different shops. Here's our version for you to try out...





Competition Time

To celebrate the first ever Salford Food and Drink Festival, The Lowry has generously offered a meal for two and a bottle of wine in its fabulous restaurant, The Terrace Restaurant and Bar.

With stunning waterside views and glass walls and terraces letting the light flood in, it is the perfect setting for a meal or light snack. Experience modern British cooking with a twist in relaxed stylish surroundings.

The prize will consist of a meal for two people and a bottle of house wine to share.

To be in with a chance of winning this excellent prize, simply fill in the form below and return to us by Monday 17 October.

The meal must be taken by the end of November.
Competition closing date: 17 October.

Simply fill in the coupon and return by the closing date of Monday 17 October 2005 - one entry per coupon -

GOOD LUCK!

Title First Na

Street Town

City Postcode

Telephone No

Mobile Tel No

I am particularly interested in (tick all that apply):

- Family Events Exhibitions Walks Theatre Other (please specify):
 Music Children's Activities Sports Talks & Heritage

Age: Under 18 18-24 25-29 30-40 41-49 50-64 65+

How did you get hold of this magazine? (please specify):

Tick the box

- ... if you want to join The Lowry mailing list
 ... news about other Salford City Council events
 ... if you want to receive ON your desktop the fortnightly email events update

Send this coupon to: Food and Drink Festival Competition, FREEPOST RLUE-CELG-RHST, Tourism Marketing, Minerva House, Pendlebury Road, Swinton, Salford M27 4EQ