

Welsh business cooks up a culinary delight with new offering

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A South Wales video company has turned its successful 'Coginio' cookery DVDs into a luxury short break for foodies who want to experience the taste of Wales on their UK short break (<http://www.visitwales.co.uk>).

Film42, based at the Culverhouse Cross media centre in the Vale of Glamorgan, is partnering with luxury four-star golf, spa and leisure hotel, The Vale Resort, to offer the food-lovers break which has proved popular with individuals, couples, hen parties and best friends alike.

'The Taste of Wales Cooking Break' combines luxury bed and breakfast accommodation at the Vale Resort with a fun morning of cooking, conversation and exploration of Welsh ingredients, recipes and culinary culture, brought together over lunch. What a great idea for a UK short break (<http://www.visitwales.co.uk>).

Welsh food ambassador and broadcaster, Sian Bassett Roberts, developed the Coginio cookery course to showcase Welsh produce (<http://www.visitwales.co.uk/about-wales-guide-to-wales-culture-people-and-language/food/>) and recipes in a way that was accessible and fun. Coginio is the Welsh word for cookery. She said: "Welsh produce is coveted around the world, yet many people are still unaware of our culture of food and its impact on our heritage.

"The Taste of Wales break combines the cook-along style of the Coginio cookery DVDs with hands-on cooking, talks about ingredients, food culture, local sourcing and the history behind some of Wales' best known dishes. The break is designed to offer guests the opportunity to learn how to cook some of Wales' most renowned dishes, while having fun and eating some great produce."

Steph Metson of The Vale Resort said: "We are delighted to be working with Coginio to offer guests a different type of experience and a taste of what Wales has to offer. The informal nature of the course and the friendly team behind Coginio have undoubtedly proved to be a big part of the attraction for guests. The cookery element of the break is great fun and the cook-along style has brought out the competitive side of some guests, leading to some great food and banter over lunch."