

# North Norfolk Food Bites

Tantalise your tastebuds

Sarah Eddison

## Treasure box

Riverford Organic Veg deliver fresh seasonal vegetables and fruit and lots more to your door here in North Norfolk. Boxes are about 20% cheaper than supermarkets and start at £8.95 with free delivery. They deliver 47,000 boxes a week from their 5 regional farms, and Riverford on Sacrewell Farm near Peterborough grows and delivers to the East of England. There is something for everyone, or you can make up your own from all their produce. The boxes come with a great newsletter and recipes sheet with lots of ideas.

• Ring 0845 6002311 or [www.riverford.co.uk/sacrewell](http://www.riverford.co.uk/sacrewell) for more info.



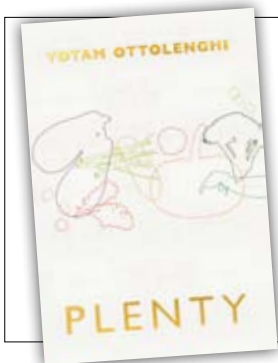
## Hot off the grill

Cooking over a hot grill really brings out the flavour of meat as well as giving all the men their big chance to don an apron - 'man make fire' and all that! Great Bircham Foods agree,

and can help you with your barbeque feast by supplying a stunning selection box of full-of-flavour meat from the Sandringham Estate like their organic Red Poll Beef-tender, well-marbled and just needing a brush of oil before putting on the coals.

The BBQ Selection box can be delivered, or picked up at one of their shops in West Newton or Great Bircham.

• Check out [www.greatbirchamfoods.co.uk](http://www.greatbirchamfoods.co.uk) for recipes and tips, and more details of their mouth-watering range.



## Edgy Veg

Fab new book 'Plenty' by Yotam Ottolenghi is full of interesting, original and inspiring food with delicious combinations of salads and veg; such as leeks fried in panko breadcrumbs with sweet pickled red peppers, and mushroom ragout with poached duck egg.

• Buy it at The Holt Bookshop, 10, Appleyard, Holt. NR25 6AR. Tel: 01263 715858 [www.holtbookshoponline.co.uk](http://www.holtbookshoponline.co.uk)



The Eating Rooms

## Be shellfish

The cool new 'Eating Rooms' at Titchwell Manor have a glam bar, and great menu for the summer with Brancaster shellfish a plenty - try the spiced crab with iceberg and avocado, Crab with red pepper mayonnaise or six oysters served with Tabasco and shallot vinegar jellies.

• The Eating Rooms, Titchwell Manor, Titchwell. PE31 8BB. Tel: 01485 210221 [www.titchwellmanor.com](http://www.titchwellmanor.com)

## Cream of the crop

Summer means icecream, and the irresistible fresh cream icecream from Norfolk-based Lakenham Creamery

includes the yummiest flavours; double strawberry, crema pistachio, mango alphonse, zabaglione, vanilla and black cherry, almond toffee crunch and are favourite cointreau mandarin.

Buy it from Wells Deli, Burnham Market Stores, Larners

of Holt, Thornham Deli, and many more. They also supply restaurants including the Walpole Arms at Itteringham.



## Must-visit

Head to the newly-vamped and stylish Ship Hotel in Brancaster and tuck into yummy food like seared sea bass fillets, 'Frery' crab mash (a revelation!), with baby fennel and shallot dressing, and dark chocolate tart with Turkish delight ice-cream. Good sandwiches in the bar too, and they don't mind you bringing sand in from the beach either!

• The Ship Hotel, Brancaster, PE31 8AP. Tel:01485 210333 [www.shiphotelnorfolk.co.uk](http://www.shiphotelnorfolk.co.uk)