

# A Taste of the Causeway Coast and Glens



Causeway  
Coast & Glens  
Food Network

Northern Ireland



Brought by



Causeway  
Coast & Glens  
Food Network

Northern Ireland



## 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.

The Causeway Coast and Glens Borough Council area has won over 50 awards during 2016. 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 our hospitality in our hotels, restaurants and cafes.

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

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

[www.causewaycoastandglens.gov.uk/foodnetwork](http://www.causewaycoastandglens.gov.uk/foodnetwork)

**f Causeway Coast and Glens Food Network**

**t @ccagfood**



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Northern Ireland



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Coast & Glens  
Borough Council

# A Taste of...



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## Our Food Tours & Cookery Schools

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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



**Extra dates for 2017:**  
**Sat 5, 12, 19 and 26 August**  
(Market Month)  
**Sat 28th October**  
(Halloween) and  
**Sat 16 December**  
(Christmas)



Email: csm@causewaycoastandglens.gov.uk

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

Facebook: Causeway Speciality Market Coleraine

Twitter: @CausewayMarket

Phone: 07702 910884



# Naturally North Coast and Glens Artisan Market

Naturally North Coast provides a unique artisan experience in and around the Causeway Coast and Glens region of Northern Ireland. Market visitors will have every sense tantalised through the colourful art and crafts, the delicious smell and taste of fresh food produce and the sound of musicians providing a backdrop to the buzz of traders and customers chatting and laughing.

This is a true community market where the emphasis is on local support, fresh food and produce, and handmade merchandise crafted with love by dedicated artisans who are passionate about what they do and love to talk about their unique wares.

In and around the Causeway Coast and Glens areas, our markets can be found on a rotating schedule in various locations. (See list for current schedule) Some may have 15 stalls, while others may have up to 50 depending on the size of the venue and event.



[info@naturallynorthcoastandglens.co.uk](mailto:info@naturallynorthcoastandglens.co.uk)  
[www.naturallynorthcoastandglens.co.uk](http://www.naturallynorthcoastandglens.co.uk)

NaturallyNorthCoastandGlens

@NaturallyNCG

07723 622008

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

# Highly Commended Best Local Market, NI Year of Food and Drink Awards 2016



Sat 27-Mon 29 May

Sat 17-Sun 18 June

Fri 30 June

Sun 2 July

Sun 9 July

Sun 16 July

Sat 22 July

Sun 23 July

Fri 28 July

Sat 5-Sun 6 August

Sun 13 Aug

Sat 19 Aug

Sun 20 Aug

Fri 25 Aug

Sun 27-Tues 29 Aug

Sat 2-Sun 3 Sept

Sat 7-Sun 8 Oct

Sun 29 Oct

Fri 1st Dec

Sun 3rd Dec

Sat 16th Dec

Maritime Festival Ballycastle

Salmon & Whiskey Festival, Bushmills

Castlecroft Square Ballymoney

Pirates of Portrush - Heritage Fair

Ballycastle Seafront

Benone Holiday Park

Portstewart Baptist Church Carpark

Ballycastle Seafront

Ballymoney Castlecroft

Marconi Festival - Ballycastle (tbc)

Heart of the Glens Festival

Portstewart Baptist Church Carpark

Carnlough Fun Day

Castlecroft Square Ballymoney

Lammas Fair Seafront

Airwaves Portrush

Beer Festival Portrush

Ballycastle Marine Hotel

Castlecroft Square Ballymoney

Ballycastle Marine Hotel

Drumceatt Square Limavady

# Causeway Coast Foodie Tours

www.causewaycoastfoodietours.com 07912 408256

 @causewayfoodie  /causewaycoastfoodietour  
causewayfoodie@gmail.com  @causewayfoodie



Causeway Coast Foodie tours offers visitors guided culinary tours of the Causeway Coast. Wendy Gallagher's specialised knowledge enables her to showcase many varied businesses in the area who share her passion for locally produced products. From eel to goat, micro herbs to chorizo, washed down with ale, cider and coffee – there is something here for every palate.

**Product Range:** Tours: Coast and Country, Catch and Sea, Cask and Sea, Treasure and Tapas, Bespoke tours on request

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

**Awards:** NI Year of Food & Drink Awards - Highly Commended - Best NI Tours and Trails

# 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](mailto: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 tipple 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'

# North Coast Walking Tours

www.northcoastwalkingtours.com  @CRedmondNI  
07718276612 credmondni@gmail.com



North Coast Walking Tours host fun food tours showcasing real, local, artisan foods and flavours. Wonder what the 'Taste of the Causeway Coast and Glens' is? A food tour of Ballycastle, Bushmills or Rathlin will explain all. You'll be inspired, delighted and very well fed!

**Product Range:** Ballycastle Food Tour; Bushmills Food Tour; Rathlin Food Tour

**Where to buy/try:** Book online or at Ballycastle or Bushmills Visitor Information Centre

**Awards:** Shortlisted for the Belfast Telegraph Year of Food and Drink Awards in the category of Best Food Tour or Trail

# 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.

# Cushendall Cookery School

[www.upstairsatjoes.com/cookery-school/](http://www.upstairsatjoes.com/cookery-school/) 028 2177 2849

pol@upstairsatjoes.com  @PolCookery

 Cushendall Cookery School



Cushendall Cookery School at Upstairs at Joe's, offers a wide range of classes specifically designed to appeal to all ages and level of ability.

The evening classes, which run from 6pm to 9pm, are ideal for birthday or Christmas presents or team building.

Themed nights include Seafood, Italian, Curry, Steak, Kids Cook-along, Christmas and Halloween themed nights, and Breadmaking.

In 2016, Head Chef Pol Shields won the Ulster Chowder Championship and he was finalist in the Institute of Hospitality Restaurateur of the Year.

# 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 Broughammon produce

# Our Produce

## Beers, Brews, Minerals & Spirits

- Glens of Antrim Craft Ale & Beers  
Lacada Brewery Co-Operative  
Infuse Teas  
The Old Bushmills Distillery Ltd

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Boy Matthew Lobster & Brown Crab  
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## Jams, Herbs, Oils & Condiments

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## Breads & Baking

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Ursa Minor Bakehouse  
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Warke's Deli  
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# Glens of Antrim Craft Ale & Beers

www.glensofantrimcraftaleandbeers.com 028 2076 9696  
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

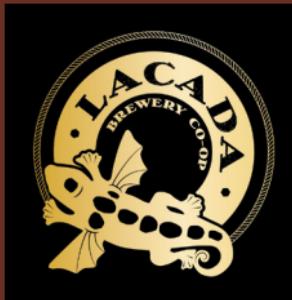
[www.lacadabrewery.com](http://www.lacadabrewery.com)



@LacadaBrew

028 7082 5684

[info@lacadabrewery.com](mailto: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:** 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.

# The Old Bushmills Distillery Ltd

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



@BushmillsGlobal

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

# Ballinteer Farm Quail, Coleraine

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



@ballinteerfarm

Linda Christie 07912 941735 ballinteerfarm@aol.com



The Christie family are third generation farmers dedicated to producing high quality quail meat and eggs on our farm. All our birds are raised in free-to-fly aviaries allowing them a natural environment to live in, producing extremely tasty meat and eggs.

**Product range:** Quail meat, eggs, smoked brined quail eggs, Duck eggs and game meats. See Paula McIntyre's pheasant recipe on page 46.

**Where to try:** Deanes, Galgorm Manor, James St South, Saphyre, Bushmills Inn

**Where to buy:** Direct from the Farm, Causeway Speciality Market (Pg 4) and Naturally North Coast & Glens Artisan Market Pg 6)

**Awards:** Grow Make Eat Drink Awards - Best Food Start up Business 2016, Farming Life/Danske Bank Awards - Artisan producer of the year 2016

# 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](http://www.corndalefarm.com)



@corndalefarm

info@corndalefarm.com 07843094876



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

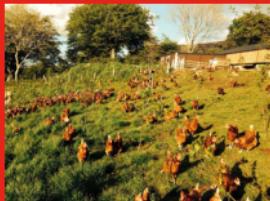
**Where to buy/try:** Arcadia Deli, Indie Fude, Quails Fine Foods, Warkes Deli, Morans SuperValu, direct/online sales. See website for more stockist.

**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

# Glenballyeamon Eggs Ltd

[www.ballyeamoneggs.com](http://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

See also recipe suggestion on page 44

# Glens of Antrim Potatoes

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



@GlensOfAntrim

028 2177 1396

[info@goapotatoes.co.uk](mailto: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.

# Brighter Gold Rapeseed Oil



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



@brightergold

079120 76607

[info@brightergold.com](mailto: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, and Black Truffle, and a 23ct Gold Leaf.

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

**Event:** Christmas Pop Up Shop on Farm 24th - 25th Nov 2017



**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).

# Country Garden Herbs Garvagh

07502 386 386      [info@countrygardenherbs.co.uk](mailto:info@countrygardenherbs.co.uk)

 @CGardenHerbs     /CountryGardensHerbs



Country Garden Herbs 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.

# Dark Hedges Estate

[www.darkhedgesestate.com](http://www.darkhedgesestate.com)  @DarkHedgesEst

02820 751209      [kitchen@gracehillhouse.com](mailto:kitchen@gracehillhouse.com)



When you have a bountiful larder right outside your door, it's hard not to be inspired. Local chef Derek Steele has foraged in and around the Dark Hedges Estate to find the freshest ingredients to create a delicious range of jams and chutneys.

Attracting thousands of tourists every week, the Dark Hedges is one of the world's most photographed locations. Being only a stone's throw from the Hedges themselves, the newly created Dark Hedges Estate is the perfect destination to complete the experience.

## Our Produce: Jams, Chutneys and Chocolates

**Where to buy/try:** Dark Hedges Estate, Portrush Deli, Ballycastle, Bushmills, Coleraine, Ballymoney and Portrush Visitor Information Centres

# 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.

# 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



# 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](http://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

# The Gourmet Mallow Company

07725 047403



@gourmet\_mallow

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



Handcut soft billowy spares of fluffiness are made by Yolande Shannon in the picturesque Roe Valley area of Limavady. Our mallows are made with the finest ingredients, free range eggs, with no artificial colours or preservatives. Each flavour is delicious to eat straight out of the package or melted into a cup of hot chocolate.

**Our Awards:** Finalist in the Grow Make Eat Drink Awards 2016; Gold Award in the Blas na hEireann Awards 2016

**Available from:** Contact Us directly

# Morelli's Ice Cream Ltd

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



@Morelli\_1911

02870 357155 [www.facebook.com/morellisices](http://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.

**Awards:** Best New Business Award 2007  
Silver Award – National Ice Cream Alliance 2008

# Tony's Griddle Goods

Celebrations2011@hotmail.co.uk

 @tonysgriddle

07776 204 220



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 launching as an Économusee in April, 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

info@thymeandco.co.uk

028 20769851

 /thymeandcocafe

 @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

# Tilly's Farmhouse Baking

smc7a@talktalk.net



@TillysBakes

07748 619138



The owner of Tilly's Farmhouse Bakes, Sandra, comes from a family tradition of baking, with the theme of 'what granny would have made'. Sandra bakes all traditional bakes, all made by hand, without electrical mixers. Tilly's Cakes produces a fantastic range of specialist vegan, sugar free, and gluten free options for those with dietary requirements.

**Product Range:** Wide range of traditional cakes. The producer also offers a specialist range of vegan, sugar free, and gluten free cakes. The coffee cake is the best seller.

**Where to buy/try:** Causeway Speciality Market and Paper Fig Kitchen and Coffee, Portstewart

# 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

Gaetanobonora84@gmail.com

07453 588 401 or 07827 315543



@ladolceviani



Selling from artisan markets across Northern Ireland, La Dolce Via produces delicious fresh pasta sauces, pasta, lasagne and focaccia bread. Gaetano has also developed a fantastic new range of flavoured pastas, all hand made with the best ingredients to produce authentic Italian flavours.

**Product Range:** Fresh pasta sauces, pasta and flavoured pasta, lasagne and focaccia bread

**Where to buy/try:** Local artisan markets  
(See pages 4-7)

# Warke's Deli, Portstewart

[www.warkesdeli.com](http://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.

# 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)



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

page 44



Paula McIntyre's  
Balsamic Glazed Ballinteer Pheasant with  
Barley and Pumpkin Risotto

page 46

Paula McIntyre's  
Smoked Dulse Cured Mackerel with Beetroot

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Paula McIntyre's  
Daube of beef with beetroot and horseradish

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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  
Broighter 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.

# **Paula McIntyre's Balsamic Glazed Ballinteer Pheasant with Barley and Pumpkin Risotto**

Serves 2

© Paula McIntyre

## **Ingredients**

1 pheasant  
1 tablespoon Broighter Gold rapeseed oil  
2 tablespoons good quality balsamic vinegar  
1 tablespoon honey  
1 onion, chopped  
1 stick celery, chopped  
Few sprigs thyme  
200ml chicken stock

## **For the risotto**

100g pearl barley  
1 onion, finely chopped  
25g butter  
100g pumpkin, diced into 1cm pieces ( roast some slices of pumpkin in Broighter Gold as a garnish)  
500ml chicken stock

Carefully remove the breasts from the pheasant. Snap the legs at the joint and remove. Cut through the bone, between the thigh and drumstick.

Heat the oil in a pan. Season the leg and thigh with salt and seal off the pan. Add the vegetables and cook until golden. Add the stock, cover with foil and cook in a 180°C oven for about 45 minutes or until fork tender.

Fry the breast in oil and finish in the oven for 6 minutes or until cooked to your liking. Boil the balsamic and honey and add the drumstick and thigh to glaze.



Blend the cooking juices and vegetables to a smooth puree and strain – adjust to spoon coating consistency.

Spread the pumpkin on a baking tray and toast in a 180°c oven for about 10 minutes or until golden.

Cook the onion in the butter until soft and golden. Add the barley and stock and simmer for 5 minutes.

Add the pumpkin and cook until barley is soft – add a little more liquid if necessary. Season with North Coast Smokehouse smoked salt.

# **Paula McIntyre's Smoked Dulse Cured Mackerel with Beetroot**

Serves 4 as a starter

© Paula McIntyre

## **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 Broighter Gold lemon oil

## **For the Roast Golden Beetroot**

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

## **For the Beetroot Crisps**

- 2 small beetroots
- seasalt

## **For the Beetroot Dressing**

- 1 small beetroot
- 50ml Broighter 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.

# Paula McIntyre's Daube of Beef with Beetroot and Horseradish

© Paula McIntyre

## 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 beetroot 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.





## What is the Causeway Coast and Glens Food Network?

The Causeway Coast and Glens (CCAG) Food Network was set up by the Causeway Coast and Glens Borough Council in February 2016. The purpose is twofold: to showcase local food and drink to consumer, retail, hospitality and celebrity audiences, and to support the industry through networking, training and signposting.

Despite being in its infancy, the Food Network has made some great achievements to date.

- An online networking group of over 200 members including chefs and producers and a Twitter following of over 1600.
- Fruitful attendance at exhibitions including at IFEX (Ireland's Food Exhibition), Balmoral Show and BBC Good Food Show.
- Shortlisted in Grow Make Eat Drink Awards and the Year of Food and Drink Awards.

Many members are singing the praises of the Network and how it has already helped their business, through practical help, collaborative support, promising contacts, and new orders.

If you are in a food related business within the Causeway Coast and Glens Borough Council area, we invite you to join to our Network. It's Free! For industry information and to join the Food Network: [www.causewaycoastandglens.gov.uk/foodnetwork](http://www.causewaycoastandglens.gov.uk/foodnetwork)

**f Causeway Coast and Glens Food Network**



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