

THE FISH PEDDLAR

Newsletter August 2009

August!! The month for tumble weed. The mass exodus has started as it does every year. Southfields with its large amount of young families and transient community resembles a ghost town in August at times. Noticeable the last week in July and felt even more the first week in August. The weather forecaster said we would have a barbeque summer only to say a week later that it would only last for a few days and I think that we have had those already.

Fish News!

For those days that will be hot and with the barbeque in mind, there are plenty of things to be had. Seabass and black sea bream are always good to grill and readily available along with swordfish and tuna steaks. We have also started to produce our own swordfish and tuna kebabs, all you have to do is marinate them and pop them on the grill. Halibut with its firm chunky white flesh is superb to barbeque. The contrast between the white fish and the smoky barbeque is a real delight. If its oil based fish you're looking for then sardines are a must along with mackerel and if you want to go that little bit further try the farmed or organic salmon that we stock. Prawns are a must either skewered or just marinated and put on the flames, either way they are tasty and we also sell skewers of peeled and deveined prawns which will make you work even easier. I will say that I am still extremely disappointed with the lack of fresh red mullet, John Dory and wild sea bass through July. They offer so much in the way of flavour and texture and I hope that the scarcity of them isn't a sign of their being over fished.

I must admit and with no surprise that Angela's home made fish cakes have gone

down a storm. From around 10 at first up to around 50 on the last batch and all with a variation of tastes from salmon & spring onion, cod & smoked haddock or just plain cod with flat parsley. Along with the fish pies which will return in September Angela is being kept busy in the kitchen and we thank you for that.

Other news!

The Southfields Grid residents Association (SGRA) has over the past couple of months have helped set up a group for local traders to help each other and to raise the profile of Southfields. Known as the Southfields Business Forum it will take up issues as a group with the local authorities, councilors and members of parliament. Hopefully in the future local events can be arranged and improve what I think is a really good area of SW London.

The Fish Peddler in conjunction with Andrew at the **Wine Rack in Replingham Road** are working together to recommend wines that go with various types of fish. In July we recommended a white wine, Domaine Maurel 2008, Chenin-Colombard which goes exceptionally well with monkfish. I tried the wine and can say that it is indeed a nice wine. For August we will be recommending a tipple to accompany sea bass or sea bream. There are recipes on the website for these already and they will be posted in the shop also.

Should you have any questions or enquiries please don't hesitate to contact us at The Fish Peddler on **0208 871 4411** or by email at info@fishpeddler.co.uk. Alternatively take a look at our website www.fishpeddler.co.uk there you can see all our recipes and other information.

Thanks for your continued support

The Fish Peddler.