

## Saturday 26th August



Compère  
**Nicky Patrick**  
Radio Jackie



Test your speed in our Omelette Challenge!



Healthy Eating Talk by **Katharine Tate**, the Food Teacher



Cookery demonstration by **Chika Russell**, Chika's (African-inspired, boldly flavoured, vegetarian and gluten-free crisps and nuts) with beer pairing by **Harvey's Brewery** the oldest independent brewery in Sussex. Both sponsors of the Talks and Tastings Hub



Beer Tasting with **Harvey's Brewery**



Mauritian Cookery demo by **Selina Periampillai**, British-born Mauritian food pioneer, self-taught chef and food blogger

## Sunday 27th August



Compère  
**Matt Wilkinson**  
Heart FM



Test your speed in our Omelette Challenge!



Indian street food cookery demonstration by stallholder **Ray's Streetfood**



Cookery demonstration by MasterChef finalist 2017, **Steve Kielty** with wine pairing by **Benjamin Carfagnini** owner of local boutique fine wine merchant, **Friarwood**



Beer Tasting with **Harvey's Brewery**



Indian cookery demonstration by **Maunika Gowardhan**, Mumbai born Indian Food Writer, Chef & Cookbook Author with beer pairing by **Harvey's Brewery**

## Monday 28th August



Compère  
**Stephanie Brookes**  
Food Expert, BBC Radio London



Test your speed in our Omelette Challenge!



Baking demonstration by **Martha Collison**, Great British Bake Off Youngest Contestant



Cookery demo by **Rob Kennedy**, Executive Chef of the prestigious 'Royal Military Academy Sandhurst'. He has won over 85 Culinary Awards including 20 Gold Medals with wine pairing by **Benjamin Carfagnini** owner of local boutique fine wine merchant, **Friarwood**



Wine tasting by **Benjamin Carfagnini**, owner of local boutique fine wine merchant, **Friarwood**



Mauritian Cookery demo by **Selina Periampillai**, British-born Mauritian food pioneer, self-taught chef and food blogger with beer pairing by **Harvey's Brewery**