

# NORFOLK FOOD HEROES

## INSPIRATIONAL FOOD PRODUCERS & FAVOURITE RECIPES

Stephen Browning & Daniel Tink

If you ask someone to name some famous Norfolk foods, they would probably not have any difficulty in coming up with sugar beet, maybe, or turkeys, mustard or chocolate. If that someone was keen on history they may say 'Cromer crabs, Yarmouth bloaters and Caister dumplings'. The region is similarly blessed with some nationally famous names – Delia Smith, Galton Blackiston or Bob Flowerdew, for example. Likewise festivals, events and markets have attracted the attention of foodies worldwide, and yet there is so much more to the story too as the authors relate...

*"This book was inspired in no small part by a wander around the Bidwell/EDP Norfolk Food Festival. Here we saw the best organic veggies, duck eggs, pork pies, Aberdeen Angus beefsteaks, artisan breads and cakes, fruits, juices, jams, pickles, butter, cheeses, milks, poultry, honey, lamb and pork, crabs, lobsters and vegetarian wonders. We had the idea of a visit to some of the best of our present generation of food specialists. There were so many questions. Armed with a camera and notebook, we set out by car, oftentimes resorting to tramping across tracks and fields, to discover some of the answers. Here, gloriously illustrated by Daniel's photography, is a tribute to all those who specialise in local food production, a snapshot of their lives and work, and their chosen recipes."*

## ABOUT THE AUTHORS

**Stephen Browning** was educated in Norfolk before gaining an honours degree in History from the University of Kent at Canterbury. After training as a teacher at the University of Birmingham School of Education, he spent much of his working life promoting teacher exchanges between the United Kingdom and the overseas Commonwealth. He also worked for the Council for Education in the Commonwealth. He has written extensively about best practice in education both in the UK and the 50-plus countries of the Commonwealth. He has written, or contributed to, a number of books about the English Language, mainly for the Asian market. He spends several months each year in Taiwan.

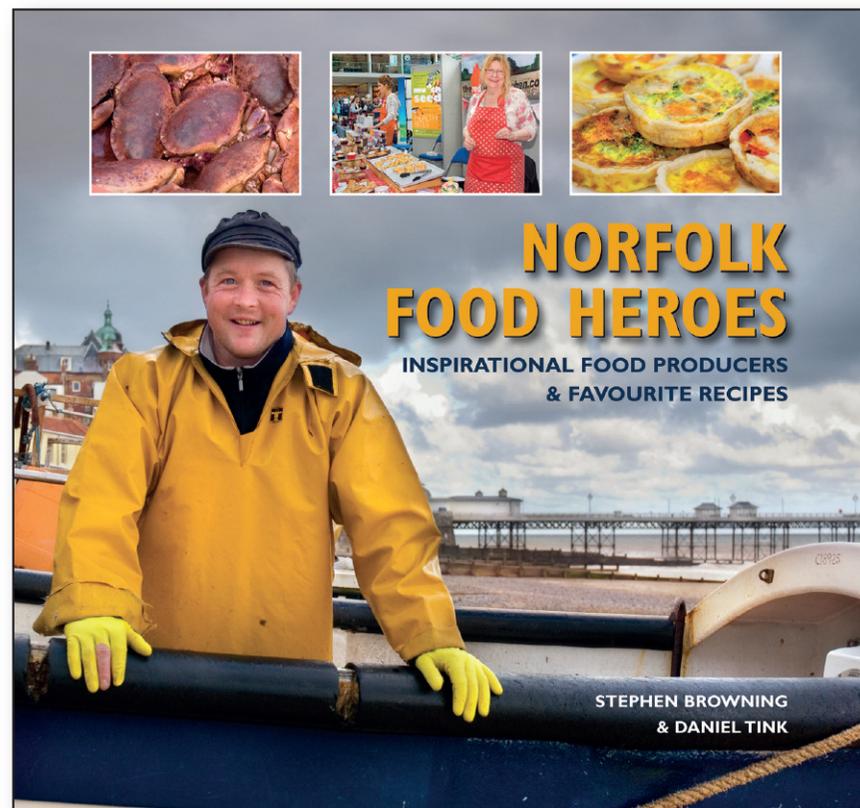
**Daniel Tink** was born and still lives in Norwich, a city he knows well and continues to enjoy exploring. A graphic designer by profession, photography has given him a unique and detailed view of life through a lens. Daniel has previously provided photographs for the books *Norwich* in the Halsgrove Discover Series, *Norfolk* in the same series, and *Spirit of Norwich Cathedral*, all written by Stephen Browning. Daniel is the author of *Spirit of Norwich* in the Halsgrove PIXZ series.

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Above: Paul Daniels holds a prime specimen of the famous Cromer crab.

Above left: Some luscious cakes from Maggie of The Redhouse Kitchen.

Left: Succulent jellies made from local produce at Liz Joint's Ebenezer Cottage.

Below: Example of a double-page spread.

## THE RAJ, VEGETABLES AND CYCLING UP HILLS

DOWN A WHINDING COUNTRY lane, some six miles from Norwich, the Church of St Mary has the visitor know that they have entered the tiny hamlet of Sakford, population 44. The church is a very unusual whitewashed building with a thatched roof, apparently built in 1761 on the site of the former church which was destroyed by lightning right in the middle of a summer Sunday service. It must have appeared like divine retribution to that highly superstitious age, which may account for the great haste with which the church seems to have been rebuilt using such exotic bits and pieces of wood as were not too terribly charred. Inside it is beautifully cared for and is very important, being the only communal space in the hamlet.

Peter Burgess lives directly across the road where he grows 65 different types of organic vegetables, and some fruit, for distribution to customers through his Organic Box Scheme. Peter comes out to meet Daniel and I as we walk up to his front door. He is smiling broadly and looks very fit, which is hardly surprising as he explains when we go inside for a welcome cup of tea on a cold, breezy Norfolk late morning.

"There's just me and my Mum, Jennie. We grow, harvest and deliver about 100 boxes a week," he laughs. Jennie is a distinguished gardener of Alpine plants in her own right, puts the kettle on.

"You must need lots of holidays!" I suggest.

"No, no holidays," says Peter. "We work 264 days a year."

"What, only 264? That's a bit laazy, isn't it?"

"Well, Christmas Day, I try to take a few hours off, but even then I have to go out around the fields and check everything is all right. But you have to care for these crops. There is



Opposite: Peter and Jennie amongst some colourful squashes.



Mike Thurlow of Orchard Apiaries in front of one of the hives.



Steve Childerhouse of Great Grove Turkeys with some of his flock.