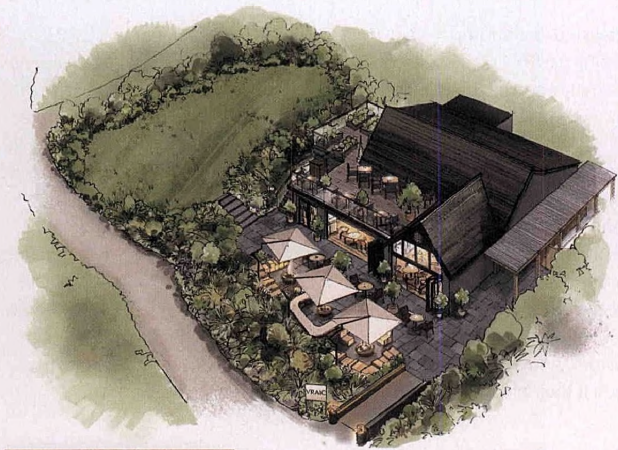


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FOODIE NEWS

Every month, Alex Fisher brings you mouthwatering news featuring top chefs, best local food, great places to eat and new coastal recipes to try



CHEF NATHAN DAVIES BRINGS FIRE AND FORAGE TO GUERNSEY

This July, renowned chef Nathan Davies will open Vraic, a new 25-seat restaurant on Guernsey's north shore. The name comes from the local word for seaweed, and the restaurant will focus on local produce, seafood, and ingredients found around the second-largest Channel Island.

Nathan is best known for earning a Michelin star for his restaurant in Aberystwyth, SY23, and for his previous role as head chef at Ynyshir, one of the UK's top-rated restaurants. At SY23, he built a reputation for using ingredients sourced close to home and cooking with open flame. He plans to bring that same approach to Guernsey.

The menu at Vraic will be based on a fire-led format, using a custom-built grill to prepare local ingredients that will be picked, foraged, or caught locally wherever possible.

The restaurant's interior will reflect the coastal setting, using natural materials along with the mood and drama Nathan enjoys. An upstairs terrace will offer stunning bay and shore views.

Vraic marks Nathan's first project outside Wales and brings his focus on seasonal cooking and local food to a new setting. For more information on the restaurant, visit vraic.gg. To find out more about visiting Guernsey, go to visitguernsey.com.

RECIPE OF THE MONTH

In this series, we share recipes from the Marine Stewardship Council (MSC), an international non-profit organisation on a mission to stop overfishing by guiding consumers to utilise fish that is underused. This recipe was created by Cornish chef and environmentalist James Strawbridge.

Haddock Shakshuka

SERVES 2 PREP 25 minutes COOKING 25 minutes

INGREDIENTS

- 280g MSC haddock, cut into 4 pieces
- 1 tbsp olive oil
- 1 red onion, diced
- 1 clove of garlic, chopped
- 100g spinach
- 1 tbsp harissa paste
- 2 tbsp chopped coriander, plus extra

leaves, to garnish

- 400g chopped tomatoes
- 6 caper berries
- 1 preserved lemon, finely sliced
- 50g feta, cubed
- 3 free-range eggs
- 1 tbsp Pomegranate seeds, to garnish
- Salt and pepper

METHOD

1. Preheat your oven to 200°C/180°C Fan/Gas 6.
2. In an ovenable frying pan, heat the oil on a medium setting, and sauté your onion and garlic for 2-3 minutes until softened and fragrant. Add in your spinach to wilt, then the harissa paste, coriander and chopped tomatoes. Simmer for 4-5 minutes, then remove from the heat.

2. Gently place your haddock, caper berries, preserved lemon slices and feta on top of the tomato mixture and crack the eggs over – carefully, to keep the yolks unbroken. Bake for 8-10 minutes until both the fish and eggs turn opaque. Cook a little longer if you don't like runny yolks. Garnish with the extra coriander and pomegranate seeds, and season with salt and pepper.

Sustainable choices mean more fish in the sea. Make sure you look for the blue MSC ecolabel when shopping for your fish and seafood. For over 25 years, MSC has been working with fisheries, seafood companies and scientists to help protect oceans and safeguard seafood supplies (msc.org/uk).



