

# THE FISH PEDDLAR

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## Newsletter November 2008

When I arrive at the shop in the morning it's dark. When I leave at the end of the day it is pretty much the same. I've come to the conclusion that it's November. Welcome to this months edition. With all the global bad news that's going on right now I sense that even Southfields is starting to feel the effects of these uneasy times. Fish prices in general have dropped due to a lack of demand and also to try and encourage trade. Coupled with the recent drops in fuel prices, the difference is shown at the retail end of the chain.

### Fish News!

As I have said before and for those customers that come to the shop I personally prefer the winter months. With winter in mind The Fish Peddler has created its very own **home made fish pie**. Selling at the moment on Fridays and Saturdays Angela has really tried to get the mix right and offer a really high quality product. Personally and from customer feedback they really are delicious. Serving two people I urge you to try them. At the moment we make about a dozen so they do go fairly quickly, however we can and do take orders for them. They have a mixture of white fish either cod or haddock, natural smoked haddock and salmon but if you have a preference I'm sure Angela can rustle one up to your requirements. At the moment she is hard at it trying to make a varying range of home made fish cakes so watch this space for future news. Our fantastic range of French soups, are ideal to warm you up on a cold miserable night or can be used as a starter course at a dinner party. You could add pieces of fish to the fish soup to give it more body and along with home made croutons with rouille

spread over them placed in the mix you have a tasty meal. I also like this time of year as mussels come into season and take 5-10 minutes to cook. You really can't beat a steaming bowl of our fresh Shetland sourced rope grown mussels. For the more adventurous, moules marinere with crusty bread to mop up a rich cream and garlic sauce, fantastic and a kilo of mussel will serve two people. Or take less mussels add a few clams, tiger prawns and chilli if you like, use the same sauce and mix it with linguini or spaghetti for something a little more substantial. Over the last month I have tried to introduce a variety of more sustainable cheaper fish. This has included herrings, gurnard, coley, and Pollack. Currently sprats are plentiful and about as cheaper fish as you can get. Floured and fried to a crisp in olive oil they offer a real treat. If you like whitebait you'll love sprats.

### Other News!

Our website carries along with this newsletter and other information related to The Fish Peddler. It also has four or five recipes for seasonal dishes. Currently on there are Deep Fried Squid (Calamari Fritte) Roasted Black Bream with roasted vegetables Bouillabaisse (chunky French style soup) Moroccan style Seabass  
[www.fishpeddler.co.uk](http://www.fishpeddler.co.uk)  
Should you have any queries question or need information on anything fish please call the shop 02088714411 or email at [info@fishpedlar.co.uk](mailto:info@fishpedlar.co.uk)

Best wishes

Roger  
The Fish Peddler