

The ISLANDS of GUERNSEY

The tiny British isle with 60 residents attracting world-renowned chefs

Two-Michelin-starred Chef Michel Roux Jr visited the Islands to sample the exceptional local seafood – visitors can do so too



Last week, British chef and TV personality Michel Roux Jr visited the Islands of Guernsey ahead of the Guernsey Literary Festival, where Roux presented and cooked from his new book. The chef ventured out beyond Guernsey to explore the Island of Herm, taking an island tour, visiting the [Herm and Guernsey Oysters Farm](#) and enjoying oysters and canapes on the lawn of The White House Hotel, the only hotel on Herm.

The Islands of Guernsey, with a unique position just eight miles from Normandy and a melting-pot of cultural heritage, are a little-known gem for food lovers, only one hour from the UK. Fertile soil and rich coastlines mean the Islands are ideal for growing produce, keeping livestock and fishing. The Islands are particularly renowned for exceptional oysters and excellent lobster caught locally using traditional methods. Other seafood such as brill, spider crabs, scallops and lobster are found in abundance, and can be bought straight from fishermen as they land their catch.

Local food is traditional and French-inspired, using the Islands' fantastic produce, with examples including 'gâche' (a local fruit cake), Guernsey bean jar (similar to French cassoulet) and 'gâche méele' (a cooked apple dessert, best served with lashings of rich Guernsey cream!). Foraging is also a popular pastime on the islands: guests can sign up for Ben Tustin's renowned [Seaweed Foraging Tours](#) using sustainable methods. The tours include the exciting opportunity to taste multiple varieties of seaweed straight from the beach.

For more information on visiting the Islands of Guernsey, please visit www.visitguernsey.com or contact Natalie and the LOTUS team at guernsey@wearelotus.co.uk.