

# BRITANNIA

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IN THIS MONTH'S EDITION

- / Wine of the Month
- / Diary Date
- / Travel writer David Atkinson talks Galway
- / Food critic Isabel Hood talks wild salmon



## Wine of the month:

Oysters are typically sold, and best eaten, in the months containing an "R" (September to April) according to Decanter magazine. Writing in the publication, Master Sommelier Matthieu Longuere, recommended pairing the shellfish with a **2014 Muscadet Terre de Pierre-Marie** from the Loire. The lemony notes will complement perfectly a shucked oyster or two.

Image from [www.1jour1vin.com](http://www.1jour1vin.com)

Each month travel writer **David Atkinson** hand-picks a destination based on an event happening that month...



## Travel: Galway



The Irish city of **Galway** may be gearing up to be one of the European Capitals of Culture in 2020 but the craic starts early on the last weekend of September with the Galway International Oyster and Seafood Festival — the traditional start of the oyster season. The three-day festival includes cookery demonstrations, tastings at local restaurants and an oyster-shucking championship, plus lots of fresh oysters all washed down with lashings of champagne and Guinness.

Image from: [www.galwaytourism.ie](http://www.galwaytourism.ie)

## FEATURE

### of the month

'Britannia Life' is our first-class delivery and installation offering from our UK-based customer service centre and team of in-house engineers. Customers who purchase one of our range cookers from participating retailers benefit from disconnection and removal of their old appliance, delivery, installation and demonstration of their new cooker, plus a free cleaning and care pack

For participating retailers visit [www.britannialiving.co.uk/britannia-life](http://www.britannialiving.co.uk/britannia-life)



Each month **Isabel Hood**, chef, food writer and international nutritional consultant, picks a product of the month. **This month it's salmon:**

## The season for wild salmon is coming to an end...

...so now is the time to celebrate its splendour and give it the royal treatment this firm, velvety, Omega 3-rich food deserves.

It is a versatile fish in the kitchen, marrying successfully with both breezy, sparkling partners like aromatic herbs, citrus fruit, even tamarind and Greek yoghurt, as well the opulence of butter, cream, crème fraîche and eggs.

At its simplest, it can be fried skin side down, pressed firmly with a spatula to ensure a crisp golden surface, and dished up perhaps on a bed of pasta tossed with pesto, sweet cherry tomatoes and a fresh, lemony goat's cheese.

A more traditional approach is to poach it in a winey broth before serving with a classic hollandaise sauce, but an ideal partner to its rich meatiness and sweet flavour is a bright, herby though delicate



Salsa Verde-type sauce, along the lines of dill and orange; or try adding a light Asian influence, with fresh coriander, a squeeze of lime, a mild green chilli and a dash of toasted sesame oil.

Wild salmon also sits happily on the BBQ although it can dry out in the blink of an eye so let the embers die well down and rub the fish with plenty of fruity olive oil, sea salt and coarse black pepper; and then, when it is done, give it a Moroccan twist with a chermoula vinaigrette full of olives, preserved lemons, cumin, paprika and toasted flaked almonds.

## Diary date...

'**Sourdough September**' is an annual campaign run by **The Real Bread Campaign**. It aims to raise awareness of the delights of bread made without baker's yeast or any other additives.

Share your bakes using #SourdoughSeptember and tag The Real Bread Campaign.



Image from: <https://www.instagram.com/bbcgoodfood>