

Food & drink

News, views, reviews, healthy eating and the occasional indulgence



The owners and managers of Stuart Inns, left, at their summer party and below some of the guests enjoying themselves

Party celebrates Swan's award

The Swan at Long Melford was recently named the AA's 'Restaurant with Rooms of the Year' at its national B&B awards. To celebrate the Swan held a summer party with live music and refreshments for guests

The pub is owned by Greene King, and is leased to family-run business Stuart Inns, who also operate The Hadleigh Ram and the Lavenham Greyhound.



Tastes of the region at the Northgate

To celebrate Suffolk Day last month, The Northgate at Bury St Edmunds launched a new 'Taste of East Anglia' menu inspired by different areas within the region and highlighting its local produce. Dishes featured flour from Pakenham mill, quail from Highfield Farm, game from the Denham Estate and homegrown rhubarb from the chef's garden. To finish a delicious

journey through the region, The Northgate chef Greig Young, created a beautiful dessert - Assington strawberries, lemon posset, sorrel ice cream and strawberry sorbet. The seasonal highlight in the lunch menu included Suffolk Pink - pink elderberry and buttermilk macarons to celebrate the traditional pink houses found in some of the county's historic villages.

Not such a waste for learning cooks

Last month six teams of chefs from local restaurant group, Cambuscuisine, competed at Rougham's ICE Cookery School to see who could create a two course meal from a box of mystery ingredients. Unbeknown to the chefs, the box contained food waste (surplus food on the cusp of being inedible which would otherwise go to waste.) A basic larder was donated by the Infusions Group and the aim of the competition was to encourage young chefs to engage with the issues of food waste and sustainability in restaurants.

Sweet new venture

Do you have a sweet tooth? Always tempted by desserts on the menu? Well, a new chain, Kaspas's Desserts could be what you are looking for. It will be opening in the Cornhill, Bury St Edmunds in the near future. They offer the world's favourite hot and cold desserts all under one roof.

Cook book launch

The second edition of the cookbook, SUFFOLK FEAST One County, Twenty Chefs, by Bury St Edmunds writer and food expert Tessa Allingham will be launched at Hintlesham Hall at the end of July.

Brides invitation

Brides-to-be can explore the romance of the 15th century Swan at Lavenham Hotel & Spa and meet all the wedding team at the historic venue's wedding open evening on Thursday, 5th July between 6.30pm and 8.30pm. With its medieval courtyard gardens, oak beamed interiors and open fires, the hotel is a magical venue for weddings large and small all year around. It's also licensed for civil ceremonies throughout the building.