



Simon Wright is a restaurateur, food writer and broadcaster. He has been involved with award winning restaurants in Wales for over 25 years. His new series 'The Secret life of Welsh Food' is currently being broadcast by BBC Radio Wales.

A collaboration between:
The School of Management Swansea University
The Banqueting and Hospitality Team Swansea University
Wright's Food Emporium



School of Management
Yr Ysgol Reolaeth

Gower On Your Plate Blas o Gŵyr

Celebrating the true taste of Gower.

By Simon Wright
Restaurateur, Food Writer and Broadcaster

An adventure with local food & drink

Croeso, a warm welcome to you.

You must be wondering why a School of Management has published this recipe book.

The reason is straightforward and very simple.

We would like to help stimulate and support the local economy by encouraging you to buy local, to help sustain rural businesses whilst at the same time enjoying nutritious, wholesome food using healthy recipes.

So in many ways this is a business initiative!!

Food and drink is one of the rising stars of the Welsh economy. Each year it currently generates over £5.7bn and supports some 200,000 jobs and 40,000 businesses across our country. The Welsh Government plans to increase this contribution to our economy by 30% in the next few years. At the same time, the value of tourism is set to grow by 10% by 2020 with tourists from all over the world, increasingly, wanting to experience a true taste of Wales.

Professor Marc Clement
Dean, School of Business

Great local produce not only supports local jobs for local people but it is also a wonderful expression of a sense of place: about our soils, our climate, the craft of farming and the art and innovation that turns these local products into a very appealing 'taste of Wales'.

Over the next three years Wales will celebrate the Year of Adventure (2016), Year of Legends (2017) and Year of the Sea (2018) and Y Bwyd a Diod Cymru — the Food and Drink of Wales provides a fine way to help enjoy everything that is great about this small country.

This is an innovative collaboration with one of Wales' leading champions of local food and drink, Simon Wright. We are also rightly proud of the contribution our colleagues in the University's catering team is making to promoting local food through their creative recipes and procurement policies. So join with us to help create a strong local economy with food and drink at its heart.

Gower — A Welsh Larder

Wales as a whole is increasingly known for the quality and diversity of its food offering, but even in that context Gower stands out for the astonishing range of produce available from its roughly 70 square miles of peninsula. Partly this is a simple product of its geography — wrapped in miles of coastline with sandy beaches to the South and salt marshes to the North, an interior dominated by farmland and common land, coupled with a microclimate that offers some of the nation's most benign conditions for the growing of fruit and veg. The richness of the food culture can also be traced to the historical limitations of transport links with the surrounding region — the self sufficiency that this engendered is still evident in the varied basket of produce that Gower offers today.

It is the sea that dominates. Not just in terms of the bounty it offers in fish, shellfish and marine flora but also the way the coastline colours what is grown and reared inland. Out in the ocean, day boats still fish from Swansea for the likes of mackerel, sea bass, crab and lobster. The reaping of cockles on the Burry Inlet to the north, provides Gower with one of its defining food offerings — on a par with the seaweed strewn around the rocky coastline that becomes the famous

laverbread. And then there are mussels wild and now rope farmed in Swansea's Queens Dock. All on plentiful display in the fishmongers of Swansea's indoor market and the docks.

Before the water fully gives way to the land there are the salt marshes, lazily grazed by sheep that offer some of the sweetest meat in a nation renowned for the quality of its lamb. There's beef too and a revival in pork from Pedigree Welsh Pigs. Independent butchers in Swansea and the villages of Gower survive and indeed prosper on the foundation of their close links with the farming that goes on around them.

Gower is a garden too. Root vegetables including new potatoes that compare with those of the Channel Isles, magnificent cauliflowers and soft fruits that you can pick up from the farm gate, at farmer's markets and once again at the stalls of Swansea's historic indoor market.

It all adds up to an amazing larder on our doorstep and with such riches at hand, cooking up a great meal doesn't have to be difficult. Here are a few recipes that demonstrate just that.

Gower On Your Plate Blas o Gŵyr

LAMB BOULANGERE

This is so easy and the results so heavenly, that it's almost a crime not to make it at least once a month. Shoulder is one of the most delicious cuts of lamb and relatively inexpensive.

Shoulder of lamb on bone
around 2kg in weight

1.5kg peeled thinly sliced
white potatoes

3 large white onions
thinly sliced

1 head garlic separated
into cloves

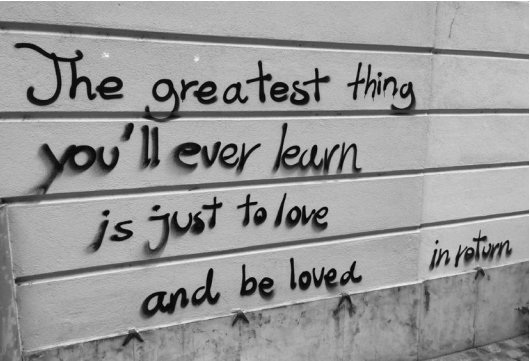
Handful thyme leaves

1/2 litre chicken stock

In a large roasting dish or deep casserole dish layer the potatoes, onions, garlic and thyme leaves.

Place the lamb on top and sprinkle a further few thyme leaves on top and season well.

Pour over the chicken stock and place uncovered in an oven at 160°C
140°C fan for 5—7 hours.



MUSSELS MOUCLADE

Besides being delicious, mussels are excellent value. Two important things to note — 1. Any mussels that don't open when cooked discard them 2. It's a crime to leave any of the sauce so mop up with crusty bread.

1kg fresh mussels cleaned

1 medium leek chopped finely

1 clove garlic chopped finely

1 tbsp olive oil

1 tsp mild curry paste

100ml cider

50ml double cream

Warm the olive oil in a saucepan, add the leeks and garlic and cook until soft on medium heat. Add the curry paste and stir in then add the cider and mussels and bring to the boil, cover with lid and cook for 5—10 mins until mussels have opened. Add the cream and stir well for another couple of minutes.

WILD GARLIC, POTATO & CIDER SOUP

Wild garlic is an early spring gift that cries out to be harvested and it is found in abundance on Gower — remember to cut it at the stem and don't pull out the roots.

2 large white onions
thinly sliced

2 large white potatoes
diced small

100g butter

Half a carrier bag wild garlic
well washed and shredded

1/2 litre cider

Salt and pepper

Melt butter in a large saucepan and soften onions and potatoes, add the cider and simmer until the potatoes are soft. Add the wild garlic and cook for a further minute.

Use a blender to blend in a couple of batches, season to taste and serve with a little creme fraiche, bread and welsh cheese.



WARM CAULIFLOWER SALAD

The poor cauli, hugely underrated and usually boiled to oblivion. Here it is roasted and given the dignity it deserves.

1 cauliflower

1 tsp ground turmeric

2 tsp olive oil

1 tsp cumin seeds

50g pine nuts

1 bag of washed baby spinach

Divide a cauliflower into even sized florets, add oil to spices and season well, toss cauliflower in to mix and stir until evenly coated. Place on roasting tray and roast at 200°C for 20—25 mins until florets are slightly charred and soft. Put pine nuts into a dry frying pan and cook until pale gold. Add pine nuts to cauliflower and spinach. Serve warm.

BAKED WHOLE MACKEREL, BEETROOT SALAD

Mackerel are usually at their most abundant around August but it varies year on year. When there's a lot about they are good value, and when fresh utterly delicious.

1 whole mackerel gutted
and cleaned

1 lemon

Handful flat leaf parsley

200g beetroot

1 red chilli, deseeded
and finely chopped

2 shallots chopped very finely

Handful thyme leaves

100ml Olive oil

50ml Good wine vinegar

Cook beetroot in their skins until just soft, leave to cool then slice finely into rounds, combine chilli, shallot and thyme leaves and layer the beetroot with the chilli mix, mix the oil and vinegar together and pour over the beetroot and leave to marinade for a couple of hours, season well. Slash the skin at the sides of the mackerel 2—3 on each side, stuff the cavity with the lemon and herbs and season. Bake in a hot oven 200°C for 15—20 mins until fish is cooked through. Serve with the beetroot salad.

