

Fill your shopping bags and your tummy at the Suffolk Show

Suffolk Show is proud to bring some of the very best local producers together every year – and 2018 is no exception.

All around the site you'll find tempting opportunities to make your mouth water, from delectable home baked cakes, freshly baked cakes and bacon rolls to get you started in the morning, to cocktails, some of the region's best beer, wine and spirits, gourmet burgers, stone-baked pizzas, bangers and mash and more as the day goes on.

You'll never be far from something yummy to sate those hunger pangs.

Read on to find out more about some of the biggest foodie attractions – Greene King Eat Street, Adnams Beach Eats, Adnams Food & Drink Experience, and the Cookery Theatre.



Stop for lunch at Eat Street

Introduced a few years ago, Eat Street has become a staple part of Suffolk Show. Found at the heart of the action and sponsored by Greene King, it's almost like a mini street food festival and you'll pretty much find anything your heart (and tastebuds) desire.

The original idea behind Eat Street was to create a 'picnic' type setting where families could 'pick and mix' from the various foodie traders and sit down together in comfort on one of the benches provided. It's a formula that really works, and if you're a regular visitor to the show you know you're in for a treat.

So, what's on the menu?

Well, meat eaters, vegans, and veggies are all very well catered for.

If you're adventurous we suggest popping over to the folk at Ank Marvin - a well known exotic meat wholesaler that sells the highest quality products (from python fillets to alpaca steak). They won't have anything too crazy on sale during the show – expect excellent quality British beef burgers, and a few more unusual tastes thrown in for good measure. Perhaps bison, wild boar or kangaroo?

There's also gourmet steak burgers and pulled meats to fill you up at the Scoff and Nosh stand, a range of bangers and mash from Gourmand Farms, duck wraps with all the trimmings from Simply Duck, Greek Souvlaki, barbecue from Five Winds in Melton, and fabulous rare breed sausages, burgers and hand cured salt beef rolls over at Happy Herefords and Topsy Tamworths.

Punjabi street food takes centre stage at Kebabeesh. And you can get perhaps your first taste of Nigerian cooking over at the Flavors of Africa stall. The majority of the dishes (including the ever-popular jollof rice) are vegan and dairy and gluten-free. Are you a pizza fiend? If so, make a beeline for Hot Rocks for charred-edged,



Take a stroll down Eat Street.

Pictures: SAA



crisp pizzas cooked to wood-fired perfection. The most popular topping is the Tuscan, loaded with air-dried ham, field mushrooms, black olives and homemade garlic oil.

For a sweet finish there's pancakes, golden churros, fresh strawberries and ice cream, including some fabulously fruity churned treats from multi award-winning Alder Tree. It's damson flavour is sublime. Looking for a quick drink? On Eat Street you'll find some of the best coffee around at Coffeelink, luscious cocktails at Swiggy's pop-up bar, Aspalls Cyder and, of course, classics from Greene King, including the fantastic East Coast IPA.



Eating at the show

Eat at the beach

The Suffolk Show is one of the only county shows in the UK to have its very own beach. Yes – a beach. You can't miss it! Adnams Beach Eats is a staunch favourite with families every year and has become one of the foodie talking points of the show. Look for the white picket fence, sandy beach (complete with humungous, bright beanbags) and cutesy beach huts.

It's a wonderful spot to chill out away from the sun in the huts, lay back on a deck chair, and let younger children burn off some steam making sandcastles.

A carefully selected collective of food traders are ready to feed you – and the Adnams beach-themed bars can help cool you down with a pint of their finest ales, a glass of wine or fizz, or even a good old G&T.

Check out Ank Marvin's burgers (traditional and exotic), scrumptious seafood and tantalising titbits from Crab Shack and Prestige Bars, and order a 'ruby' from show regular Tikkatonic, where you'll discover huge pots of curry bubbling away alongside authentically spiced snacks such as samosas.

Other regulars who've made a welcome return at Bubble and Squid and The Duck Truck, who'll be boxing up perfectly cooked, specially



Flatbread tacos will be on offer from The Horsebox.

seasoned calamari, and huge, succulent duck wraps and duck fat chips

Perfick Pork is down from Norfolk with its succulent sausages, made with only the very finest pork.

And the show is pleased to welcome too The Horsebox – a gorgeous little truck selling coffee, and the most scrumptious cheese toasties - finished with a snippet of fresh herbs over the top. All ingredients are sourced from local suppliers and are free-range where possible, and

packaging is biodegradable. Pop over and see what it's rustled up.

In the mood for something naughty but nice? Highly recommend is an ice cream or sorbet from Hadley's, which regularly delights show visitors every single year? Jane's award-winning ice creams are dazzlingly good and she's got the Great Taste accolades to prove it. Made with only the very best ingredients, flavours include caramel and pecan, elderflower and lime, lemon curd, salted caramel and espresso coffee. Yum yum.

Food and drink



Eating at the show

10 top foodie buys

Around 80 producers will be in this year's Adnams Food & Drink Experience marquee, here are 10 to look out for.

1. Thursday Cottage

With multiple Great Taste awards in the bag, Thursday Cottage has preserve making down to an art. Highlights from the small batch, hand stirred range include a chunky, crystalline clear (but not bitter) blood orange marmalade, and its ripe, fruity strawberry jam. But the curds really are something else – a dollop or two of the lime, morello cherry, lemon or banoffee curd inside a cake is fabulous.

2. Yum Yum Tree Fudge

Soft set cubelets of delight, made with British butter and sugar. You'll find it hard to pick between the flavours on display (even after you've tried them all) - favourites include mint choc chip, sea salted butterscotch, cappuccino and lavender. There are sugar-free alternatives available too.

3. Flint and Hardings

Craft distilled vodka made in Suffolk using local sugar beet and gin made using this vodka base and adding notes of hibiscus, rose and burdock. Give it a try.

4. Taste Collectiv

Fresh, delicious products that will restore your faith in shop-bought sauces. Made in small batches in Suffolk, every single recipe in the range has been thoroughly researched for authenticity, from the peppery, salty pesto, to the Thai green curry, and deep, dark harissa. Use them as a great start for dinner!

5. Love A Taste

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Inside the Adnams Food & Drink Experience marquee.

ADNAM'S SOUTHWOLD

The expert Masters of Wine select some of the best bottles they can get their hands on every month and post to your door samples to try. They'll have six wines to try at the show. Which is your favourite?

6. The Tiny Tipple Company

Made in small batches but big on flavour, the infused spirits sold by this Suffolk brand are just gorgeous. Made with fruit from Suffolk and Norfolk's hedgerows, popular tipples include the strawberry and vanilla rum, gooseberry vodka, and rhubarb and ginger gin.

7. Salubrious Sauce Co

Jazz up your brekkie, bacon sarnies and bowls of chips with one of the innovative sauces from this Suffolk-made range. The Breakfast Sauce goes with everything, and the Chip Shop Curry Sauce is a bit addictive.

8. Musk's

Makers of the Original Newmarket Sausage, which is laden with only the very best higher welfare pork cuts and top secret seasoning. As well as the original flavour, there are gluten and dairy-free, lower fat, pork and leek and pork and Aspoll Cyder flavours to sample.

9. Brown Bread

There's almost too much choice at this bread and patisserie stall, where pretty much everything is handmade. Take home a loaf or two to nibble on the way home or enjoy as an evening snack alongside other goodies bought in the marquee. Varieties include cheese and onion focaccia, pain aux olives and walnut and sun-dried apricot loaf.

10. Linden Lady

A show regular. You won't be able to resist its rich chocolate fudge, toasted coconut marshmallows and pralines. A bargain is to be had when you select from the 'broken' chocolate range – less perfect looking, but with the most amazing flavour.





The Suffolk Show Cookery Theatre.

Watch and learn in the Cookery Theatre

Whether you are an accomplished cook or keen beginner, you should definitely get yourself over to the Suffolk Show Cookery Theatre, sponsored by Adnams and the Suffolk Agricultural Association. This year it is hosted by the wonderful Emma Crowhurst and Robert Mace. Using as many local ingredients as possible, the stellar line-up of chefs are getting creative and showing you how to make the most of Suffolk's incredible produce. A Fun Kitchen has also been set-up for children, who can make their own healthy dishes using seasonal fruit and vegetables.

The line-up includes:

- Justin Kett, The Swan Hotel, Lavenham: Wednesday, May 30, 10am.
- Chris Lee, The Bildeston Crown: Wednesday, May 30, 12.10pm.
- Bethany Foster: Wednesday, May 30, 2.20pm.
- Lee Cooper, Infusions 4 Chefs: Thursday, May 31, 10am.
- James Barber, The White Lion, Aldeburgh: Thursday, May 31, 10.40am.
- Michael Bonaccorsi, Lucca Enoteca, Manningtree: Thursday, May 31, 11.20am.
- Richard Grinyer-Power, Bruisyard Hall: Thursday, May 31, 12.10pm.

- Jonathan Nicholson and Chris Partridge, The Bell at Sax and Eastern Suffolk Sheep Club: Thursday, May 31, 1.40pm.
- Chandramauli Dwivedi, The Turk's Head: Thursday, May 31, 2.20pm.

There are additional talks by:

- Wick's Manor Pork: Wednesday, May 30, 12pm.
- Adnams: Wednesday, May 30, 1.30pm.
- Stokes Sauces: Thursday, May 31, 12pm.

- And BBC Suffolk takes to the stage on Thursday at 3.30pm as presenters take on the Omelette Challenge!

Cookery Theatre timetable