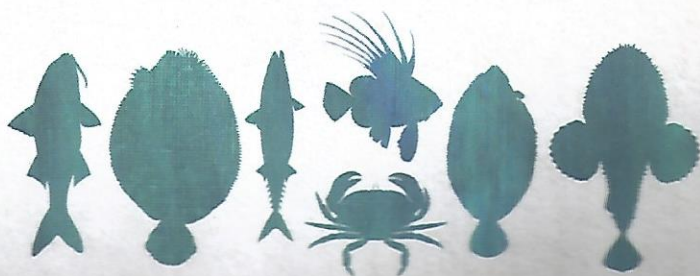


THE GREAT CORNISH FISH BOOK



*A feast of recipes, tales and discoveries
from Cornwall's coastal larder*



GONE TRIGGIN'



While there are few greater pleasures than a leisurely stroll along a Cornish beach, there's also a veritable larder that awaits you amongst the rocks and under the sand itself. Follow a few golden rules and you'll be happy as a clam.

ONLY COLLECT SHELLFISH WHEN THERE IS AN 'R' IN THE MONTH

During the summer months there is a bigger risk of algal blooms (which can make shellfish toxic) and a greater volume of bacteria in the sea, so the old saying does make sense.

SMART TIPS TO STAY SAFE

(and avoid food poisoning)

- Find out what you can about the water quality of coastal waters and estuaries from your local authority, the environment agency and local fishermen.
- Only collect shellfish from obviously clean areas. Find out where sewage outlets are and don't collect from harbours and marinas.
- Thoroughly cook all shellfish that you gather.
- Use the shellfish as soon as possible after gathering them.
- Make sure the shellfish are still alive before you cook them.



MOTHER NATURE

Ecologist Caroline Davey is someone who knows her cockles from her clams and is Cornwall's go-to girl when it comes to anything handpicked, natural and oh-so-fresh. Running foraging courses from Fat Hen Cookery School's remote farmhouse spot not far from Penzance, Caroline is the master of letting nature's flavours do the talking.

TRIGGING is the Cornish word for collecting shellfish from the shoreline. 'Trig' itself refers to what you gather.



RAZOR CLAMS

Thin, sweet and very moreish, razor clams are the seashore's secret delicacy, surprisingly easy to collect but often overlooked. Caroline shares her tips to get razor clams above the ground and onto the plate.

YOU'LL NEED

Waders
A bag of table salt
Shoepines and a bit of patience



HERE'S HOW IT'S DONE

- 1 Find the right kind of beach. A good start is to find a beach with razor clam shells on it, so you know they live there.
- 2 Look for the distinctive razor clam hole along the shoreline at low tide. It's not round but more like a keyhole.
- 3 Pour a bit of ordinary table salt down the hole and wait. If there's a razor clam in there the water in the hole will start to bubble and move about.
- 4 The razor clam will poke out of the sand – be patient and wait a little longer.
- 5 The razor clam will poke its head a bit further out, giving you enough of its body to grab and pull it out of the sand. Grab it before it changes its mind and goes back down into the hole.
- 6 They'll be quite happy kept cool and covered with seaweed in a bucket for up to 12 hours.

GRILLED RAZOR CLAMS

Caroline Davey, Fat Hen Cookery School

INGREDIENTS

10 razor clams (about 24 per person)
20g garlic, chopped
1 red chilli, finely chopped
Zest of 1 lemon
100g parsley, chopped
100g Cornish butter

METHOD

- Clean the razor clams and check they're alive by tapping them – they should snap shut. Discard any dead ones.
- Preheat your grill until it's as hot as possible.
- Lay the clams on a baking sheet and place under the grill until they open (1-2 minutes).
- Remove from the grill and set aside to cool.
- Pull the clams from the shell – rinse the shells and keep them to one side.
- Cut out the dark intestinal tract of the clam then cut off the round bulb-like end and the 'wing' covering the body. Finally, rinse off any sand still present on the clam to leave the white edible meat.
- Add the meat back into the cleaned clam shells and dot with butter, finely chopped garlic and chilli, lemon zest and parsley and briefly grill to reheat – ideally cook for no more than 3 minutes in total.
- Serve as a tasty light lunch or starter with fresh bread and a cherry tomato salad.

