



**FREE ENTRY**

# Nelson

**Food and Drink Festival**

**SATURDAY 17th SEPTEMBER 2016**



## GET UP CLOSE

*to our celebrity on the day,  
chef Richard Fox for  
**LIVE COOKING DEMOS***



## CAKELICIOUS

*Children's cake decoration  
competition in the Pendle Rise  
Shopping Centre*



## VINTAGE BUS TRIPS

*FREE Transport in Pendle  
on the day...see inside for details*



## BHANGRA DANCING

*Music and dance from the  
Punjabi Roots Academy*

**~ A CELEBRATION OF EAST MEETS WEST ~**



[www.twitter.com/nelsonfoodfest](https://www.twitter.com/nelsonfoodfest)

watch our videos on [www.youtube.com](https://www.youtube.com)

# WORLDWIDE FOOD MARKET

Outside the Shuttle Monument - SATURDAY 17th SEPTEMBER 2016



## ACTIVITIES ON THE DAY



### DANCE GROUP

Punjabi Roots Academy will excite your senses with a performance



### FREE FACE PAINTING

Face painters throughout the day will transform your little treasures



### HENNA ART

On hand to provide a touch of exotic beauty to the festival are our Henna artists

# IT'S ALL ABOUT FOOD

With celebrity chef Richard Fox  
Saturday 17th September



Organisers of the Nelson Food and Drink Festival are delighted to announce that celebrity chef Richard Fox will be the guest star at the event on Saturday, September 17th, 2016!

Richard, dubbed 'The Beer Chef', will front this year's cookery stage with more than 8,000 people expected to attend the festival, which is free to visit.

A host of culinary delights, proudly produced by local farmers and independent traders, will be available for visitors to sample during the special one-day event.

Richard, who wrote The Food and Beer Cook Book and starred in the ITV series Men Brewing Badly alongside actor Neil Morrissey, is set to be the star attraction as he demonstrates his cooking skills.

Originally from Harrogate, Richard specialises in turning food that is left in cupboards and fridges into gastronomic masterpieces.

## RECIPES

### MOROCCAN LAMB SKEWERS, JEWELLED COUS COUS, FLAT BREAD



#### Makes 4 skewers

- 600g leg of lamb, cut into even sized chunks (approx 3cm cubed)
- 2 onions cut into quarters, then divided into separate layers
- 2 aubergines, cut into even size chunks - the same size as the lamb

#### Flat bread

- 250g plain flour
- 1tsp bicarbonate of soda
- 125ml water (you may need less depending on how much marinade you have left over)
- 1tbsp cumin seeds
- 1 bulb roasted garlic (whole bulb wrapped in foil and placed in 180° pre-heated oven for 45 mins - 1 hour)
- 1 - 2tbsp left over lamb marinade

#### For the marinade

- 2tbsp runny honey
- Juice of 2 lemons (zest reserved for the cous cous)
- 2tsp ground cumin
- 2tsp ground coriander
- 2tsp turmeric
- 1tsp ground ginger
- 1tsp chilli powder
- 1/2tsp cinnamon
- 2cloves garlic, crushed

#### Cous cous

- Cous cous
- An equal volume of water to the cous cous
- 1red onion, finely diced
- Zest of 2 lemons
- 2cloves garlic, crushed
- Pomegranate seeds from 1 pomegranate
- 1cup garden peas (defrosted frozen peas)
- 1cup raisins
- A good slug of extra virgin olive oil
- A good handful of coriander, chopped
- Salt and pepper to taste

Make the marinade by simply combining all the marinade ingredients in a non-reactive bowl. Add the lamb chunks, stir to coat the meat well, cover and refrigerate. Marinade for a minimum of 2 hours. Assemble the skewers by alternating a layer of onion with a piece of marinated lamb and the aubergine.

Meanwhile make the flat bread dough. Simply combine all the flat bread ingredients in a bowl and form into a ball of dough. Knead for

a few minutes until soft and elastic. Wrap in cling film and set aside until required.

Pre heat the BBQ, or Char-grill plate if using. Place the kebabs on the BBQ or grill plate and cook for 10-15 minutes turning regularly until cooked to your liking. Meanwhile, roll out the flat bread and place on the BBQ or pan fry in a little oil until golden brown, turning once.

To make the cous cous, heat a tbsp of oil in a saucepan (which has a tight fitting lid). Add the red onion, garlic and lemon zest and cook gently for a few minutes until softened but without colour. Add the cous cous and coat well with the red onion mixture. Bring the water to the boil and add to the cous cous. Bring back to the boil, put on the lid and immediately turn off the heat. Leave to stand, covered, for 10 minutes. Once cooked, remove the lid, add the remaining cous cous ingredients and combine well, fluffing up with a fork as you do.

To serve, heap the cous cous onto a serving plate with the lamb skewers. Cut the bread into large triangles and serve in a bowl on the side.

### HOMEMADE BEER BATTERED FISH FINGER CLUB SARNIE



#### Makes 1 club sarnie

- 2tbsp mayonnaise
- 2tsp capers, chopped
- 2tsp cornichons (baby gherkins), finely chopped
- 160ml good British ale
- Salt to taste
- 1tsp lemon juice
- 2tsp parsley, chopped
- 30g frozen peas
- 35g cornflour
- 1tbsp white wine vinegar
- 3slices of quality white bread, thick cut
- Handful of mixed watercress, spinach and rocket
- 225g thick white fish fillets such as cod or Pollack, skin removed
- 100g plain flour, plus a little more for dusting the fish

Combine the mayonnaise, capers, cornichons, lemon juice and parsley in a bowl and combine well. Put the frozen peas in a heatproof bowl, pour over boiling water. Leave for two minutes, then drain and refresh under cold running water. Drain well and add to the mayonnaise. Cover and refrigerate until required.

Make the batter; sift the cornflour, 100g of plain flour and salt into a bowl. Make a well in the centre and stir in half the beer. Whisk to a smooth batter, gradually adding the remainder of the beer and the vinegar. Cut the fish into three equal sized 'fingers'.

Pre-heat a deep fat fryer to 190°C. Lightly coat the fish in the extra plain flour, dusting off any excess. Dip the dusted fish into the batter and then carefully lower into the hot oil. Cook for 3-4 minutes until golden brown and crispy. Remove with a metal slotted spoon and drain on absorbent kitchen paper.

Coat one slice of bread with a little of the mayo and pea mixture. Lay the fish fingers on this slice of bread. Top with another slice. Combine the salad leaves with the rest of the mayo and pea mixture and arrange over the second slice of bread. Top with third slice and cut in half to serve.

## FREE ENTRY TO EVENTS AND FOOD DEMOS - IN NELSON TOWN CENTRE

www.nelsonfoodfestival.co.uk

- 9.00 am Vintage bus to collect visitors free to attend Food Festival
- 10.00 am Town Crier announces the Mayor
- 10.00 am The Mayor of Pendle officially declares the Nelson Food Festival officially open outside the shuttle
- 11.00 am - 2.00 pm Children's cake decorating competition in the Pendle Rise Shopping Centre with Oddies throughout the day
- 11.00 am - 3.00 pm FREE face painting and henna artist in the market hall and in the Pendle Rise Shopping Centre
- 10.00 am - 4.00 pm Celebrate Nelson with fantastic food, craft, drink and charity stalls outside the shuttle
- 1.00 pm Dance and music performance from the Punjabi Roots Academy

- 2.00 pm Gill Watson, local chef, food activist and writer, talks about food waste
- 4.00 pm Food Festival closes

### LIVE SHOWS

- 10.30 am First live show with our celebrity chef, Richard Fox
- 11.30 am Second live show - Whitakers Arms
- 2.00 pm Talk about food waste - Gill Watson
- 3.00 pm Final live show with celebrity chef, Richard Fox



Gill Watson  
Local chef, food activist and writer talks at 1.00pm

## LOCAL RESTAURANT

Food demonstration by Whitakers Arms  
Saturday 17th September - 11.30am  
on Broadway



Book on 01254 238790 • whitakers-arms.co.uk

ONLY 1 VOUCHER PER TABLE/BILL. OFFER ENDS 31/10/16. DINING IN ONLY. NOT INCLUDING EARLY BIRD OR SPECIAL OFFERS. GO ONLINE OR ASK IN RESTAURANT FOR MORE DETAILS.

# £5 OFF

When purchasing 2 main courses at Whitakers Arms, Burnley Rd., Accrington with this voucher

We thank all our sponsors and helpers





**Nelson** Food and Drink Festival  
SHOP LOCAL IN NELSON ON SAT 17th SEPT  
**FUN FOR ALL THE FAMILY**



# SHOPS & SERVICES



## ODDIE'S

Keep it local, keep it Oddie's and savour the difference. Quality family bakers since 1905!

129 Scotland Road, Nelson, BB9 7XR  
T: 01282 602303 E: info@oddiesbakery.co.uk  
W: oddiescakes.co.uk



Mon-Thur 8.00am to 4.45pm  
Fri 8.00am to 5.15pm  
Sat 8.00am to 4.30pm



## NURSERY TIME

We are major stockists for most baby products. We do lay-by schemes with just £50 deposit and competitive prices.

3 Market Street, Nelson, Lancs, BB9 7LJ  
T: 01282 615291 M: 07968 469186  
E: Diane.griffiths@btconnect.com



Mon to Tue 9.30am to 4.00pm  
Wed to Fri 9.30am to 5.00pm  
Sat 9.00 to 5.00pm

*to be  
found in  
and  
around  
Nelson*



## GOING DUTCH

We have flowers for every occasion - from gentle pastel shades to vibrant colours - so you can be confident that you'll find what you are looking for.

36 Manchester Road, Nelson, BB9 7EJ  
T: 01282 619916 M: 07971 624612  
E: peter@goingdutch.co.uk  
W: goingdutch.co.uk



Mon to Sat 8.30am to 5.00pm



## PENDLE MOTORCYCLES LTD

At Pendle Motorcycles we provide top quality motorbike and scooter care for a motorcycle MOT, a service or just some accessories for your bike.

254-258 Manchester Road, Nelson, Lancs, BB9 7DE  
T: 01282 695959  
E: pendlemotorcycles@googlemail.com  
W: pendlemotorcycles.co.uk



Mon to Fri 9.00am to 5.30pm  
Sat 9.00am to 4.00pm

## You VISIT NELSONS LOCAL SHOPS & SERVICES

**FREE**

# KIDS RECIPE COMPETITION

**SUNDAY 11th SEPT**

**CALLING ALL  
PENDLE SCHOOL  
CHILDREN**

Hashtag your selfie  
to #nelsonfoodfest



**1st PRIZE**

**Nelson**  
Food and Drink Festival

## How to enter and WIN

- Come up with a winning recipe and then draw us a picture and hand it in.
- Draw your picture on the back of the kids recipe competition leaflet in the area provided and fill in your details.
- Hand in your entry to Wilko's customer service desk by Sunday 11th September.
- Our celebrity chef will pick the winner.

 [www.facebook.com/nelsonshops](http://www.facebook.com/nelsonshops)  
 [www.twitter.com/nelson\\_portas](http://www.twitter.com/nelson_portas)



SWEET HAMPER SUPPLIED BY

**Pendle Rise**  
SHOPPING CENTRE

**NOW OPEN  
SUNDAYS  
10am-4pm**

Terms and conditions apply

Content may vary from sweets shown

**FREE**



# CAKELICIOUS

*Children's cake decoration competition  
in the Pendle Rise Shopping Centre*

**SAT 17th SEPT AT  
THE FOOD FESTIVAL**

**CALLING ALL  
PENDLE SCHOOL  
CHILDREN**

Hashtag your selfie  
to #nelsonfoodfest


 [www.facebook.com/nelsonshops](http://www.facebook.com/nelsonshops)  
 [www.twitter.com/nelson\\_portas](http://www.twitter.com/nelson_portas)



**1st PRIZE**

**From 10:00am**

## How to enter and WIN

- Pick up a cake in the Pendle Rise shopping centre
- Nelson and Colne College students will help you to decorate it
- Post a selfie of you and your cake to Twitter (your parent or guardian will help - and will need to approve) using #nelsonfoodfest
- The selfie with the most retweets on Twitter will WIN a fantastic prize donated by 

EVENT SPONSORS  
AND SWEET HAMPER  
SUPPLIED BY

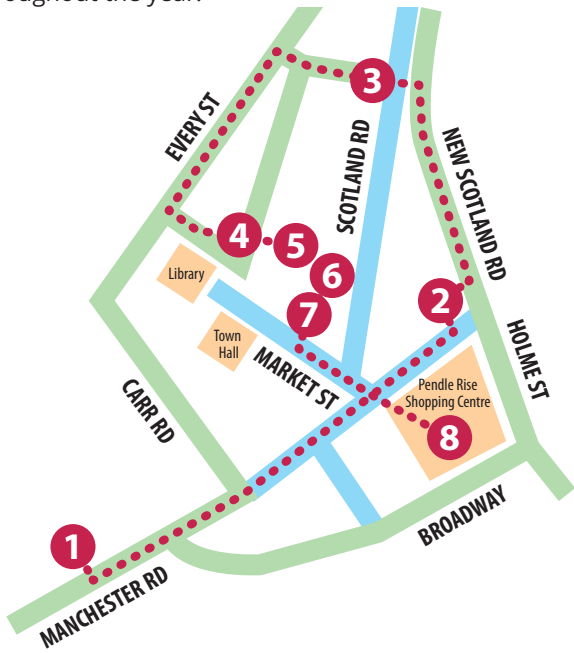
**ODDIE'S**

Content may vary from sweets shown



# THE NELSON FOOD TRAIL

Follow the numbered trail below to discover the very best in local fare. As well as all the fantastic food and drink stalls available, the Nelson Food Trail eateries are available all throughout the year.



Deli Fusion

The Shop

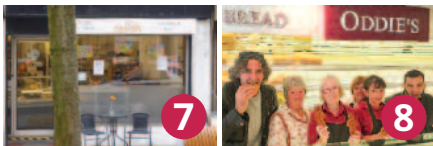
Nawab Sweet Centre



Appetite Deli Sandwiches

Bistro, Ace Centre

Kates Kitchen



Relish Sandwiches

Oddie's Bakery

# Nelson Food and Drink Festival

• EVENT •



- P Long-Stay Parking**
  - A. Chapel Street
  - B. Sagar Street
  - C. Netherfield Road
  - D. Garden Street
  - E. Rigby Street
  - F. Cuba Street (part long-stay/part permit-only)
- P Short-Stay Parking**
  - 1. Broadway
  - 2. Stanley Street
  - 3. Booth Street
  - 4. New Brown Street
  - 5. Every Street
  - 6. Nelson Town Centre
  - 7. The Palace
- Disabled parking area:** Manchester Road. Spaces are marked for disabled drivers on all short-stay car parks except The Palace.
- 314-space multistorey car park** is located above the old bus station and is open from 7 am until 7 pm. This car park is owned and managed by the Pendle Rise Shopping Centre. Additional parking is available for customers at Morrisons.

## GET THERE FOR FREE!

Book a vintage bus ride at [www.nelsonfoodfestival.co.uk/free-buses/](http://www.nelsonfoodfestival.co.uk/free-buses/)



Why not catch one of our free buses to the festival allowing you to enjoy the day - sampling the finest local food and drinks of the region!

In a first for the Nelson Food & Drink Festival, we're teaming up with the Darwen Transport Trust to lay on a historic bus to bring families to Nelson.

The bus is free but is only available on a very limited basis - due to the age of the bus it is available for just three journeys on each route.

The bus is available at selected times on the following routes.

Route	From	To	10.00	11.30	13.00
Route 1	Barnoldswick - Station Road				
	Kelbrook - Barnoldswick Road		10.05	11.35	13.05
	Foulridge - A56 (op Causeway)		10.10	11.40	13.10
	Colne - Bus Station, Craddock Road		10.15	11.45	13.15
	Barrowford - A682 (op Church Street)		10.25	11.55	13.25
Route 2	Nelson - Steven Burke Cycle & Sports Hub (Cravendale Avenue)		10.30	12.00	13.30
	Nelson - Bus Station		10.35	12.05	13.35
	Burnley - Bus Station		10.50	12.20	13.50
Route 2	Brierfield - Colne Road (op Town Hall)		11.00	12.30	14.00
	Nelson - Bus Station		11.05	12.35	14.05

To find the location of all the eateries and pubs in Nelson, go online at [www.nelsonfoodfestival.co.uk](http://www.nelsonfoodfestival.co.uk)



Eat, drink and be merry



Nelson's iconic shuttle



Town Cryer



Worldwide Food market

To book you must pre-register online at [www.nelsonfoodfestival.co.uk/free-buses/](http://www.nelsonfoodfestival.co.uk/free-buses/)