



*Welcome to the*

SCOTTISH  
*Wild Food*  
FESTIVAL

17<sup>TH</sup> & 18<sup>TH</sup> SEPTEMBER 2022



WELCOME TO THE

# *Scottish Wild Food Festival 2022!*

## **HOW TO ENJOY THE EVENT:**

**FREE EVENTS** are drop-in, first come first served. Arrive early at the listed space if you want to guarantee a spot.

**PAID EVENTS** should be booked through [scottishwildfoodfestival.simplybook.it](http://scottishwildfoodfestival.simplybook.it) - scan the QR code below to be taken straight there. If you need help go to the Booking Station beside Info Point. Head to the venue and show your email confirmation to the facilitator or front-of-house steward for access.

**ALL WALKS** leave from the Bus Stop sign beside Info Point.

**FESTIVAL BANQUETS** and **LUNCH UNPLUGGED WITH BEN READE** required pre-booking before the event but you can check Info Point for any cancellations.

**SOUP DRAGON CAFÉ** meals are drop-in.

**INFO POINT** can help you with Bookings, Directions, Lost Children, First Aid, Transport, Kids Self-Led Foraging Booklets, Faery Sightings and Feedback.

**EVENT HOURS** 10.00 - 18.00 for all activities except dinner banquets till 19.00+.

The festival is a not-for-profit event seeking to provide a beautiful and friendly space and time in nature focussed on enjoyment of wild and local food, reconnection with the land and seasons, support for small scale producers and an opportunity to learn from and eat with a diverse group of knowledgeable and passionate teachers.

## **HUGE THANKS TO:**

Our funders at **EVENTSCOTLAND**, **STIRLING COUNCIL COMMUNITY FUND**, and **THE CO-OP** for their invaluable support in making this year's event possible.

**ALL OUR CONTRIBUTORS** for sharing their knowledge, skills and time.

**VOLUNTEERS & CREW** for working hard behind the scenes to make the event happen.

*And finally to all our attendees - we hope you have a wild time!*

**PAID ADDONS**



**SCAN HERE TO BOOK PAID EVENTS.**

Scan the QR code to be taken to [scottishwildfoodfestival.simplybook.it](http://scottishwildfoodfestival.simplybook.it).

If you need further assistance, go to the Booking Station beside Info Point.

# SHUTTLE BUS SCHEDULE

## SATURDAY 17<sup>TH</sup> SEPTEMBER

### OUTBOUND

09.45	Balfron to Festival	LINKS TO	09:44	X10 bus from Stirling
10.20	Drymen to Festival		10:12	309 bus from Balloch
10.50	Balfron to Festival		10:25	X10 bus from Glasgow
			10:44	X10 bus from Stirling
11.25	Balfron to Festival		11:25	X10 bus from Glasgow

### RETURN

15.25	Festival to Balfron	LINKS TO	15:44	X10 bus to Glasgow
			16:25	X10 bus to Stirling
16.10	Festival to Drymen		16:38	309 bus to Balloch
17.00	Festival to Balfron		17:22	X10 bus to Stirling
		17:43	X10 bus to Glasgow	
18.25	Festival to Balfron		18:44	X10 bus to Glasgow
19.00	Festival to Balfron		19:25	X10 bus to Stirling
			19:49	X10 bus to Glasgow

## SUNDAY 18<sup>TH</sup> SEPTEMBER

### OUTBOUND

09.50	Balfron to Festival	LINKS TO	09:44	X10 bus from Stirling
10.20	Drymen to Festival		09:53	309 bus from Balloch
11.20	Drymen to Festival		11:12	309 bus from Balloch
			11:44	X10 bus from Stirling
12.15	Balfron to Festival		11:44	X10 bus from Stirling
			12.11	X10 bus from Glasgow

### RETURN

15.25	Festival to Balfron	LINKS TO	15:44	X10 bus to Glasgow
			16:11	X10 bus to Stirling
16.50	Festival to Drymen		17:33	309 bus to Balloch
17.25	Festival to Balfron		17:44	X10 LAST BUS to Glasgow
		18:11	X10 bus to Stirling	
19.00	Festival to Stirling		19:53	train to Glasgow
			20:19	train to Edinburgh



SHUTTLES

**SCAN HERE TO BOOK SHUTTLE BUS TICKETS.**

**THE SHUTTLE BUS MUST BE RESERVED!**

Under-13s go free with the code FREEBUS, but still need a seat reserved to make sure there is space on the minibus. Shuttle buses run from the main festival car park and pickup/drop off at the Co-Op (Buchanan Street) in Balfron, The Winnock (The Square) in Drymen and Stirling Train Station.

# SATURDAY 17TH SEPTEMBER

**K** KID-FRIENDLY   **F** FREE EVENT   **P** PAID EVENT - book at Box Office

## BUS STOP

10.30 - 12.30

Galloway Wild Foods

Fungi Foray (+12 years)

WALK + TASTERS **P** (£25 - £50)

11.00 - 11.45

Charlotte Flower Chocolates

Foraging and Chocolate  
Tasting Walk

WALK + TASTERS **K F**

11.30 - 13.30

Herbal Homestead

Wild Weed Moisturiser:  
Foraging Walk and  
Making Session

WALK + TASTERS **P** (£24)

11.30 AND 13.00 (45 MINS)

Food from the hEdge:  
Self-led Foraging Walk

SELF-LED WALK **K F**

12.15 - 13.15

Oak & Wildflower

Mindful Foraging  
Walk & Talk (+12 years)

WALK **F**

13.45 - 15.15

Edinburgh Forage & Eat  
Walking Lunch

WALK + TASTERS **P** (£25)

## STALLS

10.30 AND 12.15 (DROP-IN)

Movement in Thyme

Wild Tea and  
Kitchen Medicine

DEMO + TASTERS **F**

11.00 - 11.30

Hedgerow Soaps

How to Make Your Own  
Hedgerow Soap

TALK **K F**

11.45 - 12.45

Mycobee Mushrooms

Mushroom Folklore, Stories  
& Remedies - Make your  
own Extracts, Wine & More

WORKSHOP + TASTERS **F**

12.00 - 12.30

The Forager's Candle

Create your own Smudge  
Stick from Foraged Plants

WORKSHOP **F**

13.00 - 14.00

Stirling Gin

Cocktail Making Masterclass

WORKSHOP + TASTERS **P**  
(£17.50)

13.00 - 14.30

Danny Jack & Hailee Kukura

Campervan Cooking Class

DEMO + TASTERS **K F**

## SHADY GLADE

10.00 (DROP-IN ALL DAY)

Emily Hamalainen

Little Acorns Forest School

PLAY SESSION **K F**

## DRAGON'S LAIR

10.15 - 12.00

Boom Community Arts

Wild Arts Workshop

WORKSHOP + CRAFTS **K F**

12.15 - 12.45

Emily McLennan

Make a Clay Tile with  
Pressed Plants

WORKSHOP + CRAFTS **K F**

13.45 - 14.30

Wild Roots Foraging

Herbal Lunar Infusions

Bring a recycled jar  
(250ml - 1ltr) and herbs  
you have foraged.

WORKSHOP **F**

*In memory of Her Majesty Queen Elizabeth II, we invite attendees to observe a minute's silence at 11.00.*



10.00 - 14.00

## DEMO TENT

10.30 - 11.15

Banana Moon

Kids' Yoga

WORKSHOP **K** **P** (£2.50)

12.30 - 13.15

Galloway Wild Foods

Wild Mushroom Cookery

DEMO + COOKING **F**

13.45 - 14.30

Association of Foragers

Wild Food Accreditation -  
A Discussion

TALK **F**

## BUTTERFLY ROOM

10.45 - 11.45

Emily McLennan

Clay Pot Making

WORKSHOP + CRAFTS **K** **P** (£11)

12.15 - 13.15

MycoBee Mushrooms

Medicinal Mushrooms Talk

TALK **P** (£11)

## TALKS TENT

10.30 - 11.30

Feragaia

From farm to distillery,  
a Fife alcohol-free story

TALK **F**

11.30 - 12.00

Solacescapes

A Wild Life: Bringing  
True Nature Home

TALK **K** **F**

12.15 - 13.00

Scottish Food Studio

The Slow Food Foundation  
Ark Of Taste Talk with  
Wendy Barrie

TALK **F**

13.30 - 14.30

Vicky Allan & Anna Deacon

Wild Swimming Scotland

TALK **K** **F**

## WORKSHOP ROOM

10.45 - 11.15

The Divine Hag

The Dark Uses Of  
Essential Oils

TALK **F**

## DOME

10.30 - 12.30

The Koji Kitchen

Make your own Miso +  
Koji Pickle Tasting

WORKSHOP + TASTERS **P** (£50)

13.15 - 14.45

Apothecary Kitchen and  
Geranium & Thyme

Seasonal Vegan Lunch

MEAL **P** (£32.50)

## CROOKED PLANK TAVERN

10.45 - 12.45

Ben Reade of  
Edinburgh Food Studio

Lunch: Unplugged 1  
with Ben Reade

WORKSHOP + MEAL **P** (£54)

13.00 - 15.00

Ben Reade of  
Edinburgh Food Studio

Lunch: Unplugged 2  
with Ben Reade

WORKSHOP + MEAL **P** (£54)

# SATURDAY 17TH SEPTEMBER

**K** KID-FRIENDLY   **F** FREE EVENT   **P** PAID EVENT - book at Box Office

## BUS STOP

14.45 - 17.45

MycoBee

Introduction to the  
Fungi Kingdom

WORKSHOP **K P** (£32.50)

15.45 - 16.30

Tales and Tunes  
with Donald Nelson

WALK **K F**

16.00 - 17.00

Edulis Wild Wood

Foraging Plant Walk

WALK **K P** (£21.50)

16.15 (45 MINS)

Food from the hEdge:  
Self-led Foraging Walk

SELF-LED WALK **K F**

## STALLS

15.00 - 16.30

Danny Jack & Hailee Kukura  
Campervan Cooking Class

DEMO + TASTERS **K F**

16.30 - 18.00 (DROP IN)

Movement in Thyme  
Tea Blending Workshop

WORKSHOP **F**

## SHADY GLADE

14.00 - 14.45

Hushing Rangers  
Heritage Smoking  
Techniques

DEMO **F**

15.00 - 15.45

Hushing Rangers  
Spoon Carving

WORKSHOP **K F**

15.30 - ONGOING

Edinburgh Forage & Eat  
Wild Cauldron Cooking

DEMO + TASTERS **K F**

16.00 - ONGOING

Hushing Rangers  
Charcoal Making

DEMO **K F**

## DRAGON'S LAIR

15.15 - 15.45

Organic Welltree

Make your own Sauerkraut  
(+12 years)

WORKSHOP **F**

16.00 - 16.45

Foragers Foods  
Fresh Chilli Tasting  
Competition (+14yrs)

DEMO **F**



14.00 - 18.00

### DEMO TENT

14.45 - 15.45

Achray Icecream

Make Your Own Icecream

WORKSHOP **K** **F**

16.00 - 17.00

Aine Morris of Bristol Food Union and Reap & Sow

Eating well on a planet in turmoil: a discussion on building regenerative food economies

TALK **F**

17.00 - 17.45

Glasbal

Folk Dance Workshop

WORKSHOP **K** **F**

### BUTTERFLY ROOM

15.15 - 16.45

Oak & Wildflower

Healing Salve-Making

WORKSHOP **P** (£21.50)

17.00 - 18.00

The Divine Hag

Create your own Perfume

WORKSHOP **P** (£13)

### TALKS TENT

14.45 - 15.45

Association of Foragers & Guests

Foragers' Question Time

TALK **F**

16.00 - 16.45

Shoshin Taiko Dojo

Taiko Performance & Talk

DEMO **F**

17.00 - 18.00

Shoshin Taiko Dojo

Taiko Drumming Workshop

WORKSHOP **P** (£11)

### WORKSHOP ROOM

14.00 - 18.00

Solascapes

Design your Landscape of Wild Solace (+12 years)

WORKSHOP **P** (£22.50)

16.00 - 16.45

Banana Moon

Family Yoga

WORKSHOP **K** **P** (£6)

### TIPI IN THE WOODS

16.00 - 18.00

Wild Roots Foraging

Wild Women - Women's Circle and Foraging Walk

WORKSHOP **P** (£32.50)

### DOME

15.30 - 16.45

Scottish Food Studio & The Slow Food Movement

The Ark of Taste -

Discover our Heritage

Foods with Wendy Barrie

WORKSHOP + TASTERS **P** (£15)

17.00

West Highland Herbal & Botanica Fabula

Wild Stories and

Gastronomic Enchantment:

A Legendary Feast

MEAL **P** (£65)

### CROOKED PLANK TAVERN

15.15 - 16.00

Elsewhere Events

Elsewhere & Stirling Gin

Present The Folklore

Collection (+18 years)

TALK + TASTERS **P** (£15)

16.00 - 18.00

Adhamh Ó Broin:

Scottish Gaelic Consultancy

Bilingual Taigh-Céilidh

(+13 years)

TALK **P** (£15)

# Wild Lifestyle

## Wild Women - Women's Circle and Foraging Walk

Wild Roots Foraging

Join Lucy from Wild Roots Foraging for a ceremonial women's circle and foraging walk. Once upon a time, humans lived in harmony with our earth and skies. In her work, Lucy explores ways of reconnecting us to rituals of the past, as a means to bring more healing to our modern world and reclaim the lost wisdom of our ancestors.



In this gathering, we will explore our own native herbs and our human relationship with them through ritual, both historically and in our modern day. You will be led in a sacred tea ceremony that will help you to connect better to the land you walk on, to yourself, and to each other. Followed by a sharing circle, where we create space for each other to share in a safe space, and be fully heard and held.

SATURDAY & SUNDAY AT 16.00 - TIPI IN THE WOODS  
WORKSHOP P (£32.50)

## Design your Landscape of Wild Solace

Solacescapes

Arleen Sinclair works to bring wild plants into garden spaces. This session offers ways to bring wild plants closer to home and deepen your relationship with nature. If you have an outdoor space you can use and would like to know more, this workshop will help you to get started. Through a series of guided visualisations and exercises, a framework will be provided for you to return home and begin to rewild your outdoor space as a place to forage and reconnect. Beforehand, spend a little time getting to know your space, use all the senses to deepen your awareness of the existing space.

SATURDAY AT 14.00 - WORKSHOP ROOM, SUNDAY AT 10.30 - DOME  
WORKSHOP P (£22.50)



With thanks to our funders:



EventScotland™







## Seasoned Lunch Club

The VanLife Chefs

Chef Danny Jack and Hailee Kukura, hosts of the popular London and Edinburgh 'Seasoned Supper Club', are walking on a wild side for a 2-course seasonal lunch of good, honest, wholesome food to bring people together. Think organic vegetables, select cuts of meat, foraged herbs, and an indulgent dessert made from local produce. Meat and vegetarian options available. Copies of their recently published book, Van Life Cookbook will be available for sale at the lunch.

While his technique is firmly rooted in the classics, Danny is influenced by the likes of Ottolenghi and Moro, frequently borrowing big flavours from non-European cuisine and placing qualities of seasonality, locality and provenance at the forefront of his food. Danny's residency is Studio Z in Brixton but you can often find him dishing up to kids and OAPs at the Mile End Community Centre.



SUNDAY AT 12.30 - DOME

MEAL **K** **P** (£25)

## Our traders

1. MycoBee Mushrooms
  2. Oui Knob of Butter
  3. Charlotte Flower Chocolate
  4. Grassroots Remedies
  5. Buck & Birch
  6. Divine Hag
  7. Association of Foragers
  8. VanLife Campervan
  9. Achray Icecream
  10. Stirling Gin
  11. Sweet Knead Pizza & Big Al BBQ
  12. Solacescapes + Foragers Candle
  13. Hedgerow Soaps
  14. Iona Buchanan Ceramics
  15. Feragaia (Saturday) + Wash-house Baskets (Sunday)
  16. Foragers Foods
  17. Neighbourfood + Welltree
  18. Movement in Thyme
  19. Aeon Books/Wild Medicine (Jane)
  20. Great Glen Charcuterie
  21. Highland Boundary
  22. Perthshire Preserves (Sunday only)
  23. Seabuckthorn (Sunday only)
- Café: Soup Dragon Café

# SUNDAY 18TH SEPTEMBER

**K** KID-FRIENDLY   **F** FREE EVENT   **P** PAID EVENT - book at Box Office

## BUS STOP

12.15 - 13.15

Herbal Homestead &  
Scottish Gaelic Consultancy  
Seasonal Bi-lingual  
Foraging Walk (+13 years)

WALK **F**

11.30 AND 13.45 (45 MINS)

Food from the hEdge:  
Self-led Foraging Walk

SELF-LED WALK **K F**

12.15 - 13.00

Charlotte Flower Chocolates  
Foraging and Chocolate  
Tasting Walk

WALK + TASTERS **K F**

12.45 - 13.30

Tales and Tunes  
with Donald Nelson

WALK **K F**

13.15 - 14.45

Edinburgh Forage & Eat  
Walking Lunch

WALK + TASTERS **P** (£25)

## STALLS

11.00 - 11.30

Hedgerow Soaps  
How to Make Your Own  
Hedgerow Soap

TALK **K F**

12.00 - 15.00

Mycobee Mushrooms  
Make Your Own  
Mushroom Growing Bag

WORKSHOP **P** (£32.50)

## SHADY GLADE

10.00 (DROP-IN ALL DAY)

Emily Hamalainen  
Little Acorns Forest School

PLAY SESSION **K F**

+ Aerial Ropes

PLAY SESSION **K P** (£10)

## DRAGON'S LAIR

11.00 - 11.30

Emily McLennan  
Make a Clay Tile with  
Pressed Plants

WORKSHOP + CRAFTS **K F**

*In memory of Her Majesty Queen Elizabeth II, we invite attendees to observe a minute's silence at 11.00.*



10.00 - 14.00

## DEMO TENT

10.30 - 12.00 (DROP IN)

Boom Community Arts

Wild Arts Workshop

WORKSHOP + CRAFTS **K** **F**

12.30 - 13.00

Perthshire Preserves

How to Make Your Own

CrabApple Preserve

WORKSHOP **F**

## TALKS TENT

10.00 - 10.45

Seabuckthorn Scotland

The Secrets of Seabuckthorn

WORKSHOP **F**

11.30 - 12.00

The Divine Hag

The Dark Uses Of

Essential Oils

TALK **F**

12.15 (30 MINS +)

Thinking Trees

Wild CrabApples -

Identification,

Cultivation and Uses

TALK + FIELD TRIP **F**

13.30 - 14.45

Edculis Wild Foods

Seaweeds & Seashore

WORKSHOP **P** (£32.50)

## BUTTERFLY ROOM

11.00 - 12.30

Rox Madeira

Winter Medicine-Making

WORKSHOP **P** (£21.50)

13.00 - 13.45

Wild Roots Foraging

Herbal Lunar Infusions

Bring a recycled jar  
(250ml - 1ltr) and herbs  
you have foraged.

WORKSHOP **F**

## WORKSHOP ROOM

11.15 - 12.45

Nourish the Wild Within

Herbal Infusion Sound

Journey & Journalling Circle

WORKSHOP **P** (£21.50)

## DOME

10.30 - 12.30

Solacescapes

Design your Landscape of  
Wild Solace (+12 years)

WORKSHOP **P** (£22.50)

12.30 - 13.45

The VanLife Chefs

Seasoned Lunch Club with  
The VanLife Chefs

MEAL **K** **P** (£25)

## CROOKED PLANK TAVERN

11.00 - 13.00

Ben Reade of

Edinburgh Food Studio

Lunch: Unplugged 1  
with Ben Reade

WORKSHOP + MEAL **P** (£54)

13.00 - 15.00

Ben Reade of

Edinburgh Food Studio

Lunch: Unplugged 2  
with Ben Reade

WORKSHOP + MEAL **P** (£54)

SOLD  
OUT!

# SUNDAY 18TH SEPTEMBER

**K** KID-FRIENDLY    **F** FREE EVENT    **P** PAID EVENT - book at Box Office

## BUS STOP

14.15 - 16.15

Nature's Being  
Sensory Herbal  
Medicine Walk

WALK **K P** (£16.50)

14.45 - 15.45

Oak & Wildflower  
Mindful Foraging  
Walk & Talk (+12 years)

WALK **F**

15.30 - 17.00

Wild Food Stories  
Plant & Fungi  
Foraging Walk

WALK **P** (£26.50)

16.15 - 17.20

Association of Foragers  
Foraging Walk

WALK **F**

16.45 (45 MINS)

Food from the hEdge:  
Self-led Foraging Walk

SELF-LED WALK **K F**

## STALLS

14.30 AND 16.00 (DROP-IN)

Movement in Thyme  
Wild Tea and  
Kitchen Medicine

DEMO + TASTERS **F**

15.30 - 16.00

LifeBlends  
Medicinal Mushrooms Talk

TALK **F**

16.00 - 17.00

Mycobee Mushrooms  
Mushroom Folklore,  
Stories & Remedies -  
Make your own Extracts,  
Wine & More

WORKSHOP + TASTERS **F**

## SHADY GLADE

14.00 - 14.45

Heritage Smoking  
Techniques

DEMO **F**

15.00 - 15.45 (DROP IN)

Spoon Carving and  
Charcoal Making

WORKSHOP **K F**

## DRAGON'S LAIR

14.15 - 14.45

The Forager's Candle  
Create your own Smudge  
Stick from Foraged Plants

WORKSHOP **F**

15.30 - 16.15

Foragers Foods  
Fresh Chilli Tasting  
Competition (+14yrs)

DEMO **F**



14.00 - 18.00

## DEMO TENT

14.45 - 15.45

Achray Icecream

Make Your Own Icecream

WORKSHOP **K** **F**

## TALKS TENT

15.00 - 15.30

Solacescapes

A Wild Life: Bringing True  
Nature Home

TALK **K** **F**

16.00 - 16.45

Shoshin Taiko Dojo

Taiko Performance & Talk

DEMO **F**

17.00 - 18.00

Shoshin Taiko Dojo

Taiko Drumming  
Workshop

WORKSHOP **P** (£11)

## BUTTERFLY ROOM

14.30 - 15.30

Emily McLennan

Clay Pot Making

WORKSHOP + CRAFTS **K** **P** (£11)

16.00 - 17.30

Oak & Wildflower

Healing Salve-Making

WORKSHOP **P** (£21.50)

## WORKSHOP ROOM

15.15 - 16.15

The Wash House Garden

Ancient Wild Basketry:  
How to Weave a Tension Tray

WORKSHOP **F**

15.30 - 16.30

Mycobee Mushrooms

Medicinal Mushrooms Talk

TALK **P** (£11)

16.45 - 17.45

The Divine Hag

Create Your Own Perfume

WORKSHOP **P** (£13)

## TIPI IN THE WOODS

16.00 - 18.00

Wild Roots Foraging

Wild Women - Women's  
Circle and Foraging Walk

WORKSHOP **P** (£32.50)

## DOME

14.00 - 16.00

The Koji Kitchen

Make your own Miso +  
Koji Pickle Tasting

WORKSHOP + TASTERS **P** (£50)

17.00 (+2HRS)

Buck & Birch + Panda & Sons

A Relentless Pursuit of  
Flavour: Dining with

Buck and Birch

MEAL **P** (£65)

## CROOKED PLANK TAVERN

15.00 - 16.00

Elsewhere Events

Elsewhere & Stirling Gin

Present The Folklore  
Collection (+18 years)

TALK + TASTERS **P** (£15)

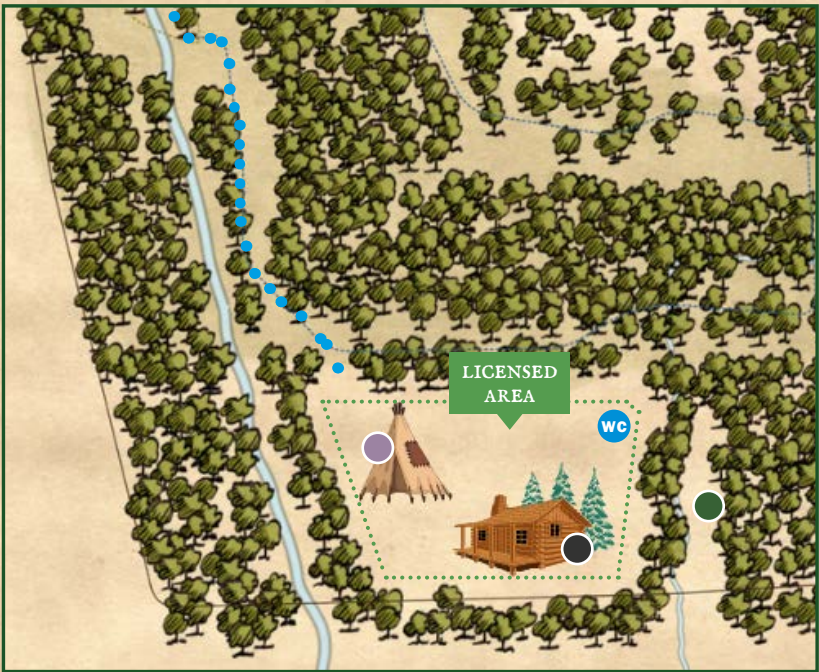
16.00 - 18.00

Àdhamh Ó Broin:




















Scottish Gaelic Consultancy

Bilingual Taigh-Céilidh  
(+13 years)

TALK **P** (£15)





-  Tir na nOg Centre, including:
  -  BUTTERFLY ROOM
  -  WORKSHOP ROOM
-  Soup Dragon Cafe
-  TICKET DESK
-  INFO POINT
-  TOILET FACILITIES
-  FIRST AID
-  BUS STOP (CAR PARK)
-  BUS STOP (INFO POINT)
-  STALLS
-  SHADY GLADE
-  DRAGON'S LAIR
-  DEMO TENT
-  TALKS TENT
-  DOME
-  Paths to
-  TIPI IN THE WOODS
-  CROOKED PLANK TAVERN

*Many thanks to the VanLife Chefs for this  
recipe extract from the **Van Life Cookbook***

# Pan-fried mackerel w/herb and green olive crushed new potatoes

I caught my first mackerel while working at a five-star hotel in St. David's on the west coast of Wales during the summer of 2008. One day, I asked the hotel caretaker about mackerel fishing. He told me where the best beach was, including the precise rock. Some of the other chefs and I borrowed a cheap rod and some feathers and headed off. Second cast and I was in with a haul. We snuck back into the restaurant kitchen after service that night, after the head chef and all the staff had left, and cooked it up. There's always 'a' fishing spot, you just have to ask the locals.

*Serves 2*

*500g/1lb 2oz new potatoes  
a splash of olive oil  
2 whole mackerel, about 250g/9oz  
each, filleted (skin on)  
2 tbsp butter or olive oil  
a small handful of soft herbs, such  
as parsley, dill, chives (or a  
mixture), chopped  
2 spring onions, finely sliced  
1 tbsp capers, drained  
2 tbsp stoned green olives, chopped  
(Gordal are our favourites)  
grated zest and juice of 1 lemon  
salt and freshly ground black pepper*

Add the potatoes to a pot of cold water with a big pinch of salt, then bring to the boil and cook until tender. Drain and keep warm in the same pan.

Get a large, non-stick frying pan smoking hot and add a splash of olive oil, then add the mackerel fillets, skin-side down, and reduce the heat to medium-high. Fry until cooked almost all of the way through, about 6 minutes. Turn the heat down a little if the skin is getting too dark, but don't move the fillets in the pan.

While the mackerel is cooking, lightly crush your potatoes in their pot with a fork. Stir through the butter or olive oil, then add the herbs, spring onions, capers and olives. Stir through half the lemon juice and all the zest, then season to taste with salt and pepper.

Finish the mackerel by flipping it over to cook for the last 10 seconds or so, squeezing over the remaining lemon juice.

To plate up, make a mound of crushed potatoes on each plate and top with the fried mackerel fillets and all the pan juices. Serve with wilted leafy greens or a side salad for a more substantial meal.

