



Weddings  
- FEATURE -

**NINA FOWLER**  
put food at the heart of her wedding  
celebrations. Here she tells us all  
about her big day

PICTURE BY CARLA BOREL

the  
Wedding  
Breakfast

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→ *Nina has a  
new exhibition  
starting in Norwich  
this month*

## *The Day Cary Came to Norwich*

THE FAIRHURST  
GALLERY, NORWICH  
March 14 to April 8

**M**Y HUSBAND Craig Wylie and I are practising artists. Craig is a painter and I make drawings and sculpture. We exhibit internationally and are fortunate to have works in both private and public collections, including the National Portrait Gallery.

We decided to move from London to Norfolk when our son was born, two years ago. We wanted more space and the way of living which Norfolk has to offer. We love the landscape, the coastline, the good nature of the people who live here and, of course, the food and drink!

Craig proposed to me during a trip to South Africa and we were married soon after, at Norwich Castle Registry Office in May 2016.



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The day was very much centred around food and drink; we did not want a big wedding so we decided to focus on an extra special meal for our closest friends and family. Happily, our favourite restaurant in Norwich, Benedicts, agreed to cater for our party of 25 - despite never having hosted a wedding before. Chef Richard Bainbridge's only condition was that we provide the cake!

After the morning ceremony we all walked through the Royal Arcade, by the market and passed a busker singing Bob Dylan's Simple Twist of Fate, the sun shone and people clapped - everyone was so happy.

Upon arriving at the restaurant, our guests raised their glasses of 'Balfour', a delicious English sparkling wine, to 'Mr and Mrs Wylie'. We knew that Benedicts would offer a seasonal menu, sourced from local producers, which is very important to us as Norfolk has so much to offer. Richard even takes his little daughter along with him to forage for some ingredients - such as the wild garlic, which he served that day with new season Norfolk asparagus.

Also on our menu was Norfolk crab ravioli with spring cabbage, compressed apple and shellfish bisque. For the main course we enjoyed Norfolk lamb with rosemary roasted cauliflower or stone bass with new season broad beans. The desserts included Richard's famous 'Nanny Bush's trifle' (the Great British Menu winning dish of 2015) and one of my all time favourites - rhubarb crumble tart with crème fraîche and white pepper sorbet.

Along with the classical Spanish guitarist who we hired for the occasion and the speeches from Craig's best man and my father, it was a truly memorable meal. My mother was in charge of the cake, which she ordered through Waitrose. It was a Fiona Cairns sponge cake, simply but beautifully decorated. Mum was also in charge of my flowers, which included pale pink ranunculus, and wild white flowers - soldier's buttons picked in the lane on the wedding morning. After lunch, Craig and I were driven by Roy of 'Fins and Chrome' in his convertible, vintage Cadillac to Titchwell Manor. All our guests went home with a small painting/drawing from Craig and myself as a wedding favour and a slice of cake for the train back to London. My resounding memory of breakfast the following morning is the baked duck egg and chorizo we were served at Titchwell... I can still taste it now! 🍴



BAKED DUCK EGG & CHORIZO



PICTURE BY DUNCAN WYLIE



NANNY BUSH'S TRIFLE

