

Suffolk Foodies

Local food news from the Suffolk Food Hall

Good Mood Food - chips make you chirpy

New research commissioned by the Potato Council proves what we've always known - eating chips makes you cheerfull! In tests carried out at Aston University, Birmingham, participants who felt down were significantly better within 20 minutes of eating chips. Experts believe it may be due to their high level of carbohydrate, or simply because their taste and smell are associated with holidays.



But the idea of 'good mood food' isn't new and, as the cold weather keeps us in its icy grip well into spring, it may be worth turning to

certain foods for relief. Carbohydrates - which increase the production of serotonin in the brain - have a calming, anxiety-reducing effect on our mood (explaining why we may feel sleepy after a large pasta lunch.) And eating foods high in protein like fish, meat, spinach and eggs will increase your mental awareness and up energy levels.

You can also try eating more oily fish like salmon and tuna

that are rich in mood-boosting omega-3 fatty acids. Just by eating fish less than once a week you're a third more likely to suffer from mild depression. And finally, indulging in some endorphin-releasing chocolate is another way to beat the blues - just in time for Easter!

Forage for it Lambs lettuce is a delicious wild treat. Look out for stalks of long, silvery-green leaves clustered on roadsides, in gardens or sprouting out of brick walls. It has the tangy sharpness of radicchio and is eaten so often at this time of year in France that it's known as the 'Salad of Lent.' Try it with sliced orange, smothered in olive oil and lemon.



In store & In season

As Spring comes creeping in, so does her local produce - rhubarb, leeks, radishes, sprouting broccoli and in the butchery the new season lamb from Bob Wilden is at its most tender best. Look out for cockles & lemon sole at the fish counter too.

Things are returning to normal after the fire in January and we're looking forward to the arrival of our new chocolate counter this Easter - try the delicious selection by acclaimed chocolatiers,



'Montezuma' based in West Sussex. And in the restaurant, our new 'Samford Afternoon tea' is a great success. For £9.95 per person - minimum of four, bookable in advance - you can indulge in finger sandwiches, home-made scones, cakes, pastries and organic tea. Add a glass of bubbly for a real blow-out.

Award Winners

Broxtead Butchery at the Suffolk Food Hall has won Best On Farm Butchery in the UK at the 2010 FARMA awards.



We also won the 2009 BALE Award for Best Alternative Enterprise in Suffolk & adjoining counties.

Don't Miss

Treat your mum (or yourself!) to a decadent breakfast on 14th March. The Mother's Day brunch menu includes bucks fizz + eggs benedict, kedgeree or scrambled eggs and smoked salmon.

And there's a special lunch menu too - 2 courses for £16.95 or 3 for £21.95. Booking is essential.

Other events to put in your diary include the Kitchen Club's 'Pawel's Gastronomic Poland' on 31st March, and the ever-popular May-time feast; the Summer Celebration - 6 courses and 6 wines for £44.95 - on 21st May.

Recipe

Cutlets with Sweet Potato & Chilli Mint Salsa

Serves 4:

Ingredients:

- 3 cutlets per person
- 4 sweet potatoes
- 1 bunch chopped coriander

Salsa:

- 2 red chillis, seeded & chopped
- Bunch spring onions
- Bunch mint
- 4 tomatoes seeded and diced
- Juice 1 lemon
- 1 tsp tom puree
- 1 tsp mint sauce
- 1 clove garlic
- Olive oil and Seasoning

Method

Bake potatoes with skin on and cool, then peel and roast in olive oil with salt and pepper. Dress with coriander. Pan fry cutlets for 4 minutes each side. Then combine all salsa ingredients together and mix. Place potatoes on plate with cutlets on top, drizzled with salsa.

Spring '10

Producer profile... Robert and Oliver as cattle farmers

Running the Food Hall might be their 'day job' but whenever cousins Robert and Oliver Paul have a spare moment, they're out tending to their shared passion - a herd of Red Poll cattle. 'Our great-grandfather was a famous breeder of pedigree Red Polls,' says Robert, 'and it was he who inspired us to start our own herd of this beautiful Suffolk breed.'



In Christmas 2004 the Robert started their herd with one pregnant cow and a calf at heel. 'We got lots of advice from Ronnie Tucker, a legend in the Red Poll world, who used to show great-grandfather's cattle,' says Robert. 'But after he died we turned to Oli's father-in-law who's a Shropshire-based cattle-farmer. We call him the 'Shropshire Sage.'

Oliver and Robert's herd of this dual purpose breed (ie, good for both beef and milk) is extensively farmed and

thrives on its diet of mature pasture. 'We're currently breeding them just for their meat - it has a really full flavour and great marbling - to supply the Food Hall butchery,' says Oli. 'But their dairy genes mean they're naturally good mothers so we retain all heifers to increase the breeding herd. Hopefully in the future we might sell some breeding stock too.'

Some days, cattle farming is hard work. 'In this bitter weather, trying to get water to the cattle with freezing, wet hands can be agony,' says Robert. But it's clearly a labour of love. 'Seeing the cows' red coats blazing in the setting sun is truly beautiful,' he says. 'It's a fabulous feeling to grow your own herd from scratch and to know it's had a happy, stress-free life. You can tell that when you eat it: it makes a truly delicious piece of beef.'

Focus on... Radishes

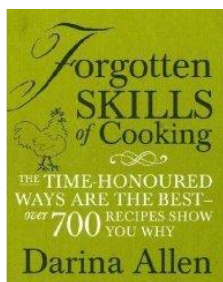
This little gem of a vegetable comes into season from April. Its peppery taste stimulates the production of saliva and gets the appetite going which is why the radish makes such a great pre-lunch nibble. For extra crunch, soak them in icy water before eating, and remember to cut off the tops to stop nutrients being leached into the leaves - radishes are full of Vitamin C. Don't throw the leaves away either: they can be used in salad or cooked.



Book Box

£30

Darina Allen of Ballymaloe fame already has a huge following, and this latest offering is bound to be a sure-fire hit. More than a recipe book, it's a lifetime of cooking wisdom distilled into 600 pages of useful, inspiring advice for novice and experienced cooks alike. The 'Bread and Preserving' section explains how to make butter, smoke mackerel, brew cider and cure bacon in very simple terms, and elsewhere there are plenty of suggestions for using neglected cuts of meat as well as guidance on growing your own herbs and vegetables.



And for the kids

This Easter, make your cakes as pretty as a picture with crystallised violet and primrose flowers. Go flower-hunting together - you only need a few - then beat an egg with a little rose water and coat the flowers in the mixture with a soft brush. Dip them in castor sugar and leave them to dry overnight.

P.S. Don't forget our 'Mad Hatter's Tea Party' on Thursday April 1st at 4pm - Easter games and full children's tea are included in the price of £7.95. Kids must be accompanied by an adult, email eat@suffolkfoodhall.co.uk to book.

Forthcoming Events

3rd March	Shellfish Kitchen Club
14th March	Mothers Day lunch & Novice Sheepdog trial
15th March	Sally Mitchell Fine Art til 26th April
31st March	Gastronomic Poland Kitchen Club
1st April	Mad Hatter's party games, prizes & tea, £7.95
26th April	Freemans exhibition til 1st June
5th May	BBQ Sizzler Kitchen Club
15 th May	Walking Festival
21 st May	Summer Celebration 6 courses & 6 wines £44.95 for Foodies

For more information on any event, please call 01473 786610

Meat Nationwide

The award-winning Butchery is now available nationwide via the Broxtead Box Scheme.

If you'd like something special for Easter (Bob's Poll Dorset lamb is fabulous), or to send a meaty gift, just call Gerard and his team

01473 786 613

who will put together your order for next-day delivery.