



**GALTON BLACKISTON**  
**Chef/Proprietor**  
**Morston Hall Hotel & Restaurant**

Galton Blackiston is a familiar face on TV cookery programmes, thanks to his appearances on BBC1's Saturday Kitchen and the BBC2 series, the Great British Menu. Born and bred in Norfolk, he runs Morston Hall Hotel and Restaurant near Blakeney on the North Norfolk coast with his wife Tracy and this year they're celebrating two decades of the venture, which now has three red AA rosettes and a Michelin Star.

Away from cooking, Galton's great passions are his family – the couple have two children, Harry and Sam - and Norwich City Football Club.

Galton's enthusiasm for creating fantastic food dates back to his teenage years when, as a cash-strapped 17-year-old, he set up a market stall in Rye selling home-made cakes, biscuits and preserves in a popular range that became known by the locals as 'Galton's Goodies'.

He worked as Head Chef at the renowned Miller Howe country hotel in the Lake District as well as in New York, Canada, South Africa and London, followed by his homecoming to Norfolk to set up Morston Hall where his approach is to use fresh, locally-sourced, seasonal ingredients to create simple yet delicious meals.

**QUOTES:**

**Galton Blackiston on the EDP Adnams Norfolk Food & Drink Festival:** "What makes the Norfolk Food & Drink Festival unique is that there is no other month-long celebration of food and drink anywhere else in the country. There is something going on for every single day of the month of September and even into October, with all corners of the county having something to celebrate and be involved with."

"We are now a few years down the line with the Norfolk Food & Drink Festival which started off slowly but has now grown significantly. There is such a wide interest in food and drink because it is on TV all the time and that is why this festival is now attracting nationwide interest."

**Galton Blackiston on Norfolk's food and drink producers:** "Norfolk has many superb, high quality producers and suppliers, large and small, and the festival gives them a great chance to showcase what they do."

"It is all about the quality, and you see that right across the board, with producers and suppliers; whether that is with cheese-makers, artisan producers of cordials, apple juices and ciders such as Norfolk Cordial or Whin Hill Cider at Wells, or a potato supplier near Swaffham that I am a big fan of. We also have a big expanse of sea and coastline and that means we are second-to-none in my opinion when it comes to wet fish."

**Galton Blackiston's Festival highlights:** "There are so many highlights to the Norfolk Food & Drink Festival; while there is the main festival, there are smaller festivals and events, too, such as the North Norfolk Food & Drink Festival and the Brecks Festival, along with fun events such as the Battle of the Bangers."

"Norfolk is great for bangers and that is why there is so much interest in the competition among sausage-makers. Norfolk is a massive county for pork production, and with good quality pork and the right amount of fat, you are going to end up with a pretty good sausage - and Norfolk does know how to produce a great sausage!"

**Galton Blackiston on seasonal produce:** “At Morston Hall we host guests from London and elsewhere across the UK and we find time and again that they are absolutely amazed by our use of seasonal produce. If you are in the middle of London, for example, you can get anything at any time of the year - often flown in from overseas - but that will never taste like something produced here in Norfolk.”

“There is a real interest in tasting produce that is in season. In September, it is apples and blackberries and, as they grow at the same time of year, it makes sense to use them together. It is the same earlier in the year with gooseberries and elderflowers, which also work well together.

“We have fantastic ingredients on our doorstep which gives us a great opportunity for seasonality. If you want to taste produce when it is in season and at its very best, then Norfolk is right up there for that.”

**Galton Blackiston on being a Festival Patron:** “I am passionate about everything to do with Norfolk, but especially its food and drink, and am delighted to be a patron of the Norfolk Food & Drink Festival.”

**In addition to providing the above quotes, Galton Blackiston is happy to conduct further interviews and can be contacted in the first instance via email at [galton@blackiston.com](mailto:galton@blackiston.com). Morston Hall Hotel & Restaurant is located in Morston, Holt, Norfolk, NR25 7AA. Tel: 01263 741041.**

**Website:** [www.morstonhall.com](http://www.morstonhall.com).

**Alternatively, please contact:**

**Mark Nicholls on 07771 508062 or at: [mark.nicholls@mnmedia.co.uk](mailto:mark.nicholls@mnmedia.co.uk) or**

**Carolyn Bowden on 07733 443142 or at: [carolynbowden@btinternet.com](mailto:carolynbowden@btinternet.com).**

**Further information about the EDP Adnams Norfolk Food and Drink Festival can also be found at: [www.norfolkfoodanddrinkfestival.co.uk](http://www.norfolkfoodanddrinkfestival.co.uk).**