

THE FISH PEDDLAR

Newsletter October 2008

Back to school and all settled down at last. Throw in cold weather, a bit of rain and shorter evenings and you know that it's October. September came and went and although trade returns to some semblance of normality I can't help but think that Mr. Brown our wonderful PM has made a complete hash of running the country. With all the increases in fuel, everyday shopping, insurances, and mortgage rates and now all the banking problems currently occurring, I can't help but feel a little worried as we enter the final quarter of the year. I have seen a marked downturn in business over the last six months. This may be due to consumers tightening their belts in the current climate and watching the pennies more. I only hope that things improve in the very near future.

Fish News!!

Amongst all the doom and gloom there is still an abundance of fish. I have with the changing times introduced a few less expensive lines to the counter such as whiting and coley. Both relatives of the cod without the price tag. Mackerel continues to be excellent value for money as do rainbow trout. All the aforementioned are not only tasty but extremely affordable. There currently seems to be a run on wild seabass at the moment. Well worth a try just to see the difference between those and the farmed. Squid is starting to come into season as our coastal waters get colder. Some calamari fritte, (see the recipe on our website), fantastic with garlic mayonnaise. How about Moules Marinere? The Shetland rope mussels from now to March will be fantastic.

I'd like to think that The Fish Peddlar offers something different. We have recently started selling a few new products from Portugal.



Extremely high quality Extra virgin and virgin olive oil at a good price. Sea salt and salted cod (bacalau). We have two types of sardine, plain in vegetable oil and a spicy picante tomato sauce style. My favourites are the Squid and Octopus. Both cooked with lemon, garlic and tomato. Ideal as a starter or a quick snack served on toasted ciabatta or crusty bread.

Finally!!

Following my bike ride in June I have received the following letter and pictures

**To you all at The Fish Peddlar,
Thank you so much for sponsoring my uncle Roger
and helping him raise the money for my much
needed car seat.**

**I would like to say that it has made a huge
difference in my day to day life and travelling in the
car has become a more enjoyable and comfortable
time.**

**I am very lucky to have an uncle and auntie like I
do who love me so much and care for my like they
do.**

**Once again my family and I cannot thank you all
enough for your kindness and generosity.
Thank you all.**

Big smiles

Jenna Louise Stewart



Should you wish to go on a mailing list for updates, recipes or even have any suggestions email info@fishpeddlar.co.uk or visit the website www.fishpeddlar.co.uk

Best wishes

Roger
The Fish Peddlar