

For immediate release  
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## Rudding Park

### **RUDDING PARK'S 'WILD COOK' SHARES FORAGING FEASTS**

Harrogate's multi-award winning luxury hotel, Rudding Park, has launched its first online blog [www.thewildcook.com](http://www.thewildcook.com) which puts locally sourced and foraged food at the top of the menu.

Taking the 'Wild Cook' persona is the hotel's consultant chef, Stephanie Moon, who has a passion for hunting out the finest free food from the region's fruitful countryside and using the best locally sourced produce to create mouthwatering recipes.

The 'Wild Cook' blog celebrates food provenance in all its glory. Sharing tried and tested foraging techniques, Stephanie shows readers how to find the tastiest and safest of nature's treasures and transform them into delicious dishes inspired by her 'Yorkshire Food Heroes' menu served at Rudding Park's Clocktower restaurant.

Speaking about Rudding Park's new blog, Stephanie comments: "The 'Wild Cook' is all about going back to basics to find the finest ingredients which are readily available in our hedgerows, rivers and moorlands.

"I want to share everything I know about foraging and also give tips on sourcing great seasonal produce from local suppliers. My aim for the 'Wild Cook' blog is to give readers the tools and enthusiasm to create meals which are delightful as well as kind to the environment and easy on the pocket."

### **A WALK ON THE WILD SIDE**

Stephanie and her team of foraging friends have been on some inspiring countryside treks to the North Yorkshire Moors, Simon's Seat in the Yorkshire Dales and Rhubarb Triangle near Wakefield which have all led to a wealth of fruits, vegetables and game. During January's snow, Stephanie blogged about how to spot rabbit, deer, stoat and fox tracks and also gave tips on keeping our feathered friends well fed during the big freeze.

## **A RECIPE FOR INSPIRATION**

Food fans looking to turn their countryside harvests into fabulous feasts, will find the recipes section invaluable. Bursting with seasonal ideas, the 'Wild Cook' shares the secrets to dishes like **North York Moors Wild Duck Salad**, **Hot Jasmine Tea Smoked Kilnsey Trout** and **Flambéed Local Apples with Blackberries and Ampleforth Brandy Sabayon**.

The 'Wild Cook' also delves into recipes past sharing tips for retro game dishes like **Surprise of Pigeon** and **Mumble of Rabbits** as well as giving top tips for making classic jams and preserves.

## **LOCAL HEROES**

Reflected in the Clocktower's 'Yorkshire Food Heroes' menus, Stephanie is passionate about using the freshest produce from suppliers within a 75 mile radius of Rudding Park. As part of the 'Wild Cook' blog, Stephanie lists her favourite local suppliers in the 'Yorkshire treasures' section. From venison to vinegar and cheese to chocolate, the 'Wild Cook' promotes the finest regional produce and its suppliers, all of whom feature in Rudding Park's 'Yorkshire Food Heroes' repertoire.

Throughout the year, Stephanie will be logging on to [www.thewildcook.com](http://www.thewildcook.com) to introduce new foraging forays and exciting new recipes.

## **ENDS**

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### **Notes to Editors:**

Rudding Park is independently owned by Simon Mackaness and his family. Over the last 30 years, they have carried out a comprehensive programme of improvement and redevelopment which includes the opening of Rudding Holiday Park in 1978, the renovation of Rudding Park House in 1987 and the subsequent opening of the 50-room hotel in 1997.

The estate also comprises an 18 hole, par-72 golf course set in mature Parkland, complemented by an 18 bay floodlit driving range and golf academy. A new development of 18 luxury holiday lodges adjacent to the golf course opened in May 2006 and a par-3 six hole short course opened in April 2008. Work is currently

underway for a 34 bedroom hotel extension and spa, due for completion in November 2010.

Rudding Park was voted the 'Number One Hotel in the UK' in the TripAdvisor® Travelers' Choice Awards 2010. The accolade put the hotel at 'Number Six Best Luxury Hotel in the World'.

### **Special offers at Rudding Park**

A sample of Rudding Park's great offers include:

- **Three courses and coffee for just £20.10 in 2010.** Visit [www.ruddingpark.co.uk/offers](http://www.ruddingpark.co.uk/offers) for more information.
- **Free golf buggies for groups of eight or more.** Visit [www.ruddingpark.co.uk/golf](http://www.ruddingpark.co.uk/golf) for more information.
- **Bed and breakfast from £99.00 .** Visit [www.ruddingpark.co.uk/offers](http://www.ruddingpark.co.uk/offers) for more information.