

Beech Hill's Book Launch Makes Headlines



Pictured at the launch of Beech Hill's new cook book (left to right)
Raymond Moran; Sally Bailey, WWF Fish Expert, Paul Curry; Geoff Nutall, Head of WWF in
Northern Ireland and Patsy O'Kane, owner of the Beech Hill Country House Hotel

We have been making the front pages with the publication of our new cookery book. And now the recipes and colourful photographs of the dishes created by our head chef Raymond Moran and sous chef Paul Curry are being seen by a worldwide audience.

The book, 'Dishy Fishes' was commissioned and published by the world's largest conservation group, WWF (formerly known as the World Wildlife Fund). It features seafood dishes created from sustainable fish – those species that are not under threat, like the UK cod, from over consumption.

Raymond and Paul are both committed to sustainability. As Raymond says: "We simply have to use alternatives to cod and other endangered kinds of fish. Otherwise we will be contributing to their extinction. I feel very passionately about this issue – I want there to be fish for me to cook in 10 or 20 years from now."

Says Paul: "If you look at the recipes we have included in our book you will see that absolutely marvellous dishes can be created using fish that is less popular, fish like pollack which is a first class substitute for cod. Then there is herring and mackerel, lobster and hake, scallops and mussels. Changing your fish eating habits need not be any kind of hardship – it could be really exciting."

The book is being given global exposure on WWF's website and it has been distributed to hundreds of political figures and leading lights in industry and development. The story about its publication has been given prominent coverage in the media, mainly because it is the first time that a book of this kind has been commissioned in this way.

Patsy O'Kane, proprietor of the Beech Hill Country House Hotel, said: "Our book will be useful to anyone who is interested in cooking one or two tasty off-beat fish dishes and to anyone who is interested in helping preserve our fish stocks."