



from 10am to noon at the Warden's Centre at Forest Farm. Call 029 2044 5903 for more details.

**CARDIFF** Led by the RSPB, the monthly bird walk to identify local birds is being held at Forest Farm from 10am to 12.30pm. Suitable for all levels of interest and take binoculars if you have them. Meet at the warden's centre.

**CALDICOT** A medieval murder mystery activity trail is ready to be cracked at Caldicot Castle. Follow the trail, crack the clues and eliminate the suspects. Normal admission applies, call 01291 420241 for more details.

**PENARTH** Penarth Operatic and Dramatic Society present *The Amorous Ambassador* at the Paget Rooms for the final time today, with the show starting 7.30pm. Tickets priced £6.50-£7.50 are available from 029 2071 2260.

**PORTRICAW** The *Beverly Hillbillies* performed by the Phoenix Team is on at the Grand Pavilion, Portricaw, from 7.30pm. Tickets priced £9 and £9.50 are available from 01656 815995.

**NANTYMOEL** The 34th Open Art Exhibition continues at the Berwyns Centre in Nantymoel and is open daily from 9am to 5pm, with admission free. More details from 01656 840439.

**sunday october 18**

**BRIDGEND** The weekly car boot sale runs from 7am until noon in the multi-story car park next to A16 in the town centre. For details from 01656 661338.

# Chef's secret recipes

Tim Marriott will be revealing the techniques behind a couple of delicious dishes at the Cowbridge Food and Drink Festival



■ Hand dived scallops, right, and chocolate fondant below



**C**HEF Tim Marriott will be sharing some of his kitchen secrets at the annual Cowbridge Food and Drink Festival next weekend.

He will be taking centre stage to demonstrate some of his favourite recipes from his Market Place restaurant in the town, where he is the proprietary head chef.

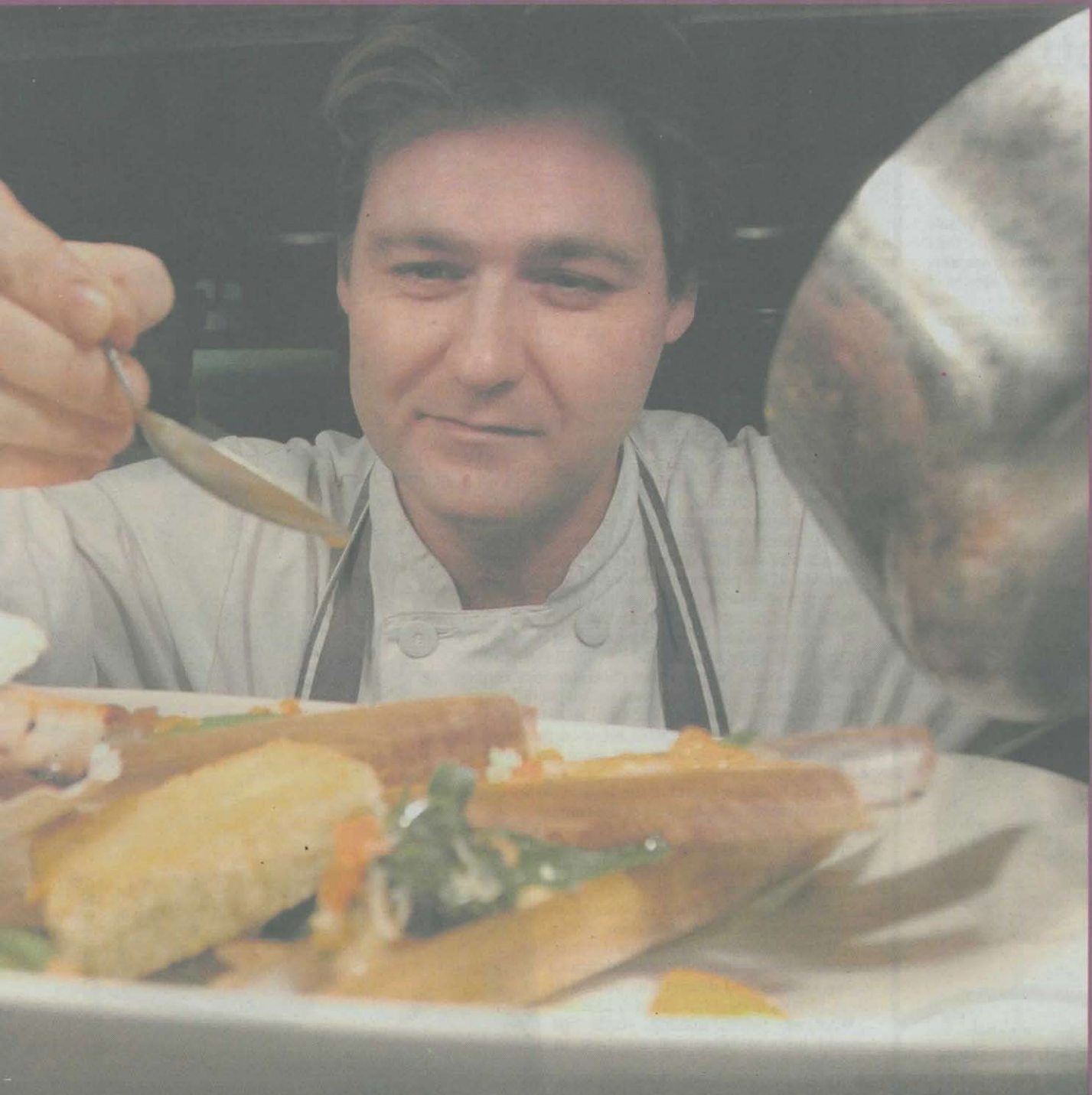
Tim returned a year ago to his native South Wales to take charge of his first restaurant, after growing up in London and training under the likes of Marco Pierre White.

"I'd always wanted to run my own restaurant and it seemed fitting to return to South Wales where I was born and where so many of my family live in order to do it" said Tim.

"The Market Place is a wonderful old building and I can remember coming here as a youngster in the days when it was a pub," said Tim, 38.

"My aim here has been to develop a fine dining experience using seasonal and local produce where possible. I use classical French techniques and apply them to modern European cooking."





During the food festival which runs next Saturday and Sunday, Tim will demonstrate two dishes – scallops with razor clams and medallions of halibut served with coconut rice cake in a sauce vierge and also the always popular dark chocolate fondant.

“We change the menu during the seasons, but the dark chocolate fondant always stays on

the dessert menu because it is so popular,” explained Tim.

As well as demonstrations at the festival, there will be a large number of quality food producers including the award-winning Caermynydd Piggery with its range of pork products and Black Mountains Smokery from Crickhowell

Cheese and drink will also be on sale in the Cheese and Wine

Marquee, plus handmade breads and cakes.

The largest garlic farm in Europe will be represented and there will be Scotch eggs of every imaginable flavour from the Handmade Scotch Egg Co.

John Cook of Oscar’s restaurant in Cowbridge will be demonstrating dishes suitable for novice cooks on a budget

while Gareth Howard of Loch Fyne Restaurant, Cowbridge, will show how to cook oyster tempura and crab cakes.

You can catch Tim at the festival on Saturday, October 24, at 2pm.

A family day ticket (for two adults and three children) costs £7. For more information visit [www.cowbridgefoodand-drink.org](http://www.cowbridgefoodand-drink.org).