



Fish • Forage • Feast

The outdoors comes indoors

"Everything we need surrounds us...Most People have forgotten that it is there, I look to the past to guide people to a better future."

Matt Powell of Fishing and foraging Wales and Welsh Bass Guide brings his take on a new style of food from the outdoors of Wales into the mainstream for a limited time only.

"Just coming up to five years ago now I set out to do something completely different here on the Welsh coast.

These last few years have been a journey and an adventure, and an amazing opportunity for me to learn a great deal on what we actually have here in Wales.

My journey has sometimes been magical, and all the time inspiring, a revelation and at some points so exhilarating and beautiful it has brought me to a level of sheer awe.

Hunting for wild edibles is very exciting I forage as sustainably and as mindfully as I can, nothing is ever picked from the root.

I gather the ingredients for you in all different types of settings. I travel high up on the hillsides and mountain woodlands of Wales for fungi, the rivers and estuaries for plants, and I search the foreshore for seaweeds and other edible items too.

The quality of the produce in many parts of Wales is superb, from the depths of the sea come scallops and I believe the best lobsters in the world.

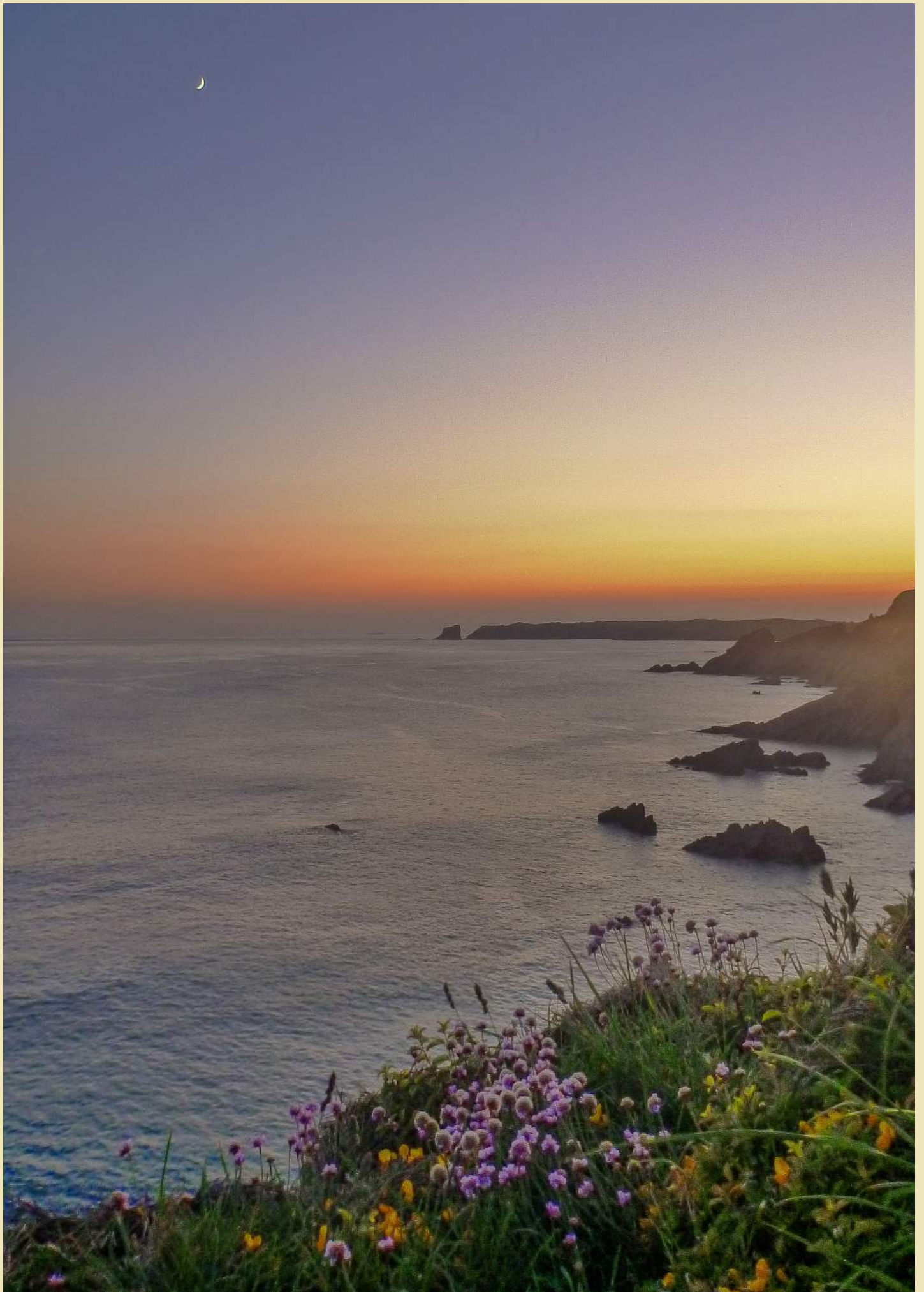
If great food memories make a dish, then I am spoilt with a huge array of inspiration out here.

I count myself very lucky to walk the path I am on.

I now want to bring my food to you an experience that will long stay in your memories as well as mine"

The next few pages of this booklet will give you an idea of the food that you can expect and what it is I am bringing to you.

Matt Powell - Fishing and Foraging Wales.





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I travel high up on the hillsides and mountain woodlands of Wales for fungi.





I Take the simplest of local ingredients and turn them into something sublime.



I take the best produce Wales has to offer and I prepare it with thought...



And lots of respect.



I take inspiration for my food dishes from the environments that I work in day to day.



“A gift from the woodland”





“Stack Rocks”



Tempted?

I hope the last few pages will of drawn you in to experience some of the dishes I have to offer.

Here are some of the examples of some of the dishes that I will produce for you.

Early spring 2017

Bread, butter and pickles, cured and air-dried Welsh mountain lamb.

Onion and butter broth.

“Egg in the hedgerow” - Slow cooked duck egg yolk, hedgerow herbs, chanterelle sauce.

“The woodland floor” - Scarlet elf cup, wild garlic shoots, mushroom broth.

Scallop cooked in the shell over ash logs, sea campion and pickled seaweed.

Slow cooked shin of Pembrokeshire beef, slow cooked potato, sea radish, scurvy grass, beef shin juices.

Lobster and the shoreline

Fresh cheese made from Pembrokeshire milk and cream, preserved blackberries.

“Stack rocks” – Gorse flower custard, birch and ash meringue.

“A gift from the woodland” - Acorn ice cream, malted grain soil, sorrel and chocolate truffle.

Dates

As well as offering my food experience in your very own home 2018 will see me popping up in some different venues across Wales

Here are some dates for you to come along and experience this wonderful offering.

March 2018

St David's Day - 1st March - 5th March

April 2018

End of April

May 2018

Early May

August

September

October

November

December

*Venues and upcoming dates for these very special events will be set in the new year.

*Prices will be dependant on what type of day is set. Some will be straight forward food nights.

*Some dates will be special foraging and food days set to a specific time of year.

Contact

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Thanks to David Miller Art for the Gannet photo.

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