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EAST CORK FOOD & DRINK FESTIVAL

SUN 28th AUG - SUN 4th SEPT '22

www.feastcork.com

## PROGRAMME OF EVENTS

### Sunday 28th August '22

#### A Coffee and a Canter

Location: **Aghada GAA - Sideline Café and Amenity Walkway**  
Time: **11.00am - 1.00pm**  
Pop down to enjoy a coffee and muffin from Aghada's newest coffee spot and take a stroll along the newly developed pathway around the perimeter of the GAA Sports Complex in Rostellan. Completed by club volunteers, this new walkway is the perfect place to get active while taking in the local beauty spots of Cork Harbour and Rostellan Woods - you may even catch some action on the pitch!  
**Booking info:** No booking required - Join us on the day.  
Coffee & Muffin: €4 and Free Fruit for children.

#### FEAST Together Again

Location: **SAGE Courtyard, Midleton**  
Time: **2.00pm - 8.00pm**  
In celebration of the return of FEAST Cork Food & Drink Festival, SAGE Courtyard will host a great line up of food, music, wellness and banter. Local East Cork Artists Paul & Michelle, Eoin Jordan, The Hollyz, August Walk and more will keep you entertained while you enjoy a range of seasonal BBQ fare cooked on an open fire and Danú Wellness will be onsite offering a range of short treatments to help you unwind and get festival ready. So join us with family & friends to kick back and enjoy great food and music in a relaxed setting.  
**Booking info:** Join us on the day - No Booking Required. No charge for entry. Please note this is not a full sit-down event. Seating will be a first come, first serve basis. Food, Beer & Wine can be purchased on the day.

### Monday 29th August '22

#### East Cork Small Plates - Demonstrations & Tastings

Location: **Ballymaloe Cookery School, Shanagarry, Co Cork.**  
Time: **2.30pm - 4.30pm**  
Join us for an Afternoon Cookery Demonstration at Ballymaloe Cookery School. Learn to cook a range of East Cork small plates, taste the food, take home the recipes.  
**Booking info:** €70 per person includes recipe pack and tastings. Booking is essential. To book <https://securebk.ballymaloecookeryschool.ie/booking/9022553>.

#### BBQ at The Hunted Hog

Location: **The Hunted Hog operated by Castlemartyr Resort**  
Time: **6.30-10.30pm**  
Music: Fun and BBQ at the Hunted Hog! Traditional Irish Pub on main street Castlemartyr - with a BBQ on the Riverside Terrace on Monday 29th August. For those able to enjoy a tipple on the night we would be delighted to kick off the celebrations with a Jameson cocktail sampling plus lots of drink options from the Hunted Hog bar team. Enjoy BBQ in the wonderful setting by the Kiltla River and listen to great live music a fabulous start to FEAST Cork 2022!  
**Booking info:** €28 per person and include live music, a range of BBQ dishes prepared with local produce, salads and freshly baked breads plus desserts - all set in the grounds of https://www.thehuntedhog.ie/events-and-partiesgorgeous / local online or Call 021 421 9000

#### Taste of Ballymaloe

Location: **Ballymaloe House, Shanagarry, Co.Cork**  
Time: **7.30pm - 11.00pm**  
On this Monday summers evening at Ballymaloe House, their 4-course menu will include their generous Hors D'Oeuvre buffet starter, main course, cheese course and finished with a tasting tray from their famous dessert trolley, all paired with wines chosen by head sommelier Samuel. Ballymaloe House are delighted to be part of FEAST 2022. With so many delicious foods and drinks to celebrate here in East Cork. This 'Taste of Ballymaloe' evening will be a tribute to their own gardeners and local producers and Head Chef Dervilla O'Flynn's dedication to seasonal Farm to Fork cooking.  
Places are limited, so please book early to secure your place.  
**Booking info:** €105 per person. Book direct with Ballymaloe House by phone 021 465 2531. Payment due to secure booking.

### Tuesday 30th August '22

#### Rostellan Farm Milk Experience

Location: **Rostellan Farm , Midleton, Co. Cork**  
Time: **11.00am - 2.00pm**  
Bring your walking boots to enjoy a Farm tour and meet our 'Happy Holstein Herd', see how our milk is produced and enjoy a tasting of our Farm house, gardens and gin distillery. Lunch will be lovingly prepared by Ballymaloe House Chef Sarah English using ingredients from our walled-garden produced artisan fine foods and crafts.  
**Booking Details:** Free Event - No Booking Required - Join us on the day.

#### BeeWild Journey

Location: **Ballinookera Farm, Whitegate**  
Time: **6.00pm - 8.30pm**  
Beekeeping workshop, honey tasting, forest bathing, mindfulness session in nature.  
**Booking Details:** €55 per person. Contact Kate 0872559698

#### Whiskey Tasting @ JJ Coppinger's

Location: **JJ Coppingers, Midleton**  
Time: **7.30pm - 10.00pm**  
In association with Feast - East Cork Food & Drink Festival, J.J. Coppinger's & The Midleton Distillery is proud to host a whiskey masterclass at 55 Main Street showcasing the unique whiskey's of the Midleton Distillery. If some of your favourite things in life include Irish whiskey, music, and the finest food then you'll want to snap up a ticket for this event, the exclusive event hosted by J.J.Coppinger's as part of FEAST festival. Taste and learn about Midleton distillery's range of deluxe and rare Irish whiskeys (Redbreast 12, Jameson 18, Powers John Lane, Method & Madness) as part of a 4-course food pairing with carefully chosen nibbles by Chef Owen Davidson. Join us for an extra special deluxe whiskey masterclass. Guests will be treated to one of J.J.Coppinger's whiskey specialties as each is offered a choice of garnish (cherry, mint sprig, orange, lemon or cranberry). Each course will be followed by music by local artists as guests sit back, savour the taste of the whiskey and food fusion and soak up the atmosphere. A feast for the senses. The event will be curated by one of Jameson's leading experts here in Midleton.  
**Booking info:** Book via Eventbrite.

### Wednesday 31st August '22

#### BeeWild for Kids

Location: **Ballinookera Farm, Whitegate**  
Time: **12.00pm - 1.30pm**  
Interactive workshop: Beekeeping, honey tasting, growing food.  
**Booking Details:** €20 per child €25 per adult. Contact Kate 0872559698

#### Bertha's Revenge Gin Distillery Tour, Tasting & Lunch

Location: **Ballyvolane House, Castletyons, Co. Cork, P61 FP70**  
Time: **12noon - 3.00pm**  
Join us on Wednesday, 31st August for a "Meet the Maker" tour of Ballyvolane House and Bertha's Revenge Gin distillery followed by a long-table lunch in the dining terrace overlooking the glorious gardens. Enjoy a 'gin-wag' during lunch with fellow guests and Justin Green, co-founder and distiller of Bertha's Revenge Gin.  
The event will kick-off at 12noon with a refreshing B&T (Bertha's & Tonic) and as soon as everyone has arrived, Justin will take the guests on a tour of the house, gardens and gin distillery. Lunch will be lovingly prepared by Ballyvolane House Chef Sarah English using ingredients from our walled-garden and farm. We would urge you to book early to avoid disappointment. It promises to be a fun and sociable event in a magical bucolic setting. We hope you can join us!  
**Booking info:** €42.50 per person to include a Bertha's Revenge Gin & Tonic (B&T) on arrival, house and distillery tour, a 2-course lunch with wine at Ballyvolane House. To book tickets, email us on [info@ballyvolanehouse.ie](mailto:info@ballyvolanehouse.ie) and we will email the booking link to you.

#### Surf & Turf BBQ @ Sea Church

Location: **Sea Church, Ballycotton**  
Time: **6.00pm - 8.00pm**  
The term surf'n'turf refers to a dish containing both seafood and meat - produce from the sea and land. Sea Church we will be serving a delicious, chargrilled Hereford sirloin steak, topped with Asian style prawns, onion confit, baby gem lettuce, ranch dressing served on grilled ciabatta. Made complete with Sea Church relish and baby leaf salad on the side, and a pint of our own Ballycotton IPA, all for just €14.95. Be sure to join us to avoid of this one-time offer to celebrate FEAST 2022, sure you'd be mad not to!  
**Booking info:** 021 234 0525 or email: [reception@seachurch.ie](mailto:reception@seachurch.ie)

### Thursday 1st September '22

#### Seafood Night at Ferrit and Lee

Location: **Ferrit and Lee, Midleton**  
Time: **6.45pm**  
A night of seafood to 'feast' your eyes upon, showcasing the best of local East Cork produce. The meal will consist of 4 courses, three delicious seafood courses and dessert to finish, including a suitable wine pairing, carefully chosen by our own Jen Newman.  
**Booking info:** €75 per person, can be booked by phone 0214635235 or email [info@ferritandlee.ie](mailto:info@ferritandlee.ie)

#### Forest Bathing

Location: **Ballinookera Farm, Whitegate**  
Time: **7.00pm - 8.30pm**  
Forest bathing, mindfulness session in nature, meditation and breathwork.  
**Booking info:** €25 per person. Contact Kate 0872559698

#### Cocktail Masterclass at JJ Coppinger's

Location: **JJ Coppinger's, Midleton**  
Time: **7.30pm - 10.00pm**  
JJ Coppinger's will host a cocktail masterclass in association with FEAST. Join us at 55 Main Street to enjoy a fun and interactive Cocktail Making Masterclass! Our very own mixologist Sergio will be showcasing the elusive art of Cocktail Making. Learn how to muddle a Mojito or shake a Martini with our Master Mixologist and acquire the tricks of the trade in making delicious yet strangely named beverages! Oh and of course there will be some tasting too.  
**Booking info:** €10 per person. Tickets available on eventbrite.ie

#### Ballycotton Pop-Up Dinner

Location: **The Blackbird Bar**  
Time: **7.00pm**  
The Blackbird Bar and The Field Kitchen hosts a night of Indian Cuisine with Christopher Braganza, aka The Spice Genie, recent winner of RTE's Battle of The Food Trucks.  
**Booking Info:** 3 Course Set Menu: €35 per person. WhatsApp Adrian: 087 2675063

### Friday, 2nd September '22

#### 1:1 BeeHive Experience

Location: **Ballinookera Farm, Whitegate**  
Time: **1.00pm - 2.30pm**  
1:1 BeeHive Examination. Intro to equipment & bees. With suits on, we open the hives, identifying different properties of the hive: pollen, honey, propolis, different types of bees, their behaviours and learn about whats going on during a given day/season.  
**Booking Details:** €70 per person. Weather dependant. Contact Kate 0872559698

#### Feast from Europe's East

Location: **Surf & Turf, Midleton**  
Time: **7.30pm - 9.30pm**  
Feast from Europe's east showcases the culinary heritage of proprietor and head chef Patryk Suchojad. This 5 course dinner will showcase local ingredients with techniques and recipes from Patryk's home country with influences also from his time in Cyprus and here in Ireland.  
**Booking info:** €60 per person. Surf & Turf - 0214634071

#### Wine Tasting & Sharing Plate Evening with Colm McCan and Ted Berner

Location: **Ballymaloe Grainstore**  
Time: **6.30pm - 2.00pm**  
An evening of organic, biodynamic and natural wine tasting including a sharing charcuterie plate with dips, cheese, bread, meats and salamis by Ted Berner of Wildside. Colm McCan is the wine teacher at Ballymaloe Cookery School. Awarded Food and Wine Magazine Sommelier of the Year during his time as Head Sommelier at Ballymaloe House. Colm works with Le Caveau, the specialist wine merchant.  
**Booking info:** €45 per person. Book via [www.ballymaloe.org](http://www.ballymaloe.org)

### Saturday, 3rd September '22

#### Midleton Farmer's Market

Location: **The Green, Town Parks, Midleton**  
Times: **9.00am - 1.00pm**  
Visit Ireland's original Farmer's Market which was formed by Darina Allen and local farmers to provide an outlet for their produce.  
**Booking info:** Join us on the day

#### Hash Bash & Beats

Location: **Sage Courtyard, Midleton**  
Time: **10.00am - 2.00pm**  
This year brings the comeback of an old favourite! To celebrate FEAST 2022, The Greenroom Hash returns to our menu - the brunch of choice for meat lovers, veggies and vegans alike! So join us for old times sake and brunch to the beats of The Old Greenroom playlist.  
**Booking info:** €15 per person. Book via website.

#### Family Picnic and Fairy Trail in association with Colbert & Co

Location: **Castlemartyr Resort**  
Time: **12.00pm - 2.00pm**  
Starting from 12-2pm on Saturday, 3rd September explore the fairy garden hidden within the woods by Canopy Restaurant and Bar, the new restaurant in Castlemartyr Resort, see if you can catch the resident fairies wearing a trail of fairy dust in their wake before finding a picturesque spot (there are many!) to enjoy a family picnic on the grounds. Served in wicker baskets with family favourites such as, homemade juice of the day, strawberries and melon slices, selection of sandwiches and wraps and a local cheese plate with chutney and crackers not to mention some sweet treats with white chocolate cheesecake and homemade cookies- PLUS a gift from the fairies!  
**Booking info:** The family picnic tickets cost €28 per Adult, with one child free\*.  
(Please note family picnic based on 2 adults and 2 children) \*additional kids are priced at €10 per child. [www.castlemartyrresort.ie](http://www.castlemartyrresort.ie) or call 021 4219000.

#### Food for the Soul - Hosted by Danú Wellness in association with Cully & Sully and Clean Coasts Ballynamona

Location: **Inch Beach, Whitegate, Co. Cork**  
Time: **10.30am - 8.00pm**  
How better to celebrate the beautiful East Cork Coast line by joining with Clean Coasts Ballynamona for a beach clean and Ocean Health Talk before getting into a day of Beach Bliss brought to you by East Cork's Wellness Community. From Yoga and Beach Blast Workouts to Meditative Sounds Baths and Talks of Wild Adventures - there's something for everyone. Pre-book a range of treatments including Reflexology, Massage, Energy Healing, Access Bars, Chakra Balancing and Beach Sauna Sessions.  
Cully & Sully have been SOUP'ing the BIGGEST Big Beach Cleans in Ireland with CLEAN COASTS 2019 and it continues to grow every year! You'll find them alongside Danú wellness heading up the day's food offering serving their delicious warming soups and rocking rissotto every evening!  
**Booking info:** Beach Clean & Ocean Health Talk: No Booking Required - Join us on the day  
**Therapies:** Book via [www.danuwellnesscork.com](http://www.danuwellnesscork.com)  
**Classes and Workshops:** Book with individual teachers - contact details listed below.  
**Food:** Join us on the Day - Cully & Sully, The Captain's Catch, Coffee, Ice-Cream

#### On The Beach - Events, Classes, Workshops

**Clean Coasts Ballynamona**  
Time: **11.00am - 12.30pm**  
Beach Clean and Ocean Health Talk

**Meditation and Chakra Balancing**  
Time: **10.30am**  
with Laura Ni Caoimhe of Lifeforce Healing  
**Booking info:** €5 per person. Text 0851596702

**Gentle Yoga For Everybody**  
Time: **11.00am**  
with Kate O'Connor from Laughing Buddha Yoga and Wellness  
**Booking info:** €10 per person. Text 0876638919

**Body Blast**  
Time: **12.30pm**  
Move your body to the vibe of the Ocean with Carol O'Brien from Fitness Freaks  
**Booking info:** €10 per person. To book text 0868112924

**Sound Bath**  
Time: **2.30pm**  
With Marcella Shama of Heartspace and Yoga Therapies  
Experience the healing Power of Tibetan Singing Bowls, Gongs, Shamanic Drums, Koshi Chimes and more.  
**Booking info:** Donation. Text 0838405332

**Earth Connection**  
Time: **4.30pm**  
with Kate Manning of Catch Cait podcast, travel writer and creator of BeeWild Journeys. Meet Kate as she chats with us about nature's most wild places as well as Beekeeping and growing food  
**Booking info:** €15 per person. Text 0872559698

**Celtic Healing Gathering and Fire On Harrys Rock**  
Time: **6.00pm**  
Followed by a dip in the Celtic Sea with Aisling Fraser of Danú Wellness.  
Experience the healing Power of Tibetan Singing Bowls, Gongs, Shamanic Drums, Koshi Chimes and more.  
**Booking info:** €15 per person. Text 087 7453925

**Paddy's Sweaty Sauna Sanctuary**  
Available all day at the beach. Text 089 4890790  
**Booking info:** €10 per person.

**Swell Surf School**  
Surf lessons all day  
**Booking info:** Text 087 9803206

#### Treatments - Bodywork and Energywork

Location: **Gypsies Caravan**  
Time: **10.30am - 7.00pm**

**Karen Jordan**  
1 to 1 Intuitive Healing combining a mix of modalities  
**Booking info:** €20 per 20 min session.  
[www.danuwellnesscork.com/connect](http://www.danuwellnesscork.com/connect)

**Micheala Bakos Repaska** Druid/High Priestess  
**Mini Dowling/Divination Pendulum**  
**Booking info:** €15 per 15 min session.  
[www.danuwellnesscork.com/connect](http://www.danuwellnesscork.com/connect)

**Energy Healing**  
Cleanse, Balance, Charge Chakras and so much more  
**Booking info:** €10 per 10 min session.  
[www.danuwellnesscork.com/connect](http://www.danuwellnesscork.com/connect)

**Crystal Bowls Sound Bath every hour**  
Times: **Every hour**  
**Booking info:** €10 per 20 min session.  
[www.danuwellnesscork.com/connect](http://www.danuwellnesscork.com/connect)

**Aislinn Dunne**  
Access Bars  
**Booking info:** €25 per 30 min session.  
[www.danuwellnesscork.com/connect](http://www.danuwellnesscork.com/connect)

**Facial Cupping, Indian Head Massage, Reflexology**  
**Booking info:** €20 per 20 min session.  
[www.danuwellnesscork.com/connect](http://www.danuwellnesscork.com/connect)

Location: **Blue Tent**  
Time: **10.30am - 7.00pm**

**Elixheli Lily**  
Massage, Healing Touch, Reflexology  
**Booking info:** €20 per 30 min session €20/€30/€40.  
[www.danuwellnesscork.com/connect](http://www.danuwellnesscork.com/connect)

**Robin Spigal**  
Reflexology, Sound Healing, Essential Oils, Chakra Balancing  
**Booking info:** €20 per 20 min session.  
[www.danuwellnesscork.com/connect](http://www.danuwellnesscork.com/connect)

**Laura Ni Caoimhe**  
Indian Head Massage  
**Booking info:** €20 per 20 min session.  
[www.danuwellnesscork.com/connect](http://www.danuwellnesscork.com/connect)

#### For Kids

**Beach Activities for Children with Maria Do Carmo Correia Forest School Leader**  
Activity begins 5 mins before each adult class/workshop begins  
**Booking info:** €10 per person. One hour all day. Text 085 70444797

#### Food

**Cully & Sully/The Captain's Catch/Coffee/Icecream**

### Sunday 4th September '22

## THE MAIN EVENT

#### FEAST Street Food Market

Location: **Main Street, Midleton**  
Time: **From 10.00am**  
Join us for the festival's much loved main event which see Midleton Main Street play host to some of Cork's finest street food stalls. A fun filled family day out also featuring crafts, live music, eating areas and family fun.

#### Lobster in the Square

Location: **The Granary, The Square, Midleton**  
Time: **10.00am - 4.00pm**  
Mick the Lobster Man will be serving his local lobster alongside fresh salads from The Granary Foodstore. There will be live music and plenty of outdoor seating available in the square.  
**Booking info:** No Booking Required - Join us on the day

#### Grub @ FEAST Cork Food Festival

Location: **The Green, Town Parks, Midleton (beside Hurley's Supervalu)**  
Times: **11.00am - 4.00pm**  
This year Grub Circus is continuing to the FEAST Cork Food Festival, for a day of fun extravaganza of family-friendly food-themed events, programmed and hosted by food writer Joe McNamee (Irish Examiner, Irish Restaurant Writer of the Year), including demos, tastings, talks and cooking competitions, and featuring some of Ireland's top food personalities. There will be plenty of opportunities for audience participation and to taste some of the finest Irish food and beverages around, particularly from East Cork.  
Programme highlights include:  
• Culinary Constellations with Michelin-starred chefs, Damien Grey (two-starred Liath, in Dublin); Rob Krawczyk (one-starred Restaurant Chestnut, in Ballydehob, West Cork); Ahmet Dede (one-starred Dede at the Customs House, Baltimore, West Cork) and Takashi Miyazaki (one-starred Ichigo in Ichio, in Cork City)  
• Also including Chefs Braganza Artists- Paul & Michelle, and Kevin Moore (SAGE & Co-Founder of Food Trucks)  
• Spice Genie Chris Braganza, recent winner of RTE's Battle of the Food Trucks  
• Smokin' Soul - the high kings of Irish BBQ, Smoking & Grilling, Pat Conway and Jim O'Brien, rock up to Grub Circus for a day of live fire masterclasses, demonstrations of their internationally renowned array of handcrafted BBQ kit, including smokers, grills and BBQs, and plenty of opportunity to taste some divine fire-cooked food. <https://smokingsoul.ie>  
• The Cully & Sully Children's Cooking Competition, with two youthful teams competing for prizes, and mentored by two top chefs.  
Instagram/Twitter: @GrubCircus & @jozeemac  
**Booking Details:** No Booking Required - Join us on the day

#### Family Fun with Cully & Sully

Location: **The Green, Town Parks, Midleton (beside Hurley's Supervalu)**  
Time: **From 11.00am**  
This year's festival has a strong focus on family fun with child friendly events and workshops running all day.  
**Booking info:** Join us on the day - no booking required. Check back for full itinerary before the big day.

#### Sage Courtyard On The Big Day

Location: **The Courtyard, Sage Restaurant, Midleton**  
Time: **11.00am until late**  
Live music from Local East Cork Artists- Paul & Michelle, Eoin Jordan, The Hollyz, August Walk and more to keep us all entertained throughout the day & into Sunset. Enjoy a range of tasty dishes from our festival menu including Caribbean style Gourey Curry with Jamaican rice & Korean style fried chicken and wash it down with one (or two) from our extensive may Craft Beer & Wine List.  
**Booking info:** No Booking Required - Join us on the day. Seating will be a first come first serve basis.

#### Grub - Celebrating Multiculturalism through Food

Location: **My Place, Midleton**  
Time: **11.00am - 2.00pm**  
Sample some food prepared by our community members with roots in over 15 countries around the world. Come along to sample some tasty treats and to chat with community members about how they have prepared their food and the secret behind the dishes.  
**Booking info:** Join us on the day - no booking required.

#### Meet the producers - Seaweed Talk and Tasting

Location: **Inch Hideaway, Glanturkin, Whitegate**  
Time: **1.00pm - 3.00pm**  
Join Aquatic Biologist Frances Gallagher and learn how to identify and forage edible seaweeds. You will learn about the areas to find the ultimate seaweeds and taste some samples.  
She will give you details also of the nutritional properties of seaweed and how to use it in your diet. The event will take place in The Barn at Inch Hideaway so can camping in East Cork and you will have the opportunity to head to the beach after the talk and try out your new skills at low tide.  
**Booking info:** €20 per person. Email [inchhideaway@gmail.com](mailto:inchhideaway@gmail.com).

#### The City in Sage

Location: **Sage Restaurant, Midleton**  
Time: **1.30pm - 4.00pm**  
SAGE brings 3 of Cork's Finest Restaurants to Midleton to celebrate the much anticipated return of FEAST 2022. This culinary coming together will see Michelin Star Chef Takashi Miyazaki of Ichigo, Beverley and East Cork Native Brian Murray of The Glass Curtain team up in the Kitchen to serve an informal Fusion Sunday lunch. Front of House, Ichie and East Cork Lattive Brian Murray will head up the Wine offering selecting and showcasing a blend of national wines for each course.  
**Booking info:** €90 per person including wine. Long table communal dining. Book via [www.sagerestaurant.ie](http://www.sagerestaurant.ie)

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