



Causeway  
Coast & Glens  
Food Network

Northern Ireland

# A Taste of the Causeway Coast and Glens





## Let us tempt you with A Taste of the Causeway Coast and Glens

This guide provides a taste of the Causeway Coast and Glens' extensive food offer. There are even a few recipes for you to try at home, that have been inspired by what's available in our area.

With over 50 food awards won during 2017, including Great Taste Awards, this is testament to the quality of food and drink produce and food service in this stunning coastal region.

Taste the beautiful Causeway Coast and Glens for yourself, by visiting one of our markets, taking a food tour or cookery class or experiencing the hospitality in our hotels, restaurants and cafes.

For visitor information including what's on and where to stay:

[www.visitcausewaycoastandglens.com](http://www.visitcausewaycoastandglens.com)

# A Taste of...



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# Causeway Speciality Market

The Causeway Speciality Market is a bustling speciality food and craft market held in Coleraine Town Centre. Since 2006, it is Northern Ireland's largest regular outdoor market with 54 stalls.



Take time to visit the array of stalls with everything from locally grown and butchered meat to artisan bread and local vegetables.



For those with a sweet tooth you will not be disappointed with cakes and puddings on offer, along with an eclectic mix of crafts, art and photography.



Second Saturday Every Month  
9am-4pm



**Causeway  
Speciality Market**  
local food & craft



**Web: [www.causewaycoastandglens.gov.uk/csm](http://www.causewaycoastandglens.gov.uk/csm)**



Causeway Speciality Market Coleraine



@CausewayMarket



# Naturally North Coast and Glens Artisan Market

An Award Winning Market based around the Causeway Coast and Glens area. Our markets can be found on a rotating schedule in various locations and at various local events. Specialising in Food, Art and Handmade Craft there's something on offer for everyone!

Check out our regularly updated market schedule on our website. Some markets may only have 15 stalls, while others may have more than 50 depending on the size of the venue and event.

Trading enquiries are welcome, please contact us if you're interested in trading with us.



# NABMA - Great British Market Award Best Community Market 2018



info@naturallynorthcoastandglens.co.uk  
www.naturallynorthcoastandglens.co.uk

 NaturallyNorthCoastandGlens

 @NaturallyNCG

07723 622008

**Product Range:** Food, Art, Craft.



# Roe Valley Speciality Market



A small friendly outdoor market boasting a range of speciality food, beautiful art and handmade craft.



Located on varying dates at the beautiful Limavady town centre location of Drumceatt Square, Limavady town's only communal public square, this beautiful central outside space is located beside the Roe Valley Arts and Cultural Centre.

Check out the website for upcoming market dates



[www.roevalleymarket.co.uk](http://www.roevalleymarket.co.uk)



Perfectly located to allow you to visit both the market and find out what Limavady town has to offer. We are always on the look out for new and talented traders, please contact us if you're interested in trading at the Roe Valley Speciality Market.



[www.facebook.com/roevalleymarket](https://www.facebook.com/roevalleymarket)



[@RoeValleyMarket](https://twitter.com/RoeValleyMarket)

# Causeway Coast Foodie Tours

[www.causewaycoastfoodietours.com](http://www.causewaycoastfoodietours.com) 07912 408256

 @causewayfoodie  /causewaycoastfoodietour

causewayfoodie@gmail.com  @causewayfoodie



Causeway Coast Foodie Tours, managed by Wendy Gallagher offers visitors guided food and drink tours of the Causeway Coastal Route by road, sea and river. These tours showcase the best local produce and hidden gems this stunning destination has to offer. From eel to goat, hand-made Irish griddle breads, cheeses to chorizo, washed down with local craft ales, whiskey, gin, cider and coffee – there is something here for every palate

**Tours:** Coast and Country, Catch and Sea, Dram on the Bann, A Taste of Portrush, Treasure and Tapas. Bespoke tours & gift vouchers available on request.

**Where to buy/try:** via website, phone or email

**Awards:** Causeway Coast and Glens Business Awards 2017 - Finalist Best Tourism Attraction/Service of the Year Award

Causeway Coast & Glens People of the Year Awards 2018 - Nominated for Tourism & Hospitality Award

# Game of Thrones Doors & Food Tour

Operated by Glenara Elite Tours

Office: (+44) 028 703 54600    Mobile: (+44) 07718 805 633

frances@glenara-elite-travel.co.uk



In January 2016, storm Gertrude struck the North Coast of Ireland felling two trees from the epic Game of Thrones® filming location known as the Dark Hedges.

The wood from those two trees was used to carve 10 intricately designed pub doors, each one telling the story of an episode in Game of Thrones® season 6. Each door has been placed close to a different filming location in Northern Ireland.

Glenara Elite Travel offers you a chance to see some of these special pieces of cultural heritage, as part of our unique evening tour full of fun, food and merriment. Visiting 4 of the ten locations, guests will get to sample local cuisine, have the odd tippie or two while having the opportunity to get up close to these wonderful works of art. See website for full itinerary.

This tour is independently operated by Glenara Elite Travel. It is not sponsored, endorsed, or affiliated with HBO or anyone associated with 'Game of Thrones'

# Irish Feast

www.irishfeast.com info@irishfeast.com

 @IrishFeast\_  /IrishFeastTours  @IrishFeast



Irish Feast host walking food tours: join us on a journey of local and gastronomic discovery - we don't just walk round villages, we breathe in the fresh air and point out little oddities you might not otherwise notice! Irish Feast is something special - all our guides are foodie fanatics, historical nerds and completely unique story tellers! We put the past, present and future of food and drink in Ireland on your plate and encourage you to enjoy every last bite.

**Tours:** Ballycastle, Bushmills, Rathlin Island and Glenarm Village

**Where to buy/try:** Online or at any Causeway Coast and Glens Visitor Information Centre

**Awards:** Shortlisted for the Belfast Telegraph Year of Food and Drink Awards

# Old Bushmills Whiskey Tour

[www.bushmills.com](http://www.bushmills.com)



@BushmillsGlobal

[mail.order.bushmills@bushmills.com](mailto:mail.order.bushmills@bushmills.com)

028 2073 3218



In the small village of Bushmills, settled on the banks of the river you'll find the oldest working distillery in Ireland.

A place where family and friends have worked for generations, in a small Northern Irish village that for over 400 years has kept to the philosophy that hand crafting small batches is the way to produce beautifully smooth tasting Irish whiskey.

Discover how we craft Bushmills Irish Whiskey by taking a tour or take part in a tasting experience.

# The Good Life Courses

on Broughgammon Farm

[www.broughgammon.com](http://www.broughgammon.com)

[info@broughgammon.com](mailto:info@broughgammon.com)

07976 270465

50 Straid Road, Ballycastle



Broughgammon aims to give back to you all that you have taught us! Without a doubt most of our learning has been through you, and now we want to share this with you!

- Good Life Courses running include:
- Butchery Masterclass
- Seaweed Harvesting
- Wild Game Butchery
- Seasonal Cooking and Lifestyle with Becky Cole
- Cooking with Goat and Veal
- Sausage Making

**For more information on the courses please email us**

See also page 21 for more info on Broughgammon produce

# Our Produce

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# The Old Bushmills Distillery Ltd

www.bushmills.com



@BushmillsGlobal

mail.order.bushmills@bushmills.com

028 2073 3218



Old Bushmills Distillery is proud of its heritage as the oldest licensed distillery in Ireland. We are a true “grain to glass” distillery, bringing in fine Irish malted barley and turning it into our range of blended and single malt whiskies. Tours and Tastings available most days.

**Range:** Bushmills Original, Black Bush, 10 year old Single Malt, 12 year old Single Malt, 16 year old Single Malt, & 21 year old Single Malt.

**Available:** Worldwide and at the Distillery.

See also ‘Whiskey Tour’ Page 13

# Glens of Antrim Craft Ale & Beers

[www.glensofantrimcraftaleandbeers.com](http://www.glensofantrimcraftaleandbeers.com) 028 2076 9696

[rathlinred@hotmail.com](mailto:rathlinred@hotmail.com)



@rathlinred



We are a small brewery situated on the family farm in Murlough Bay, in the Glens of Antrim.

We take care of everything on site, using only natural ingredients and our own spring water. We do things the traditional way, fermenting in open vats and bottle conditioning to give a depth of flavour you can only get from a real ale.

**Our Produce:** Rathlin Red, Irish Craft Ale  
Lizzie's Ale, Irish Craft Blonde Ale  
Fairhead Gold, Irish Craft Lager



**Where to buy/try:** most local venues; visit our website for updates on where to find us across NI.

# Lacada Brewery Co-operative

www.lacadabrewery.com



@LacadaBrew

028 7082 5684

info@lacadabrewery.com



Lacada is an award-winning community owned co-operative brewery based on the North Coast. Launched in October 2015, the brewery has quickly established itself within the local craft beer market. Artfully produced beers take their names from landmarks and stories on the Causeway Coast, thus tying the product firmly with the visitor experience to our area.

**Product Range:** Craft Beer (see website and social media for details)

**Where to buy/try:** Portrush Beer & Food Festival 6-8 Oct 2017: Bars, restaurants, off licences throughout NI; see the website for the full list

**Awards:** Stranded Bunny (Best New Brewery N.Ireland 2016 at ratebeer.com; Bronze Medal Dublin Craft Beer Cup 2017; Guild of Fine Foods – Gold Star 2016)

# Infuse Artisan Tea

[www.letsinfuse.co.uk](http://www.letsinfuse.co.uk)



@letsinfuse

07446 881920

[info@letsinfuse.co.uk](mailto:info@letsinfuse.co.uk)



At INFUSE Artisan Tea, we are passionate about good tea and making it taste the best it possibly can.

All our teas come with specific brewing instructions to elevate the flavour profile to its optimum. Each blend is carefully considered with no artificial flavours, ranging from our signature **Causeway Breakfast Blend**, to the adventurous **Smoke & Fire** and a unique range of herbal teas like **Nutrition-Burst** and **Inner Balance**.

**Our Produce:** we sell a range of high quality loose leaf teas by tin, 5g test tube samples, and refillable pouches online.

**Where to buy:** Local Markets (see pages 4-7) and online. New Tea Bar opened in Coleraine Town Centre September 2017.

# Glens of Antrim Potatoes

www.goapotatoes.co.uk  @GlensOfAntrim

028 2177 1396 info@goapotatoes.co.uk



Glens of Antrim Potatoes was established in 1972 on the outskirts of Cushendall set within the heart of the famous Glens of Antrim. Our passion started from field to fork, growing and packing potatoes for retailers across Ireland. We are renowned for being a family favourite and trusted brand recognised for quality and determination in growing and packing the finest produce.

**Product Range:** Rooster, Kerr's Pinks, Whites, Navan, Maris Piper, Baby and Baker Potatoes etc.

**Where to buy:** Available in all major retailers including Asda, Sainsbury's, Tesco, Dunnes, Spar etc.

**Awards:** Irish Quality Food and Drinks Awards 2016, Farming Life & Danske Bank Agri Food Business of the Year 2012.

# Glenballyeamon Eggs Ltd

www.ballyeamoneggs.com

028 2177 2710    niall@ballyeamoneggs.com



Glenballyeamon Eggs Ltd, located in the heart of the Green Glens of Antrim, has been providing the local community with fresh, free range eggs for over 18 years.

Our priority is directed to animal welfare and our hens are free range. This means not only do they have a lot of green grass and space to roam freely; they also have some of the nicest views in the country! Ultimately this means you can be sure that you're getting the freshest, healthiest and tastiest eggs and that's guaranteed. Glenballyeamon Eggs is approved by the RSPCA's freedom foods scheme and accredited by the B.E.I.C which gives us the Lion Mark symbol of quality. SALSA (safe & local supplier) approved.

**Product Range:** Free Range & Barn Eggs for retail & catering

**Where to buy/try:** Most local convenience stores from Glenarm to Bushmills. /Cafes & restaurants e.g. Wee Joes, The Bridge, Harry's, Upstairs at Joes, Marine Hotel, Thyme & Co, Our Dolly's, Central Bar, Ursa Minor Bakehouse, Causeway Hotel, Bayview Hotel, to name a few.

**Awards:** Great Taste 1 star award 2016 & 2017

See also recipe suggestion on page 44

# Boy Matthew Lobster and Brown Crab

07764 514 270

peter.boston@yahoo.co.uk

 Boy Matthew



From Portstewart Harbour, the Boy Matthew fishes for lobster, brown crab and mackerel.

Skipper Peter Boston is proud to sell his fresh produce in the finest local restaurants.

The catch is also on sale to the general public from the pier.

Boy Matthew also offers Sea Fishing Trips from May to October.

See Paula McIntyre's mackerel recipe on page 48.

# Broughgammon Farm

www.broughgammon.com

info@broughgammon.com

07976 270465

50 Straid Road, Ballycastle



We're obsessed with providing the best quality, tastiest produce fresh from our small farm in Co. Antrim.

**Product Range:** We set up the farm back in 2011, when we saw that a majority of male kid goats born to the dairy industry were being put down at birth. This seemed such an unnecessary waste so we set out to take those males and rear them ourselves for delicious and healthy cabrito kid goat meat. Since then we've branched out into rearing free-range rose veal and also seasonal wild game.

**Where to try/buy:** At various farmers' markets, from our on site farm shop (see website). Our meatboxes can be ordered online for delivery.

**Awards:** Several including, 2 star award for Goat Bacon-Great Taste Awards 2016

Best Snack (goat tacos) at British Street Food Awards 2017, see <http://broughgammon.com/press-awards/> for more.

See also "The Good Life Courses" on Page 13

# Corndale Farm, Limavady

www.corndalefarm.com



@corndalefarm

info@corndalefarm.com 07843 094876



**Product Range:** Free Range Charcuterie including Chorizo, Salami, Pancetta, and Air dried Meats

**Where to buy/try:** Arcadia Deli, Indie Fude, Quails Fine Foods, Warkes Deli, Morans SuperValu, direct/online sales. See website for more stockist.

**Awards:** "Best Irish Charcuterie" - Irish Food Guide  
Shortlisted artisan food producer of the year - Farming Life awards; Shortlisted Young Entrepreneur of the Year - Enterprise NI awards; Shortlisted Artisan Food Producer of the year - Enterprise NI awards; Runner up - Henderson Foodservice Flavour of the North competition; Shortlisted in People's Choice Award - NI Food & Drink Awards; Two Gold Stars Great Taste Awards 2017 and two product finalist at Blas na hEireann 2017

# North Coast Smokehouse, Ballycastle

[www.northcoastsmokehouse.com](http://www.northcoastsmokehouse.com)



@NCsmokehouse

[info@northcoastsmokehouse.com](mailto:info@northcoastsmokehouse.com)

Ruairidh Morrison 07835 403340 / Melanie Brown 07835 403339



Our **Smoke-Roasted Glenarm Organic Salmon** is a favourite for breakfast/brunch with scrambled or poached eggs, makes an easy gourmet picnic, and is delicious with mashed potato and veg for dinner.

**Smoked Sea Salt** is perfect on eggs, especially when you've run out of our salmon!

**Smoked Black Pepper** is a hit on steak, and fantastic with shaved parmesan on risottos and pasta dishes.

**Smoked Dulse** seaweed flakes provide a unique 'umami' flavour. Sprinkle it on salads, vegetables, hummus/dip – or simply on freshly baked bread and butter.

All our products are smoked in small batches using sustainably harvested beechwood chips.

**Where to buy:** Farmers Markets, from our premises by appointment and online, various farm shops, delis, visitors centres, eateries and accommodation providers. See website for full list.

**Our Awards:** Great Taste Awards 2016 - dulse 2 stars, salt 1 star  
Irish Food Awards/Blas na hEireann 2016 - Best in Farmers Market



# The Woman Next Door, Ballycastle

[www.thewomannextdoor.co.uk](http://www.thewomannextdoor.co.uk)



@thewomannextdoor

07786074576



Luxurious and unique jams and chutneys made in small batches in Sarah Bell's Ballycastle home. The jars look as great as the contents taste, as each jar is finished beautifully, making it a perfect, affordable treat or an extra-special foodie gift.

**Product Range:** A large variety of delicious jams and chutneys. Strawberry & Prosecco is Sarah's best-selling signature jam flavour. Her Piccalilli is a must-try!

**Where to buy/try:** Naturally North Coast & Glens Artisan Market, Ursa Minor Bakehouse, Ballycastle, The French Rooms, Bushmills, Paper Fig, Portstewart, The Giant's Causeway Visitors Centre, Blackrock B&B, Portrush.

Sarah runs her own food & lifestyle blog online.

# Brighter Gold Rapeseed Oil



www.brightergold.com  @brightergold

079 120 76607 info@brightergold.com



We are sixth generation farmers based on the outskirts of Limavady. In 2010 Leona set the ball rolling with diversifying into a single variety seed of oilseed on one type of soil to create a rich golden rapeseed oil, that is used by chefs and foodies all over the island of Ireland and further afield. We are now part of the Economusee network and welcome tours to visit our farm. Please check our website for more information.

**Product range:** 250ml, 500ml and catering jars of cold pressed oil. We also have a range of infused oils, Basil, Lemon, Rosemary and Garlic, Chilli, Thai Inspired, Garlic, Truffle and Porcini, Black Truffle, Hickory Smoked and a 23ct Gold Leaf.

**Where to buy/try:** All over NI, shops, delis, Fruit and veg, including Supervalu Stores, On site farm shop.



**Awards:** Multiple award winners including 8 Great Taste Awards 2012-2016; Enterprise Ireland – 2015 Winner Home Based Business of The Year Award; NI Food & Drink Awards 2015 Best New Product – Small Business (Ulster Bank).

# North Sperrins Herb Farm

07502 386 386    northsperrinsherbfarm@gmail.com



@CGardenHerbs



/CountryGardensHerbs



North Sperrins Herb Farm nursery is based in the beautiful landscape of the North Sperrin Mountains, in an Area of Outstanding Natural Beauty - near the town of Garvagh. They specialize in cultivating quality, fresh, and value-for-money pot grown herbs and Micro herbs.

We supply herbs, micro herbs and salad mixes to restaurants. Herb and edible garden opening soon.

Opening times by appointment only. Our experienced grower is always available to offer friendly advice and assistance.

# Irish Black Butter

[www.irishblackbutter.com](http://www.irishblackbutter.com)



@IrishBlkButter



/irishblackbutter



@irishblackbutter



Containing Euro PGI Status Armagh Bramley Apples, the butter (which isn't actually a dairy product) - features cider, brandy, treacle and a blend of spices which conjure up a smooth cross between sweet and savoury.

Influenced by the many exciting developments during the successful 2016 Year of Food and Drink in Northern Ireland and a Journey To Market Programme through Causeway Coast and Glens Borough Council, Alastair approached Paul Clarke at En Place Foods for advice on how to develop this apple based product which he had in mind. Paul was tremendously supportive and helped to perfect the ingredients and recipe for the butter. The ensuing Irish Black Butter has a delicious flavour, a rich warm aroma with a firm texture. The Butter which is dark and rich can be used in a variety of ways. It makes an ideal accompaniment for cheese and cold meats, for use as a marinade or glaze on meats, a spread on toast, soda farl or served with porridge, yoghurt, ice cream or even apple pie. Drawing together sweet and savoury this is truly a versatile product and 'a new taste of Ireland.'

# Morelli's Ice Cream Ltd

www.morellisices.com



@Morelli\_1911

02870 357155    www.facebook.com/morellisices

Unit 27 Sperrin Business Park, Ballycastle Road, Coleraine, BT52 2DH



**Our Produce:** Morelli's ice cream is made using Double Cream & Butter from the world famous Ballyrashane Creamery.

**Where to try/buy:** See our website for full list of ice cream parlours and stockists.

**Our Awards:** Fifteen Great Taste Gold Stars, ten first prizes in the UK & Ireland National Ice Cream competitions & the prestigious Champion of Champions title for Double Cream Vanilla at the 2012 National Awards. These awards are all testament to the love and attention that the Morelli family puts in to making their award winning ice cream.

# Braemar Farm Ice Cream

ruth@braemarfarmicecream.co.uk



@BraemarFarm

028 7084 8331



Braemar Farm Ice Cream



Ruth has been producing luxury hand-made ice cream on their Castlerock farm for 11-years using milk from the family's dairy herd of 120 milking cows. Working in partnership with her husband Ian, who has a background in farming and with her own in food technology, it's the perfect combination for food production.

**Product Range:** There are over 20 flavours to choose from in the luxury dairy ice cream & fruit sorbets, the most popular flavours are Vanilla Dream – Dairy Ice Cream with Vanilla, Hokey Pokey – Dairy Ice Cream with Honeycomb, Cow Pat – Dairy Ice Cream with Chocolate Brownies & Fudge Sauce, Strawberry Fields – Dairy Ice Cream with Local Strawberries.

**Where to buy:** the promenade in Castlerock (Feb - Oct) and local restaurants and cafés.

# Causeway Cookie Company

07514 436 868

causewaycookiecompany@gmail.com

 /causewaycookiecompany



These are no ordinary gluten free cookies; they are scrumptious, delightfully decorated gluten free cookies that taste like 'normal' cookies.

Made in small batches on the beautiful Causeway Coast by Sam, you are assured of freshness & quality. Personalised cookies make the perfect gift, or just enjoy them daily for a melt-in-your-mouth treat.

**Product Range:** Flavours include Vanilla, Chocolate, Orange & Lemon. All uniquely hand painted & beautifully decorated gluten free sugar cookies

**Where to buy/try:** online via Facebook and email; Local fairs & markets

# The Chocolate Manor, Coleraine

www.thechocolatemanor.com



@ChocolateManor

Geri Martin

07919 332843



**Our Produce:** We are the only business in the UK to have developed the printed chocolate bar for retail sale - unique designs promoting fun Northern Irish sayings and quirky fun phrases, as well as a print your message service. We have a special range of bespoke chocolate discs ideal for events & as promotional gifts

**Our Awards:** The only NI Food business to be selected by HRH Duke of York to showcase to 1200 guests at Pitch@Palace 5.0 and 6.0

**Available from:** Direct from producer: email us.  
Aelia Duty Free at Belfast International Airport; Everglades Hotel, Slieve Donard Hotel & Spa; Derry Designer Makers at The Craft Village

the  
chocolate  
manor

# Amazin Grazin

Amazin-grazin@hotmail.com

07970 733294

 Amazin Grazin

 @AmazinGrazin



**Our Produce:** A range of flavoured wheaten bread, including Guinness and treacle, date and apple and a Bushmills Whiskey wheaten. All handmade by Lynne in Portstewart.

**Where to buy:** Find at Causeway Speciality Market, Roe Valley Speciality Market and Naturally North Coast and Glens Markets.



# Tony's Griddle Goods

Celebrations2011@hotmail.co.uk

07776 204 220



tonysgriddledgoods



Tony's products include favourites such as griddle plates, pancakes, soda breads and griddle slims, but with a twist! All items are baked from fresh and currently sold at artisan markets. Unique flavours include potato champ bread or with the Clonakilty black pudding, bacon and cheese flavour soda, or a chorizo and chive soda.

**Product Range:** Full range of griddle plate items, potato breads, soda breads, slims and pancakes.

**Where to buy/try:** Local Artisan Markets on the North Coast – Causeway Speciality Market & Naturally North Coast Markets

# Ursa Minor Bakehouse, Ballycastle

ursaminorbakehouse@gmail.com  @ursaminorbakes

 /ursaminorbakehouse  @ursaminorbakehouse



Ursa Minor is a Real Bread Bakehouse & Café.

Specialising in sourdough bread, made with organic flour, unique seasonal sweet bakes and vegetarian lunches.

We are also an Économusee, in which visitors can come and learn about the history of bread making, what we do and why.

**Our Awards:** Recommended by McKenna Guide 2015, 2016 & 2017. World Bread Awards: Oat & Honey Sourdough (Gold), Country Loaf (Gold), Dalriada Rye (Silver).



Café open Tuesday – Saturday,  
10am–4pm, 45 Ann Street, Ballycastle.

# Thyme & Co Café, Ballycastle

028 20769851

 /thymeandcoafe

 @thymeandco



Opened since 2007 Thyme & Co is in the heart of Ballycastle. A place with no single description, it is a patisserie, deli, cafe, bakery and wholesale supplier.

Thyme & Co supply traditional breads across the Causeway Coast and at the Naturally North Coast and Glens Market.

**Product Range:** Traditional breads and other baked goods.

**Where to buy/try:** In our café at 5 Quay Road, Ballycastle and at the Naturally North Coast and Glens Market.

**Awards:** Great Taste Winner

# Killure Farm Shop

07742 675034 Drumcroon Rd, Coleraine

racheallamont@me.com

 Killure Farm Shop



Killure Farm Shop aims to provide the local community with fresh, quality produce from NI. Here you'll find bundles of quality and flavour, sourced from local producers.

**Product range includes:** Brighter Gold Rapeseed Oil, Braemar Farm Ice-cream, Ballinteer Farm Quail, Corndale Farm chorizo, Glens of Antrim Crisps, North Coast Smokehouse Salt & Pepper and Milgro Onions & Tobacco Onions. Fresh Fruit & Veg. supplied by Marshall Howe, Limavady.

# Islander Kelp, Rathlin Island

[www.islanderkelp.com](http://www.islanderkelp.com)

07925 025211  @islanderkelp



**Our Produce:** Biodynamic organic kelp, farmed off the coast of Rathlin. Cooked, rinsed and vac packed, ready to use. 65% kelp, nutritious healthy pesto, with the kelp enhancing the flavour of regular pesto ingredients

**Our Awards:** Scottish Speciality Food Show 4th place

**Available from:** Ocean Veg Ireland Ltd.



# La Dolce Via

sales@ladolcevia.org

 @ladolceviani

07453 588 401 or 07826 315543



Selling at Artisan markets across Northern Ireland, La Dolce Via produces Authentic Italian food including fresh pasta in a variety of shapes and flavours; a range of pasta sauces and different traditional breads. The food is made with no preservatives, all cooked using local ingredients where possible.

Healthy eating in the Italian Way including vegetarian options!

**Product Range:** Ante-pasta, pesto, spinach pasta, beetroot pasta, puttanesca sauce, bolognese sauce, lasagna, foccacia, pizza and Italian desserts and more.

**Try:** Arrange a private party at home with an Italian theme

**Available from:** Unit 14 West Bann Development Centre, Killowen, Coleraine, BT51 3TP, local artisan markets (see pages 4-9)

# Warke's Deli, Portstewart

www.warkesdeli.com  @warkesdeli

Jacqui Warke

02870 833388



A bright, welcoming deli serving the best of local produce. Warke's Deli also offers outside catering. As well as their own range of homemade hummus, granolas and dressings you can also find great Northern Irish produce on the shelves

**Our Produce:** Fresh, exciting hummus flavours made in our deli on the beautiful North Coast. Naturally vegan and gluten-free.

Our homemade granola is crammed full of nuts, seeds and cranberries and sweetened with only honey.

**Available from:** Warkes Deli, Portstewart

# Glens of Antrim Crisps

www.goacrisps.com



@GOACrisps

028 2177 1396

crisps@goapotatoes.co.uk



Glens of Antrim Potatoes are renowned for our quality and determination in continually striving for innovative ideas in the potato world. We travel far and wide to research these new ideas, initiating our Sweet Potato, Thick Cut Jacket Potato and Ridge Cut Potato Crisps, available in bold, punchy flavours.

**Product Range:** Sweet Potato Crisps, Thick Cut Jacket Potato Crisps & Ridge Cut Jacket Potato Crisps

**Where to buy:** Available in independent retailers, farm shops and delis.

# Truva Chargrill

[www.truvachargrill.co.uk](http://www.truvachargrill.co.uk)



Truva Chargrill is an award winning restaurant located on the Waterside area of Coleraine, with a focus on fresh produce our passion is to deliver Mediterranean 'delights' with local NI produce to tantalise your taste buds. You can also find us every second Saturday of the month at Causeway Speciality Market, where we have a selection of our most popular Turkish Mezze, such as Baba Ganoush, Esmé Salsa and Truva Hummus, all made fresh in our restaurant kitchen. We also have a selection of authentic Turkish Delights 'Lokkum' & of course our famous delicious desserts, Truva Baklava and Turkish Delight Cheesecake.

**Awards:** Regional Winner, Best Restaurant of the Year 2016 & 2017. Finalists, Good Food Award, Causeway Coast and Glens Business Awards 2017



The definition of

# taste

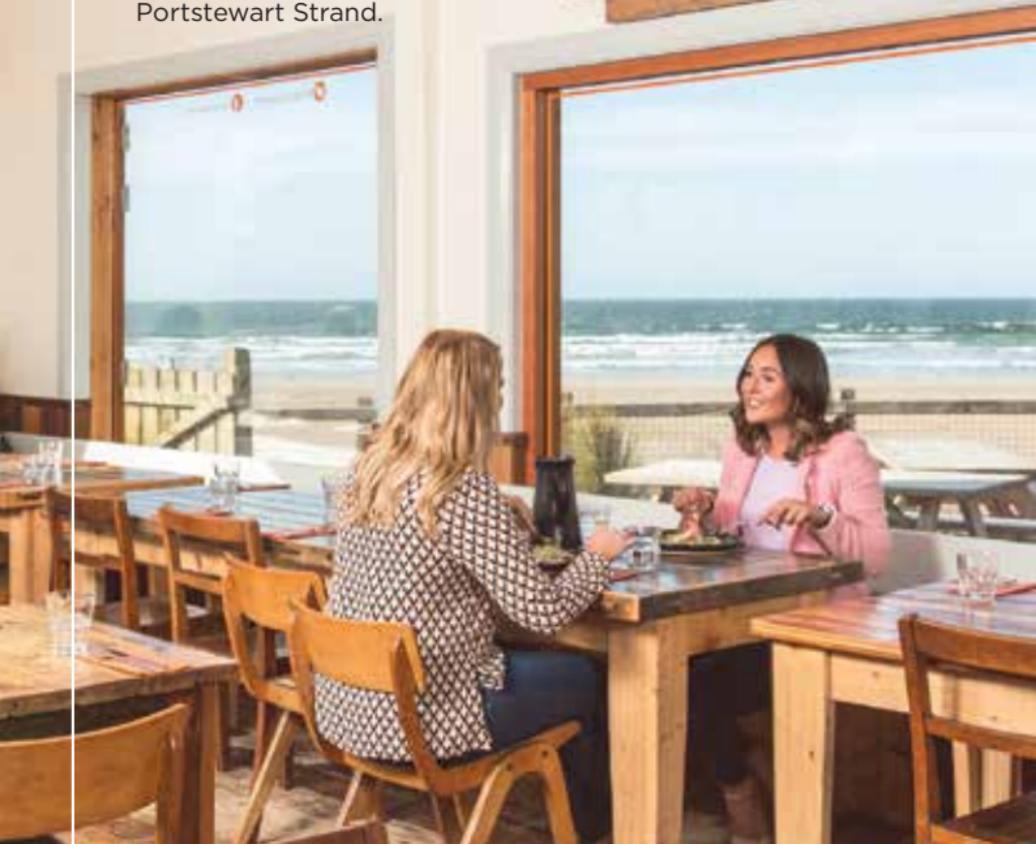
† 16.

**[noun] t•aste**

the sensational flavour of fresh, local seafood at Harry's Shack, Portstewart Strand.



# Shack



Causeway  
Coastal  
Route

† Harry's Shack, Portstewart

f t i p #VisitCauseway

[visitcausewaycoastandglens.com](http://visitcausewaycoastandglens.com)

# A Taste of the Causeway Coast and Glens



Sarah Bell is the Woman Next Door, food and lifestyle blogger, based in Ballycastle. Sarah has kindly shared this recipe with us from her blog. For more recipes and ideas please see Sarah's contact details on page 28.



Ulster's newly crowned Food Hero is BBC Radio Ulster Chef Paula McIntyre. We are honoured to include some of Paula's recipes that remind her of home, right here in the Causeway Coast and Glens.



For more information on Paula's recipes, cook books and broadcasting work, please visit:  
[www.paulamcintyre.co.uk](http://www.paulamcintyre.co.uk)



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salsa & Glenballyeamon poached eggs page 46



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Paula McIntyre's  
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# The Woman Next Door's Sweet potato rosti with smashed avocado salsa & Glenballyeamon poached eggs

Serves 2

## For the rosti

- 1 large sweet potato, peeled & grated
- 1 Glenballyeamon egg, beaten
- 1 tsp turmeric
- 0.5 tsp cumin
- Seasoning to taste
- Brighter Gold rapeseed oil for frying

## For the salsa

- 1 avocado
- 1 fresh lime
- 1 crushed garlic clove or 1 tsp garlic purée
- 1 tsp chilli flakes
- 1 scallion, finely sliced
- 4 cherry tomatoes, chopped small
- Seasoning to taste

Glenballyeamon eggs for  
poaching (see page 23)





## Method

Take the grated sweet potato & remove excess water with clean kitchen towel before mixing thoroughly in a bowl with the other rosti ingredients. Spoon small batches of the mixture into the hot pan & fry on both sides in the oil until brown & crispy. This will take 10-15 minutes on a medium heat.

Meanwhile, mash the avocado with the garlic, chilli flakes, seasoning & a generous squeeze of lime juice then stir in the scallions & tomatoes & set aside. Poach the eggs to your liking in a pan of gently boiling water & drain to remove excess water.

Serve the crispy rosti on a bed of fresh rocket leaves, topped with the avocado salsa & poached egg. Some of The Woman Next Door's Chilli jam finishes this dish off beautifully but some Sriracha or sweet chilli sauce would work just as well.

## Smoked Dulse Cured Mackerel with Beetroot

Serves 4 as a starter

### Ingredients

- 4 fillets of fresh mackerel, pin bones removed
- 1 tablespoon seasalt
- 2 teaspoons North Coast Smokehouse smoked dulse
- 2 teaspoons brown sugar
- ½ teaspoon crushed fennel seeds
- 1 tablespoon Brighter Gold lemon oil

### For the Roast Golden Beetroot

- 2 small golden beetroots, scrubbed clean
- 1 tablespoon Brighter Gold rapeseed oil
- Salt

### For the Beetroot Crisps

- 2 small beetroots
- seasalt

### For the Beetroot Dressing

- 1 small beetroot
- 50ml Brighter Gold rapeseed oil
- 2 tablespoons cider vinegar
- 1 teaspoon Dijon mustard
- Salt and North Coast Smokehouse smoked pepper to taste





**To Cure the Mackerel.** Mix the salt, dulse, sugar and fennel and rub all over the flesh of the mackerel. Wrap in cling and cure for 4 hours. Wash off the cure with cold water and pat dry.

**To Fry the Mackerel.** Heat the oil in a pan and add the mackerel skin side down. Cook for 1 minute each side.

**To Roast the Beetroot.** Set oven to 200°C. Take a sheet of foil and place beetroot in middle, add the oil and salt and gather into a parcel. Roast until soft – about an hour. Cool and peel the beetroot and slice thinly.

**For the Beetroot Crisps.** Peel the beetroots and slice as thinly as you can. Place on a sheet of parchment paper and place in a 100°C oven. Cook until crisp – will take at least 2 hours. Season with a little salt.

**For the Dressing.** Roast the beetroot in a foil parcel until soft. Peel and cut into small pieces. Blend with the vinegar, mustard and oil to a smooth dressing. Check seasoning.

**To Assemble.** Place the golden beetroot in a line on a plate, top with mackerel. Place beetroot crisps on top and drizzle the dressing around the plate. Serve some lightly dressed leaves on the side.

## Daube of Beef with Beetroot and Horseradish

### Ingredients

- 1kg stewing steak, cut into 5cm sized cubes
- 300ml red wine
- 2 carrots, peeled and chopped into 2cm dice
- 1 stick celery, chopped
- 2 onions, peeled and chopped
- few sprigs fresh thyme
- 2 cloves garlic, peeled and crushed
- 4 medium beetroots
- 1 teaspoon fennel seeds
- zest 1 orange
- few grinds black pepper
- 1 teaspoon salt
- 100g chopped streaky smoked bacon
- 1 tablespoon plain flour
- 1 tablespoon tomato puree
- 250ml beef stock
- 1 tablespoon horseradish sauce



Place the steak in a bowl and add the wine, carrots, celery, onions, thyme and garlic. Mix well, cover with cling film and place in fridge overnight.

Set the oven to 170°C. Drain the meat and keep the marinating liquor. Remove the meat from the vegetables and pat dry.

Heat a tablespoon of the remaining oil in a pan until smoking hot and add half the meat. Cook until sealed all over and transfer to a casserole dish. Repeat with the remaining beef.

Add the bacon to the pan and cook until crisp. Remove from pan and add the reserved vegetables. Cook for about 5 minutes or until the onions are golden.

Add the flour and tomato puree and mix well. Add the reserved marinade and beef stock and stir until the sauce starts to thicken. Add to the meat in the casserole, mix it up and then add a lid.

Place in the oven for about 2 hours or until fork tender.

Meanwhile take a sheet of foil and brush with some oil. Cut the beetroots in quarters and place on the foil. Sprinkle over the fennel seeds, orange zest, black pepper, 2 tablespoons of oil and the salt.

Wrap up the foil in a loose parcel and bake for about an hour or until the beetroots are soft. Peel the skin, trim them and cut each quarter into 3 and set aside.

When the meat is tender, add the horseradish and cooked beetroot. Cook for another 10 minutes. Check seasoning and serve with mash.





 A taste of the Causeway Coast and Glens

 @ccagfood



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Borough Council**