

Today we were regaled by Adam O'Meara of 'Bread and Cheese', a local mobile, independent bakery and cheesemonger. The ethos of Adam's business is to create good food: slow-fermented artisan breads, good for digestion and health, and cheeses selected for their flavour, distinctiveness and provenance. Adam explained the process of creating the penicillin (not the same as the antibiotic penicillin), which results in blue veins, and who knew that the red in cheeses such as Red Leicester comes from Annatto, a natural product of the seeds of the Achiote tree, native to S. America?

Adam offered us a taste of some delicious cheeses, including a very creamy and mild goat's cheese, a blue cheese and a red Leicester. Just to wash it down, we provided a glass of wine to those who wished. Members left the meeting looking decidedly pleased they had come!

