

# Sardinian deli serves up slice of the Med

By Duncan Hall

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**A** NEW HAVEN-BASED importer of fine Sardinian food is celebrating its seven years trading in the UK by opening a new delicatessen.

L'Isola Buona Sardinian Specialities began from a family business in Sardinia.

"It was our beloved late father, very much of a visionary, who saw the demand for our fine produce in the British market," says Lucia Cuccureddu who runs the business operation from where the deli is based in the Bridge Industrial Estate, near Screwfix, in New Road, Newhaven.

"We're so proud to be thriving today, it was always our father's dream that his children would eventually get together and carry forward the family business and tradition. Having just opened our Italian organic deli and new online shop – we feel his blessings.

"Our strong working ethic, encouraged by our parents, meant that we recognized each of our individual abilities and how to apply them to both our company and for the benefit of our clients and customers."

Lucia is joined by her brothers – professional chef Antonello, who creates what he describes as tastebud-tantalising menus from the various imported ingredients, and Sardinia-based Salvatore who works closely with the business' handpicked farmers.

The products on offer range from pasta and bread to cooking



OPENING: Products on offer range from breads and pastas to sauces and authentic fish

sauses, preserves and a range of more than 20 wines from Sardinian vineyards.

There is also a range of cured meats, authentic fish products from smoked tuna to Sardinian caviar Bottarga gratugiata, and sheep and goats cheese products.

"We only source from farmers sharing our beliefs, giving animals the best quality of life and treating our precious land respectfully," says Lucia.

"We have been following the true artisan food and drink culture all of our lives.

"And it's wonderful to see the British market grow increasingly more conscious about natural eating too."

L'Isola Buona trades directly with top UK chefs and establish-

ments.

"We have a no names policy about our customers," says marketing manager Emma Andrews.

"But we are looking after some of the finest eating establishments in Sussex and Mayfair.

"Sardinia has the world's highest concentration of centenarians because of good healthy diet and lifestyle. Our mission is to expose and introduce ancient tradition into the modern world, in other words help people discover the history behind every single flavour."

For more information about the range of fine foods from L'Isola Buona visit the website at [www.lisolabuona.co.uk](http://www.lisolabuona.co.uk) or call 01273 512260.

## Farm kitchen loaf sits with the best

AN East Sussex baker has received the runner-up prize for his multi-seed loaf in the Tiptree World Bread Awards.

Lee Smith, from Bexhill Farm Kitchen, was given his award at the awards ceremony in London's St John's Church, Hyde Park, on Tuesday, October 6.

"The competition was higher and the field more numerous than ever", says master baker and chair of judges Stephen Hallam.

"We had very demanding criteria for judging, and every loaf was judged anonymously."

## Historical supper club experience

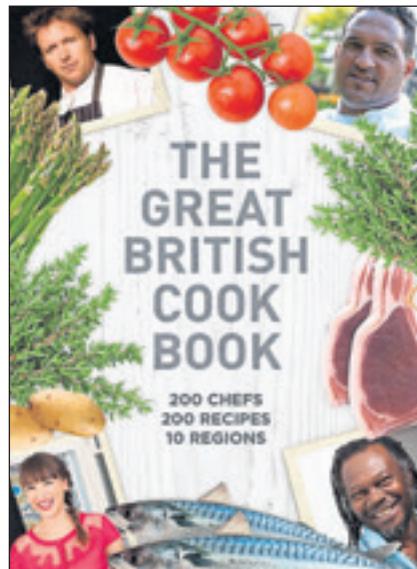
FOOD writer Sam Bilton is launching a supper club focusing on history.

The new dining experience, called Re-past, will take their inspiration from a historical person, event, traditional celebration or era. Historical recipes will be used as a reference point to create modern dishes served in Sam's home in Haywards Heath.

Each event will cater for up to 12 guests who will be free to bring their own wine to accompany the meal.

The first event on October 30 and 31 will celebrate the age old Mexican festival of the Day of the Dead.

## Recipe in charity cookbook



THE Grand's seafood restaurant GB1 has contributed a recipe to the second edition of a national charity cookbook.

The Great British Cookbook features recipes from more than 200 of the UK's most prestigious pubs, guest houses, hotels and AA Rosette and Michelin Star restaurants.

All the recipes in the e-book and the printed edition, which is set to be released next year, are designed to be cooked at home.

Proceeds from the book raises money for Macmillan Cancer Support and Hospitality Action.

As well as Alan White, executive chef at GB1, based at the Kings Road hotel, the second edition of the book

features contributions from James Martin, Rachel Khoo, Levi Roots and Gok Wan, all creating culinary masterpieces using locally sourced produce.

As well as offering recipes it also highlights some of the best places to eat across the country.

Alan White said: "We're delighted to be chosen for the Great British Cookbook."

"It's a great privilege and we're all really excited about the book's release."

GB1 opened at The Grand in 2013, inspired by the sea crashing outside the hotel windows.

For more information visit [www.thegreatbritishcookbook.co.uk](http://www.thegreatbritishcookbook.co.uk) or follow on twitter @GBcookbook.

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