

COOKERY DEMONSTRATION THEATRE

New Forest & Hampshire County Show | 28–30 July 2026

Proudly sponsored by The White Hart Inn, Lymington

TUESDAY 28TH JULY

TIME	CHEF / DEMONSTRATOR	RESTAURANT / VENUE
10:00am	Jack Stride	Strides New Forest Honey
11:00am	Sutti Se-Upara	Anissa's Thai Kitchen, Lyndhurst
12:00pm	Andrew Du Bourg	The Elderflower Restaurant, Lymington
1:00pm	Amaresh Nandan	The White Hart, Lymington
2:00pm	Andrew Gault	Southampton Hoteliers — Chef of the Year
3:00pm	Neal Jepson	New Park Manor Hotel, Brockenhurst
4:00pm	Tim Follett & Adrian Meli	The White Hart — Seasonal Cocktails

WEDNESDAY 29TH JULY

TIME	CHEF / DEMONSTRATOR	RESTAURANT / VENUE
10:00am	HIT Training	Trainers & Apprentices — HIT Hospitality Training
11:00am	Sutti Se-Upara	Anissa's Thai Kitchen, Lyndhurst
12:00pm	Colin Nash	Colin Nash at the Retreat, Hinton
1:00pm	Neal Jepson	New Park Manor Hotel, Brockenhurst
2:00pm	Amaresh Nandan	The White Hart, Lymington
3:00pm	Judith Long	Salad Days
4:00pm	Tim Follett & Adrian Meli	The White Hart — Seasonal Cocktails

THURSDAY 30TH JULY

TIME	CHEF / DEMONSTRATOR	RESTAURANT / VENUE
10:00am	Andrew Gault	Southampton Hoteliers — Chef of the Year
11:00am	Sutti Se-Upara	Anissa's Thai Kitchen, Lyndhurst
12:00pm	Andy MacKenzie & Phil Yeoman	Exclusive Chefs Academy, Lainston House Hotel
1:00pm	Amaresh Nandan	The White Hart, Lymington
2:00pm	Callum Jellicoe	The Balmer Lawn Hotel, Brockenhurst
3:00pm	Judith Long	Salad Days
4:00pm	Tim Follett & Adrian Meli	The White Hart — Seasonal Cocktails