



CELEBRATE THE MAGIC OF DAL AT THE FIRST BRITISH DAL FESTIVAL BRISTOL – 19-25 MARCH

Full details are announced of the first [British Dal Festival](#) - a week of events across the city of Bristol between 19th and 25th March.

The Festival will celebrate the magic of traditional dals of the Indian subcontinent alongside other pulse dishes from around the world, from the refried beans of Mexico and fava dips of Greece to Britain's pease pudding and mushy peas.

The Festival will promote the cultural richness, flavour, and affordability of dal as well as its contribution to health, nutrition and environmental sustainability. Dal is any split pulse (lentil, bean or pea) or pulse stew or soup. In particular the Festival will highlight pulses grown in the UK such as fava beans and split yellow and green peas, all perfect ingredients for dal.

The British Dal Festival will offer many opportunities to share, enjoy, grow and learn about dal:

- Running throughout the week take a [Dal Trail](#) around 20+ of Bristol's restaurants and eateries including Thali Café, Gopal's Curry Shack, River Cottage Canteen and Harts Bakery.
- Share stories and eat dal dishes from Bristol's many language communities at a lunch for women and children with community organisations 91 Ways and Refugee Women of Bristol on Tuesday 20th March
- Enjoy a free [dal lunch](#) and buy ingredients for dal at Bristol Farmers Market around St Nick's on Wednesday 21st March cooked up by The Thali Cafe and 91 Ways.
- Come and grow dal by [planting lentils, peas and bean](#) in Bristol's Millennium Square with Incredible Edible.
- See demos from top chefs and dal experts at our [Grand Dal Finale](#) - including Romy Gill, Jenny Chandler and Krishna Dutta. Enjoy street food, market stalls, and children's activities on Sunday 25 March.

- Use our free to download [Dal Lesson Plan](#) to run a dal cooking workshop and cross-curricular lesson at your school.
- Become a [Dal Champion](#) by entering your favourite dal dish in our dal championship!

Details of all these activities are available on www.britishdalfestival.com where tickets can be booked for the Grand Dal Finale.

“Dal is not just an ingredient common to many international countries, but in many parts of the world it is a staple food which nourishes millions of people every day in daily meals, while also having a place at feast times. It is held with great respect as it is seen as the food that is accessible to all – rich or poor.” Kalpna Woolf, 91 Ways

The Festival is an initiative of the British Edible Pulses Association (BEPA) whose President Franek Smith says: "It's amazing to see the public's excitement about the British Dal Festival and their enthusiasm to listen, learn and eat dal and pulses together. We're grateful to all our members without whose support this event would be impossible."

John Hirst of Destination Bristol says: "Our residents and visitors to Bristol are constantly looking for new events and attractions and I sure this will be another big success for food lovers. Bristol has a strong and improving growing reputation for food and drink and this event will enhance our position."

Follow British Dal Festival:

www.britishdalfestival.com

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MEDIA ENQUIRIES

Bristol and South West: Caroline Peel - 07771 957225 - carolineannepeel@gmail.com

National: Polly Robinson - 07966 475915 - polly@pollyrobinson.co.uk

PHOTOS

Available to download from [Google Drive >](#)

EVENT DETAILS

Bristol Dal Trail

19- 25 March across Bristol

Throughout the week of the British Dal Festival eateries around Bristol will be serving a signature dal or sister pulse dish, creating a Dal Trail for the people of Bristol and visitors to experience bean, pea and lentil dishes from a variety of cultures and cuisines.

Dal Trail Eateries signed up for the Dal Trail include Thali, Bocabar, Windmill Hill City Farm, Cauldron, Pasta Loco, Pear Café, The Gallimaufry, Gopal's Curry Shack, River Cottage Canteen, Box E, Harts Bakery, Nutmeg, B Block, Poco, Birch, Spike Island Café, Folk House Café, Kookootoo, Watershed. Please book directly with the cafes and restaurants taking part in the dal trail - full details available soon on our Dal Trail page

91 Ways celebrates the Magic of Dal

Tuesday, March 20, 11:30 - 2.30

Malcolm X Community Centre, 141 City Road Bristol

91 Ways is proud to be partnering with friends at Refugee Women of Bristol to talk about, share stories and eat dal dishes from many language communities who live in Bristol. On Tuesday 20th March, we will cook heritage dishes from some of the women who live in Bristol – Somali, Eritrean, Iranian, Syrian and Sudanese and we will share recipes, share cultural stories and learn about the nutritional and economic value of dal.

Open to all women & children.

The ambition of 91 Ways to Build a Global City is to build a healthier, happier, more united city by bringing together all of Bristol's 91 languages communities using the power of food.

It's Dal- icious Lunch - Bristol Farmers' & Producers' Market

Wednesday 21 March 12:00 - 2:00 PM

Bristol Farmers & Producers Market, Corn Street Bristol

Who said there was no such thing as a free lunch? The Thali Cafe and 91 Ways will be cooking up a vast vat of dal for your enjoyment at one of the oldest farmers' markets in the country. There'll be the opportunity to buy fresh produce and pulses too, from award-winning pulse pioneers Hodmedod. FREE market entry and dal - first come first served

Growing Dal with Incredible Edible

Thursday 22 March - 12.00 - 2.00 PM

Millenium Square, Canon Way, Bristol

Food growing organisation Incredible Edible will be planting lentils, peas and beans with local volunteers in Bristol's Millennium Square on Thursday 22nd March.

Through the 2018 season Incredible Edible will be growing dal on many of their sites across the city.

The Grand Dal Finale

Sunday 25 March, 9:30 - 6:30 PM

Paintworks, Bath Road, Bristol

The British Dal Festival will culminate in the Grand Dal Finale at Paintworks in Bristol on Sunday March 25th. Expect global pulse-based street food, market stalls, children's activities, food demos and dal wisdom from top chefs and experts - including Romy Gill, Jenny Chandler, Kalpna Woolf, Krishna Dutta and Claire Thomson. There'll be dal-icious vibes and music to celebrate the diversity, versatility and deliciousness of pulses.

Tickets will be available for morning (9.30am to 1.30pm) and afternoon (2.30pm to 6.30pm) sessions at £6 each (free for children under 16)

The Magic of Dal - Schools Pack

A free lesson plan for Key Stage 2 is available to download from our [website](#).

The British Dal Festival provides the perfect opportunity to run a cooking workshop and cross-curricular lesson focusing on one of the world's most economical, simple, nutritious and, above all, delicious dishes.

Jenny Chandler, author of Pulse and United Nations European Pulse Ambassador in 2016, has created an educational pack, including the Magic of Dal Key Stage 2 Lesson Plan, Dal Images for Classroom Use and Dal Cooking Session Risk Assessment.

Notes to Editors

What is dal?

dal' /dɑ:l/ (also dhal, daal)

1. A split pulse (ie lentil, bean, pea or other dried legume seed)
2. A stew, soup or similar dish made of pulses, split or whole

"Cooking dal is magical; a couple of handfuls of pulses cooked up with nothing more than water and a few spices delivers one of the most comforting, nutritious and economical dishes on earth." Jenny Chandler, author of Pulse and UN European Pulse Ambassador in 2016

There are countless classic dals from across the Indian subcontinent, often named for their main pulse ingredient, such as chana dal, meaning split black chickpeas. Other names describe other ingredients or characteristics of the dish, for example dal makhani or "buttery dal". Cuisines around the world have similar traditional dishes, from the refried beans of Mexico and fava dips of Greece to Britain's pease pudding and mushy peas.

About the British Edible Pulses Association's (BEPA)

The Festival is an initiative of British Edible Pulses Association's (BEPA).

BEPA is the trade association representing the processors and users of British-produced pulse (mainly combining peas and field beans) crops. BEPA's key objectives are to liaise with UK government and other national and international associations, & encourage the consumption of home-produced pulses by promoting their value as healthy, high-protein and high-fibre foods, and to liaise with crop scientists and plant breeders. The BEPA Pulse Promotion Group's aim is to continue the work done in 2016 during the UN Year of the Pulse to promote pulses and their benefits to the public.