



**PRESS RELEASE**  
**23<sup>rd</sup> September 2008**

### **TANTALISE YOUR TASTEBUDS**

**Take a top shopping destination, add a stunning event and bring to the boil. The Mall at Cribbs Causeway's new Food Show is sure to please all tastes.**

Love food? Love watching the experts create mouth-watering dishes? Then you're just going to love The Food Show, a four-day festival of food and drink at The Mall at Cribbs Causeway from Thursday 9<sup>th</sup> to Sunday 12<sup>th</sup> October.

For four whole days, The Mall will be turned into a foodie heaven with daily cooking demonstrations by top celebrity chefs and free admission into the Food Pavilion and Farmers Market.

#### **So what's on the menu at The Food Show?**

- **The Food Pavilion**

Here you will find some of the finest purveyors of quality food and drink all under one roof.

Over 30 producers will be offering a fabulous array of regional specialities ranging from cheeses to chutneys, cookies to chocolates, sausages to salami, ice cream to pancakes, cider to beers.

As well as many familiar local producers such as Bath Soft Cheeses, you'll also get to sample award-winning delicacies from further afield, including cheeses from Dorset, ales from the Welsh Valleys and Cornwall, meats from Gloucestershire, and cookies from Devon.

So if you love discovering regional varieties of food, this is the place for you. You'll also have the chance to sample many of the products before you buy.

- **The Food Theatre**

If you want to add more crunch to your cooking and fizz to your food, then make sure you visit The Food Theatre.

The 250-seat Food Theatre, sponsored by Rangemaster, Magnet, Marks & Spencer and Cotswold Life magazine, will feature inspirational cooking demonstrations by four of the country's top celebrity chefs.

Paul Rankin, Mary Berry, Aldo Zilli and Lesley Waters will each spend a day at The Mall demonstrating a variety of mouth-watering recipes that you can also cook at home.

Each chef will perform three shows per day. Tickets cost from £7.50 per show and are available from [www.mallcribbs.com](http://www.mallcribbs.com), the M&S Food Hall at The Mall, and the Information Desk at The Mall.

- **Farmers Market**

The Food Show also features a Farmers Market offering some of Somerset's finest produce. Local producers affiliated to Somerset Food Links will have stalls offering a wide variety of farm-fresh produce ranging from sausages to chutneys, olives to ice cream. Everything is either grown or produced locally so as well as tasting fabulous, everything also scores well on food miles!

- **The Kitchen & Healthy Living Zone**

We are what we eat so good health starts in the kitchen. Drop into the Healthy Living Zone, on the upper level of The Mall, and you can find out from the experts about the very best ways to eat, diet and exercise - as well as explore the very latest in kitchenware.

It's informative, fun and free. You might even pick up some great offers and free meals from some of the region's top restaurants!

"This event is a must for anyone passionate about cooking and eating good food," says The Mall's Maria Crayton.

“We are lucky to live in a region where we can enjoy a wide range of extremely good locally produced food and it will be fabulous to see so many producers coming together to offer their products to shoppers here at The Mall.”

## THE FOOD THEATRE PROGRAMME

### **Thursday 9<sup>th</sup> October – Paul Rankin**

#### **Shows at 11.30am, 1.30pm and 6pm**

You'll know Paul from his countless TV appearances including Masterchef, The Rankin Challenge and Ready, Steady Cook. Away from the screen, Paul runs two Rain City restaurants, six Café Paul Rankin, Roscoff Brasserie and Cayenne, voted Best Restaurant in Ireland. From chic informal through to Michelin star, Paul has mastered every style of cuisine.

### **Friday 10<sup>th</sup> October – Mary Berry**

#### **Shows at 11.30am, 1.30pm and 6pm**

Mary describes her style as “Family Cooking” – and it's no surprise that she's the undisputed queen of Aga cuisine. One of our most respected food authors and broadcasters, winner of countless accolades and awards, Mary is just about to launch her 65th book, all of them packed with practical, healthy recipes using fresh ingredients.

### **Saturday 11<sup>th</sup> October - Aldo Zilli**

#### **Shows at 11.30am, 1.30pm and 6pm**

Aldo's love of food began in a small village by the sea on Italy's central Adriatic coast. And he brings that passion to everything he does – from the dishes in his many restaurants through to his radio and TV appearances ... and his superb cookery school courses. Aldo is an author, broadcaster, motivational tutor, and most recently the star of Kellogg's Optivia ads.

### **Sunday 12<sup>th</sup> October – Lesley Waters**

#### **Shows at 11.30am, 1.30pm and 3.30pm**

Well known for her regular television appearances on Ready Steady Cook, Great Food Live and This Morning, as well as her many books, Lesley is also a passionate tutor at her own hugely popular Cookery School in Dorset. Her energetic style of presentation is expertly combined with clear and simple guidance – ideal for every aspiring cook.

## **Food Show Opening Times**

Thursday 9 <sup>th</sup> October	10.30am – 7pm
Friday 10 <sup>th</sup> October	10.30am – 7pm
Saturday 11 <sup>th</sup> October	10.30am – 7pm
Sunday 12 <sup>th</sup> October	11am – 5pm

For more information about exhibitors and for Food Theatre tickets visit [www.mallcribs.com](http://www.mallcribs.com).

The Food Show is open from 10am to 9pm on Thursday 9<sup>th</sup> and Friday 10<sup>th</sup> October, 9am to 8pm on Saturday 11<sup>th</sup> October and 11am to 5pm on Sunday 12<sup>th</sup> October.

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For further information, please contact:  
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