



BELLORD & BROWN

MMXXI
THE PRODUCE FARMERS



THE CHRISTMAS CARROT

CELEBRATE WITH AMAZING PRODUCE & GIFTS

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Have the most wonderful Christmas!

We are Jason Bellord and James Brown. We are chefs, with over 20 years experience having worked in restaurants all over Britain and Europe. We met and have a kindred love of quality produce so set about a new challenge of jointly purveying and supplying top quality fruit and vegetables, along with foraged goods and some larder and dairy produce to both commercial and domestic customers. Working within the hospitality industry and always wanting to push the boundaries of the flavours and complexities of our food, we soon discovered that there wasn't a way of getting your hands on exciting ingredients without going out into the field or forest and finding it yourself. That's where Bellord and Brown steps in. We make exciting and unusual, as well as staple ingredients of the very best quality available at your finger tips (or a click of a button if you are shopping at home). With our combined experience we know what chefs need/want and through dogged perseverance we strive to source all kinds of naturally occurring ingredients throughout the British isles and beyond from the humble parsnip to the revered alba truffle and everything in between.

We are purveyors of fine fresh produce. Delivering locally to homes across Dorset and Hampshire, with a courier across the UK, as well as supplying a varied array of trade clients in restaurants, cafes and delis. We minimise packaging, limit food miles, and source with the seasons.

We source with the seasons, so often have new produce to add to our boxes in exchange for something no longer at its best. We also forage for food and travel to our growers farms asking them what is tastiest thing they are growing in the ground right now. Throughout the year we have differing produce available however it is always the best we can find, at the appropriate time of the year for the crop.



Follow more of our journey by following us on [@bellordandbrown](#)





We source the best as well as some unusual ingredients, all grown with the seasons

From Jason & James

There's something about this time of year that calls for comfort and cosiness. Darkness descends and the armchair beckons with a good book and a plate of hot buttered crumpets for company. Winter is all about hunkering down – in truth, there's no better time to succumb to a little of what you fancy. Whether feasting conjures up Dickens' Ghost of Christmas Past presiding over a throne room of delights, a banquet at Hogwarts or a simple supper a deux, here are a few culinary treasures we've found to sprinkle an extra bit of magic this year.

A feast for the soul

Bringing together beautiful food writing and inspiration from beloved stories and classic works of fiction, Kate Young's *The Little Library Christmas* (Head of Zeus, RRP £15) is a marriage made in culinary heaven of festive recipes with literary snippets. Sumptuous Turkish delight from the White Witch's sleigh in C.S Lewis' *Chronicles of Narnia*, Great Gatsby ginger beer ham on brioche buns are a

Boxing Day must-have as well as edible gifts and a Scandi smorgasbord to satisfy those who prefer something a little lighter, *The Little Library Christmas* is the perfect comfort food in book form this winter. The best bookish nod has to be champagne cocktails inspired by the Christmas house party in Nancy Mitford's *Christmas Pudding*. A delicious gift for foodies and booklovers alike.

A release from 2019 but a worthy mention - Nigel Slater's *Greenfeast: Autumn, Winter* (Penguin Random House) is all about seasonal, vegetable led recipes which are fast and sustaining alongside the sort of soothing warmth which has seen Nigel claim his place as one of Britain's beloved food writers. Nourishment for the body and soul once the chocolates and pigs in blankets have been snaffled.

The perfect loaf

Lockdown living has inspired many of us to get baking and you can't go wrong with top tips from Borough Market's finest bakers, Bread Ahead Bakery.

Taking their dough game online, founder Matthew Jones teaches an array of e-learning courses and live baking workshops designed to take your baking skills to the next level. Christmas bakes, the flakiest of croissants and to-die-for doughnuts (yes homemade doughnuts that are THAT good), there's even a junior baking club to get the kids involved and a selection of Bread Ahead Bake sets which can be delivered straight to your door. Seriously good. Did we mention the doughnuts?

Get happy

Wondering where to start when it comes to prepping for Christmas? Penguin Random House's The Happy Foodie shares everything from the best hot drinks to get cosy with to recipes and sage advice on how to serve up the ultimate in Christmas feasts from the likes of Nigella, Jamie Oliver and Dame Mary Berry. Sign up to their weekly newsletter to make for a happy inbox this Christmas.

Casting off

Stir the pot whilst listening to chef and food writer, Margie Nomura's weekly podcast Desert Island Dishes. From best-loved childhood foods and memorable meals to recipes that have become family classics, Margie's guests share their favourite dishes and chosen last supper before being cast off to their desert island. It's an impressive dinner party guest list of chefs, food writers, actors, footballers, entrepreneurs and many more from the likes of Martha Ortiz, Jason Atherton, Joe Wicks and Georgina Hayden to name but a few. Stanley Tucci's episode is a particular gem – his dulcet tones and reminiscences of his mother's Italian cooking and filming Big Night are a real treat. Margie's Fridge Forage on her Instagram Stories is legendary too.

Jason & James

THE CHRISTMAS PRODUCE BOX

Making your festive feasts even more delicious with the very finest and wholesome vegetables, fruits and nuts

Your Festive Veg
sorted in one easy to
order box
↳



£40.00

We are now taking pre orders for the Christmas produce box, this will be delivered ready for Christmas on 22nd or 23rd of December.

Order deadline is midnight Friday 18th December.

This box will be full of your Christmas essentials, enough to feed 4-6 people depending on appetite.

Your Christmas Produce Box will include;

- Potatoes
- Bunch Heritage Carrots
- Cauliflower
- Broccoli
- Parsnips
- Swede
- Brussel Sprouts
- Kale
- Cranberries
- Leeks
- Onions
- Cabbage
- Allotment herbs
- Celeriac
- Clementine
- Apples
- Pears
- Lemons
- Nuts

Christmas is time to celebrate fine veg just as much as fine meat. Buttery cabbage, roast potatoes that are crunchy on the outside yet fluffy on the inside. honey roasted carrots with crispy kale, cauliflower cheese, mashed swede with lashings of pepper, not to mention an outstanding stuffing made from nuts and allotment herbs. Everything on your plate is made more delicious by being grown and cared for well. We source our vegetables from a collective of amazing farmers and producers that know how to grow brilliant veg and be keepers of their land. Minimal food miles is not only ethically important but keeping your fruit and veg as fresh as possible is of the utmost importance to us too.

We deliver to our neighbouring counties ourselves in our own van. We also package your order up safe and sound in slightly different packaging when we send with a courier nationwide, having sent our boxes near and far already, from Scotland down to Cornwall, and from Wales to Kent, our produce is enjoyed across our isles.

You can order The Christmas Produce Box and have it delivered to a friend or loved one to make their festive season even more jolly. Simply use your details for the billing info, and theirs for the shipping. What a wholesome gift!

GIFT ONE OF OUR FRUIT, VEG OR DAIRY BOXES

Useful Gifts
↪

Year round we have a selection of boxes available, the contents change with the seasons as we only provide you with fruit and vegetables that is at its very best. You could buy someone a one-off box delivery or even set them up with a regular subscription. Perfect for real veg lovers and students.

SMALL FRUIT AND VEG BOX £20



FRUIT, VEG AND DAIRY BOX £35





Not all potatoes are equal. Our potatoes are perfect for roasting, crispy and fluffy with a deep flavour.





Recipes from Our Friends

CHEFS THAT USE OUR PRODUCE THROUGHOUT THE YEAR

At Bellord and Brown, we not only supply produce for you at home, but we supply some outstanding people in the food and hospitality industry too. Delis, canteens, bistros, restaurants, steak houses, farmshops, and artisan retailers to mention a few. The quality is so good that the most discerning of chefs is happy with, you so certainly won't be disappointed at home. Ever wondered why your meals out taste better than your home cooked ones? The very best produce to start with is a great place to begin. Much of the flavour of fruit and vegetables is created in the growing, enhancing that flavour is up to you.

We are so fortunate to work with people and professionals that really get what we are doing here at Bellord and Brown, purveying the very best food.

A few of our friends have contributed stories and recipes, as well as a little info about them to guide you in how to cook some of our produce if you are stuck for ideas or would like to try something new. Recipes range from restaurant style small plates of remoulade, to how to cook whole vegetables, making them the centrepiece of your meal.

IMAGES RIA MISHAAL @riamishaal



Genevieve Taylor

AUTHOR AND LIVE FIRE COOKING EXPERT

Live fire and BBQ expert, Genevieve Taylor is the author of ten cookery books including the bestseller, Charred, a complete guide to vegetarian BBQ, The Ultimate Wood-fired Oven Cook book and How to Eat Outside. A proud omnivore, Genevieve is on a mission to prove that great BBQ isn't just about Man vs. Meat.

When she's not cooking with fire, Genevieve can usually be found outside walking her dogs in the woods, growing a few good things to eat on her Bristol allotment or listening to rather a lot of music.

"As an author, my passion is for creating stunning but straightforward recipes that work. As a fire cooking specialist most of my work centres around cooking outside, but I will always adapt recipes for inside cooking where I can. A griddle pan on the hob makes an excellent substitute for a barbecue for those that prefer their cooking within 4 solid walls, and a really hot oven is often a good replacement too.

Below are a few of my recent titles. I spent lockdown 2020 writing a new book - Foolproof Barbecue - which will be released in Spring 2021. It's a collection of really easy straightforward barbecue recipes that everyone can cook, with the aim of getting more people hooked on cooking outside and giving everyone confidence through a little cooking success.

The past few years have seen an explosion of interest in cooking over fire, with cooks all over the world seeking to get more elemental with their cooking. But fire and smoke doesn't always have to be about hunks of meat. Charring and barbecue are a fantastic way of getting the maximum flavour out of vegetables, and Charred shows you how."

Charred is Genevieve's latest book, as is a personal favourite of ours. It is featured here as a recommended present for a foodie friend, along with some of her other titles.

Genevieve has also opened up a new cookery school.

"The Bristol Fire School is the South West's hottest new cookery school. Literally.

Bristol Fire School has one overriding aim - to help people 'Do Fire Better'. The popularity of this elemental kind of cooking has risen exponentially and for very good reason, food cooked over fire quite simply tastes better. And you can have a whole lot of fun while you're at it.

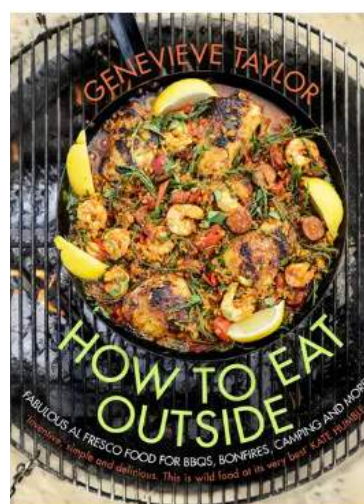
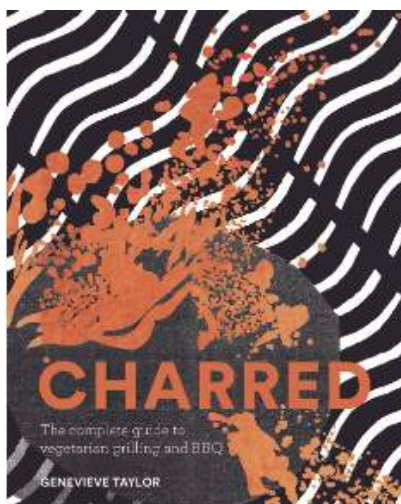
But to cook great food over fire you need to know how to light, control and work with the fire. Fire management is absolutely fundamental to success, the foundations of everything. Master this, and it just becomes cooking. And you can cook, right?

Everyone is welcome at Bristol Fire School, this is a machismo-free space in which to learn and enjoy fire, and most importantly, cook something great to share. Fire cooking may be a male dominated craft but women light brilliant fires. Fire is the original cooking tool, going back many thousands of years, and women were the ones who did the cooking. This comes naturally to us. Trust me."

Read more at www.genevietaylor.co.uk/



Great gift for
cooks and book
worms
↳



Smoked Cauliflower with Spiced Garlic Butter

SERVES 4 TO 6

1 large cauliflower, leaves and stems trimmed off and sliced into bite-sized pieces
1 tbsp olive oil
125g butter, softened
2 cloves of garlic, crushed
a handful of fresh oregano or marjoram sprigs, leaves picked and chopped
1 heaped tbsp cumin seeds, bruised in a pestle and mortar
1–2 tsp chipotle chilli flakes (optional)
salt and freshly ground black pepper

Fire up the barbecue ready for indirect grilling. While the charcoal is getting to temperature, bring a really large pan of lightly salted water to the boil on the hob.

Put the cauliflower leaves and stem pieces into a mixing bowl, and toss with a little olive oil, salt and pepper, then set aside.

Cut a thin sliver off the base of the cauliflower so it sits nice and level, then carefully lower it into the boiling water and blanch for 5 minutes. Drain well and place in a sturdy roasting tin. Drizzle a little oil over the cauliflower and season with salt and pepper.

Once the barbecue is ready for cooking, add a few lumps of smoking wood or a handful of smoking chips. Rest the tin away from the fire and shut the lid. Cook for an hour, checking once or twice, and rotating the tin so it cooks evenly. After an hour, loosely cover the cauliflower with foil to prevent it drying out – it should have absorbed lots of lovely smoke flavours – and cook for a further 45–60 minutes, or until tender when pierced with the tip of a knife.

To make the spiced butter, mash together the soft butter, garlic, chopped herbs, cumin seeds and chilli, if using, and add a little salt and pepper to taste.

Remove the foil from the cauliflower and tip in the chopped stems and leaves, spreading them out in the tin. Use a knife to spread the butter over the surface of the cauliflower and move the tin directly over the fire. Cook for a further 15–20 minutes, until the butter has melted and the stems are tender but still with bite.

To serve, lift the cauliflower on to a plate and spoon over the wilted stems and butter.







Find Darren on Instagram @chefdarrenbroom

Darren Broom

HEAD CHEF, FORAGER, GATHERING FROM THE LAND

“I’ve been a chef for 16 years, working with some of the country’s top chefs. After stints with Michael Caines, Marco Pierre White and having run my own food business as a private chef, I’ve honed my own food style with influences from Scandinavian food culture, the wild ingredients I forage for, our own food history and the art of cooking over fire.

Originally from Devon I’ve worked throughout the South West, learning butchery, fermentation, sourdough baking, curing and preserving. My passion lies in food that feels as if it’s come directly from the land, where it’s produced & with a real sense of terroir.

I am currently the Head Chef at Pythouse Kitchen Garden, curating dishes from the ancient walled garden. Encompassing a fully root to fruit ethos, using the whole fruit or vegetable in new and inventive ways.

I was head chef at The Belmont Estate, and previous to that Head Chef at an organic farm in Cornwall that diversified into a successful wedding and events business, serving the organic produce reared on the farm.

Having been organic for 20 years now, the methods they use and their ethos in sustainability has been a strong influence on me. I furthered my knowledge, developing my food through growing vegetables in the garden, preserving the seasons and stocking the larder foraging from the hedgerows, pasture and surrounding woodlands. This allowed me to cook food that truly felt of the moment.

My style is centered around feeding people with wholesome food that makes sense in the place they are dining. Adding to the experience of the grounds around by telling a culinary story through their meal choices.”





Overnight Cabbage, Sauerkraut & Black Garlic Mayonnaise

SERVES 3-4

Overnight cabbage is, in my opinion, the best way to cook cabbage. Red or white varieties both work perfectly with this method. The slow cooking caramelises the natural sugars in the outer leaves, making them sweet & savoury. The heart of the cabbage remains tender but not over cooked, keeping the cabbages integrity & flavour.

- 2 January King Cabbages
- 4 cloves of black garlic
- 100g good quality mayonnaise
- Zest & juice of 1 lemon
- Butter
- 1 white cabbage
- 1 pinch of fennel seeds
- 1 pinch caraway seeds
- Salt & pepper
- Crispy onions to garnish

First, make the sauerkraut. Thinly slice on a mandolin the white cabbage, as finely as you can. Weigh the cut cabbage & mix 10g of salt per kilo of cabbage. Add the spices & put to one side for an hour or so whilst the salt draws out the moisture.

Next, tightly pack the cabbage into a sterilised jar. You want to tightly pack it so the water drawn out by the salt covers the level of the cabbage. Use a piece of baking parchment to keep the cabbage submerged.

Leave the cabbage at room temperature for approximately 48 hours out of direct sunlight. Once small bubbles start to appear in the jar, transfer this sauerkraut to the fridge. If you haven't seen any bubbles at 48 hours, leave the jar for another day. For the black garlic mayonnaise, puree the black garlic with the mayonnaise in a food processor, add the lemon juice & zest. Bake the cabbages at 100 degrees in a sealed tray or casserole pot, dressed with a little rapeseed oil & salt. The next day, allow the cabbages to cool completely before serving.

Once cooled, cut the cabbages in half & fry in butter until golden brown. Reheat them in the oven for 10 minutes once browned. Remove from the pan & dress with wild garlic on the cut side of the cabbage, sprinkle crispy onions over the top & serve.

Roasted Squash, Orchard Glaze, Pumpkin Seed Butter, Crispy Sage

SERVES 2 TO 4

Squashes & pumpkins are the pin up veg of autumn, this recipe uses all of the pumpkin, seeds & skin! Experiment with different varieties of squash, don't limit yourself to just butternut. Other delicious squashes are delicata, onion, chestnut, turban & petit pan.

1 large crown prince pumpkin, cut into wedges & seeds removed
Rapeseed oil
Salt & pepper
12 large sage leaves
100g apple jelly or apple butter slackened with a little water

Cut your squash into wedges, remove the seeds (keep these for the butter) & roast in the oven at 200 degrees until tender in a little oil with salt and pepper.

Wash the seeds, dry them thoroughly then fry on a low temperature in rapeseed oil until they start to smell nutty.

Transfer the seeds to a food processor & blend until a coarse paste. Add a little water to slacken the seed butter to a peanut butter style consistency.

Season the butter well & leave to one side.

As your squash come out of the oven, brush each wedge generously with your apple glaze & leave to rest for a minute or so.

Next fry your sage leaf in hot vegetable oil until crisp, remove from the oil & season lightly with salt.

Generously spoon your seed butter on the bottom of the plate, serve the wedges on top then break the sage leaves over the top.

*You can eat Darren's
food by booking a table at
Pythouse Kitchen Garden*
↳





Apple Butter

MAKES 4 JARS



10 cooking apples, peeled & diced
50g butter
250ml cider vinegar
175g light soft brown sugar
1 teaspoon of ground cinnamon
1 teaspoon ground mixed spice
Juice of 1 lemon

Peel & dice the apples then sweat until softened in the butter.

Add the spices, sugar & vinegar, bring to a boil, cook until softened

Puree & pass the butter, adjust the sweetness to your taste then put into sterilised jars.



Matt Noonan

HEAD CHEF

Born and raised in the New Forest. Now the head chef at The Black Rat showcasing the best ingredients from the surrounding areas.

Find Matt at @chef_matt_noonan @theblackratwinchester





Buttered Sprout Tops, Wild Rice and Chestnut Stuffing

SERVES 3-4

125g wild rice
500ml chicken stock
1 onion
50g butter plus extra for sprout tops
150g stale bread crumbs
Handful sage
100g roast chestnuts
2 heads sprout tops

Start by cooking the rice. Add the boiling stock to the rice and simmer for 45 minutes. When cooked rest for 10 minutes.

Fry the chopped onion in the 50g butter until soft and caramelised. Add the breadcrumbs and cook until toasted.

Add the chopped chestnuts and chopped sage and combine with rice. Set aside whilst you cook the sprout tops.

Bring a large pan of water to the boil and add a handful of salt. Boil the sprout tops for 90 seconds and refresh in ice water.

Melt a large knob of butter in a wide pan and add the sprout tops. Gently warm through, season with salt and pepper and mix the stuffing.

*Use the tops as well as the
sprouts themselves*

Leek, Romesco, Roscoff Onion and Cavelo Nero Gratin

SERVES 4

1 leeks
2 roscoff onions
1 head romesco cauliflower
1 head cavelo nero
50ml white wine
350ml double cream
150g bread crumbs
100g gruyere cheese
Grated nutmeg

Heat a cast iron pan for a few minutes over a medium heat. Cut the onion and leek into large wedges and add to the pan with a large knob of butter. Saute until softened and caramelised.

Meanwhile bring a large pot of water to the boil and add a handful of salt. Blanch the romesco florets for 1 minute before refreshing in ice water for 1 minute. Do the same the cavelo nero.

Drain the nero and romesco and saute for a few minutes with the leek and onion.

Add the wine and boil away. Add the cream and bring to the boil. Remove from the heat and season with salt and pepper.

Top with the grated gruyere cheese, breadcrumbs and nutmeg.
Bake for 25 minutes at 180C.

*Christmas Eve supper
inspiration. A meal dish that
encourages sharing across the
table with everyone tucking in
to all the knarly crunchy bits*



Shop for the raw produce at www.bellordandbrown.com/

Apple and Pear Miso Butterscotch Crumble

SERVES 6

Crumble topping

100g plain flour
75g butter
75g demerara sugar
50g oats

Preheat an oven to 170C.

Mix all ingredients together and bake in 10 minute intervals stirring each time.

Cook until golden. Set aside.

Apple and pear filling

140ml cream
60g butter
85g dark brown sugar
10g miso
2 sweetie apple
2 delsean pears
1 russet apple
1 opal apple

Combine the cream, butter and sugar in a pan. Bring to a simmer and cook for 3-4 minutes. Add the miso and mix thoroughly.

Chopped the apples and pears into small wedges and add to the sauce.

Cook apples and pears until tender and serve topped with the crumble and ice cream or evaporated milk.





APPLES



PEARS

Shop at www.bellordandbrown.com



Carrots Roasted with Sesame Seeds & Goose Fat

SERVES 6

2 x bunches carrots
320g jar goose fat
1/2 tbsp sesame seeds

Start by scrubbing the carrots under running water with a scouring pad until they are clean and smooth to the touch. Melt the goose fat in a wide saucepan and add the carrots and a few pinches of sea salt. Place a lid over the pan and put it in an oven preheated to 140C. Roast for approximately 45-60 minutes, checking and turning the carrots every 15 minutes. They should be soft and tender but not falling apart. Drain the fat away from the pan and increase the oven heat to 210C. Roast the carrots for another 10 minutes or until golden. Add the sesame seeds and return to the oven for another 5 minutes. Toss the carrots with some chopped carrot top and olive oil and serve.



Julian Brown

TAMER OF FLAMES, FOREST TO FORK

Fire starter, tamer of flames, tree wood
harvester, bringing the best to the best. The man
to know when it comes to foreagable produce.



Julio's Spicy Lamb Kofta

SERVES 4 TO 6

Ingredients

500g Lamb mince
1 Onion (finely chopped)
2 Garlic cloves (finely chopped/crushed)
2 slices Stale bread (crumbed)
1 Egg
1 tsp Sweet paprika
2 tsp Cumin seeds
1 tbsp Two Tribes x Devil Dog Hot sauce
2 tsp fresh Parsley (chopped)
2 tsp fresh Mint (chopped)
1 tsp Dried oregano
Salt and pepper
Olive oil

Method

In a saucepan, saute the onion and garlic in some olive oil until translucent and tender, not browned. Stir in the cumin seeds and cook for another couple of minutes. Take off the heat and let it cool.

Grab the mixing bowl and chuck in the lamb, the breadcrumbs, the mint, parsley and oregano, the onion mix, hot sauce, egg, a good pinch of salt and a generous couple of grinds of pepper, a wee drizzle of olive oil and, with nice clean hands, give it a proper good blend. That's your mix done!

You can do the next bit however you want, roll the Kofta mix into golf ball sized meatballs, flatten them into patties or mould round a skewer kebab style. If you're going to mould round a skewer, the best skewers are the flat skewers, they prevent the meat from spinning when you turn! we've all been there! But hey, it doesn't matter too much, you can use round skewers, metal, bamboo, whatever.

Give your patties, meatballs, skewers, a good drizzle of olive oil and whack them in the fridge to set for 15 minutes.

Now, get that grill lit.

OK, your grill is now ready for your kofta, place the patties, meatballs of skewers over the coals.

Patties should take about 5-6 minutes, turning halfway though. Meatballs slightly longer 6-8 mins, keep turning them with your tongs and the skewers 10-12 mins. You want to ensure you get some lovely caramelisation on the surface. If you've got a trusty temp probe, internal temp should ideally be 70C.

Let them rest for 5 mins before serving warm with the roasted tomatoes, yogurt dressing, pickled onion, flats and some more of that Two Tribes x Devil Dog Hot sauce!





MM
CAMPFIRE
7 POT PRIMO
HOT SAUCE
DEVIL DOG
ORIGINAL
NO PRESERVATIVES
ALL NATURAL
made with TwoTribes BEER

150ML



Roast Tomatoes

SERVES 4

Ingredients

20 Cherry tomatoes
Olive oil
Handful of parsley (Flat leaf or curly) (Chopped)
1 tbsp Red Wine Vinegar
Salt and pepper
Equipment
2 Skewers (preferably metal)
Grill
Mixing bowl

Method

Thread your tomatoes on to the skewers and drizzle with olive oil.
Put the skewers on a medium/hot grill for 10 mins, keep rotating until they're nicely roasted; caramelised and browned, yum! Take them off the grill and let them cool.
Once cooled, slide off the skewers, coarsely chop then mix in your mixing bowl with the red wine vinegar, splash of olive oil, parsley and some salt and pepper to taste.



Red Pickled Onions

SERVES 4

Ingredients

1 Red onion
100ml Red wine vinegar
2 tsp Castor sugar
1 tsp Sea salt
Equipment
Small saucepan
Serving bowl

Method

Warm the vinegar, sugar and salt in the small saucepan over your grill until dissolved, let it cool.

Cut the onion from root to top in half, finely slice and put them into your serving bowl. Pour over the cooled pickling liquid and mix well.

Ideally leave for a couple of hours to sear but don't worry if it's only half an hour!

Yoghurt Dressing

SERVES 4

Ingredients

3 tbsp Natural yogurt
1/2 tsp Cumin seeds
2 tsp fresh Mint chopped
1 Carrot (Grated)
Juice of half a Lemon
Couple of grates of Lemon zest

Method

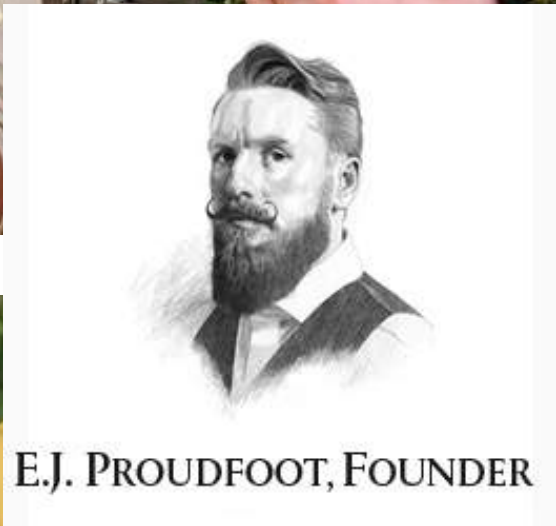
Add all the dressing ingredients into another mixing bowl and mix well. Adjust the seasoning to how you like it, slightly sweet, slightly salty, slightly sour, and when you've got it how you like it, transfer to a serving bowl and that's ready

Producers We Recommend

FABULOUS PEOPLE WE WORK WITH ALL YEAR ROUND



IMAGE RIA MISHAAL



E.J. PROUDFOOT, FOUNDER





Eughon Proudfoot

FOUNDER OF PROUDFOOT & CO

Life should be full of constant discovery. Discovery is part of the British DNA. As an island nation, we have always looked beyond our shores for new ideas, inspirations, and opportunities.

Yet after WWII we lost most of our culinary identity. Our unique heritage of blending traditional techniques with exotic ingredients was replaced by mass-industrialised products like luncheon meat and baked beans.

Proudfoot & Co. channels the discovery and open-mindedness that once symbolised Britain to revive that lost heritage and define it for the 21st century.

At Proudfoot & Co we preserve the past to innovate for the future. Whether foraging, fermenting, or barrel-aging, we combine rare ingredients with lost techniques to create one-of-a-kind drinks #fortheboldandcurious. All of our creations are non-alcoholic for a more inclusive and unique drinking experience.

Discover more at www.proudfootco.uk



Food has always featured heavily in my most visceral memories. I remember discovering at the age of four that I actually liked porridge; it just had to be slow-cooked overnight in my grandmother's AGA and topped with lightly-brandied prunes. I think back to my first winter as a young immigrant in Boston, and discovering the joys of a freshly baked bagel. I chomped into it, still steaming, and although I suffered for days from the burns caused by the chewy dough sticking to the roof of my mouth, it helped me temporarily forget the frostbite in my toes. And in my early twenties, I fondly recall sharing a raw sea squirt with my partner's parents in a wet market in Korea. My reaction to the unexpected and overwhelming menthol flavour transcended cultural and language barriers, and we shared a laugh despite the awkwardness of meeting for the first time.

However, I've realised that these memories are not etched so deeply into my mind because of the food itself, but because of the accompanying sense of discovery and wonder. To this day, I struggle to remember what I did a few hours ago but I can detail every week of my life through the foods I have eaten.

Unfortunately, for too many of us, time and age seem to diminish these 'heart fluttering' moments, sucked instead into the drudgery of daily life and commitments.

My partner and I opened Proudfoot & Co. this past February in Winchester, with the hope that we could provide a small jolt of wonder and excitement into peoples' daily lives, a sort of disruptive ripple in the mundane ebb and flow of sourdough toasts and flat whites. We created Proudfoot & Co., a British drinks innovator, to redefine the British drinking culture for the 21st century. Through foraging, barrel-aging, distilling, and fermenting in-house, we combine rare ingredients with lost techniques to craft one-of-a-kind non-alcoholic drinks #fortheboldandcurious.

Every time a customer steps into our shop, we want to give them a sense of discovery. We live for the moments when a customer's eyes light up after taking the first sip, and the childlike wonder and temporary disbelief that follow. The excitement when they realise that the novel ingredients and flavours they are tasting don't come from some exotic locale, but are picked right from our doorstep here in Winchester. Suddenly being 'stuck' at home becomes a little more bearable when they realise there is so much magic in

their backyard, and that they can discover it by visiting our unassuming shop in the backstreets of Winchester. We want to prove that novelty and exploration is not the reserve of Michelin-starred restaurants or trips abroad, but can be found at the end of one's street. This is ever more important this year with COVID-19, as our homes become workplaces, days blur into weeks, and our routines become unbearable without the welcome break of holidays, loved ones, or continuous learning.

I always encourage people to visit us on St. Thomas Street, if only to say hello and ask about our latest experiments. But for those who are not able, here is a recipe for one of my favourite easy-to-make low alcohol ferments to help you discover some of the forgotten native ingredients in your backyard. Forget the lockdown sourdough fad - this is far more unusual and distinctly British. It uses a 'Ginger Bug', once a British country cupboard staple and the genesis of our first ginger beers. I have provided a list of potential herbs and spices to flavour it with, but be creative and adapt it to your own individual taste!



PROUDFOOT & CO.
BRITISH DRINKS INNOVATORS

Traditional Foraged 'Bee Wine'

FOUNDER OF PROUDFOOT & CO

1Tbsp of Ginger Beer Plant a.k.a Ginger Bug.
These can be purchased at Proudfoot & Co. or online)

2L non-chlorinated water
250g sugar (or 300g raw honey)
Juice of 1 lemon
Herbs and spices to flavour.
May include the following:
wild marjoram
rosemary
yarrow
cloves
salad burnet
angelica
thyme
hawthorn flowers
lemon peel
gorse flowers
allspice
mugwort
ginger

Bring water and sugar (or honey) to a simmer, turn off the heat and add any spices or herbs you wish. Allow to cool and strain into a jar. Add the Ginger Beer Plant, cover, and sit in the sun for a few days until cloudy and still mildly sweet. Strain again and funnel into flip-top bottles, leaving them in a warm place until well conditioned. Chill, and serve over ice as a beautiful refresher and a great probiotic boost for the winter!





Order your Christmas meat from Hogget and Boar after ordering your fruit and veg from Bellord and Brown for the tastiest Christmas dinner



Hogget & Boar

HAMPSHIRE BASED BUTCHERS SERVING THE NATION

Proudly serving clients throughout Hampshire and the UK. Stocking delicious free-range meat from our butchers in Stockbridge, Hampshire.

We are well placed to provide sustainable free-range meat and produce, serving both retail and wholesale clients with our expert services.

We also offer event catering. Whether you're planning a wedding or a festival, call on our friendly and professional butchers to cater for your event and make it a day to remember.

Based on a buffalo farm in Stockbridge, Hampshire, our butcher shop caters to all your needs.

At Hogget and Boar Ltd, all our products are sourced direct from farmers, and in addition to local free-range meat and products, we also supply one of the world's best steaks, direct from Sweden.

With a commitment to our green initiative, we seek out high-welfare sustainable products for our valued customers.

Get in touch today to speak with our butchers.

Established in 2018, Hogget and Boar Ltd is a retail and wholesale butcher shop that serves customers in Stockbridge, Hampshire, and throughout the UK.

Specialising in dry-aged, local, and free range meat, we're sure to have the right products for your needs. What's more, we also cater for events, including weddings and functions, providing delicious BBQ food like those hog roasts everyone talks about. Get in touch today to discover more about our products and services.

Visit www.hoggetandboar.co.uk to shop for your 'meaty' feasts.

“



The cheese experts

The Cheese Stall

CHEESE EXPERTS HELPING YOU CURATE THE PERFECT CHEESE BOARD

Traditional cheese mongers based in Winchester operating with a simple ethos; provide the best quality that we can find, using the most traditional methods and the utmost in customer service. We buy all of our cheese as whole rounds, these are then placed in our purpose-built cheese room for further aging. Once we are satisfied that a cheese is at its best, we process it in house, and offer it for sale via our local retail market pitches & online sales and deliveries.

This Christmas; for me it's all about British and with this in mind my cheese board is going to consist of:

Baron Bigod; an unpasteurized pungent, and well flavored soft cheese from Suffolk

Colston Bassett Stilton; why try and reinvent the wheel?! Stilton is fabulous at Christmas and this producer is fantastic!

Extra Mature Cornish Gouda; Produced by a Dutch family farming fantastic milk in Cornwall, this cheese is hugely complex and unique

Rosary Goats Log; Fantastically fresh, creamy with citrus flavors, for me almost acts like a palate cleanser between the other cheeses.

Order you cheese at www.thecheesestall.com/





CHEESE



Shop for cheese at www.thecheesestall.com/

(C) DORSET SEA SALT CO.



(C) DORSET SEA SALT CO.



(C) DORSET SEA SALT CO.



Dorset Sea Salt

HAND HARVESTED SEA SALT FROM CHESIL BEACH

Founded in 2017, the Dorset Sea Salt Company is helmed by Jethro, an obsessed sea salt fanatic. After reading about the historic and cultural relevance of salt production in Dorset, and visiting the natural salt pans on the east weares of Portland, Jethro pondered how and why this local industry had vanished. This idea affected him so immensely that he began to conceptualize, and envisage the revival of Dorset's local Sea Salt scene.

With mentorship, and a small loan from the Prince's Trust (a charity that helps young people get into work) Jethro founded the Dorset Sea Salt Company. The Dorset Sea Salt Company aims to fill this void in local industry by marrying both ancient and new production methods. The aim is to preserve the traditional methods of the industry, but at the same time shroud it in an ethical, and ecological ethos. The result of this concoction is exceptional sea salt. Every small batch harvested is part of the wider mission grounded in craftsmanship, locality, and quality. The award-winning gift set consists of our two Great Taste Winning lavours; Celery and Garlic! These two are bundled together with our classic natural sea salt!



**DORSET
SEA SALT
CO.** *Hand harvested
from Chesil Beach*

*Quality seasoning is so
important*

Discover more at www.dorsetseasalt.co.uk



great taste
DORSET SEA SALT CO.
Hand Harvested from Dorset Beach
CELERY

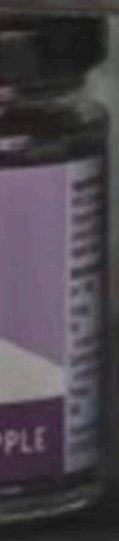
DORSET SEA SALT CO.
Hand Harvested from Dorset Beach
TOMATO, BASIL & OLIVE

DORSET SEA SALT CO.
Hand Harvested from Dorset Beach

DORSET SEA SALT CO.
Hand Harvested from Dorset Beach
CHILLI

DORSET SEA SALT CO.
Hand Harvested from Dorset Beach
OAK SMOKED

DORSET SEA SALT CO.
Hand Harvested from Dorset Beach
BETROOT & APPLE



Bad Hand Coffee

KILLER COFFEE ROASTED IN BOURNEMOUTH

When it comes to brewing, you don't need to rush out and buy an espresso machine to be able to make great coffee at home. By all means do it if you want to, but there are many other (and cheaper) alternatives out there. We're pretty confident most of you have a Cafetiere (also known as a French Press) hiding in your cupboards somewhere, and there's no reason you can't make a tasty brew with it, as long as you get yourself some delicious coffee and follow some basic rules.

The recipe below makes one small French Press (400ml) but you can scale up the amount of coffee to water as needed for the size of your beaker. 70g of coffee to 1L of water is a good ratio to start with, but you can play around adding more or less coffee if the end result isn't to your taste.

You will need:

Some exceptional coffee + water + French press + spoon + scales (optional, but handy).

Method:

Place 1/4 cup (28g) of coarsely ground coffee in your French press.

Pour 400 ml water (just off the boil) onto the grounds.

Gently stir to make sure all the grounds are wet, place the lid on and wait 4 minutes.

Remove the lid and give another gentle stir. This lets the grounds sink to the bottom.

Scoop off the foam layer and replace the lid. Leave for another 4 minutes.

Gently press the plunger down until it is just above the settled grounds. Don't be tempted to push too hard, the gentler you are the fewer grounds will end up in your cup.

Pour and enjoy!

Want to take it to the next level?

Preheat your French press and wrap in a tea towel while it is brewing. This helps to keep it warmer longer.

Use filtered water (from a Brita jug or similar is fine) to help bring more flavour out.





Bad Hand Coffee have some great gifting ideas over on their website, including quality coffee, grinders, and a killer aeropress



So if you're thinking about what you could buy your coffee-loving buddies, we offer a Bad Hand coffee subscription, starting at a 6-bag minimum, for the gift that keeps on giving! www.badhandcoffee.com/collections/subscriptions

Brew! Do you even AeroPress?
An AeroPress is the most adaptable way to make coffee – whether it's a full mug of brew or an espresso-style shot. It's great for travelling as it packs down and it's pretty much unbreakable. <https://www.badhandcoffee.com/collections/brewers/products/aeropress>

The Hario mini mill slim hand coffee grinder - model MSS-1 - can hold around 24 grams of coffee (enough for 1-2 people). Perfect for the home brewer, office brewer or adventure brewer. <https://www.badhandcoffee.com/collections/merch/products/hario-mini-slim-hand-grinder>



Discover more on Instagram @badhandcoffee

Alex Pole Ironwork

THE FORGE KITCHENWARE

Alex Pole Ironwork was established in 2006 to deliver high quality functional products for the home and garden, it has slowly evolved over the years and now specialises in hand forged kitchenware and utensils.

Forge Kitchenware est. 2015

Only traditional techniques are used at the forge. All work is forged by hand and, wherever possible, materials are sourced from the local area. One of the primary aims is to promote blacksmithing, and the makers movement, across the UK and to show it's relevance in the 21st century.

Alex Pole - Founder

"I have always had a fascination with metals for as long as I can remember. From sitting with my mum watching her make jewellery as a 4 yr old to casting lead soldiers in my pre-teens, it feels like I've always been drawn to this material.

I started back in 1991 with attendance to art college to first study jewellery making, then architectural ironwork. After that came the wandering years - filled with travel, training, exploration, experimentation and a beer or two !!

In 2013 I travelled to Sweden to attend a course at Gransfors Bruks, the world renown axe making centre, and discovered a great love of tool making. From then on I moved my work in a new direction - this included knife and axe making, as well as developing a wide range of kitchenware. Blacksmithing is not just a craft to me, but a way of life, and one that gives great satisfaction not only to me but I hope others as well."

Forging

This is the very heart of the blacksmiths art – to take the steel to the correct temperature in the forge, place it on the anvil and to strike repeatedly, shaping, until the metal has cooled and then returned to the fire for more heat.

Heat, strike, repeat!

A smith can spend many hours at a time, or even days and weeks, repeatedly heating and striking until the desired shape is reached.

Temperature and hammering technique are, in my opinion, the two most fundamental skills that anyone will need to lean to be able to progress in the smithy.

Of these two temperature is probably the most crucial thing to master and for this the smith gauges by colour, not with a thermometer but by eye (and plenty of experience!). Steel starts to become soft (or plasticized) at around 650°C (dark red) but is not truly ready to forge until it is 850°C (bright

orange) and is ideally forged at 1000°C (bright yellow) for the most efficient results. Yes it is possible to forge steel at low temperatures (unless it is high carbon) but the difference in 150°C to its plasticity is huge.

However over heating the steel will result in it burning and becoming useless – this happens at around 1200°C. So reaching the right heat for a particular operation is crucial and considering that the smith might strike 20-30,000 times a day something they want to get right!

It takes time, patience and determination to become a blacksmith - it's a hard way of life but one that is immensely rewarding.

A Culinary Collaboration

The Forge Kitchen is about the things we use to cook with - A unique fusion of traditional craftsmanship and contemporary cooking.

1 Blacksmith : 21 Chefs : 40 Recipes

Each of The Forge chefs has taken their inspiration from cookware hand made in the fires of our Somerset forge, they have given it purpose and function, to create delicious recipes suitable for anyone to cook at home.

The pans we cook in, the utensils we serve up with and the cutlery we use are as important to any meal as the ingredients – It's all part of the flavour !

"The Forge Kitchen celebrates the vital synergy between great kitchen tools, great ingredients and great cooking – and the results are beautiful, satisfying and delicious."

Hugh Fearnley-Whittingstall, Founder, River Cottage.

ALEX POLE
IRONWORK



Read more at www.alexpoleironwork.com/

The Forge Kitchen, a triumph
and the perfect gift for recipe
book lovers.



Alex Pole stocks beautiful cookware on his
website as well as offering courses. From
coffee spoons, to ladles, BBQ kits, skewers,
axes, knives, pans and more, there is
something for every keen cook.

The Kinn Collective

WE HOPE TO COLLABORATE AND HELP BRING YOUR VISION TO LIFE

We are UK representatives for some truly exciting craftspeople, designers and brands. Our knowledge and passion for both the hospitality industry and its people allows us to source products to suit your needs. Working alongside some of the world's best designers to develop bespoke designs that will truly reflect your brand and elevate your customer experience.

We hope to collaborate and help bring your vision to life. Isn't life wonderful. Paths cross, passions align, and suddenly a beautiful connection is made. One that seems to make sense. An understanding. A relationship built on trust. This is how we like to work. From creative craftspeople, to talented Chefs and everyone in between. We put our hearts and souls into finding unique products and being the kind of people, you want to work with.

We enjoy good food, great produce, quality products and relish the opportunity to create new food memories (probably while reminiscing about old ones) We understand how the texture of a plate can change the feel of a dish and how sublime it is to eat something delicious off of a perfectly proportioned spoon. We get it. We also get how time consuming it can be sourcing these products when you need them. That's why we're here and why we absolutely can't wait to help.

Kinn Collective – Finding the best craftspeople, so you don't have to.

Mathew Froggatt draws on over a decade of experience in product design, sourcing and facilitation within the hospitality industry.

We specialise in the sourcing all front and back of house requirements for new restaurant, hotel and bar openings. We bring distinction, uniqueness, knowledge and a variety of aesthetics to both promote your brand and elevate your customer experience.

We represent a truly unique selection of designers and brands throughout the UK via Kinn Collective bringing both bespoke and classic designs to professional chefs and kitchens.

We love projects that challenge us creatively and for us, going the extra mile a way of life. Most of all we love what we do, and want to work with people who share our values and ethos.



A SPECIAL KINN COLLECTIVE COLLABORATION



SKEPPSHULT: FROM RAW IRON TO CAST IRON COOKWARE

Today's society moves at a fast pace; products become obsolete within a year and many are mass-produced, usually in the Far East. Skeppshult is based on a different premise; we have made our products by hand since 1906 according to ancient methods and traditions.

IT ALL STARTS WITH RAW IRON HEATED TO 1500 DEGREES

Together with other metals in carefully controlled amounts in our induction furnaces. This process creates the glowing cast iron, the foundation for our products. We care about our environment, and Skeppshult uses only electricity from wind and hydropower

THE CASTING MASTER POURS THE IRON BY HAND

Casting the molten iron requires special moulds that can withstand extreme temperatures. Metal tools such as those used in casting aluminium and other materials would not withstand molten cast iron and therefore we use sand moulds that have been compressed under several tons of pressure.

The composition of the sand is very important and something we put a lot of time into.

With 100 years of experience, we have found the right composition that can both hold the hot cast iron and provide the right structure in the cast metal. Two halves of the sand moulds are pressed together, which creates a cavity for the molten cast iron.

The casting master pours the iron by hand; it takes experience and precision for the castings to meet our requirements at Skeppshult.

WHEN THE CAST IRON HAS COOLED DOWN, THE MOULD HALVES ARE SEPARATED



Buy the SKEPPSCHULT Range AT Divertimenti, Sous Chef, or Buy Me Once

And the first results of the process can be seen. A sand mould can be used only once and therefore each product is unique, no two are exactly alike. The sand is recycled and used for another sand mould.

GRINDING, BOTTOM TURNING & BLASTING

To produce the proper structure before the cast iron is seasoned with rapeseed oil from Osterlen. Treating with oil both protects the cast iron from external damage and gives the cast iron its natural non-stick property.

THE LAST STEP IS TO SCREW ON THE HANDLES – THEN THEY ARE READY TO BE DELIVERED

The foundry oversees the work done at each stage of casting to ensure that they live up to Skeppshult's high quality standards. Products deemed substandard are sorted out and recycled into the next cast iron melt so they can become new products. Cast iron items with only minor cosmetic defects are classified as sub-standard and are sold at the factory store here at Skeppshult at reduced prices.

Made with only naturally pure ingredients, Skeppshult's cast iron is an environmentally friendly and healthy alternative to today's plastic-coated aluminium pans. Skeppshult's cast iron can withstand very high temperatures; the bottoms of the pans are concave to compensate for metal expansion when heated and thus they do not become round when they are heated.





THE GIN EMPORIUM



GIN & COCKTAIL BAR

- Event & Private Hire Mobile Bar
- Handcrafted Bottled Gin Cocktails
- Virtual Parties & Cocktail Classes
- Christmas Gifts Available

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Country Fire Kitchen

EXPERIENCE THE THRILL OF ARGENTINIAN COOKING EQUIPMENT IN THE UK

“Some of the best bespoke, hand crafted and durable metal work I have ever used. Tom’s passion for cooking over fire is electric.” Niall Davidson, Nuala.

I’m Tom Bray, I love cooking outside. I get the fire pit and BBQ going whenever I get the chance. Lived in South America with wife and daughter where I discovered the asado! Trust me, cooking on the cross over live fire will open up a whole new culinary experience.

Country Fire Kitchen make and sell a cast array of both at home, and commercial fire cooking equipment. Amongst the most popular are the asado cross, firepit, grills and chappas, hanging frames and recently the brand new portico home complete setup.

Shop their range at www.countryfirekitchen.com

Tom’s top tips for Asado cooking

Get your first asado cook under your belt

If you haven’t cooked this way before then my advice is to just give it a go. I find that only by doing something yourself you can really grasp what its all about! You obviously need some kit first - but you are in safe hands here.

Salt (plenty/salmuera)

You can’t beat this combo: meat, salt and smoke. If you’d like to try something different you can make a brine to apply to the meat during the cooking process. Perfect for the asado cross cooking. You can experiment with flavours but I add garlic, woody herbs, chilli flakes, salt and warm water. You are looking to use 1 table spoon of salt for every one cup of water. Apply using your homemade rosemary brush or pop in a spray bottle. Baste the meat throughout the cooking.

Practice, try cooking for a bigger group

This style of cooking is all about sharing with friends and family. The more you cook on the cross, the more you can develop your own style too.

Get inspired

There’s lots of great books and videos out there. Francis Mallman’s Seven Fires is great for asado cooking. There’s some good YouTube videos too - the older videos from Loco X (por) Los Asados is great - its in spanish but hey you will pick things up!

Get your local butcher on side

For asado cooking you need slight tweaks to the traditional British cuts - most butchers have their routines and will cut down the ribs, mincing the meat or sell the ribs in small pieces for stews for example. So you will normally need to give plenty of notice for large sections of beef ribs. Use a butcher that works with whole carcasses too. Then you can get exactly what you want.

Make friends with a log supplier

You will need well seasoned hard woods like oak, beech, birch, ash etc. Fruit woods are also really good. Cherry wood with asado lamb is great! I know some top people in the trade. They are so knowledgeable about fire too. They will love to hear what you are doing with their logs.

Stay hydrated!

This is my rule, you will have your own I’m sure, but it’s beer for the cooking and red wine for the eating. Do bare in mind that it takes around 6 or 7 hours to cook an asado lamb, so stock up well!

A large chopping board

When cooking large cuts of meat a large chopping area is really useful. You could use various boards placed together or a clean stainless steel surface then you can break it into smaller cuts and carve on a smaller board. We have just launched our new large rustic chopping boards (in oak and elm) with a perfect juice groove! Take a look.

Make use of the fire

When you light a fire you have 360 degrees around it and over the top of it to make use of. If you are cooking a lamb you will be managing a fire for the best part of 7-8 hours too so you can get a lot done in that time. You could start by cooking some veg directly in the embers or hang a chicken over the top of the fire. Although you need to be very careful as if you start doing too much with the same fire you will lose your heat very quickly. I like to move the fire as I’m cooking, making it bigger for certain tasks or stretching out across the base of the pit. Fire management is what it’s all about and this really only comes with practice!

Read more at www.countryfirekitchen.com



Treat the cook in your family to a very special gift, the catering setup, fully loaded firepit cooking at its best





Shop at www.bellordandbrown.com

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SEASONAL & EXOTIC FRUIT BOX

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With Thanks

FROM JAMES & JASON

We could not of compiled this magazine without the help from all our friends old and new and our families for supporting us from the beginning.

This idea came from an incredibly inspirational customer without who we would not of thought to do it.

Thanks Rebecca!!

To all our suppliers, growers, pickers, foragers putting up with our ridiculous demands. The chefs, home cooks, our amazing customers cooking up amazing dishes with our produce.

A big thank you to Matt at Kinn Collective and Julian Brown for putting us in contact with so many interesting characters and world renowned faces and spreading our name, helping us with amazing events.

A huge thank you to Zara for putting our thoughts on to page and all that contributed to making this magazine such a fantastic looking and informative read, we will always support you!

Big up yourselves!
James & Jason



Have the most wonderful Christmas! You can shop with us all year long and you can find everything you might need to know about who we are, what we do, our produce, how to order or where and how we deliver over on our website.

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