



## From ship to plate

### Sourcing fresh seafood

#### Sea Bream and Squid

##### *FishWorks*

Mitch Tonks, a former *Tatler* restaurateur of the year, is becoming the king of fish with his chain. Each restaurant is also a fishmonger's. His fish come fresh from the morning auction at Brixham port in Devon. You can also order online. Availability depends on catch. "Throughout the spring black bream is caught on the South Coast. Bream is at the very top of my wish list; if you see one, change your recipe plans and buy it," says Tonks. "If the flesh is at all pink, it's not fresh: it should be pure white."

**Squid (cleaned): 400g, £8; delivery, £6.99. fishworks.co.uk; 0800 0523717**

#### Scallops and langoustines

##### *Isle of Skye Smokehouse*

Harrods, Skibo Castle and the Royal Scotsman all use the Smokehouse. Its

wild king scallops are caught by divers, so there is no dredging. This preserves both flavour and the environment. The langoustines are creel-caught off the Skye coast. Their meat takes ceviche flavours perfectly, and as they are already cooked, there is no need to blanch them.

**Ten scallops (shelled and prepared) £15; langoustines £27.95 a kilo (unshelled); delivery, £8.95. skye-seafood.co.uk; 0800 7813687**

#### Sea urchins

##### *Orkney Rose*

"Urchin roe makes delicious ceviche," says Rose Grimond, the owner of this fish stall in Borough Market, South London. "Orkney urchins are smaller and less spiny. Cut open and scoop out the couscous-like roe."

**Live urchins £4 each (Friday and Saturday only). orkneyrose.com; 0560 1155643**

