South Devon COOKBOOK

Autumn 2017 edition

from Coast & Country Cottages

10 new recipes

Passionate producers

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Andrea Wilson
PRETTY LOCAL, KINGSBRIDGE

We caught up with Pretty Local founder Andrea Wilson to find out more about her passion for local food, our need for convenience and where her brand-new business goes from here.

Today's food consumers are looking for two things that sometimes seem incompatible. On one hand, we want to know where our food's come from, preferring locally-sourced, fresh and sustainable produce where possible. On the other, we need convenience. Much as we'd love to spend our days perusing farm shops, local butchers and farmers markets, many of us would struggle to fit this kind of shopping in around our busy personal or professional lives.

Andrea Wilson might have the answer to this conundrum in the form of her new business, Pretty Local. Launched in March, this innovative new service gives consumers the option to buy fresh, sustainable and very local produce by accessing one easy-to-use website portal. Working with a wide variety of producers, mostly within just 20 miles of Kingsbridge, Pretty Local arranges delivery to either your home or a choice of locations around the South Hams.

Coast & Country Cottages arranged a chat with Andrea to find out more about the idea, the service and her long-term plans.

Andrea was raised in the South Hams before spending 15 years away working on super-yachts. After returning to South Devon with her family, she was determined to make the most of the wonderful produce from the area.

'My husband's a chef, and good food has always been a huge part of our lives. When we were in the States I got bitten by a tick and ended up with Lyme Disease. I used food to make me feel better, so food became even more important at this point. When we returned to the South Hams I found it difficult to buy some of the amazing local produce we have on our doorstep in one location. I became interested in different ways of buying it conveniently. Then I came up with the idea of Pretty Local.'

The service is quite different from many of the grocery and delivery box services offered by other regional companies. No subscription is required, and customers only need to order what they want – the experience is similar to ordering online from any supermarket, albeit with a much shorter supply chain. Hamper-style boxes are also available – this is an easy way to get everything you need for a hearty breakfast, barbecue, seafood dinner or cream tea, amongst other mouthwatering options.

'The concept is simply to get local food out there,' explained Andrea. 'I've got farms and artisans on the website that don't have their own outlet. I also have individual farmers that don't have the time for marketing. They make all this great produce but they don't all know what to do next.'

Food is at the centre of Pretty Local's mission, but there are other goodies from the area to look out for, including flowers from Moss at Avon Mill Garden Centre.

'You can even buy flowers for a year as a gift – I've said to my husband I'd quite like it! – meaning people get a beautiful bouquet of flowers every month.'

At the moment, deliveries are made on Fridays but Andrea has plans to expand both the range and scope of the service.

'The aim is to make it even more convenient,' she told me. 'At the moment, I deliver on one day of the week. That's because each producer gets an email with the order they need to get to me on Thursday. So not only is everything local this way, it's extremely fresh. By introducing another day, which I'd like to do, I'll be able to expand. But I do want the concept to remain the same – it's all got to be freshly picked.'

"Not only is everything local this way, it's extremely fresh"

The small scale of the operation is a big part of the appeal for many customers. 'People are quite surprised when they see me arriving with their delivery after having spoken to me on the phone. I turn up in my little van and people say, "Oh I thought you'd have a delivery driver." But they actually like to put a face to the business. I think it adds to the appeal and personal service I am offering.'

Meanwhile, more products are being added to the range. 'I'll also be getting my alcohol licence so I can get some local drinks onto the site. I don't think the site will be complete without being able to offer Salcombe Gin, local ciders and Sharpham wines.

When it comes to meat, many of Pretty Local's suppliers are certified organic, while others are free range, with no intensively farmed meat appearing on the website.

Having hit the sweet spot between fresh, sustainably sourced produce and convenience for the consumer, it's no surprise that Pretty Local has quickly attracted a lot of local interest. South Devon foodies finally have a way to have the delicious food produced on our doorstep delivered right to… well, our doorsteps.

Home delivery is available in and around Kingsbridge, Salcombe, Hope Cove, Thurlestone, Bantham, Aveton Gifford, Loddiswell, Woodleigh, East Allington, Charleton, Frogmore, Sherford, Chillington, Slapton and East Portlemouth.

If you live outside the delivery area, you can collect your order from:

- The Milbrook Inn, South Pool, TQ7 2RW (Fridays 16:00-20:00)
- Countrywide (Cornwall Farmers), 80 Wallingford Rd, Kingsbridge, TQ7 1ND (Fridays 15:00-18:00)
- The White Hart Inn, Modbury, PL21 0QW (Fridays 12:00-14:00)
- The Fortescue Inn, Salcombe, TQ8 8BZ (Fridays 12:00-21:00)

Find out more about Pretty Local at: kingsbridge.prettylocal.co.uk

Fiona Brayton
@ THE BAKERY, FROGMORE

Fiona Brayton of @ the bakery has won many prestigious awards for her famed deserts, such as her whisky and marmalade pudding! We held a Q&A with Fiona to learn more about where her love of baking started, and what influenced her greatest recipes.

Did you grow up in South Devon or move here from somewhere else? What do you like most about the area?

I was born in Bristol and brought up between Bath and Bristol. When I got married we moved to Somerset, where we lived for 28 years running a print business. I have known South Devon for many years as my eldest brother worked for the Waterhouses at East Portlemouth, so we spent summer vacations in the region and began visiting more frequently once we had children. My family have a soft spot in our hearts for Lanacombe beach, as we rented a holiday home near there in spring and late summer before eventually moving to the area.

Where did the inspiration for cooking such scrumptious recipes come from?

I have always loved baking. Primarily it was my mum who was a great cook, encouraging me to bake cakes on a Sunday afternoon for tea, although many of the recipes handed down to me go back generations. My grandma made an amazingly light fruit cake with a crunchy sugar topping every week until she was 91 years old, which remains a firm family favourite.

When did @ the bakery open and what was the thinking behind it?

The bakery in Kingsbridge opened in the summer of 2010, when we were attending many foodie events such as local farmers markets and food festivals. Our products received a lot of attention throughout these events, with passers by stopping to ask where they could get more. It wasn't until my friend advised me to set up a shop in town that I decided to give it a go. There were just two of us cooking then and our son ran the shop, the rest is history!

Your food always looks stunning and it's easy for customers like us to think it arrives in your bakeries as if by magic! Could you talk us through a typical morning, in terms of what time you start and all the jobs that need to be done?

The bakers prepare the bread throughout the night but a typical day consists of three of us on the cake-making side. First thing, we gather together the messages and orders from customers and our three outlets to see what is needed for the day, then begin working from 7.00am through to 4.00pm depending on the orders. We finish by topping tray bakes and putting larger cakes together. The first delivery is sent out at 9.30am and

another one at midday for the freshly made pastries and cakes.

We currently have two large mixers and three ovens so we have to work out the order of production to maximise oven time and space. We cook in small batches to keep everything as fresh as possible. I try to keep some products like the sticky ginger cake seasonal but we do get asked for this in the summer, so we are kept busy every day!

"I get great satisfaction out of seeing the shops and market stalls stocked full of all our lovingly produced treats that send out tempting warm and sweet smells"

What do you enjoy most about what you do?

I get great satisfaction out of seeing the shops and market stalls stocked full of all our lovingly produced treats that send out tempting warm and sweet smells, attracting customers with heart-warming reactions such as "wow this all looks and smells amazing - it's so hard to choose what to have". This really makes the hard work worthwhile.

What's your most popular product?

Our most popular sweet product has to be the luscious lemon drizzle cake, closely followed by the spelt double chocolate brownie.

Do you source many of your ingredients locally?

We try to source as many products as we can locally; we use Rich Chicks from Blackawton for our free range eggs, Lidstones for the potatoes, and Durrant butchers in Stokenham for the hand diced beef skirt in the pasties.

You now have three outlets. Any plans to grow further?

We outgrew the space in Kingsbridge and moved to Frogmore in April 2012, later moving into Salcombe. We are content with the space we have now, and are not currently looking to expand - retiring is probably on the horizon at some point!

Find out more about @ the bakery at: www.dartfinefood.co.uk/the-bakery

DARTMOUTH FOOD FESTIVAL

Friday 20th - Sunday 22nd October 2017

Pop down to Dartmouth to enjoy a friendly, fascinating and free-to-attend celebration of local food!

Coast & Country Cottages caught up with festival compere Gina Carter to find out more about her personal highlights of this top foodie event.

The Dartmouth Food Festival, which has received heady praise in national newspapers such as the Telegraph and the Guardian, features some of the biggest names in food. Regular attendees include writers like Jay Rayner and Susy Atkins as well as top chefs like Angela Hartnett and Dartmouth's own Mitch Tonks.

Now entering its 16th year, Dartmouth Food Festival has grown to become a major annual event, featuring some of the best food and drink from England's larder and appearances from an array of celebrated chefs and food writers. Demonstrations, workshops, tastings, parties and stalls from over 120 exhibitors have put it firmly on the foodie map, with the Guardian newspaper listing it in their top 10 of UK food and drink festivals.

It takes an army of experts, organisers, businesses and volunteers to make the Dartmouth Food Festival run smoothly. We caught up with one prominent contributor, Gina Carter, who festivalgoers will recognise from the Chefs' Demo Theatre in Royal Avenue Gardens, where she has performed the role of compere for many years.

What does this involve, we asked. 'I am compere for the whole weekend,' said Gina, 'so that's three full days of talking and trying to be witty, interspersed with the occasional glass of Prosecco! Some chefs are especially impressive in that they can demonstrate, cook, talk, and entertain all in one. Others just need a gentle nudge and it's my job to provide that! It is always good to get the crowd involved as well. I feel very honoured to be on stage alongside some of the UK's top chefs where I can see them working at such close hand.'

Gina has been involved with the festival 'pretty much right from the start' in various ways, including handling the PR and running food stalls. During this time, she's been able to sample a lot of fabulous food and wine – volunteering 'all in the name of research obviously!' she added. There have been too many highlights for her to single out any one demonstration as her favourite, but 'Mitch Tonks and Mark Hix are always very entertaining together, and Matt Tebbutt is fascinating as he has some wonderful food stories!'

This year, Gina will be back in the Chefs' Demo Theatre for all three days of the Dartmouth Food Festival, so what is she looking forward to most of all? 'I always go around all the stalls first thing as they are setting up,' she explained, 'so I can grab samples or get some information on any new products. This means I'll be able to talk about them, so finding new local products is always good. Back in the theatre it's always good to welcome back [chef and restaurateur] Angela Hartnett MBE, who is a complete joy to watch.'

Gina's passion for food from the region makes her the perfect person to ask for recommendations. 'For a treat, I love The Seahorse, where lunch is always a long and lazy affair. Another favourite restaurant of mine is Wild Artichokes in Kingsbridge with the sublime chef Jane Baxter. A glass of fizz and tapas in Browns can't be beaten, and my other all-time favourites are The Anchorstone at Dittisham, The Vineyard Café at Sharpham, The Crabshell Inn in Kingsbridge, The Beachhouse at South Milton Sands and its new sister restaurant The Schoolhouse in Mothecombe. In Exeter I love the Hour Glass Pub which is unique and many, many more … We are spoilt for choice in this region for food and drink and we are very lucky to live in nature's larder.'

"I feel very honoured to be on stage alongside some of the UK's top chefs"

You can catch Gina in action throughout the Dartmouth Festival at the Chefs' Demo Theatre in Royal Avenue Gardens, the first port-of-call for those keen to learn from the masters and sample a range of delicious dishes and drinks – all for free!

Did you know…?

Sustainability has always been a key aim for the Dartmouth Food Festival, and this year the organisers are working even harder to make the festival as environmentally friendly as possible. This year, the goal is to reduce the use of single-use plastics and move towards using 100% 'compostable cutlery, cups, plates and packaging'.

Find out more about Dartmouth Food Festival at: dartmouthfoodfestival.com

Enjoy a weekend of fine food, fascinating demos and friendly hospitality, and come down to South Devon for the Dartmouth Food Festival. Sponsors Coast & Country Cottages will be offering free children's activities, including biscuit decorating and face painting!

Explore over 70 self-catering holiday homes in and around Dartmouth at: coastandcountry.co.uk/dartmouth

BREAKFAST 1: Smoked mackerel with poached eggs, asparagus and oriental dressing

by Pretty Local www.kingsbridge.prettylocal.co.uk

SERVES 4

YOU WILL NEED

2 smoked mackerel fillets cut in half
4 eggs
1 bunch asparagus
100g mixed salad leaves
2 tbsp. Mays and Green Oriental Dressing
4 slices wholegrain loaf toasted from The Bake House, Salcombe
Farmhouse butter
Splash of Heron Valley Apple Cider Vinegar

TO MAKE

1. Bring two medium-sized saucepans of water to the boil.
2. In the first pan drop in 12 pieces of asparagus for 1 minute, remove and place into a frying pan with a tbsp. of oriental dressing and sauté for a further minute. Remove from the heat and place the mackerel into the pan to warm.
3. In the second pan, add a splash of apple cider vinegar then poach the eggs until just firm enough but the yolk is still nice and runny, approximately 90 seconds.
4. Remove and place on a paper towel to drain.
5. Place the asparagus on the plate then arrange the warmed mackerel, poached egg and salad leaves dressed with oriental dressing over the top, put a piece of buttered toast on the side and serve.

LUNCH 1: Salcombe crab, avocado and chipotle bruschetta

by Pretty Local www.kingsbridge.prettylocal.co.uk

SERVES 4

YOU WILL NEED

125g Favis brown crab meat
125g Favis white crab meat
3-4 tbsp. South Devon Chilli Farm Smokey Chipotle Salsa
1 tbsp. coriander chopped
5 cherry tomatoes diced
1 spring onions finely chopped
2 ripe avocados
2 limes juiced
Bell & Loxton Rapeseed Oil
Sourdough from The Bake House, Salcombe

For the garnish
Cherry tomatoes, coriander and rocket

TO MAKE

1. In a food processor pulse the brown crab meat and chipotle sauce together, then fold in ½ squeezed lime, 5 chopped cherry tomatoes, spring onion and coriander, season to taste.
2. Slice the sourdough and drizzle with rapeseed oil, sprinkle with salt and grill until nicely toasted.
3. Peel and mash the avocado, season with juice of 1 lime, salt and pepper.
4. Spread a nice layer of the crushed avocado over the warm bruschetta then top with alternating spoonfuls of the brown crab meat salsa and white crab meat.
5. Garnish with the rocket, coriander, cherry tomatoes and a lime wedge then serve and eat immediately.

DINNER 1: Charcoal grilled shoulder of lamb with rosemary, garlic & lemon served with jacket potatoes and mustard dressed French beans

by Pretty Local www.kingsbridge.prettylocal.co.uk

SERVES 6

YOU WILL NEED

1 shoulder of lamb (2kg approx.)
1 head of garlic
2 lemons
1 bunch rosemary
4 tbsp. Bell and Loxton Rapeseed Oil
6 baking potatoes
1kg French beans
20ml Mays and Green Mustard Dressing
Salt and ground pepper

TO MAKE

1. Break the garlic up into cloves and lightly crush, peel the lemons with a vegetable peeler (reserve the peeled lemons for later) and bruise the rosemary.
2. Add the lamb into a large container, along with the lemon zest, garlic, rosemary, ground pepper and a good splash of rapeseed oil.
3. Massage the marinade into the lamb to get the flavours going, then cover and marinate in the fridge for at least 4 hours or overnight if possible.

TOP TIP: A charcoal barbecue with a lid such as a Weber is best for whole joint cooking.

1. Get the barbecue good and hot, then let it burn down a little.
2. Wrap the potatoes in foil with a little salt, pepper and a splash of rapeseed oil.
3. Season the lamb with salt and seal it on all sides on the hot barbecue. Add the wrapped potatoes to the barbecue grill then put the lid on and almost completely close the vents to slow the fire down. Leave for about 20 minutes, checking that the fire is low and slow every now and again, then turn the lamb and potatoes and leave for another 20 minutes. Keep turning the lamb and potatoes every 20 minutes until it is tender, juicy and almost falling apart. Total cooking time should be around 2 hours.
4. Just before the lamb is ready to take off, add the reserved lemons to the grill for 2 minutes then cut in half and squeeze the juice over the lamb.
5. Remove from the grill and let rest for 5 minutes before carving.
6. Top and tail the beans and blanch in boiling salted water, drain, then toss in Mays and Green Mustard Dressing.

BREAKFAST 2: Full English breakfast

by South Sands Hotel & Restaurant www.southsands.com

SERVES 1

YOU WILL NEED

1 sausage (Salcombe Meats)
2 rashers back bacon (Salcombe Meats)
2 organic eggs
Small bunch cherry tomatoes
Hog's pudding
Portobello mushroom

TOP TIP: For a seasonal treat add wild mushrooms, but always be mindful of your identification. South Sands forager, Simon, found wild chanterelle and hedgehog fungi this October!

TO MAKE

1. Cook the sausages first, cook slowly for about 15-20 minutes, turning occasionally until golden. After the first 10 minutes, increase the heat to medium before beginning to cook the other ingredients. If you are struggling for space, completely cook the sausages and keep hot on a plate in the oven.
2. Place the bacon straight on to the grill plate and fry for 2-4 minutes each side or until your preferred crispiness is reached. Like the sausages, the cooked bacon can be kept hot on a plate in the oven.
3. For the mushrooms, brush away any dirt using a pastry brush and trim the stalk level with the mushroom top. Season with salt and pepper and drizzle over a little olive oil. Place stalk-side up on the grill plate and cook for 1-2 minutes before turning and cooking for a further 3-4 minutes.
4. For the tomatoes, cut small bunches of vine cherry tomatoes (3 per portion). Season with salt and pepper and drizzle with a little olive oil. Cook without moving for 4 minutes until tender but still holding their shape.
5. For the hog's pudding, cut into 1-2 slices and remove the skin. Place on the grill plate and cook for 1½-2 minutes each side until slightly crispy.
6. For the fried eggs, break the egg straight into the pan with a little hot oil and leave for 30 seconds. Add a good knob of butter and lightly splash/baste the egg with the butter when melted. Cook to your preferred stage, season and gently remove with a fish slice.
7. Once all the ingredients are cooked, serve on warm plates with a good squeeze of tomato ketchup and a mug of tea.

LUNCH 2: Minestrone soup with a nettle pesto

by South Sands Hotel & Restaurant www.southsands.com

SERVES 4

YOU WILL NEED

1kg mixed vegetables - carrot, celery, cabbage, leeks
1 garlic clove, peeled and finely chopped
1 onion, peeled and finely chopped
2l vegetable stock
150g macaroni pasta
40g Parmesan, freshly grated
4 tbsp olive oil

For the pesto
60g blanched nettles
20g baby spinach
50g pine nuts
3 garlic cloves, peeled and coarsely chopped
120ml olive oil
50g Parmesan, freshly grated

TO MAKE

1. Start by making the nettle pesto. Place the blanched nettles & spinach, pine nuts, garlic and a pinch of salt in a blender and blitz until you have a smooth paste. Add the olive oil, Parmesan, and 2 tablespoons of water if the mixture looks too dry. You want a thick liquid consistency.
2. Heat the olive oil in a large saucepan and fry the garlic and onion for 2 minutes.
3. Add the prepared vegetables and stock and cook for about 12 minutes. Add the pasta and cook for about 6–7 minutes, or until tender. Remove the pan from the heat and stir in the pesto.
4. When ready to serve, heat the soup very gently and season with salt and pepper. Sprinkle over the Parmesan and serve immediately.

TOP TIP: We foraged the nettles whilst out with Rosie the dog on a morning walk near Chillington. Always make sure to pick above knee height though! You must also make sure not to pick in an area where they spray chemicals to control them, so check with the local farmer or council.

DINNER 2: Alex's close wool lamb rump, Salcombe crab soufflé, minted pea & wild nettle purée, potato & seaweed croquette

by South Sands Hotel & Restaurant www.southsands.com

SERVES 4

YOU WILL NEED

For the lamb
4 lamb rumps
4 garlic cloves, cracked
2 sprigs of wild sorrel
2 sprigs of rosemary, plus extra for cooking the rumps
100ml olive oil
2 tbsp pomace oil

For the minted pea & nettle purée
10g shallots, very finely diced
10g chopped mint
2 sprigs of nettle tops washed throughly
1 tbsp oil
200g fresh garden peas
4g salt
100ml milk

TO MAKE

Lamb

1. Marinate the lamb rumps for 24 hours in olive oil with lightly crushed garlic cloves, sorrel and rosemary.

Minted pea and nettle purée

2. To make the pea purée, sweat the shallots in the oil until soft but not coloured. Add the garden peas, nettle tops, salt and milk and simmer for 8 minutes.
3. Drain off the milk into a jug and pour the peas, nettles and chopped mint into a blender. Blitz for 2 minutes until ultra smooth, adding enough of the milk to make a thickish purée. After blending, cool as quickly as possible as the colour will begin to fade fairly quickly.

Recipe continued on the following page...

by South Sands Hotel & Restaurant www.southsands.com

YOU WILL NEED

For the croquette
200g Sagitta potatoes, quartered and turned into a dry mash potato
1 shallot, minced
100g fresh dulce/sea lettuce
15g parsley, finely chopped
1 tsp. rapeseed oil
150g plain flour
3 large eggs, beaten
200g panko breadcrumbs
oil, for frying
salt
freshly ground black pepper

For the soufflé
150g fresh white crab meat
300g spinach
150ml milk
33g flour
30g butter
1/2 tsp. mustard
1/2 tsp. ground nutmeg
53g mature cheddar, grated
5 eggs, separated
16g of Parmesan, grated
1 pinch salt
1 pinch pepper

For the sauce
20g shallots
50ml dry white wine
1 bay leaf
200ml brown chicken stock
20g butter
salt
pepper

To assemble: place a roasting pan over a high heat and add the olive oil. Season the lamb and seal until lightly golden brown all over. Transfer to the oven and roast for 8 - 12 minutes, remove and rest. Slice and arrange. Arrange the reheated purée, croquette and soufflé next to the lamb, drizzle with the sauce, garnish with foraged herbs and shelled peas.

TO MAKE

Croquette

1. Chop the seaweed, place into the bowl and fold in the mash potato, lemon zest, the chopped parsley and a little seasoning.
2. Divide the mixture into even pieces and gently roll into balls with your hands. Arrange across a lined tray and place in the fridge for 15 minutes to firm up.
3. To coat the fritters, place the flour in one bowl, beaten eggs in another and breadcrumbs in a third, seasoning the flour and breadcrumbs with salt and pepper. Dip the chilled croquettes first in the flour, then the eggs, then the breadcrumbs, rolling to coat fully in each. Return to the fridge to chill for a few minutes.
4. To prepare the dulce and sea lettuce for the mash potatoes, clean the seaweeds of any grit and wash in plenty of cold water at least 3 times. Blanch for 1 minute in boiling salted water, refresh in iced water and squeeze out any excess liquid.

Soufflé

1. Place the picked white crab meat into a bowl.
2. Heat some oil in a frying pan and add the spinach, moving it around so that it wilts. Remove and allow to drain.
3. Grease the inside of the metal rings with a little oil and place onto a lightly greased baking tray. Divide up the spinach into the 4 rings and push down so that it evenly spreads inside.
4. Add the flour, 115ml of the milk, butter, mustard and ground nutmeg. Bring to the boil, whisking continuously.
5. Turn down the heat and simmer for 2 minutes before removing from the heat. Add the mixture to a mixing bowl and whisk in 37g of the grated cheddar until it melts.
6. Using a handheld electric whisk, whisk the egg whites to the hard peak stage. Add the egg yolks to the cheese mix and mix well.
7. Add the picked crab meat and gently mix.
8. Fold in the egg whites gently.
9. Divide the mixture up into the metal rings. Place in an oven set to 180°C for 12 minutes.
10. Combine the remaining grated cheddar and Parmesan in a bowl (53g of mature cheddar, grated and16g of Parmesan, grated).
11. Remove from the oven and place the grated cheddar and Parmesan on top. Allow the soufflés to cool - you will notice they start to drop.
12. With a sharp knife, gently go round the inside of the ring to carefully remove the soufflés from the rings. Cling film over the soufflés and place on a baking tray, store in the fridge until required.
13. To reheat the soufflés, place in an oven set to 165°C for 4 minutes.

Sauce

1. Remove some fat from the lamb roasting tray and heat in a small pan. Add the shallots and leave to sweat until soft and lightly browned, then deglaze the pan with the wine.
2. Add the bay leaf and simmer until the wine reduces and the pan is almost dry. Then, add the chicken stock and reduce by 2/3, whisking in the butter and checking the seasoning to finish.

LUNCH 3: Bouillabaisse

by Jean-Philippe Bidart, Head Chef at The Millbrook Inn

www.millbrookinnsouthpool.co.uk

SERVES 6

YOU WILL NEED

20ml olive oil
1kg fish bones with heads (gurnard, red mullet, rascasse or dorade)
500g mussels
60ml Pernod
200ml white wine
1 fennel bulb
2 carrots
1 small leek
2 sprigs of thyme
1 bay leaf
3 cloves of garlic
2 celery sticks
A pinch of saffron
200g tomato purée
Water
Salt and black pepper

"Bouillabaisse is actually very simple to make, and you can make the soup the day before and then buy your fresh fish, warm your soup, add the mussels and pan fry the fish. It's incredibly healthy and very filling too. This bouillabaisse recipe is very much my own version, but you can add your own personal touches too; if you loosely stick to the ingredients below, you can't really go wrong!"

TO MAKE

1. Roughly cut all the vegetables to about 1 inch cubes. Sear with oil to a nice golden colour, then add the fish bones. If you don't like the look of the fish with their heads on, chop them off, but increase the weight accordingly.
2. Sweat for 3 to 4 minutes. Flambé with Pernod and add the white wine. Always use dry white wine.
3. Pour the saffron, tomato purée, salt, pepper and cover with water, about 3 to 4 inches above the fish. Boil the bouillabaisse for 2 to 3 minutes then lower the heat for 2 hours. Mix with a hand blender and pass through a sieve. Season to taste. The sieve is important too and the holes need to be about 2mm. All the excess goes into the bin.
4. You have now made the classic fish stew (bouillabaisse) to which any manner of fish can then be added. Some people like it quite liquid but I prefer it to be like a thick soup between the texture of single and double cream and orange in colour. If you find your soup is getting too thick, pour in more water, or better still, fish stock.
5. I like to add fillets of locally caught fish such as bass, red mullet, gurnard and John Dory together with some steamed mussels and scored squid. Cut them into strips that are about 10-12cm long. Make sure the pan is very hot and then cook them skin down in olive oil for about 1 minute to a minute and a half. When you see the edges start to go a bit crispy, take the pan off the heat.
6. Now turn the fish over and leave them to finish. They will cook slowly, but if they have not cooked enough, flash them back on the heat. The fish should be very moist in the middle and not over cooked. If anything, slightly under cook as the heat of the soup will carry on cooking them.
7. Meanwhile in another pan, cook the squid scored side down being careful it doesn't spit. It will start to caramelize then place it under a grill for 1 minute.
8. Place your mussels straight into the soup and they will cook. It is important they are very fresh. They will take about 2 minutes and will open up when they are ready to eat.
9. Place the fish soup in bowls and stack the fish in middle. Finish with chopped chilli and serve with Rouille, toasted bread croutons and a little grated Gruyère cheese. Serve with a glass of Sancerre or Albarano – a fresh aromatic white wine prized by the locals in Spain that works well with fish and seafood.

DINNER 3: Assiette of rose veal

by Jean-Philippe Bidart, Head Chef at The Millbrook Inn

www.millbrookinnsouthpool.co.uk

Rose Veal meatballs with spicy tomato sauce

YOU WILL NEED

For the rose veal meatballs
400g rose veal mince
10g chopped capers
15g very finely chopped shallots
A teaspoon of freshly chopped parsley or tarragon
Olive oil
Salt and freshly ground pepper

For the spicy tomato sauce
500ml white wine
400g tin of chopped tomatoes
1-2 teaspoons caster sugar
Salt and freshly ground black pepper
1 pinch cayenne pepper
1 pinch paprika
Freshly chopped parsley to garnish

TO MAKE

1. Mix together all the ingredients for the rose veal meatballs in a bowl, season to taste and shape into four separate balls. The meatballs must be very compact so that they don't disintegrate.
2. Add a splash of olive oil to the saucepan and when it is very hot, add the meatballs so that they sizzle. Gently move the meatballs around until they are golden brown.
3. Leaving the meatballs in the saucepan, deglaze the pan with 100ml of white wine and put on a low heat, without a lid, to reduce it by 50 per cent.
4. Add a 400g tin of chopped tomatoes, a pinch of cayenne pepper and a pinch of paprika and leave to simmer gently for ten minutes with the lid on.
5. Season to taste.
6. Pop one meatball on each plate, pour the tomato sauce on top and garnish with chopped parsley.

TOP TIP: The meatballs can be cooked the day before and kept in the fridge.

Recipe continued on the following page...

Rose Veal fillet with tarragon butter

YOU WILL NEED

400g rose veal fillet
Splash olive oil
80g unsalted butter
10g finely chopped fresh tarragon
Salt and freshly ground pepper to taste

TO MAKE

1. Season the fillet on both sides with salt and freshly ground pepper.
2. Add a splash of olive oil to a frying pan and heat until very hot. Add the veal and sear on both sides for 30 seconds each and then roll it along the pan so that it is golden brown all over.
3. Remove the veal and pop into the oven for four minutes at 200 degrees.
4. Remove the veal and allow it to rest in a warm place for 2 minutes before slicing it into 4 fillets.
5. In the same frying pan, add 80g butter and melt.
6. Add tarragon and cook until it is wilted. Season to taste with salt and freshly ground pepper.
7. To serve, place the fillet on a plate and pour over the tarragon butter.

Rose Veal escalope in bread crumbs stuffed with Parma ham and buffalo mozzarella

YOU WILL NEED

80g rose veal escalope per person flattened between two layers of cling film with a rolling pin
4 slices Parma ham
Mozzarella, drained and broken
Fresh basil
Freshly ground black pepper
1 packet Panko breadcrumbs
50g flour
2 eggs beaten

TO MAKE

1. Put each veal escalope between cling film and gently flatten with a rolling pin, being careful not to break the meat.
2. Remove from the cling film and lay on a slice of Parma ham followed by broken mozzarella.
3. Add fresh basil leaves and black pepper.
4. Roll it very tightly and then leave it in the fridge for 5 minutes to freshen.
5. Coat each escalope in the flour, dip in the eggs and then cover in bread crumbs.
6. Pre-heat a deep fat fryer to 180 degrees and cook the escalopes for 4 minutes until golden brown.
7. Place on kitchen roll to drain off the excess fat.
8. Serve either cut in half or whole.

COCKTAIL: Sicilian Brunchini

by Salcombe Distilling Co. www.salcombegin.com

YOU WILL NEED

50ml Salcombe Gin
15ml Triple Sec
15ml lemon juice
2 bar spoons of blood orange marmalade

TO MAKE

1. Fill a Martini glass with ice to chill.
2. In a Boston shaker glass pour the Salcombe Gin, Triple Sec, lemon juice and 1 spoon of marmalade.
3. Fill to the top with ice, and shake until ice cold.
4. Remove the ice from the Martini glass and place a small spoon of marmalade at the bottom.
5. Double strain the mixture into the Martini glass, notch a wedge of dried orange, and place on the edge of the glass to garnish.

TOP TIP: Give your Brunchini a twist by using a high quality local marmalade - Coast & Country Cottages recommends the award-winning marmalade from our friends at Cafe Alf Resco!

DESSERT: Pistachio and white chocolate cheesecake

by @ the bakery www.dartfinefood.co.uk/the-bakery.php

YOU WILL NEED

23cm spring form cake tin

For the base
300g digestives biscuits
50g pistachios
100g unsalted butter

For the filling
600g full fat cream cheese
300g white chocolate
500ml double cream
120g icing sugar
65g pistachio paste

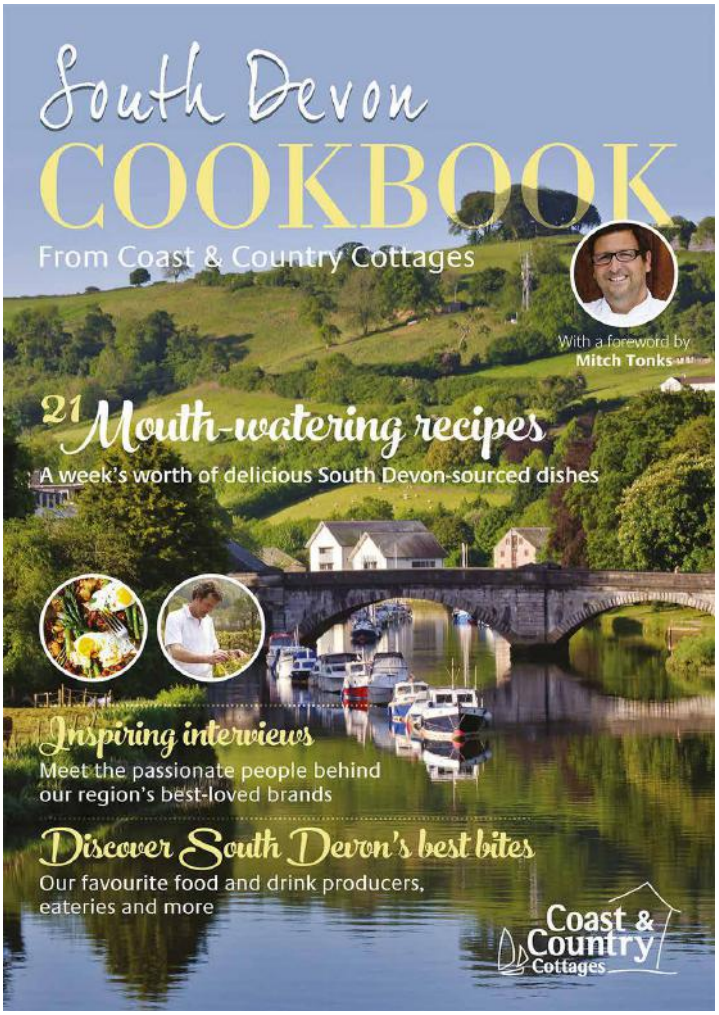
For the topping
Fresh raspberries
Pistachios chopped
Freeze dried raspberries

TO MAKE

1. Grease the base of the tin.
2. Whizz the biscuits and pistachios in a food processor, or place in a plastic bag and crush with a rolling pin (chop nuts first).
3. Melt the butter and place in a large bowl with the pistachios and biscuits. Line the tin with the greased baking parchment, then tip in the base mixture and flatten with the back of a metal spoon. Place in the fridge to chill whilst you make the filling.
4. Beat the cream cheese, sifted icing sugar and pistachio paste until smooth (an electric hand mixer is good for this). Lightly beat the double cream and add.
5. Melt the white chocolate either in a microwave or in a heat-proof bowl over a gently simmering pan of water, making sure it is not too hot. Add to the cheesecake mixture and mix until all incorporated. Put into the tin and smooth the top.
6. Refrigerate for at least 3 hours or overnight until set. Once set, release from the tin and place on a cake plate or board. Decorate with chopped pistachios, whole fresh and freeze dried raspberries. Note: contains gluten, nuts and dairy.

Enjoyed the autumn 2017 edition of our South Devon Cookbook?

It's not too late to download the first edition!



What's in it?

Give your meals an authentic South Devon spin, with the 21 original recipes for breakfast, lunch and dinner contained in our cookbook. Look out for:

- 'Baxter's brunch' – a tasty twist on breakfast eggs from Jane Baxter – along with enough breakfast options to see you through your week in South Devon
- Lip-smacking lunches including Jo Romero's orange infused brisket burrito bowl, brought to you by The Well Hung Meat Company
- Mouthwatering main courses like Mitch Tonks' grilled monkfish.

Behind the label

The South Devon Cookbook also tells the story of some of the individuals behind our region's flourishing food culture. There are interviews with influential figures including:

- Duncan Schwabb, Chief Winemaker at Sharpham Vineyard
- Lynette Sinclair, Managing Director of Tideford Organics
- Heather Waters, co-founder of the South Devon Chilli Farm

Our friends at Riverford have also helped us put together a seasonal food guide, so you'll know which locally-grown fruit and vegetables to look out for throughout the year.

A directory of deliciousness

Our team members, based in Salcombe and Dartmouth, never tire of singing the praises of their favourite cafés, pubs, restaurants and products in the area. So we've put all of our recommendations into a directory for your convenience.

Download today for FREE at coastandcountry.co.uk/downloads