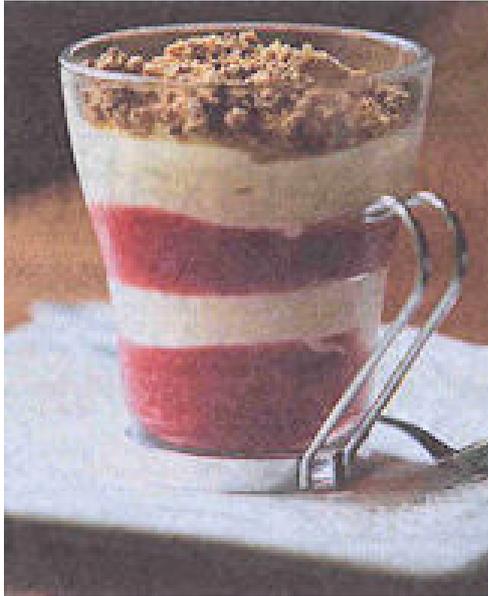


It came to my notice recently that there is a new trendy illness around called orthorexia nervosa.

As I like to see myself as a trend setter, there is not a cat in hell's chance of me getting this condition, because it's an obsession with healthy eating; and as anyone who knows me well will tell you. Food is right up there with wine when it comes to my pleasure zones.



I spent my weekend eating and thinking at two birthday bashes, but still found room on Tuesday night for three, yes three, courses at one of my favourite watering holes, the Old Bridge Inn in Ripponden. The pub which is believed to be the oldest in Yorkshire (records show it dates back to 1307) has been the Lindsay Eton Walkers family since 1963. Her late grandma, Daisy Beaumont and her uncle Ian Beaumont, one of Ripponden's most colourful characters, ran the pub till 2001 when Lindsay took it over with her husband, Tim. It's still very much a traditional pub that sticks to a tried and tested formula. No music or gaming machines, just interesting ales, independent brewers, a real fire, antique furniture and a good old Yorkshire welcome. That welcome includes food. Home-cooked seasonal stuff which is locally sourced where possible, and cooked, by Lindsay and 23-year-old Yvonne Lumb.



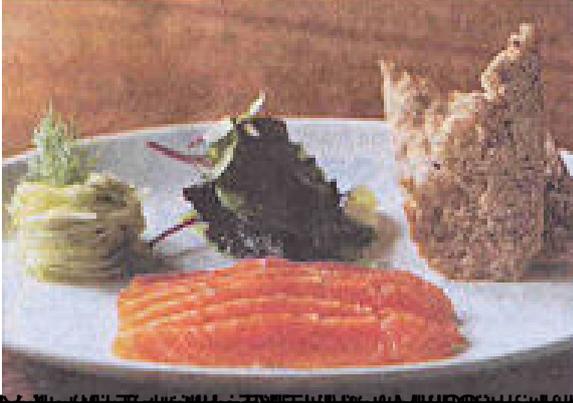
The pub has always had a reputation for good food since lans days, and still has today thanks in no small part to its lunch-time . carvery (which was started in 1963), its evening blackboard menu (usually seven, starters and sweets and eight mains which change on a regular basis) and its annual pork pie contest which attracts interest from all over the country.

While home made pies and retro puddings Like ginger sponge, sticky toffee and bread and butter, are always on the evening ,menu there ace lots of new, more con-temporary dishes on offer thanks to Yvonne, who trained in London and spent three months working along side celebrity chef, Gary Rhodes and she is still in contact with him.

They include soy and Chilli duck breast with pak-choi and Anna potatoes; sea bass fillet on crushed wild garlic potatoes, spinach and sun blessed tomatoes and king scallops with chorizo and celenac puree.



[http://www.yorkshirecuisine.com/recipe/steamed-salmon-and-vegetables/](#)



[http://www.yorkshirecuisine.com/recipe/salmon-and-vegetables/](#)