



Mid Wales is becoming renowned for good, fresh and local produce, and it has a lot to offer: From eating in wonderful restaurants, or the many tea rooms and cafes available, to being able to purchase great food to take home with you – you're spoilt for choice, no matter where you visit.



Lots of members of **Green Holidays in Wales** are massive "foodies" and if you stay with one of us, we will be very happy to tell you about our favourite local food and food businesses and help you taste the best of what Mid Wales has to offer.

We hope you like our latest newsletter and that it will help you to make the most of your next stay in lovely Mid Wales.

Green Holidays in Wales is a friendly group of holiday accommodation providers and other tourism businesses, dotted throughout Mid Wales, working together to become more sustainable.

Our aim is to provide a diverse range of enjoyable and affordable green eco holidays for visitors to the region. At the same time we are reducing the impacts our businesses have, both in the local environment and in the wider world.

For even more info about us, go to www.greenholidaysinwales.co.uk

Just the best Apple Cake

1 pot of natural yoghurt
(Muller Light vanilla flavour is good)
Then using the yoghurt pot:
2 and a half pots of caster sugar
3 pots of plain flour
Three quarters of a pot of sunflower oil
3 teaspoons baking powder
3 large eggs
Couple of drops vanilla essence
3 baking apples
(Or you could use any fruit you like)

Method

Empty the yoghurt into basin, add the remaining ingredients (except the fruit).
Use an electric whisk to mix until smooth.
Roughly chop the apples into the mixture and stir in.
(The mixture is quite runny)

Line the bottom of two (or three) sandwich tins. (The bigger the yoghurt pot...)

Bake in the oven at 180°C for 1 hour or until the cake tester comes out clean.

I make double and triple-decker cake sandwiched with cream. Great as a pudding or a cake. It is very moist and it never lasts long!

Rose Cottage, Dutlas, Knighton, Powys LD7 1YB
John & Marge Rickerby
01547 510028
rickerbyfamily@btinternet.com
<http://www.rosecottageutlas.com>

Guidfa Lamb

1 Cambrian Mountains rack of lamb
125g lambs liver, chopped
30g butter
1 small onion, peeled and chopped
30g sultanas
60g fresh white breadcrumbs
1 tbsp mixed fresh herbs
Salt & pepper
For the coating
60g plain flour
1 large egg
100g dried breadcrumbs
30g lard

Fry onions in butter until soft, add liver and fry to seal and then add the fresh breadcrumbs, sultanas, herbs and plenty of seasoning, leave to cool.

Meanwhile, cut all the bones from the lamb. Spoon the cold stuffing in the centre of the joint and roll up so that the fat is on the outside - secure it in place with cocktail sticks. Put the flour, egg beaten with a little salt, and the dried breadcrumbs on to separate plates: then coat the joint first in the flour, then the egg and finally in the breadcrumbs so the meat is completely covered. Put the joint onto a plate and leave in a cool place for at least one hour. Heat the dripping in the roasting tin and fry the joint quickly so it browns on all sides, then transfer it to a moderately hot oven 190°C/Gas Mark 5 for 1¼hrs - 1½hrs or until meat is cooked. Baste the joint every 30 minutes to create a crispy surface, leave to rest and then serve cut into slices.

Anne & Tony Millan
Guidfa House, Crossgates, Llandrindod Wells
Powys, LD1 6RF
Phone: 01597 851241
www.guidfahouse.co.uk





Alternatively, you can always buy great food to take back home with you once you've visited Mid Wales; this page shows you just a few examples:

Telegraph article Have a look at this article, from the Telegraph, to see what they said about the Radnorshire Arms pub in Beguildy... The food is usually good, the landlord is always a good host, plus the beer is excellent.

Hill Cottage Organic Market Garden

Hill Cottage
Rhos-y-meirch
Knighton Powys
LD7 1PD
01547 528315
Mick and Alice

They visit Presteigne and Knighton farmer's markets and also have a stall behind Knighton Hotel on Thursday mornings, then a stall in the Presteigne Assembly rooms on Friday mornings – they also run a veg-box scheme. Mick and Alice grow their veg themselves, or are otherwise locally sourced.

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Or why not indulge whilst you're here...

Penbont Tea Room in Elan Valley

Opened in April 2012, the owner Sandra has created a really traditional Welsh tea room with memorabilia, in the cozy cottage rooms, which is set in a stunning location overlooking the Elan Valley reservoirs and Pengarreg Dam. Homemade food is served, ranging from cream teas, including fresh scones and homemade strawberry jam, plus homemade soups and tasty sandwiches; all served on slate plates or the best china, and completes the Welsh experience. A must visit for anyone who is looking for somewhere special! You can find Penbont House just below Pengarreg Dam in the Elan Valley, 7 miles from Rhayader, Mid Wales. Please check for seasonal opening times.

Penbont House Tea Rooms

Sandra Sankey contact telephone – (01597) 811515

Bob The Butcher Sausages – Rhayader

Located in Rhayader town, Bob the Butcher is well known as a supplier of quality local Welsh meats, including beef, lamb and free range poultry. His award winning Welsh sausages have got to be tasted.

To pre-order your meat please ring Bob on (01597) 810342.

The Wild Swan Holistic Emporium – Rhayader

A visit to the Wild Swan can make you stay healthy (and happy!)

Tasty traditional oven-baked bread delivered daily and Artisan Bread every Friday from the award-winning Alex Gooch, Hay-on-Wye.

Freshly made rolls, salads, quiches and flans. With all dietary requirements catered for. Organically grown and certified Organic Fruit and Vegetables. Fresh coffee ground to your taste.

If you are walking, rambling or maybe just exploring the area by car then The Wild Swan Deli Bar can provide you with your own picnic hamper with food and drink of your choice to help make a great day out.

They stock a good range of pre-packed cereals, grains, flours, fruit, nuts and snacks. And the Dry Food Dispenser system makes it easy for you to pick or mix and match your favourite cereals.

Telephone 01597 811632

Wild Swan Deli

Lon Lodges, Nantmel, Rhayader, Powys, LD6 5PE
Kerena Pugh

www.lonlodges.co.uk

info@lonlodges.co.uk

Tel: 07929 539874



Food in Machynlleth

Machynlleth has a great range of locally produced food thanks, in part, to:

Butcher **Will Lloyd Williams**

BBC Food & Drink Award winner for local lamb, beef and all types of meat, including his Four Seasons Box and Cushion of Welsh lamb.

[Will Lloyd Butchers](#)

Wynnstay Hotel's Gareth Johns, Master Chef and Slow Food practitioner. All ingredients "Welsh where possible, and ideally from within 50 miles of the kitchen door", and all food "Good, Clean & Fair".

[Wynnstay Hotel](#)

(This also has a list of their suppliers, which is a good guide to what Machynlleth has to offer.)

Blasau Delicatessen

The Hammond family stock local organic vegetables, organic spirits and wines and have a deli counter to die for. Wonderful pates, tasty local cheeses and a cafe for tea and Bara Brith.

6 Penrallt Street, Machynlleth 01654 700410

In the Cafe Glas, Y Tabernacl, Jane Parry offers a wide range of fantastic home-made cakes and delicious coffee, speciality teas, soft drinks.

[Blasau Delicatessen](#)

Nicola Ruck

Yr Hen Stablau

Pantlludw

Machynlleth

Powys SY20 9JR

stay@selfcateringcottagewales.co.uk

And another mention worthy of note:

[Quinces of Newtown](#)

Lovely little deli showcasing Welsh & local products. They make beautiful chocolates on-site and it's run by the owners of [Penarth Estate Vineyard](#), so you can buy their delicious wines and sparkling wines too. Definitely worth taking home...

The Old Vicarage, Dolfor, Newtown, Powys, SY16 4BN

Tim & Helen Withers

01686 629051

tim@theoldvicaragedolfor.co.uk

<http://www.theoldvicaragedolfor.co.uk>

In New Radnor, at Brookside farm, Radnorshire Ales make a variety of craft ales, using Spring water from the farmyard. Beer is available to buy by the bottle, and visitors can see the beer in production.

The Harp Inn at Old Radnor, dating back to 15th C, offers fantastic views of the valley. Delicious seasonal, locally produced food and beer served evenings, then lunchtimes & evenings at the weekend.

Deli Tinto, Presteigne, offer fine food from Spain, Wales and the Marches. Award winning tiny deli, with a warm welcome.

Radnor Hills Holiday Cottages, Cwm Broadwell Farm, Mutton Dingle, New Radnor, Powys LD8 2TL

Sally Hamer

01544 350456

asson.hamer@virgin.net

Great Oak Foods in Llanidloes sell both local and organic produce including Welsh cheeses, beer, cider, fruit and vegetables in season - some of which is grown within a five mile radius of the town. Artisan bread, duck and hen's eggs, honey and apple juice are also available. See their website for more information, including what is in season.

[Great Oak Foods](#)



The Old Coach House Warm Chocolate Brownies with Merlyn Cream Liqueur

Makes 4 - Easily Doubled

Preparation time – 30 minutes including cooling

Cooking Time – 15 minutes

Ingredients

100g/4oz Welsh butter, cubed
100g/4oz FairTrade Dark Chocolate
2 free-range eggs
175g/6oz caster sugar
25g/1oz cocoa powder
50g/2oz plain flour
25g/1oz FairTrade White Chocolate
25g/1oz FairTrade Milk Chocolate
A handful of mini marshmallows
Ice Cream – to serve

For the sauce

75ml/ 2.5fl oz of Merlyn liqueur (or Baileys)
50g/2oz FairTrade White Chocolate

- 1 Heat the oven to 180C/Fan160C/gas 4. Butter four muffin tins.
- 2 Melt butter and dark chocolate in a bowl over a pan of gently simmering water, making sure the base of the bowl does not touch the water. Stirring occasionally. Allow to cool slightly.
- 3 Break the eggs into a large bowl, add the sugar. Whisk with an electric mixer on maximum speed for about five minutes until the mixture is pale and has doubled in size. Pour in the cooled chocolate mixture, fold together carefully.
- 4 Sift the cocoa powder and flour and fold in. Stir in chocolate and marshmallow.
- 5 Spoon into muffin tins, easing into corners, and tap to level.
- 6 Bake for 15 minutes or until firm to the touch.
- 7 Remove from the oven and leave to cool in the tin.
- 8 For the sauce: Pour the liqueur into a pan, bring to the boil, then remove from heat. Whisk in the white chocolate until melted.
- 9 Warm the brownies in the oven for 5 minutes, and serve with ice cream and the sauce drizzled over.

(Per serving: 816 calories, protein 9g, carbohydrates 98g, fat 44g, saturated fat 23g, Fibre 2g, sugar 85g, salt 0.65g)

*The Old Coach House, Dolcorsllwyn, Aberangell,
Machynlleth, Powys, SY20 9AB
Sue & Paddy McKillop, 01650 511333*

Liz's Traditional Welsh Bara Brith

Ingredients

1 Cup cold tea (such as Glengettie or Morgan's Brew)
1 Cup Sultanas
1 Cup Raisins
1 Cup Caster Sugar
1 free range egg
1 tablespoon of marmalade
2 Cups of Self Raising Flour

Method

Grease & Line a 2 lb (1Kg) loaf tin
Soak the dried fruit overnight in the cold tea
Next day add the sugar, egg and marmalade and stir well
Fold in the flour then pour into the tin
Cook at 160 C Gas Mark 3 for about 1½ hours until risen and browned
Cool and remove the lining before storing.
Keeps well and freezes.
Lovely sliced and spread with Welsh butter.

*Best wishes from Blaenglanhanog
www.carnocottage.co.uk*



So, to come and stay anywhere in
Mid Wales or to receive future
newsletters, please go and sign-up
at our website

www.greenholidaysinwales.co.uk