Food Items Puzzle

Each clue is to a food or drink item. The number of letters for each solution is given.

When you have completed the upper grid, copy each letter from the shaded squares, in order, to the grid at the bottom to reveal a quotation about food.

1	Cowherd makes thick soup	7
2	Fool, I've concealed a source of oil	5
3	Saw Richard's pudding	7,4
4	Sheepdog and bloom, we hear, for vegetable	11
5	May come in boats to accompany no. 23	5
6	Arrange bolster on bed - sea bed!	7
7	Named after Earl, but not grey: portable food	8
8	Source of really important carbohydrate energy in China	4
9	Ordered rind around Northumbria, got a main meal	6
10	Not a swede, but it contains famous singing Swedes	7
11	Not a comb used on a horse, but spiced sauce	5
12	Vegetable that is an incentive?	6
13	Twice cooked in France, it can be sweet or savoury	7
14	Target golf score cut for root vegetable	7
15	Say this before your snap	6
16	Bad about religious education, crusty or not	5
17	Crime ace ran for cone, perhaps	3,5
18	Baked item from a Scottish palace? Part of no. 28	5
19	Alcoholic drink found in between west and east	4
20	A good dessert any day of the week, not just the sabbath!	6
21	Will drinking this beer make you fat?	5
22	US Uncle with outsize article: Indian savoury parcel	6
23	Rook parts arranged for a crackling dish	5,4
24	One fruit sounds like two	4
25	Is this preserve stuck in traffic?	3
26	A taxidermist's job? It could be a sage who knows his onions	8
27	Burnt vegetable?	5
28	Race mate round for mid-afternoon treat with no. 18	5,3
29	A goat? No but the milk for this could come from one!	6
30	In Italy it's in a repast anytime	5
31	One hundred in front of chaotic ship for deep-fried staple	5

For the quotation: