

SIZERGH HELPS PROVIDES THE RIGHT MIX OF INGREDIENTS FOR BBC DAYTIME'S GREAT BRITISH MENU

Press Release: 5th April 2010

Chef Lisa Allen from Northcote Manor Restaurant, Blackburn will be competing in the fifth series of Great British Menu, where she will be being challenged to source ingredients in and around the National Trust's Sizergh Castle.

The series kicks off with a double bill at 6.00pm on Tuesday 6th April on BBC Two Daytime.

The 45 part series will follow three chefs each week as they unearth the very finest produce from the farms, gardens and neighbourhoods surrounding their local Trust house or countryside location [2].

After putting their culinary skills to the test in the kitchen, each dish will be judged daily by a former Great British Menu champion.

In a new twist, the chef with the least number of points on Thursday will be eliminated from the competition, and only two chefs will go through to the Friday cook-off for the three Great British Menu judges, food experts Matthew Fort, Prue Leith and Oliver Peyton.

The eight regional winning chefs will compete in the final round, to create a magnificent British meal that the judges consider fitting for the finale banquet.

The nation's long-time advocate of local, seasonal food and President of the National Trust, The Prince of Wales, will be joined by The Duchess of Cornwall for the banquet and the guest list will be comprised of the nation's best food producers, farmers and fisherman, the people who toil to put the finest local British produce on the map.

With over 200,000 hectares of farmland, the National Trust and National Trust for Scotland are the UK's biggest farmers – providing access to a wealth of delicious local ingredients from growers, farmers and other producers linked to the estates.

Katrina Barclay, the National Trust's Food and Farming Officer in the North West says:

"We're delighted that so many of our tenant farmers and other producers who often supply our own restaurants have been able to take part in the Great British Menu series.

"Many of the houses and countryside places we look after have historic links to food production stretching back many hundreds of years.

"It's wonderful to see sustainable, locally-produced quality food being championed by programmes like Great British Menu, and also to see it increasingly becoming available and sought out by growing numbers of people throughout the country."

Gary Broadhurst, Executive Producer at programme makers, Optomen commented: “This year’s series will be really exciting. The added challenge of each chef having a National Trust property as a starting point for inspiration for their dishes, really forces them to step outside their comfort zone. They’ve had to unearth new suppliers and pull on all their creative talent to deliver a menu that is a true celebration of the very best local ingredients. With three chefs battling it out for each region, the pressure is on and they are all determined to win and get a dish through to the final banquet.”

Lisa will be cooking the following menu:

- **Starter: Wild rabbit and leek turnover with piccalilli**
- **Fish: Wild sea bass with shrimp toastie, tomato liquor and samphire**
- **Main: Salt marsh lamb with sweetbreads, woodland mushrooms and sorrel**
- **Dessert: Strawberries, meringue and mint cake water ice**

She will be using dairy produce from Low Sizergh Farm and also vegetables and herbs from Lower Sizergh Farm and ‘Growing Well’

Meanwhile, to compliment Lisa’s dishes, at **Sizergh Café** during the week the North West regional heats of the Great British Menu are being broadcast (12 – 18 April incl), you can enjoy similar dishes to those being cooked by Lisa which showcase local produce: **local Hogget with**

mushrooms & spinach will be prepared and cooked by Hayley Stretton, cook at Sizergh with her team. Hogget is year old lamb which will be supplied by Higginsons Butchers of Grange-over-Sands.

Sizergh Castle is open Sun – Thurs, 12 – 5pm as are the café and shop (11 – 5pm). Access to the house between 12 noon and 1pm is by guided tour only. For details call 015395 60951 or go to

www.nationaltrust.org.uk/sizergh

For more information about the Great British Menu go to www.nationaltrust.org.uk/greatbritishmenu