SPOTLIGHT

THE FROTTON ARMS IS AT THE HEART OF FROTTON LAKE HOLIDAY RESORT, ON THE SOMERLEYTON ESTATE. EMMA OUTTEN MEETS THE TEAM AND HEARS ABOUT THE EXCITING NEW DEVELOPMENTS PLANNED FOR NEXT YEAR.

From cafés to pubs to fine dining, King’s Lynn has it all set within the heart of its historical town centre.

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Not many places can lay claim to zero food miles and the team of chefs led by Executive Estate Chef Ashley Hancill at the pub are lucky to lay their hands on produce that’s either raised or grown on the 5000-plus acre Estate. Ashley’s resume is impressive, having worked at The London Hilton on Park Lane, Claridge’s Hotel, the iconic Balthazar in New York and worked with famous chefs such as Alastair Little and Gary Rhodes to name but a few.

Owner Hugh Somerleyton says: ‘Locally sourced seasonal ingredients have been foodie buzz words of recent times, however here we can go one step further than most by using our own Estate produce with zero food miles and we’ve found this has been a big attraction with people travelling to the pub to eat and stay with us to experience the food we have on our menu. Where we don’t have an ingredient for a particular dish our ethos is to find it as close to the Estate as possible whether that’s from a neighbouring farmer or local fisherman.’

These days, 80 Welsh Black Cattle and 120 Norfolk Horn Lamb and Welsh Black Mountain Sheep roam freely on the Estate. And, as Hugh says: ‘You’ll often find interesting cuts of meat you’d struggle to find elsewhere. We also have a hand built Italian wood fired oven that can reach temperatures of more than 600 degrees which can cook select cuts of meat in seconds, whereas for other cuts we slow cook for several days or more. ‘The game season is now with us, so expect to see partridge, pheasant, wild duck and Estate venison on the menu.’

Last year the Fritton Arms was named a finalist in several awards, including Best Farm to Fork in the Norfolk Food and Drink Awards, and Best Food Attraction and Best Independent Hotel in the Norfolk and Suffolk Tourism Awards.

The zero food miles was also a draw for new General Manager Will Durrant, who has come from the Ivy House Country Hotel in Oulton Broad. He says: ‘We’ve got really good quality food on our doorstep and we don’t have to go too far to get it. It’s quite a unique place,’ he says, of the pub which can do around 80 covers each sitting.
**METHOD**

1. Set aside one of each beetroot and leave raw, pop the other two into a saucepan and cover with water. Add the red wine vinegar and boil until cooked.

2. Thinly slice the other two raw beetroots, season in a bowl with honey, lemon juice and a dash of red wine vinegar.

3. Once cooked and cooled, remove beetroot skins and cut into little cubes.

4. Plate - arrange the raw beetroot on the plate and place the cooked beetroot on top. Sprinkle your toasted hazelnuts on top, drizzle your honey over the beets and finish with some fresh yoghurt.

**SERVES 4-5**

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**INGREDIENTS**

- 2 red beetroots;
- 2 golden beetroots;
- 200ml of red wine vinegar;
- 1 lemon;
- 50g of natural or Greek yoghurt;
- 100g of hazelnuts.

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**BUTTERMILK PUDDING**

**SERVES 10-12**

**METHOD**

1. Add buttermilk and blackberry purée together and mix well.

2. In a saucepan heat your cream and sugar until the sugar is dissolved and the mix is nearly boiling.

3. Soak gelatine in cold water until soft.

4. Add your warm cream to the buttermilk mix and whisk well.

5. Add softened gelatine and mix again. Pass the pudding mix through a sieve into a jug ready for pouring.

6. Pour mix into your pannacotta moulds and leave for a couple hours to set in a fridge.