

# A Taste of Cornwall

If you are a foodie (and who isn't?!), you'll love the produce that Cornwall has to offer, much of it award-winning and highly acclaimed.

Restaurateurs like Rick Stein (Seafood Restaurant, Padstow), Jamie Oliver (Fifteen, Watergate Bay, Newquay), Michelin-starred Nathan Outlaw (St.Enodoc Hotel, Rock), Kevin Viner (Viners of Summercourt) and many more based in Cornwall, source their ingredients locally.....with good reason. The seas around Cornwall are home to an abundance of seafood; the clean air results in pure freshwater that is bottled for sale, as is, or used in the production of some excellent real ales; the soil, often enriched with sea sand, yields tasty crops; animals that graze the lush green grass produce premium meats and quality milk for cheese, ice cream and clotted cream; and the mild climate allows grapes to grow, resulting in fine wines.

## Fruits of the Sea

Along with farming and mining, fishing has always been an integral part of Cornish



life. With over 300 miles of coastline and several fishing ports, an enormous variety of seafood is available. About 40 different species are landed in Cornwall every day, from wrasse to whiting, squid to scallops and plaice to pilchards.

## Mine's a Pint!

Whether you're an Adam's ale drinker, or a real ale drinker, Cornwall has plenty on offer to quench your thirst. Water was



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historically referred to as Adam's Ale because it was the only drink available to Adam - it alludes to the simplicity and purity of life in biblical Eden. A modern-day



Eden, Cornwall is the source of 'Just Water', a natural high quality product from a farm in Bodmin, which can be found on the shelves of a large well known store in Knightsbridge, London. As for

real ale, a number of breweries and microbreweries produce some excellent beers – St.Austell Brewery produces 14 (7 bottled, 7



cask), 8 of which are award-winners; Skinner's of Truro produce 6 beers named after characters from Cornish folklore, the best know are the multi-award-winning Cornish Klocker Ale and Betty Stogs Bitter; Sharps of



Pityme, near Rock supplies 'Doom Bar' all over the country, and produces both draught ales and bottled beers including Chalky's Bite in memory of a certain dog that lived in Padstow. And

finally.....when in Helston, pop into the Blue Anchor for a pint of Spingo Special at 6.6% ABV, which is brewed on site.....if you're brave enough!

### **Get your 5 a day in Cornwall**

There is no need to be starved of vitamin C when in Cornwall. A number of Farmers Markets offer a range of fresh vegetables year round and several Pick Your Own outlets offer a range of soft fruits. Lime-rich beach sand is often added to the soil as a fertilizer, resulting in good crops of vegetables, whilst the mild climate is conducive to fruit growing.



### **Cholesterol Overload**

Go on! You're on holiday. As one might expect in a rural community, local dairy and meat products are widely available. Clotted cream is a key ingredient in a 'Cornish Cream Tea' and in the production of ice cream, whilst milk is used in This information has been researched and compiled by Bodmin Visitor Information centre, 'Gold' award winners at the 2010 Cornwall Tourism Awards – Best Tourist Information Centre. ☎ 01208 76616

cheese production. Cornish cheeses are made from goats, ewes, cows and even buffalo milk. It is possible to buy a number of Cornish variants of popular cheeses such as Cheddar, Camembert and Brie, as well as uniquely Cornish cheeses such



as Yarg (wrapped in nettle leaves), but one that deserves special mention is Cornish Blue. Like many farmers, Philip and Carol Stansfield of Upton Cross, near Liskeard decided they needed to diversify their farm output. So, in 2001, they started

small scale production of a cheese they named Cornish Blue, which is also the name of a traditional pottery range. The following year, it won a Taste of the West Bronze Award and continued to win awards, culminating in being crowned the World Cheese Awards Champion in November 2010. This is the first time a UK cheese has won for 10 years – quite an achievement for a cheese that only started life in 2001.

For meat lovers, award-winning Deli Farm charcuterie near Camelford is worth a visit, as is <http://www.kittowsbutchers.co.uk/>

### **Wash it all down with a good Cornish Wine**

The largest wine producer in Cornwall is the award-winning Camel Valley Vineyard at Nanstallon, near Bodmin. It is open to the public for tours and tasting.



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**When in Cornwall enjoy fresh, local produce, help the local economy and minimise your food miles by checking out these foodie heavens:-**

**Fish Festivals:** Rock Oyster Festival (June); Newlyn (August); St Mawes (September); Newquay (September)

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Falmouth Oyster Festival (October)

**Breweries** – St.Austell, Skinners (Truro) and Sharps (near Rock) all of which have a visitor centre

**Microbreweries** – All Saints, Keltek, Coastal (all in Redruth); Blackawton (Saltash); Blue Anchor (Helston); Castle (Lostwithiel); Chough (Cury on the Lizard peninsula); Driftwood (St.Agnes); Lizard Ales (near Coverack on the Lizard peninsula)

**Farmers Markets and Farm Shops** – [www.foodfromcornwall.co.uk/farmers-markets](http://www.foodfromcornwall.co.uk/farmers-markets) and [www.foodfromcornwall.co.uk/farmshops](http://www.foodfromcornwall.co.uk/farmshops)

**Retailers** specialising in locally sourced products – [www.cornwallfoodfinder.co.uk](http://www.cornwallfoodfinder.co.uk)

**Cornish Wine Producers** – [www.cornwall-calling.co.uk/food/wine-c.htm](http://www.cornwall-calling.co.uk/food/wine-c.htm)

**Annual events where many producers are under one roof** – Royal Cornwall Show (Wadebridge) in June, Cornwall Food & Drink Festival (Truro) in September - [www.royalcornwallshow.org](http://www.royalcornwallshow.org) [www.cornwallfoodanddrinkfestival.com](http://www.cornwallfoodanddrinkfestival.com)

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**Bodmin Tourist Information Centre, based in the Shire Hall, sells a small range of honey, preserves, biscuits, sea salt, apple juice, ice cream and crisps (all Cornish, of course!). They can also arrange Roddas Clotted Cream by post so that you can send a Taste of Cornwall to your friends back home (or even to yourself so that it's waiting for you when you get home!). Or, why not buy a Cornish recipe book from our shop so that you can make a Cornish pasty, fish crumble, or scone, and impress your friends.**

**The friendly staff at Shire Hall can also provide details of local walks and cycle routes (to work off all those calories) including a pleasant walk along the Camel trail to Camel Valley vineyard.**