

COUNTRY & TOWN HOUSE

THE BEST OF BOTH WORLDS

MAY 2019 £3.90

INSIDE

BIANCA
JAGGER

*LIVIA
FIRTH*

TRISTRAM
STUART

*ISABELLA
TREE*

NICK
BRANDT

*ALEX
EAGLE*

JULIET
KINSMAN

SAVING THE PLANET

It's now or never

RECIPE

SHELL OUT

Chef *Mikkel Karstad* urges you to turn your attention to sustainable and under-fished species. This crab salad is just the ticket



CRAB SALAD WITH ASPARAGUS, DILL, RADISH & TOASTED RYE BREAD

INGREDIENTS

SERVES FOUR

- » 300g crabmeat (approx 1kg crab claws, boiled as instructed)
- » 10 green asparagus
- » 1 bunch radishes
- » 3-4 tbsp. olive oil
- » 1 unwaxed lemon
- » Salt and freshly ground pepper
- » 1 bunch dill



freshly ground pepper to taste and toss well. Chop the dill and sprinkle on top. Add more lemon, salt and freshly ground pepper if needed. Serve the salad with toasted rye bread as a small lunch dish or a light summer meal.

*Recipe extracted from *Gone Fishing*, published by Clearview Books, £35 ■*

The waters of the North Sea and Atlantic Ocean are full of delicious seafood, and yet we tend to only ever eat five different types of fish. This leads to overfishing and the depletion of marine life, and it also means that people miss out on tasting some of the utterly delicious seafood that's simply lesser known – which local fishmongers have plenty of access to, just not enough demand. Crab is one of my favourites – it's highly sustainable as it's caught in pots, which is a low-level and humane way of fishing, and keeps numbers up. Crab is in season in the UK from April to November. It's asparagus and radish season right now too, so buy local for the freshest salad of the moment.

METHOD

Place the crab claws in a saucepan and cover with water. Then add 1 tbsp. sea salt, two lemon slices, whole peppercorns and dill sprigs. Bring the claws to the boil for 5-7 minutes. Turn off the heat and leave in the brine for around 20 minutes. Once the claws are cool, bash them lightly with a hammer and remove the meat with a fork.

Snap off the ends of the asparagus and rinse in cold water. Then slice them finely and place them in a bowl with the fresh crabmeat.

Top and tail the radishes and rinse in cold water before slicing them finely. Add them to the bowl with crabmeat and asparagus.

Add olive oil, lemon zest and juice, salt and

FOODIE TALES



SNACKING ON SEAL LIVER AND EATING STALKS

What's your food philosophy? I use lots of vegetables, taking advantage of how they change in taste and texture throughout the year. For example, a carrot that comes out of the earth in June is crispy, delicate and fresh, so it should be eaten raw, but three to four months later, and after a little 'beating' from the weather, it has a totally different flavour.

Most vivid childhood food memory? Holidays spent with my grandmother, eating delicious homemade meals, made using home-grown vegetables, fish and game caught by my uncle.

Favourite ingredient currently in season? Wild herbs like ramps, goutweed, garlic mustard and spruce. In just a month they'll be gone, and we'll have to wait another year for them. They're great for pesto, soups, fresh salads or as a garnish.

Top tip for reusing products that would otherwise go to waste? Don't throw out herb stalks, they are very good chopped and used to marinate meat or fish that will be grilled or baked in the oven. The stalks from broccoli or cauliflower are also great if you peel and thinly slice into a salad. Their delicate nutty taste and horseradish-like sharpness works well.

Most memorable meal out? Sailing between huge icebergs in Disko Bay in Greenland, in minus ten degrees. We saw a local hunter lug a seal he had shot onto the ice, where he skinned and cleaned it. He took out its liver and offered it to us, which was a big gesture as usually they save it for themselves. Seasoned only with salt, I ate slices of raw seal liver for the first time in the middle of the breathtaking, unspoilt nature.

When you're not in the kitchen, where are you? With my family and preferably outdoors; I enjoy being out in nature, gathering edible things, and cooking in the wild.

What's in your fridge right now? Eggs from my hens, Parmesan and fresh vegetables, so that I can always whip up a good, simple meal.