



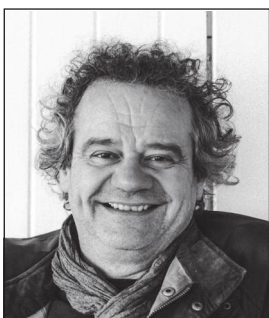
Tuna Ceviche

Take 200g of very fresh tuna loin or belly dropped into rough 1cm chunks and mix with a finely chopped red chilli, 2 finely chopped spring onions and a tablespoon of chopped coriander and a tablespoon of yuzu juice or lime juice and season to taste. Serve with thin slices of toasted baguette or just by itself.
Serves 2

TUNA CEVICHE

Inspired by the Andy Warhol book *Wild Raspberries* Mark Hix has collaborated with artist Nettie Wakefield to launch a collection of framed prints you can add to your kitchen wall. The prints combine seafood recipes by Mark accompanied by beautifully detailed illustrations by Nettie.

They have combined to create a series of 28 limited edition artworks, printed in London's Jealous Print Studio. They are planning to publish them into a book next year. Signed by Mark and Nettie the limited edition prints are available to buy online from Jealousgallery.com.



MARK HIX

INGREDIENTS

- 200g very fresh tuna loin or belly
- 1 red chilli
- 2 spring onions
- Tbls chopped coriander
- Tbls yuzu juice
- Tbls lime juice

Serves 2

DIRECTIONS

1. Chop the tuna into 1 cm rough pieces.
2. Finely chop chilli and spring onions.
3. Mix together with the yuzu juice and lime juice.
4. Season to taste
5. Serve with toasted baguette or on its own.



AB
TOAST
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PARTY



THIS CHRISTMAS




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34 East Street, Bridport,
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T 01308 422878

reception@thebullhotel.co.uk

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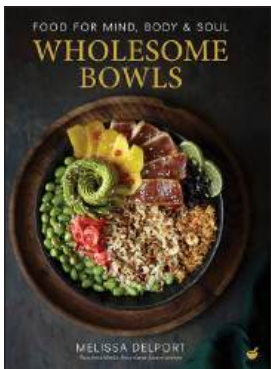
BOOK NOW





SPICY BUTTERNUT SQUASH SOUP

This is a classic crowd-pleaser, so it's a great go-to recipe. Soup is a labour of love and is something you take your time to make. Put on some music and enjoy spending time in the kitchen.



Wholesome Bowls
MELISSA
DELPOR

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INGREDIENTS

3 tablespoons coconut oil
1 red onion, chopped
2 cloves garlic, minced
1 tablespoon grated
fresh root ginger
1 red chilli, chopped (optional)
2 teaspoons cayenne pepper
(optional)
2 stalks celery
1 large carrot, peeled and
halved
1 sweet potato, washed and
chopped
500g (1lb 2oz) butternut
squash, peeled and diced
1 litre (34fl oz/4 1/4 cups)
vegetable stock
180ml (6fl oz/3/4 cup) coconut milk
Salt and pepper
Croutons (optional)
1 handful fresh coriander/cilantro

Serves 8

DIRECTIONS

1. Add the coconut oil and onion to a large saucepan over a medium heat and fry until translucent. Add the garlic, ginger, chilli and cayenne pepper. Keep stirring. Add the celery and stir until it starts to soften, then add the carrot, sweet potato and butternut squash.
2. Once all the vegetables are mixed together, add the stock and top up with boiling water until the vegetables are covered. Simmer over a medium heat for at least 1 hour. If you see the water level is low, top up with more stock or water. I let my soup cook for as long as possible, sometimes up to 2 hours. However, it can be served after 1 hour.
3. Once all the veggies are soft, blend the soup with a stick blender until smooth and thick. Simmer for another 20 minutes. Add the coconut milk and stir through. Season to taste.
4. Serve hot with croutons and chopped fresh coriander/cilantro.

Ilaria's Italian KITCHEN



Chilli Extra Virgin Olive Oils from Mercato Italiano in Bridport

'ITALIAN food is all about simplicity' says Ilaria Padovani, owner of Mercato Italiano in Bridport. Introducing her wonderful cold pressed Extra Virgin Olive Oil from Umbria, with Peperoncini and Fennel seeds, she describes how the oil can enhance and bring out the best of many dishes. 'This aromatic chilli Extra Virgin Olive Oil is the perfect Italian dish companion—piquant, fresh and balanced' she says.

A collaboration with Weymouth 51, the handcrafted artisan vegan chilli sauce and condiment producer from Weymouth, Mercato Italiano also offers a hot version with the famous Dorset Naga chilli. The oils are served alongside Mercato Italiano's delicious pizzas and are also available to take home.

Originally established as a weekly market stall, supplying high quality cured meats and cheeses directly imported by Ilaria using her Italian produce contacts, Mercato Italiano has become the go to destination for authentic pizza, coffee, cocktails and so much more in west Dorset and surrounding area.

Be sure to visit <https://mercatoitaliano.uk> and subscribe to their newsletter to keep up with events, tastings and exclusive offers, including the Marshwood reader discount on special events.



Mercato Italiano

• BRIDPORT •

Unit 3B Dreadnought Trading Estate, Bridport, Dorset DT6 5BU
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