**Michelin-star Norfolk chef serves up a treat at The Queen Elizabeth Hospital King’s Lynn kitchen as a thank you to NHS staff caring for COVID-19 patients**

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Michelin-Star chef Galton Blackiston has swapped the kitchen at Morston Hall for kitchen at QEH on Thursday 7 May when he cooks for patients and staff to say ‘thank you’ the hospital’s impressive response to COVID-19.

Norfolk born Galton is supporting the ‘Help NHS Heroes’ campaign which is seeing food supplies being provided to hospitals and NHS workers. Galton has taken his donation one step further – showing his fantastic support for his local hospital – and instead of preparing and sending meals in for staff to enjoy he has agreed to visit QEH and prepare, cook and serve food in our very own kitchen.

Galton said: “The Heroes charity has been a supply lifeline in so many ways to our NHS. So, when they asked me to get involved with hot meals for key workers, my natural choice was Queen Elizabeth. It’s a real pleasure for me and the wonderful support I’ve received from suppliers to be able to feed our amazing frontline NHS and some of the patients at QEH.”

His recipe of Daube of Beef with creamy mashed potato, rustic ratatouille and Norfolk asparagus was cooked using ingredients donated by local businesses, The Watercress Company, Barsbys, True Foods, and Jonny Cave. The beef is being supplied from the Estate of HRH Princes Charles.

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Tom Amery, Managing Director from The Watercress Company, said: "We are delighted to be able to support Galton Blackiston and his work for NHS Heroes. It was our privilege be able to provide key ingredients for his recipes. Hospital. The beef used was reared at Maiden Castle Iron Age Hill Fort, followed by a 32-day dry ageing process overseen by award-winning butchers Ben and Rob from our sister company Brace of Butchers in Poundbury."

Stewart Nimmo, QEH’s Catering Manager, said “My team ware very excited to support Galton delivering these meals to our patients and staff. This shows how Coronavirus has brought local communities together. We have received such fantastic support over the past weeks for which we couldn’t be more grateful.”

The NHS Heroes campaign supports the welfare and wellbeing of NHS workers, from physical to mental health to day-to-day necessities. The Queen Elizabeth Hospital is extremely grateful to have been chosen as one of the beneficiaries.

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