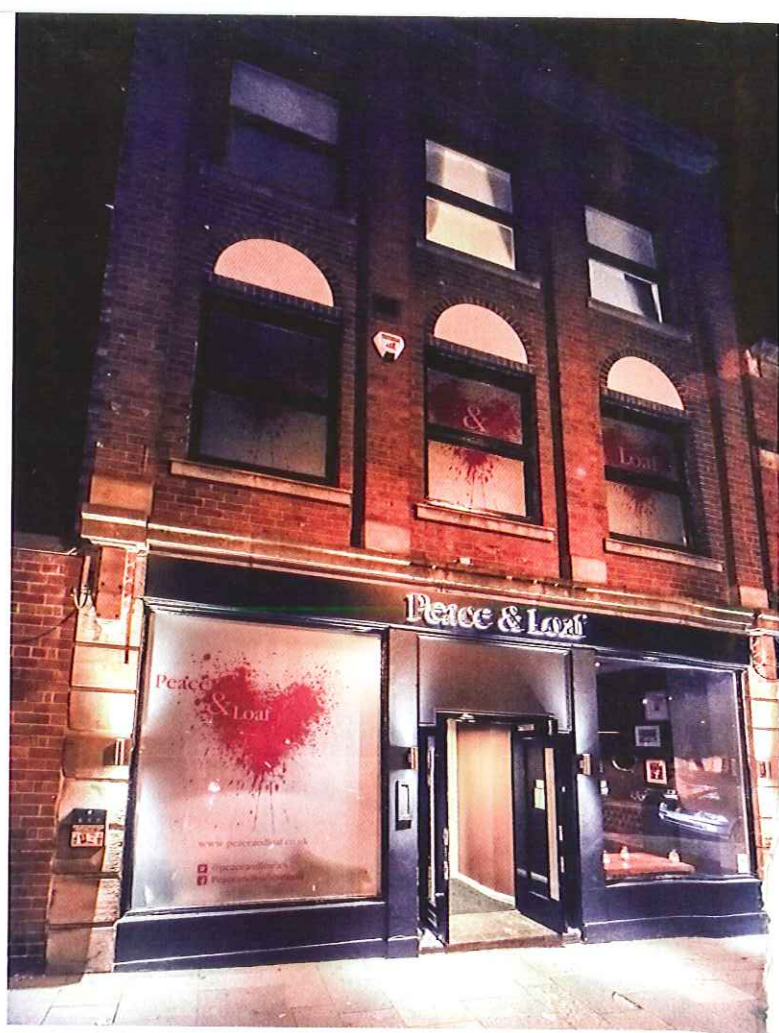


# The carefully created recipe which led to **Peace & Loaf**

So, what was behind the creation of Jesmond's unique and exciting restaurant, **Peace & Loaf**?  
Dave Coulson - that's what!



**D**ave, the restaurant's head chef and joint director, has a past as colourful and as lively as the beautiful dishes he prepares on a daily basis. Originally from Wingate in Durham, Dave has moved around the region, working alongside some of the best chefs in the business today.

Dave's career into cooking didn't take the most traditional of routes as, believe it or not, he has no formal training to speak of. But, having worked from the age of 15 in the industry, he has picked up all the tricks of the trade, allowing him to express his creative side with food in a way many others chefs struggle to achieve. Dave's kitchen experience has been varied and has seen him work in some of the most prestigious venues in the region, including The Castle Eden Inn, Seaham Hall, Starr Inn, The Baltic, and Wynyard Golf Club, with roles varying from chef de partie, to sous and

head chef.

Even with such a distinguished career, Dave is best known for being a finalist on MasterChef: The Professionals 2010, and when asked about this, he told us: "I loved the experience, I was doing what I love – cooking! Being judged and receiving feedback from chefs of that calibre was a real honour, and an experience which helped make me the chef I am today."

When we asked Dave to describe his cooking style, the answer was simpler than anticipated, as he told us: "The food I cook is the food I like to eat myself. British food is seen my many as dull, but with such a range of beautiful fresh produce available just on our doorstep, I believe it is anything but, it just takes a little imagination."

So how did Peace & Loaf come about?

It was actually formed by chance, through the meeting of friends. While attending a food festival

a few years back, Dave got talking to fellow chef Bob Arora (owner and head chef of Sachins). They got on well and began discussing their future plans. After finding that they had common goals for the future, Dave and Bob agreed to meet for a meal at Dave's old stomping ground, the beautiful Castle Eden Inn. Dave mentioned he was interested in opening his own restaurant, Bob said he'd be interested in the project and the rest, as they say, is history! The pair have remained close as friends and colleagues, with Bob still playing a supporting part as one of the joint directors of Peace & Loaf.

When we asked Dave what makes Peace & Loaf different to other restaurants in the area, he told us: "The ingredients will always be natural, fresh and locally sourced 100% of the time. The experience people have at Peace & Loaf is honest and wholesome, as it's all about the food, be that the flavour, the smell, or the visual of my dishes."

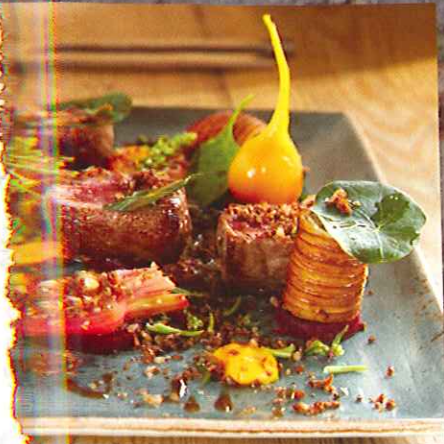
Dave and the team at Peace & Loaf recently received their highest accolade to date, when they received two Michelin knives and forks from the *Michelin Guide*, as well as being voted the Reader's Choice for best restaurant in the *Journal*. With such a high achievement coming so early for the restaurant - which only celebrated its first birthday in November - you'd think they would be happy, but Dave is keen to improve further. He told us: "While I am honoured and happy with what we have achieved so far, I believe there is room for improvement and the team and I will continue to strive for greatness and that elusive Michelin star we all dream of." **L**

**Peace & Loaf, 217 Jesmond Road, Newcastle, NE2 1LA | [www.peaceandloaf.co.uk](http://www.peaceandloaf.co.uk)  
Tel: 0191 281 5222**

For regular posts and updates you can find Peace and Loaf on Facebook or follow them on twitter @peaceandloafjes





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Headed up by  
Master Chef  
2010 finalist,  
Dave Coulson,  
Peace and Loaf  
bring you  
a unique twist  
on traditional,  
British cuisine.

Peace  
& Loaf

217 Jesmond Road  
Newcastle, NE2 1  
0191 281 5222  
[www.peaceandloaf.co.uk](http://www.peaceandloaf.co.uk)

 @peaceandloaf  
 Peaceandloaf