



Lucknam Park Hotel & Spa, is one of the UK's leading country house hotels, a member of the prestigious Relais & Chateaux and AA 5 red stars.

Located only 6 miles from the historic city of Bath, Lucknam Park is an elegant 18th century Palladium Manor House set in 500 acres of beautiful parkland and stunning gardens. The hotel has 42 individually-designed luxurious bedrooms and suites some with four poster beds and many with breathtaking views over the estate.

The Spa, now regarded as one of the finest in the UK is located within the stunning walled garden and has a 20 metre indoor swimming pool, in and outdoor hydrotherapy pool, 5 thermal cabins, nine state-of-the-art treatment rooms and a beautiful relaxation room overlooking The Spa gardens. The comprehensive treatment menu is a combination of luxury French spa specialists Anne Semonin and Carita's indulgent and innovative skin care products.

Dining at Lucknam is memorable too. The Brasserie, contemporary and stylish, has a fabulous open kitchen, wood-fired oven and serves healthy and hearty dishes prepared from local ingredients all under the direction of Michelin Star chef Hywel Jones. For the gourmet enthusiast and for more formal and elegant dining the Michelin star restaurant, The Park, is a must!



For New Year Spa breaks, Day Spa or details of Spa Membership please contact us (become a Spa Member in January and receive an exclusive Anne Semonin gift when you mention **flavour magazine**)

Tel: 01225 742 777  
Visit: [www.lucknampark.co.uk](http://www.lucknampark.co.uk)



Located in sleepy Somerset, Cedar Falls is a child and stress-free environment, making it the perfect place to forget about your day-to-day worries. As you lay relaxed by the pool, play a round of golf or simply enjoy a day of pampering, the outside world will seem a million miles away. Rushing simply isn't an option. There is, however, plenty to do should you want to be active; you can choose from croquet, golf, swimming, the gym and a full schedule of daily exercise classes. Going beyond relaxation, a spa break can be a great way to detox and help you to kickstart those healthy living resolutions, especially after the indulgence of Christmas and new year.

Introduced in response to the growing recognition that natural therapies can play an important role in keeping us healthy, this is one of the things that sets Cedar Falls apart from its competitors. The natural therapies on offer include reflexology, shiatsu, meditation, Indian head massage and other therapeutic massages.

The dress code at Cedar Falls is deliberately relaxed and informal. Casual clothes, tracksuits and swimwear or bathrobes and slippers are the most popular choices around the health farm, and it is only at dinner time that you need to think about changing. After a deep sleep and a leisurely breakfast, why not make the most of the early morning sunshine and begin a pamper day by enjoying some tea in the spa's elegant drawing room? Full of all the charm of an old manor house, this is the perfect setting to enjoy a good book, read the papers and get ready for a day of total relaxation and wellbeing.

Overnight retreat £169.00 per person to include Dinner, Bed and Breakfast, lunch on day of arrival and lunch on day of departure. (Price based on a Watts category room). Additional nights available at £75.00 per person per night to include dinner, bed and breakfast.

Room upgrades and week-end supplements apply. Offer ends 31st March 2012. Please quote Overnight Retreat when booking. For further information and details of special offers and gift vouchers,

Tel: 01823 433233.  
Visit [www.cedarfalls.co.uk](http://www.cedarfalls.co.uk)



## WIN!

Cedar Falls are giving one lucky **flavour** reader the chance to win a Special Overnight Break for two! The prize includes one night's accommodation for two people in a Connaught room - all meals to be included from lunch on day of arrival through to lunch on day of departure. Winners will also be able to make use of Cedar Falls' extensive facilities and will be given an aqua-jet massage each. To enter, simply email: [competitions@flavourmagazine.com](mailto:competitions@flavourmagazine.com) stating your name, address, phone number and where you got your copy of the magazine, or write to us at the usual address. Good luck!

## whatley manor



Whatley Manor's Aquarias spa is the only La Prairie five star 'Art of Beauty' centre outside of London. These centres are only found in the most exclusive spas around the world and are a sign of outstanding quality. The European style spa is arranged into a series of thermal cabins, treatment rooms and a VIP Suite, as well as having a gym, work-out studio complete with a Power Plate® and a stylish hydrotherapy pool. The spa ritual begins with an invigorating salt scrub before entering the series of thermal cabins and acclimatising with the gentle warmth of the Tepidarium. The next cabin offers the dry heat of the Laconium followed by the steaming Caldarium or the Camomile Steam Grotto, a real treat for the hair and skin. The final cabin offers the intensive heat of the Finnish Sauna. In between each cabin guests can make use of the 'experience showers' which offer cooling water infused with mint or a tropical rain shower infused with Maracuja scent. Balancing work and a healthy lifestyle has never been so important especially in these challenging economic conditions. With this in mind Whatley Manor's Aquarias spa has the perfect solution to enable guests to relax for less in luxurious surroundings without feeling short changed.

### Luxe for Less – Half Day Spa Experience

Half Day use of the spa facilities including the hydrotherapy pool, salt scrub showers, wave dream sensory room, tepidarium, steam cabins, sauna and gym plus a choice of either a 30 minute La Prairie Intensive Eye Lift Treatment or a 60 minute Jessica mini manicure and mini pedicure. £95 per person  
Half day experiences are from 9.00am-2.00pm or 2.00pm-6.00pm.

### Evening Spa Experiences

Full use of the spa facilities is available from 5.30pm to 8.30pm and includes the use of the hydrotherapy pool, salt scrub showers, wave dream sensory room, tepidarium, steam cabins, sauna and gym for £38 per person. Or for £68 per person, make full use of the spa followed by a two course a la carte menu served in Le Mazot and coffee. Half day spas are from 9.00am to 1.00pm or 2.00pm to 6.00pm. Evening spa from 5.30pm to 8.30pm.

Aquarias at Whatley Manor  
Tel: 01666 827070  
Visit [www.whatleymanor.com](http://www.whatleymanor.com)



**MALVERN SPA**  
HOTEL • DAY SPA • HEALTH CLUB



Natural resources and modern art join in harmony at MalvernSpa where guests can enjoy the benefits of bathing in natural spring water in one of the country's original spa towns. Visitors to MalvernSpa can enjoy some exclusive spa facilities including the indoor and outdoor Hydrotherapy Pool fed by the world famous Malvern Spring waters. An evening 'taking the waters' in the outdoor pool whilst you watch the sun setting over the Malvern Hills is an experience not to be missed. The Kelo Sauna, the first of its kind in the UK, is constructed of naturally fragrant wood found only in the Arctic Circle which helps improve blood circulation, weight loss, skin cleansing and induces deep relaxation of both body and mind. In addition the Thermal Suite contains a Salt Grotto heated to 49°C which has a restorative effect on the respiratory system, Experience Showers with a choice of warm tropical rain or refreshing cool mist, Foot Spas for calming and cleansing, a Crystal Steam Room heated to 42°C infused with essential oils, and a state-of-the-art Herb Sauna heated up to 85°C, infused with seasonal herbs and essential oils to gently cleanse the body and mind.

MalvernSpa are offering Flavour readers an exclusive discount of 15% off any day spa packages throughout December and January

Tel: 01684 898290  
Visit: [www.themalvernspa.com](http://www.themalvernspa.com)



**THE BATH HOUSE**



Focusing on the natural elements of Earth, Air, Fire and Water, The Bath House embraces both Ancient and Modern day spa culture. With an extensive range of both traditional and progressive holistic therapies and by using our own bespoke range of products we are able to soothe the mind, body and spirit.

The contemporary style of The Bath House was created from a converted coach house and stables, opening onto the beautiful gardens; a stunning setting for The Bath House. Enjoy the wonderful relaxation pool heated to 35°C centigrade, cool and tepid plunge tubs, sauna and steam Karahafus, fully equipped gymnasium, plus a wide range of holistic treatments and complementary therapies to soothe, relax and rejuvenate both body and spirit. Treatments range from soothing massages to full aromatherapy facials, and from fruit enzyme wraps to holistic foot and nail treatments.

Residents of The Royal Crescent Hotel have use of The Bath House spa included in their rate. Ask about Spa days with a delicious two course lunch from just £45.00. **Also open to non-residents.**

Tel: 01225 823333  
Visit: [www.royalcrescent.co.uk](http://www.royalcrescent.co.uk)





le spa



Le Spa is the Cotswolds premier health club. Mixing the grand Edwardian structures with the contemporary, you really feel the spirit and energy flow into you as you enter. Le Spa boasts a large variety of treatments including the hot lava shell massage that is new to the UK and a unique detox programme. Spa guests and the public alike can dine in the newly refurbished Red Restaurant. A perfect location for cosy, intimate dining and parties alike. The modern décor and soft lighting are wonderful touches that complement the fabulous new menu.

**Christmas Pamper package £35**

Full use of all Spa and Leisure facilities for the day plus a Royal Orchid facial and a mini manicure.

**Stay Spa £64.50 per person**

Full use of all spa and leisure facilities, accommodation in a double hotel room and a Royal Orchid facial for each guest.

**Le Spa's unique Detox programme**

Three, Five and Six day Detox programmes available from £425. The Red Restaurant is fully catered for those fasting, serving healthy broths and vegetable juices. The detox programmes include all accommodation, colon cleanse, hot lava shell ampuka massage and healthy vegetable broth.

Tel: 01285 653840  
Visit: [www.lespa.com](http://www.lespa.com)



Calcot Spa



Offering fabulous facilities in a tranquil and beautifully designed setting, Calcot Manor is the perfect way to relax in style. With seven treatment rooms, the choice of health and beauty therapies – both traditional and contemporary – is second to none. They also offer a range of 'Spa Days' which include a choice of treatments, unlimited use of the pool, gym and relaxation areas plus Calcot's legendary hospitality. The Spa Days and single treatments are available to everyone, as is use of the crèche when you're using the Spa. Choose from a Full Day Spa, a Half Day or perhaps an evening of pampering with a Twilight or Mini Spa. Prices start from £60 and single treatments start from just £30. Gift vouchers are also available.

Mention 'flavour magazine' when booking a Mini Spa and a special price of £50 (normally £60) will apply. Alternatively a Full Day Spa will be just £115 (normally £135). This offer is valid Mon-Thurs throughout December 2009 and January 2010 and is subject to availability.

Tel: 01666 891232  
Visit: [www.calcotspa.co.uk](http://www.calcotspa.co.uk)





The Lido Spa is a place to escape day-to-day rigours and discover true holistic treatments in Bristol's most tranquil spa location. The experience of a treatment at the lido extends beyond the massage or facial as your treatment also incorporates some precious 'me time' in the Spa Tea Room.

The Lido boasts a heated outdoor pool, sauna, steam room, sundeck and outdoor spa pool. It has become a year round destination thanks to not only the solar heated pool but the restaurant, bar and spa. Visitors can enjoy pure holistic schedule of ila massages, facial massages, scrubs and wraps. All customers will be able to soak up the benefits of ila - Beyond Organic products, which are hand blended in the Cotswolds with base ingredients of Indian rose damask, argan oil and Himalayan salt crystals.

**Winter Warmer Massage 1 hour £50**

Our popular seasonal range continues with this incredible 60 minute 'Winter Warmer' back treatment, designed to invigorate, warm you to your bones and relieve deep seated muscle tension.

**Sunday Day Spa £60 per person**

Enjoy a relaxing break with full use of the facilities from 9am to 5pm, a one hour la spa treatment of your choice, followed by an hour of relaxation in the spa tea room (offer valid on Sundays only).

Lido gift vouchers and swimming memberships can be purchased online at [www.lidobristol.com](http://www.lidobristol.com)

Tel: 01179 339530  
Visit: [www.lidobristol.com](http://www.lidobristol.com)



The Bath Priory's recently refurbished Garden Spa, as the name suggests, has been transformed to showcase the hotel's beautiful landscape gardens, tended to by award-winning Head Gardener Jane Moore. The new Spa boasts two new reception areas, four new treatment rooms, an indoor swimming pool, sauna, elliptical steam pod and changing facilities.

The new Spa also offers a full range of beauty and massage treatments, using Decléor, LI'TYA and Jessica Nails products. Treatments include a classic full body massage, oriental inspired tranquility scalp aromatherapy, head, neck and shoulder massage, a manicure or pedicure or an expert aromatic facial for deep relaxation. The Spa is delighted to offer guests their signature treatment, 'The Awakening', which consists of a full body exfoliation, massage and nourishing hair mask. This is followed by a facial exfoliation treatment before a final facial massage.

**Become a member at the exclusive Garden Spa**

Following the opening of the recently refurbished Garden Spa, guests can enjoy the luxurious new facilities on a regular basis. With a number of different annual memberships to suit each individual, prices start from only £550 per person. Members also benefit from discounts throughout the hotel, including 30% off treatment prices and 15% off in the Michelin star restaurant (subject to availability, restrictions apply).

**New Year Spa & Lunch Offer**

The Bath Priory is inviting guests to come and enjoy a sumptuous three-course lunch with **two hours complimentary use of the Garden Spa facilities\***. Beat those winter blues by treating yourself and a loved one or friend for just **£30 per person**. Also available as a gift voucher, this makes a wonderful Christmas present.

**Bookings essential, please call 01225 331 922 quoting flavour magazine**

\* Valid Monday to Thursday throughout January 2010, subject to availability, for parties of 8 or less.

Tel: 01225 478395  
Visit [www.thebathpriory.co.uk](http://www.thebathpriory.co.uk)



# whatley manor

Whatley Manor Hotel and Spa is a beautifully restored private manor house nestled in 12 acres of traditional English gardens. The house oozes serenity, instantly causing all thoughts to drift from the hustle and bustle of a busy day. Inside is a collaboration of eclectic arts sitting beside sleek Italian furniture, while the walls are adorned with hand-made French wallpaper; sophistication and elegance are clearly on the agenda here. There are 15 rooms to choose from and eight suites, all individually styled with tasteful decor. Room 22 where we stayed for example, is oriental in style and has views over the beautiful garden.

We were tempted to while away the hours in the very comfortable drawing room next to the huge fireplace whilst enjoying the beautiful coffee and home made chocolates, but it wasn't long before the spa was calling us.

The elegant Aquarias Spa is the only La Prairie 'Art of Beauty' centre outside of London. These centres are only found in the most exclusive spas around the world and are a sign of outstanding quality. The spa is beautifully arranged into a series of heated steam experiences starting off with the gentle warmth of the Laconium finishing with the nourishing steam in the Camomile Steam Grotto. One of my many highlights was the hydrotherapy pool that is specifically designed to jet pummel your body parts with the efficiency of the most vigorous Swedish masseur. The pool allows you to swim through to the great outdoors, so you can gaze over England's green and pleasant land through the steam rising from the 35C water.

After my dip, it was time for my treatment. I booked myself in for the Paycot Resources Minerale Body Wrap (£84). My therapist Frankie consulted me on which type of mask I was looking for and I opted for the Reviving – Energizing Wrap. So I was expecting to come out completely sparkling. The service was personal and everything was explained in detail with great confidence, making me

feel very relaxed. The treatment began with my chosen clay mask being thoroughly massaged into my body, leaving me very comfortably cocooned within the wrap. Once the mask was unwrapped, I was led into a state-of-the-art ensuite shower. To finish off the treatment, hydrating moisturizer was carefully massaged into my skin and then I was given a scalp massage, stimulating my senses and stirring me from my relaxed state; an ideal end to two hours of total escapism.

We could not leave Aquarias, La Prairie 'Art of Beauty' centre without experiencing a La Prairie treatment so Miranda opted for the La Prairie hydrating facial. Heather, her facialist explained that this particular facial could either be a sixty (£84) or a ninety-minute treatment (£118). This intensive facial combined energising masks and massages and La Prairie Cellular ampoules to give immediate revitalising benefits.

After the treatment, it was a quick change and dash to the Michelin two-starred restaurant 'The Dining Room'. The French menu was sophisticated and classic and all devised by head chef Martin Burge. Burge's background includes Pied a terre, L'Ortolan, Le Manoir aux quat Saisons and the Landmark Hotel. In January 2009 he picked up a second Michelin star and more recently voted 'Chef of the Year' by The Independent.

Where do I start? How about with the foie gras mousse with red wine and pepper jelly (heaven), or beetroot with white balsamic gel and crème fraiche (bliss) or the mouthful of deep fried goat's cheese with truffle essence accompanied by a warm cauliflower foam. All were incredible.

The main-course of sea bream was carefully roasted, and very tender and sweet inside. The plate was garnished with gently pan-fried scallops covered in a white balsamic and sardine emulsion. My venison loin, was both pink and perfect, served with its own sausage surrounded by a wonderful bitter chocolate and shiraz reduction. The menu

didn't mention the delicious homemade breads (all very soft, warm and delicately cooked) or the amazingly refreshing vanilla pannacotta and sherry jelly, a coconut granite and exotic pineapple sorbet that helped refresh our taste buds before dessert.

Mr. Burge tends to repeat his effects through the meal, so that you can find scallops and foie gras appearing unannounced in successive courses. But it's hard to fault his ambition, and confidence with this high style range of cooking. So much thought had clearly gone into the puddings. The chocolate soufflé was a long train-set on a glass plate and the chocolate nibbles were wonderfully accompanied with a bitter lemon verbana.

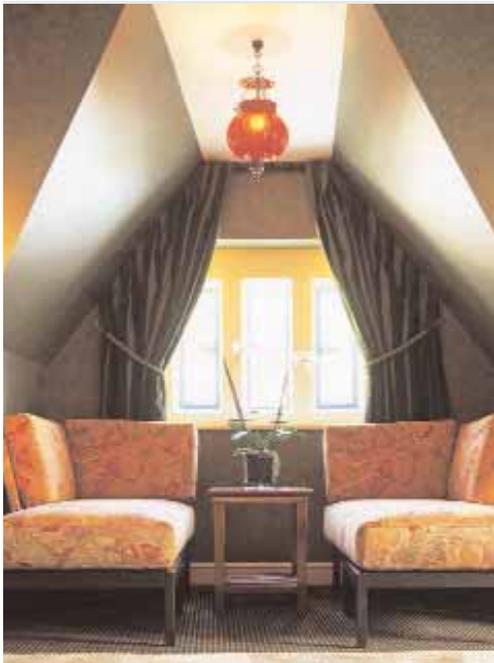
The meal was a true banquet, each dish teasing out the flavours of the ingredients with the uttermost seductiveness and all very well accompanied by a Pinot Grigio from the lower end of the wine list.

Le Mazot, the brasserie offers an informal dining experience and serves lunch and dinner daily. A set lunch (£17) is served alongside the a la carte. Three course Sunday lunch (£26). Afternoon tea is served daily from 3.00pm to 5.30pm. Whatley Manor is friendly yet professional it's not just a place for special occasions. For pure indulgence combine with an overnight stay - it's worth saving your pennies for this unforgettable experience.

Whatley Manor is the ultimate treat for a seriously special occasion. Start putting the pennies away for an indulgence you'll never forget.

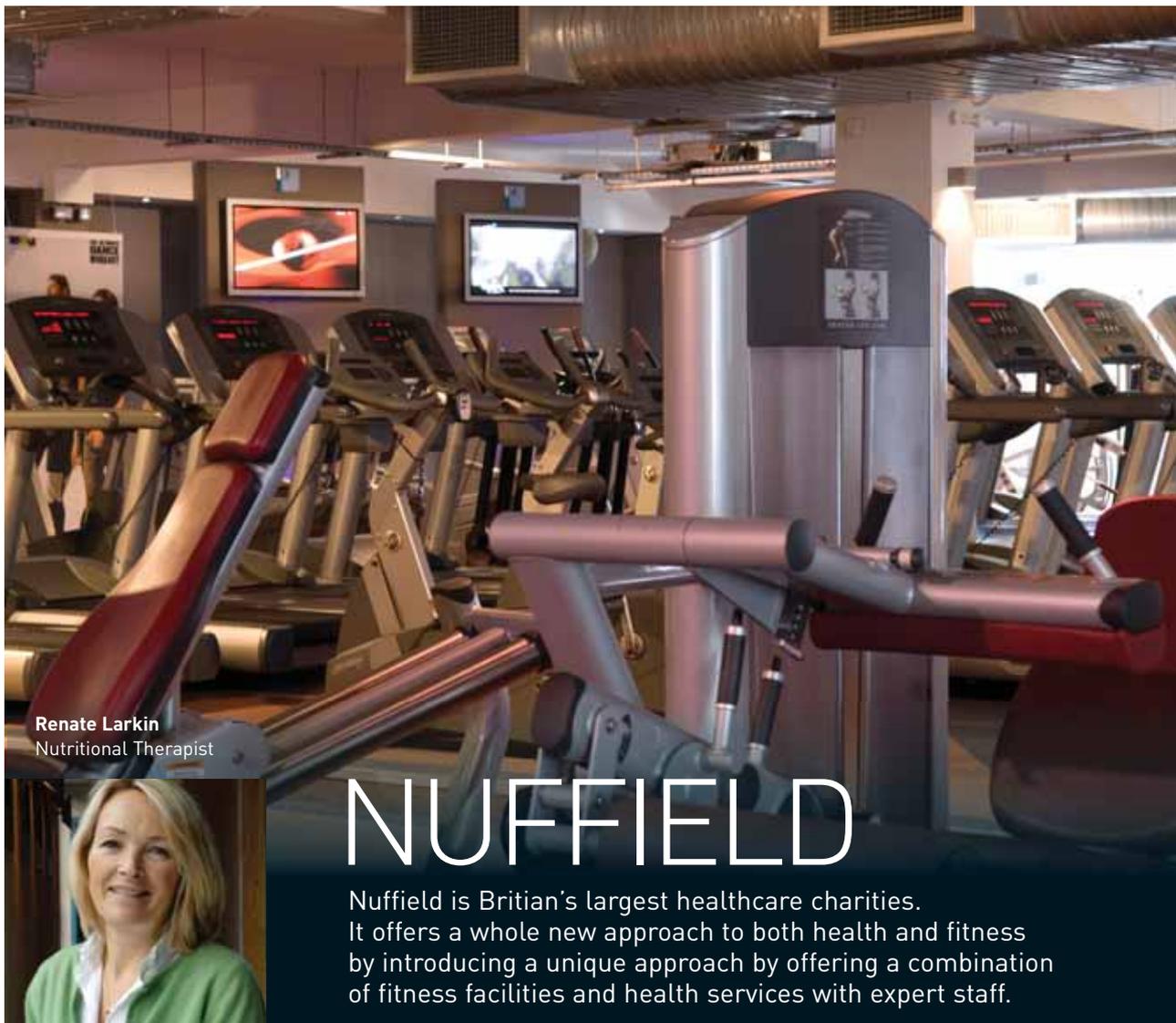
Whatley Manor  
Easton Grey  
Malmesbury  
Wiltshire  
SN16 0RB

Tel: 01666 822888  
Visit: [www.whatleymanor.com](http://www.whatleymanor.com)



“ For pure indulgence combine with an overnight stay - it’s worth saving your pennies for this unforgettable experience. ”





**Renate Larkin**  
Nutritional Therapist

# NUFFIELD

Nuffield is Britain's largest healthcare charities. It offers a whole new approach to both health and fitness by introducing a unique approach by offering a combination of fitness facilities and health services with expert staff.

Nuffield gym is Britain's largest healthcare charities. It offers a whole new approach to both health and fitness by introducing a unique approach by offering a combination of fitness facilities and health services with expert staff.

As part of the health programme you will be offered a personal training session with Dave Cannonon. Dave offers tailor made training sessions, which start off with a consultation so he then can structure a work out especially for anyone's needs from an athlete to a first timer. Not only will you feel reassured in Dave's capable hands but after a few sessions you will really feel the benefits.

The Health Club also has an in-house specialized Nutrient center, which offers anything from health MOT checks to personal consultations.

Renate Larkin is the in-house Nutritional Therapist at Nuffield. She is passionate about food, especially local and seasonal foods, and is keen to improve people's health and energy, and help prevent future illness, not only by changing what we eat but also the way that we eat.

**Flavour Magazine asked Renate for her top tips for helping energy levels through the festive season:**

- 1 Never drink on an empty stomach, and alternate a glass of water with every alcoholic drink.
- 2 Always have breakfast and make

sure it contains some healthy protein and carbohydrate e.g. poached eggs on whole grain toast, stewed fruits and natural bio-yoghurt or porridge with a sprinkling of dried fruit and chopped walnuts.

- 3 Keep well hydrated during the day. Limit caffeine drinks to 2 a day and top up with water or herbal teas.

Renate also suggests that taking a daily supplements from NuSkin (see overleaf) to help boost your energy and overall fitness. You can book an appointment with Renate at the Nuffield. She is offering a special rate of £55 for the initial consultation, and £45 for any follow-up.

**Nuffield Health Fitness & Wellbeing Centre** Pavilion, 83 Queen's Road, Clifton, Bristol, BS8 1QS - Tel: 0117 925 2538  
Renate can be contacted directly, Tel: 07816 778958 renate@edible-health.co.uk

# RENATE RECOMMENDS:



## CordyMax Cs-4®

CordyMax Cs-4 is a food supplement taken to enable those people with decreased energy and vitality to restore their capacity to function at a normal or a higher level of activity.



- Helps to provide more energy
- Helps to improve exercise performance
- Helps to promote healthy lung function
- CordyMax Cs-4 is ideal for individuals with busy, hectic lifestyles, athletes and for those who desire more energy without the use of stimulants

**Retail Price: £29.90 - Size: 120 capsules**

## Tegreen 97™

Tegreen 97 provides the most concentrated levels of green tea polyphenols available in a nutritional supplement (97% to be exact). Green Tea Catechins are one of the most potent antioxidants and have been shown to exhibit more powerful antioxidant properties than Vitamin E by 25 times and more powerful than Vitamin C by 100 times.



**Retail Price: £65.62 - Size: 120 capsules**

## OverDrive

OverDrive is a supplement that supports individuals in trying to achieve their fitness goals. OverDrive has been scientifically formulated to provide you with the right combination of herbs, minerals and vitamins and other ingredients to help provide stamina. OverDrive's innovative formulation can provide assistance throughout your workout and recovery in a number of beneficial ways.



**£37.50 for 90 tablets**

## MarineOmega

MarineOmega is a dietary supplement of ultra-pure omega-3 fatty acids formulated to promote overall wellness and lifelong vitality. It supports the body's immune response, general health, improving stimulation and wellness and improving joint function and overall mobility.



**Retail Price: £39.65 - Size: 120 softgels**

## LifePak

LifePak is a comprehensive nutritional wellness programme for adults over the age of 18, delivering optimum amounts of all essential and generally beneficial nutrients for longterm health and well being.

**Retail Price: £68.06 - Size 60 packets**



## The Scanner

This is the tool that will allow you to know if your supplements are working.

**Scanner Operator Pack (EN) 100 Pack  
Retail Price: £272.35**



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[WWW.NUSKIN.COM](http://WWW.NUSKIN.COM)

→ flavour national trust



# HAVE A DELICIOUS CHRISTMAS WITH THE NATIONAL TRUST

Food, glorious food is what Christmas is all about. This year why not let the National Trust help you find foodie gifts as well as stock up on local and seasonal festive treats? And if you'd like to walk off the indulgences of the season, you can't beat an afternoon at one of their historic estates throughout the region.



## Tyntesfield

At Tyntesfield, you can learn how to make chocolates with the help of Frances from Bristol's Clifton Cakes. Join Frances for a morning workshop where you'll taste chocolate from around the world and pick up some top tips for working with this favourite ingredient. Frances will be demonstrating how to make and decorate your own truffles and will even give you some ideas of how to gift-wrap them for Christmas (if you can resist eating them yourself!)

### Calling all chocolate lovers!

Join Frances from Clifton Cakes in this fun workshop, taste and learn about chocolate from around the world; make and decorate your own truffles and giftwrap them for Christmas. *Friday 11 December, 10.30am - 12.30pm, £25 includes materials, tea and coffee.*

### Have yourself a very green Christmas

Get recycling and creative by making stylish Christmas trees, wreaths, willow stars and room scenters from recycled and natural materials with the guidance of expert florist Sarah Pepper. Take your creations home. Half day workshop with demonstrations and lunch included. *Sunday 29 November, 10am-12.30, £22.50.*

### Christmas wreath making workshop

Make your own stunning Christmas wreath with the guidance of expert florist Sarah Pepper using Tyntesfield's bountiful winter foliage. *Sunday 29 November, 2-4pm, £14.50 including refreshments.*

## Father Christmas Weekends

Every Saturday and Sunday in December up until Christmas. Follow the clues to find Father Christmas in his grotto and receive a special present. Craft activities in the Sawmill, seasonal refreshments served at the kiosk and great gift inspirations in our shop. Christmas trees and wreaths on sale. Tuck into seasonal refreshments at the kiosk.



## Christmas Carol concerts

Join in a sing song procession from reception to the chapel. Wrap up warm and bring a torch! *Fridays 11 and 18 at 7pm and Saturdays 12 and 19 December, 4.30pm and 6pm.*

## Seasonal breaks

Take a cosy Christmas break in one of the holiday cottages available to rent at Tyntesfield. Choose from the Chaplain's House and Lodge and Summerhouse Cottage. *Visit [www.nationaltrustcottages.co.uk](http://www.nationaltrustcottages.co.uk)*

Tel: 0844 2491895

For more information please visit: [www.nationaltrust.org.uk/wessexchristmas](http://www.nationaltrust.org.uk/wessexchristmas)

## Stourhead

At Stourhead, on the borders of Wiltshire and Somerset, Christmas is a big event. From shopping to eating and singing, it's got everything to get you into the festive spirit. The garden, house, tower, shop and restaurant are open every day except Christmas Day. The farm shop which sells fresh, seasonal produce from the estate is open right up until Christmas Eve and then reopens on 2 January.

Why not treat yourself to an early Christmas lunch in the Stourhead café? Taste for yourself what a truly local festive feast is like and be inspired for your own cooking. We are serving Christmast food throughout December. Our farmers' market is also well worth a visit to pick up ingredients or gourmet gifts. Nearby Friary Vintners will be offering liqueurs to taste and buy on Sunday 13 December. On 20 December, Stourhead's Christmas extravaganza provides music, Father Christmas and refreshments while you shop at the Christmas Fayre or at the National Trust shop.

### Christmas Lunches

Enjoy a scrumptious seasonal lunch with festive table decorations to put you in the Christmas spirit. Please call for details of our Christmas menu. *Booking essential. Tue 1 December to 31 December excluding 25 & 26 December 12noon-3pm.*

### Christmas Craft Fair

An array of local crafts making perfect Christmas gifts or a treat for yourself! Festive mulled wine and warming mince pies will be available from the Ice Cream Parlour. *No additional charges. Sat 5 & Sun 6 December, 10am-4.30pm.*

### Eeles Pottery Exhibition

Selling exhibition of exciting collection of hand-thrown pottery by the famous Eeles Pottery family. *Mon 7 December to Thu 24 December and Sun 27 December to Fri 1 January.*

### Stourhead Christmas Farmers' Market

Everything you need for preparing your festive feasts and perfect Christmas gifts from farmers across the region. Mulled wine and mince pies will be available from the Ice Cream Parlour. *No additional charges. Sat 12 December 10am-2pm in Spread Eagle car park.*

### Friary Vintners Liqueur Tasting

A chance to taste festive samples of liqueurs from local Friary Vintners while you treat yourself and loved ones to something special for Christmas from our gift shop. *Sun 13 December, 12noon to 4pm.*

### Christmas extravaganza – Sunday 20 December

Spend a day at Stourhead to get yourself into the Christmas spirit. From 11am until 3pm, carols and seasonal songs will be performed by local choirs and groups in this magical setting. Pick up some presents at the Christmas fayre running all day, or try your hand at making a Christmas candle between 10am and 4pm.

Complete your Christmas experience with a traditional lunch or join us later for delicious homemade soup, and indulge in some festive mulled wine and warming mince pies while you see Father Christmas arrive at 5.30pm to turn on the Stourhead Christmas Tree lights and begin carols for all to join in.

### Christmas Carol Concert at Stourhead House

Don't miss this special performance of festive choral music and readings by local choir The Wyncantores in the stunning Picture Gallery. Seasonal refreshments will be served in the Entrance Hall during the interval. *Booking essential. Adult £12, child £6. Sun 20 December, 5-7pm.*

### Meet Father Christmas

Don't miss Santa as his sleigh stops at Stourhead with presents for all the children. *For accompanied children only. Child £5. Sun 20 December 2-5pm.*

Tel: 01747 841152



## Dyrham Park

Dyrham Park is really getting into the spirit of a homemade Christmas. Don't miss the demonstrations in the tea-rooms where you can learn how to make and package simple petits fours. If making your own isn't really your thing, Dyrham Park Farmers' Market is a great place to get the best of local produce, with a wide range of stalls to stock up with ingredients for your Christmas cuisine or find some gifts for your foodie friends and relations.

Father Christmas is making a stop at Dyrham on his whistlestop tour round the region. Follow our winter wonderland trail through the park as you seek him out in his garden grotto then warm up with a drink and a delicious mince pie in our tea rooms.

### Christmas Wreath Making Workshop

Learn how to make a special wreath for your front door. *£20 including all materials. Saturday 5 December, 1-3pm.*

### Sweets for Presents

See demonstrations in the tea-rooms on how to make and package simple petit fours. *Normal admission applies. Saturday 5 December, demonstrations 11am and 2pm.*

Santa, Christmas trails and workshops: visit Santa in his garden grotto, make a special tree decoration in the workshop and try our fun, free trail. If you are still feeling energetic walk in the park and finish with a nice warm drink and mince pie in the tea-rooms. Queuing for Santa possible in busy periods. As Santa is visiting for only a short time, we cannot guarantee he will be able to see everyone. *Normal admission charges apply. Workshop £3.50, Santa visit £5 includes small gift (£7.50 combined ticket) Saturday 12 and Sunday 13 December, 12noon-4pm.*

### Farmers' Market at Dyrham Park

Entry to the Farmer's market is free. Normal admission prices apply to the house, park and garden. *Sunday 13 December, 12pm-4.30pm.*

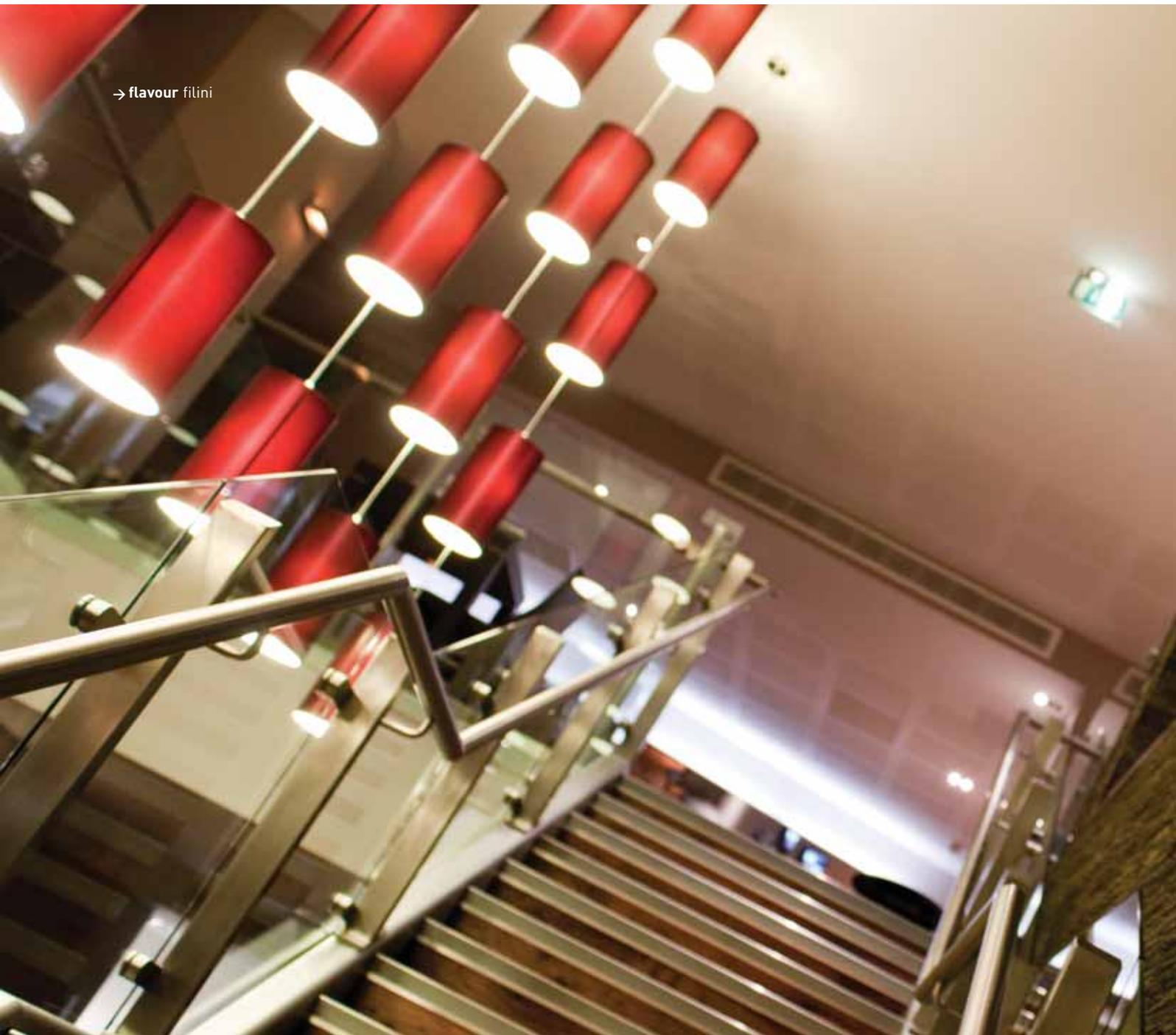
Tel: 0117 9372 501



THE  
NATIONAL  
TRUST

National Trust membership is a wonderful thing to give and receive at Christmas. It's great value and gives recipients access to 300 historic houses and gardens across the country, all year round. Members will get information about every local foodie events like farmers' markets, cooking demonstrations and other festivals.

To find out where you can buy great meat and other produce direct from National Trust tenant farmers, visit [www.nationaltrust.org.uk/wessex](http://www.nationaltrust.org.uk/wessex).



**This month Jessica Cooper goes in search of the taste of real Italy at the new Filini restaurant...**

Bristol isn't known for its skyscrapers, but the new Radisson Blu hotel that veers impressively cloudwards from the city-centre in an elegant ensemble of blue glass and steel is as close as it gets.

The recently-opened hotel is one of a huge brand that spans Europe, the Middle East and Africa, and its Filini restaurants that serve Italian-inspired cuisine are found across the UK.

The restaurant interior is contemporary with wooden floors, brightly coloured striped chairs and abstract pictures on its walls. There are great views over the city centre, with the Hippodrome and the floating harbour in clear view. Visit at lunchtime and you'll find a menu rapido of a main course of

pasta, risotto, pizza or salad and dessert for a reasonable £10.95 or £12.95 including a glass of house wine. The evening à la carte menu was certainly a good-looking one; antipasti of Parma ham with Tuscan garlic bread, followed by green pea risotto, roast prawns with tomato, garlic and olive oil – who could resist?

The meal began with a bread basket of flat breads and a focaccia as well as a bowl of fat, sweet olives all on the house which was a nice touch.

A cured meat and cheese antipasti plate (£6.25) had its moments; the Gorgonzola, pecorino and Parmesan cheeses were zingy, and complemented the flavours of breasola and salami.



# Filini

My starter of shrimp salad (£7) was a generous mound of baby gem lettuce, rocket, finely chopped tomatoes and small prawns, although a little more seasoning wouldn't have gone amiss.

The meal really shone, however, with the arrival of my grilled sea bass (£12.95). Two generously sized fillets, beautifully grilled, and lying on a heap of fresh spinach with toasted pine nuts and some punchy pesto – this was the kind of dish I could eat again and again. I enjoyed every mouthful, washed down with a fruity glass of Bolla Soave Classico (£5.50) and accompanied with a side of rosemary roast potatoes (£2.75). Meanwhile, my dinner date approvingly tucked into his Fiorentina pizza (£9.95) of a thin, crusty base heaped

with tomato, mozzarella, spinach, ricotta and garlic.

To finish came two classic Italian desserts of tiramisu (£4.50) laden with chocolate and coffee. The gamble of choosing the less ubiquitous toasted almond semifreddo (£4.50) paid off. I was rewarded with a sweet and very almondy ice-cream that was delicious.

Add to this the winsome smiles and charming service of our authentic Italian maître d' and it adds up to a dining experience that towers over many others. ■

Filini at Radisson Blu  
Broad Quay  
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Visit: [www.radissonblu.co.uk](http://www.radissonblu.co.uk)





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# Demuths

Rachel Demuth started cooking at Neal's Yard Bakery in Covent Garden, London, then opened Broad Street Bakery in Bath. For the last 20 years Demuth's restaurant, and now the Vegetarian Cookery School in Bath, share her exciting new food ideas and skills that she gleans from her world travels. Green Seasons Cookbook is her third vegetarian cookery book and follows her best selling Green World Cookbook.



## Special Christmas offer for **flavour** readers!

Green Seasons Cookbook is Rachel Demuth's 3rd cookbook with 120 delicious and inspired recipes that change with the seasons from Demuth's Restaurant. **flavour** readers can buy the book for £16.50 including post & packaging (UK only) a saving of £5. To order please email [us@demuths.co.uk](mailto:us@demuths.co.uk) or phone **01225 427938** and quote 'flavour offer'

## VEGAN BORLOTTI BEAN AND CHESTNUT STEW

A deliciously rich chestnut stew, flavoured with robust herbs and red wine, best made the day before, for the flavours to infuse the beans. Perfect for Christmas as can be made in advance and very warming after a hearty walk.

**Serves: 4**

### Ingredients

- 2 medium leeks, cut into thin rounds
- 2 tbsps olive oil
- 2 medium carrots, cut into thick rounds
- 3 garlic cloves, peeled and finely sliced
- 4 sage leaves
- 2 large sprigs of rosemary
- 1 tbsp fresh oregano, chopped
- 1 tbsp plain flour
- 200ml red wine
- 300ml water
- 1 tsp vegetable bouillon powder
- 1 bay leaf
- 2 fresh or dried red chillies, deseeded
- 4 tomatoes, cored and roughly chopped
- 1 tbsp shoyu
- 400g tin borlotti beans or 200g cooked borlotti beans
- 250g chestnuts, ready cooked
- Handful of fresh parsley, chopped
- Salt and freshly ground black pepper

### Method

- 1 Heat the olive oil in a large lidded saucepan and sauté the leeks until softened.
- 2 Add the carrots, garlic, sage, rosemary and oregano, cook for a few minutes with the lid on.
- 3 Stir in the flour, followed by the red wine, water, vegetable bouillon powder, bay leaf, chillies, tomatoes and shoyu.
- 4 Simmer for 20 minutes, until the carrots are tender but still have a bite to them.
- 5 Add the borlotti beans and chestnuts.
- 6 Check the seasoning and cook for a further 10 minutes.
- 7 Finish with chopped parsley and a twist of freshly ground black pepper.
- 8 Serve with celeriac and potato mash



## WHITE CHOCOLATE, PISTACHIO AND ORANGE CHRISTMAS PUDDINGS

A lighter but equally sumptuous alternative to traditional Christmas puddings.

**Serves: 6**

### Ingredients

- 4 tbsp maple syrup
- 100g unsalted butter and extra for greasing
- 75g caster sugar
- 3 eggs, beaten
- zest of 1 orange
- 3 tbsp Cointreau
- 75g self-raising flour
- 1 tsp baking powder
- 1/2 tsp ground cinnamon
- 75g unsalted pistachios, roughly chopped
- 100g white chocolate, roughly chopped
- 75g fresh white breadcrumbs
- 6150ml metal pudding basins.
- Extra maple syrup for drizzling and pistachios for decoration

### Method

- 1 Pre-heat the oven to 180c /Gas mark 5.
- 2 Grease the pudding basins with butter and line each pudding basin with a square of greased baking parchment big enough to cover the base of the pudding basin. Divide the maple syrup between them.
- 3 Cream together the butter and sugar until smooth and creamy. Beat in the eggs, orange zest and Cointreau. Sift the flour, baking powder and cinnamon and fold into the butter and egg mixture.
- 4 Fold in the pistachios, white chocolate and breadcrumbs.
- 5 Spoon the pudding mixture into the pudding basins, until each is two-thirds full.
- 6 Steam the puddings in the pre-heated oven. Place the puddings in a roasting tin and fill with boiling water to a depth of 3cms. Cover the top of the roasting tin securely with silver foil greased on the underside so that it doesn't stick to the puddings, and bake for 20 to 30 minutes. Check the water level after 15 minutes and if necessary top up with boiling water.
- 7 Turn out and serve with a drizzle of maple syrup, a sprinkling of pistachios and caramel oranges.



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**Pophant's**  
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# Dirty Girl

## DIARY



Known for giving the big two to the big four, **Rebecca Sullivan** is a staunch soldier for the green revolution who worked on the launch of both the Real Food Festival in London and Slow Food Nation in San Francisco. Picking up her London life six years ago, Rebecca recently moved to a smallholding in the Cotswolds to embark on various foodie adventures such as digging trout ponds, building smokehouses, installing beehives and making jam for her community-supported agriculture project 'Dirty Girl Kitchen'. With her finger firmly on the pulse, each month Rebecca gives monthly recommendations that no foodie should be without...



### Drinking Big

If the name Jellymongers wasn't enough to get your attention, the world's largest punch bowl might. In 1694, the Admiral Edward Russell created a punch bowl so large that the cocktail contained 2,500 lemons and was served by a small boy in a boat.

So that is what Courvoisier and Bompas & Parr decided to do, only bigger and better. In December, using the wildest innovation and technology, 33 Portland Place in London will be turned into one giant punch bowl. A punch bowl so large a boat will be rowed across it. The installation will be opened to the public for a grand celebration and to raise money for charity.

Visit: [www.jellymongers.co.uk](http://www.jellymongers.co.uk)

### Turrón

Turrón is the greatest tasting sweet treat from Spain. Made from ground almonds and



honey, it has traditionally only been available at Christmas. Due to its enduring popularity, Iberica in London have made it available all year round from this December from £5.00. To get yours in time for the Christmas stocking, visit: [www.ibericalondon.co.uk](http://www.ibericalondon.co.uk).

### Go Nuts

Everyone spends the majority of December nibbling nuts and this year I am smuggling bags of these Arabica goodies back to Oz, as I have never tasted nuts so fresh before. They have sourced the best traditional nut roaster in Lebanon, who uses two methods depending on the type of nut or seed. Each type of nut needs an exact temperature and time for roasting to preserve the alkaloids that give each type its distinctive taste. From hazelnuts to cashews, you won't ever buy them from a supermarket again. Order them now at [www.arabicafoodandspice.com](http://www.arabicafoodandspice.com)



### Vodka with a conscience

With an eco-friendly local vodka on offer, what more of an excuse do you need over Christmas and new year to get stuck into the Vodka martinis? Chase Vodka's crops are grown on their farm in Hereford. They feed the cows on the waste potatoes; use the potato peel as compost and the waste from the still to irrigate the fields. Eventually they plan on running all their vehicles on bio-diesel. And did you know it only takes just under 1 drink mile to produce one bottle of their vodka? Plus it just happens to be the tastiest vodka I have ever had smooth and creamy. Drink anyone? Available in Waitrose nationwide from £24.99. Visit: [www.chasedistillery.co.uk](http://www.chasedistillery.co.uk)



Claiming to be the oldest licensed premises in Bristol, The Rummer Hotel is also reputed to be the site from which Samuel Coleridge launched his famous periodical *The Watchman*. This month **flavour** calls in to find out whether one of the city's most historical watering holes can better its reputation for outstanding drinks under the leadership of head chef Richard Marshall.

# the rummer hotel

Tucked away down the side of St. Nick's market, The Rummer Hotel dates as far back as the 13th century and has played host to a number of famous visitors, including Elizabeth I, Charles I and II, William III and Oliver Cromwell. Today, it still boasts a thick velvet curtained entrance which does admittedly make for a great sense of mystique, but a lack of natural light undoubtedly makes it more of an autumn winter venue, when its roaring open fire and dark leather upholstery really come into their own.

Having reopened in 2005 after a two year refurbishment, The Rummer has long been known for its extensive drinks list which offers pages upon pages of different spirits; these guys really know their stuff. Yet within the past 8 months, it's the food that's really been the focus of the team's attention, and have as a result drafted in the help of head chef Richard Marshall, who after spells in London at *The Blueprint Café* and *The Cow*, worked alongside Nathan Muir at beloved Bristol gastro *The Robin Hood's Retreat*.

The menu at The Rummer offers five starters, five mains and four desserts. Essentially Marshall takes the best of the season's produce and allows ingredients to speak for themselves by cooking them simply. If the colder months are when the Rummer comes into its own, this is certainly reflected in the menu, which features everything from a rustic game terrine to comforting offerings of braised pork belly and roast duck breast.

Proceedings got underway with a generous bowl of clam chowder with crispy pancetta (£5.95), a real winter warmer that was both decadently creamy and perfectly seasoned;

there is little need for extra salt where pancetta is involved, an all too frequent mistake that was not made here.

Despite the temptation of a sea bream fillet cooked in a saffron broth (£13.95) the wild venison, juniper and chocolate pie served with mash, bashed carrot and swede (£12.75) proved irresistible. The use of chocolate here was subtle and thankfully didn't overpower the delicate chunks of venison folded in crispy puff pastry. The portion of accompanying veg was perhaps too generous and threatened to leave the impression that the dish was too heavy, yet on balance, I can think of far worse culinary crimes than liberal helpings. A glass of Saint Clair Pinot Noir (£5.25) with its soft, full palate and hints of spicy oak proved to be a worthy match for stronger flavours in the dish and, dare I say it, just as good as a French example.

Unfortunately I couldn't manage another morsel, but I was sure to check that the vanilla pod rice pudding with maple baked fig (£4.50) would still be on the menu for my next visit – what an potentially interesting twist on a British classic.

A truly hidden gem and an institution within Bristolian history, The Rummer Hotel is without doubt one of the city's best kept foodie secrets. If you're looking for a cosy hideaway with a well appointed menu, then look no further. And be sure to stay for a *digestif*; you won't be disappointed! ■

The Rummer Hotel  
All Saints Lane  
Bristol  
BS1 1JH

Tel: 0117 9294243  
Visit: [www.therummer.net](http://www.therummer.net)



“ A truly hidden gem and an institution within Bristolian history, The Rummer Hotel is without doubt one of the city’s best kept foodie secrets. ”

