



## **County Monaghan Chef Creates Award Winning Sandwich**

**Winners of annual competition to find Britain's best sandwiches announced just in time for British Sandwich Week from 22<sup>nd</sup> – 28<sup>th</sup> May.**

A chef from Glaslough, County Monaghan has scooped a top prize at the Sandwich Designer of the Year competition, a highlight of the annual British Sandwich & Food to Go Industry Awards or The Sammies (the Grammys of the sandwich world).

Gary McDowell, a Head of Food Innovation at Deli Lites Ireland Ltd., based in Warrenpoint/Newry, Co. Down Northern Ireland, earned the accolade for his mouth-watering pulled-pork, and chilli salsa creation, aptly named 'Making a Pig of Yourself'.

Combining pulled pork, vintage cheddar, sea salt and black pepper creamy rice, spinach, Bramley apple and chilli salsa, crispy onion and pork crackling all wrapped up within a Mission Foods sage & onion tortilla, it's not hard to see why the judges were so impressed.



Organised by the British Sandwich & Food to Go Association the winners of this year's Sammies, were announced just in time for British Sandwich Week which begins on 22<sup>nd</sup> May. This year's entries were unwrapped, sampled, and judged by a panel of industry experts which included celebrity chef Theo Randall, sandwich guru

Max Halley and industry heavyweights James Newton-Brown (M&S) and Marta Pogroszewska (Gail's Bakery).

Winners were revealed by Theo Randall and comedian Jo Caulfield during a gala evening at the Royal Lancaster, London.

Jim Winship, director, The British Sandwich & Food to Go Association said: "What we tasted at this event were no ordinary sandwiches...with ingredients like duck confit, mashed potato, cronuts and bacon and banana (together) our chefs are pushing the boundaries of creativity within everyone's favourite everyday dining staple. We've tasted some truly tremendous sandwiches!

"Gary's creation demonstrated an astute understanding of flavour and texture combinations and deep frying the sandwich gave it a wonderful crispness while really adding to the depth of flavour. It was delicious."

Jim continued: "The Sammies is always a highlight in the calendar, and it is also a precursor to the annual British Sandwich Week, a seven-day celebration aiming to support the industry and celebrate the nation's love of a good sarnie. Some say, with all the events at this time of year, that it's sandwich season in the industry. Yet, we like to think that sandwiches are in season no matter what the time of year!"

### **Winners at the Sandwich Designer of the Year competition:**

Entrants competed over four categories which were judged on their creativity, design, technical ability and innovative use of the sponsor's product. Category winners were then put forward for the coveted overall competition winner title.

- The Danish Crown Category: Winner – You're Bacon Miso Bananas (bottom right) by Catherine Fleetwood, Greencore – **OVERALL WINNER**
- H. Smith Category: Winner - The Oishii Sando by Susannah Montgomery (top right), The Soho Sandwich Co.
- Royal Greenland Category – Hello Seaside (bottom left), Sam Tebbatt, Melton Foods
- Mission Foods Category – Making a Pig of Yourself (top left), Gary McDowell, Deli Lites



For full list of ingredients and how to make each sandwich, along with winners and images and more information from the event please go to:  
<https://www.britishsandwichweek.com/>

Talking of the award Gary said: “This has been a great accolade to win against some of the industry’s finest sandwich designers. It really endorses the commitment to innovation that we have here at Deli Lites and shows our unyielding passion for world food and culture.”

### **Sandwich Designer Biog Gary McDowell**

Gary’s roots are in hospitality - he was a chef in various hotels and restaurants in Ireland such as Castle Leslie, while also teaching in Southern Regional College (where he also trained himself).

He moved into product development in 2005 and has worked in many sectors, such as duck production, frozen ready meals, butchery and for the past six years at Food to Go with Deli Lites Ireland.

**ENDS**

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## **Editors Notes**

The British Sandwich & Food to Go Association is a trade body established in 1990 to represent the interests of all those businesses involved and the food on the move industry. Members range from supermarkets and food to go manufacturers to sandwich bars, cafes and the suppliers of ingredients and equipment for the industry. As well as representing the interests of members to Government, the Association sets industry standards as well as organising events such as British Sandwich Week and the annual British Sandwich Industry Awards, also known as the 'Sammies'.