

# The food's all good at village eatery



THERE is an air of excitement and achievement underneath the arches in Whalley as one of the Ribble Valley's popular restaurants has just received news from The Good Food Guide.

Food by Breda Murphy restaurant and deli has, for the first time, been included in the new 2010 edition of The Good Food Guide, which has just been published, and it has been included based entirely on readers' recommendations and inspection reports. This means that this Abbots Court restaurant is now

ranked in the top 1,200 restaurants in the UK.

Each year, The Good Food Guide is completely rewritten and compiled from scratch from a huge volume of feedback from readers and this, together with anonymous inspections, ensures that every entry is assessed afresh. The guide does not accept any sponsorship, advertising or free meals.

Food by Breda Murphy received a cooking score of 2 out of 10 which doesn't sound a lot, but a spokesman from the guide said "Getting into The Good Food Guide is an achievement in

itself. The points were given for decent cooking which displayed good technique and skills with interesting compositions and flavours."

The entry in the guide reports: "The exterior of Ballymaloe-trained Breda Murphy's shop/deli/restaurant is inauspicious – a dull 1960s suburban brick house set back off the road. But step inside to tasteful music, 'posh kitchenalia' to buy, and a deli counter bursting with sweet and savoury delights. In the airy restaurant carefully sourced ingredients make for simple, well-executed dishes along the lines of perfectly cooked

chicken livers with pancetta and red grapefruit. Followed with, perhaps, roast hake with fennel potato cake and mussel cream, or home-made lasagne with salad and cucumber pickle. Desserts are magnificent, especially a warm suet bread-and-butter pudding with honey glaze and vanilla anglaise."

Other local entries included in the guide are the Waddington Arms, The Inn at Whitewell, The Three Fishes at Mitton and Weezos in Clitheroe.

Pictured is Breda Murphy with head chef Gareth Bevan.(s)