

## Deli of the Month



PHOTO: DAVID CLYNCH

Louise Clark

## Nude Food

There are delis who pride themselves on buying in the best. And then there are delis whose trade hinges on home-produced fare. Louise Clark's deli counter straddles both brackets, and this dynamic woman takes 'home-made' to such extremes that she is developing a kitchen garden out the back amongst the al fresco dining tables. It may take a little time, but she hopes to be as self sufficient as possible. In the meantime, she is ably supplied by the best Waterford and Ireland has to offer: Arbutus bread, Ardsallagh cheese, Hederman smoked fish, Govinda's chutney, Murphy's ice-cream, Crinnaghtaun's apple juices, Bubble Bros wine, and Solaris tea. Not everything is Irish – she does import coffee from Illy in Italy, as well as from UK-based organic, fairtrade coffee roaster, Grumpy Mule. Now so well-established in the local foodie

scene that she chairs this month's Waterford Food Festival (see page 17), Louise came to Ireland on a visit from London "a dozen years ago", and was so taken with the "French-looking" town of Dungarvan that she decided to stay. The locals have taken her in as one of their own – apparently something to do with their grá for her spiced lamb burgers, served on Broadway Bagels, which they will reportedly devour at 9.30am on a Thursday morning at her weekly market stall, Naked Lunch. So popular was the stall's fare that Louise made the leap to opening her deli and eatery across the square (open from early, sometimes till late, especially if the live jazz gets going). Everything is home-made, from parsley pesto to picallilly. Save some room for the home bakes. **86 O'Connell St, Dungarvan, Co Waterford; Tel: +353 (0)58 24594**

## Producers' Profile

## Crinnaghtaun Juice Co

Julia Keane has always loved apple juice. So much so that, in May of 1992, she decided she would do something useful with the perfectly tasty "grade-out" apples (ie those that are the wrong shape or size to sell on the retail market) that her fruit-farming husband was feeding to cattle. By October she had set up her own small-scale, cold-pressed apple juice company. The in-between stage was relatively straightforward: her Sussex-based sister-in-law put her in touch with local farmer-juicer Paul Caulfield who told her everything she needed to know, and the initial financial lay-out was minimised by sharing storage space with her husband's fruit at their Cappoquin farm. The hard part was accessing

an customer base willing to pay for a premium product. With so few delis around, and no farmers' market scene whatsoever, the supermarkets were her sole route to market, and she found them uncondusive to the promotional needs of small producers. Fast forward 17 years, and Julia's pale, elegant apple juice is stocked by many of the best delis in the south east and west of the country, and Butler's Pantry in Dublin. (She bottles in green bottles and adds vitamin C to halt oxidation, helping to keep the juice clear.) Her pure Cox's apple version is the morning juice of choice for the guestroom fridges in The Tannery – high praise indeed. Julia can be contacted on **+353 (0)87 2522 998, or emailed at [appleco@eircom.net](mailto:appleco@eircom.net)**.



## Farmers' Market Profile



## Barron's Bakery

If the name rings a bell, it is because this 122-year-old bakery was included in this page's recent list of the few Waterford bakeries still producing the traditional local speciality of blaa bread. It's not the only tradition Esther Barron and her husband Joe Prendergast are proud to keep going. Despite being "laboursome to work" the old scotch brick oven that her grandfather John Barron established, Esther enthuses that it is "wonderful to carry on these traditions". Besides, the old oven lends a unique flavour to their range of hand-moulded, slow-fermented yeast breads that keeps the locals flocking to their Cappoquin bakery. Community is fiercely important to Esther and Joe, who relish the two-way support that flows between their

business and the people around it. When their country-style loaf picked up an award in 2005 at the National Bakers' Bread Competition, they were overwhelmed by the response from locals who said how much the bit of positive local news had meant to them, spurring the pair to help organise an annual Cornerstone Carnival in late June. They run a market stall there, as well as another at Christmas, but also partake in the weekly Dungarvan farmers' market – more as a way of giving something back to the community and supporting the small farmers' stalls than because their well-established bakery really needs the outlet. "When you give, it comes back in abundance," explains Esther.

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