



Neil and Deb Hosking with their grand daughter McKenzie

The best seafood on the coast every week

Neil and Deb Hosking of Victor Fish don't know whether to embrace or fear the summer season.

It's a busy time for the Hoskings but they always seem to be busy.

Their stall at the market is a credit to the quality of their produce and their enterprise.

Neil, who was a fisherman down here for 30 years, is passionate about his produce.

He's always hatching plans and offering customers something new to try.

One of the great things about Victor Fish's seafood is the presentation and packaging. Everything is ready to cook, there is no need to mess about...just superb fillets, ready to toss in the pan.

The advice is to get in early with your orders, it's the best seafood on the coast.

What's happening at the market:

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- * Little Fish playing this Saturday.
- * Fair Trade exhibition this Saturday.
- * Twilight market on Friday December, 23 (4pm to 8pm).
- * The City Band playing at the twilight market.
- * Herbal Hound's baby animal crèche on January 6, 2012.

What's in season at the market...

- * Live yabbies
- * Spring Texel lamb
- * Stone fruit
- * Cherries
- * Zucchini
- * Tomatoes
- * Basil
- * Free range pork
- * Cucumber



Yabbies in a beurre blanc sauce with dill.

The humble yabby is Australian as Vegemite and the FJ Holden. Found throughout the country, they are fun to catch and delicious to eat.

Yabbies should only be bought live or very freshly cooked. If you buy live yabbies, you can kindly put them to sleep by placing them in a freezer for 30 minutes or placing them in an ice bath.

The easiest way to cook yabbies, is to boil them for 5 minutes. For every litre of water add one tablespoon of salt and one tspn of vinegar and bring to a rolling boil. Once cooked, they should be served with fresh bread & butter, a pepper grinder, a bowl of vinegar and icy cold beer.

Now here's a more formal recipe.

Ingredients

- * 1 kg live yabbies (cooked as above)
- * 1 tbspn finely chopped shallots
- * ½ cup dry white wine
- * 100gms butter chopped in 6 evenly sized pieces
- * ½ a lemon
- * Freshly ground salt & pepper
- * 1 tbspn freshly chopped dill

Method:

In a small skillet or saucepan, add the wine and shallots and reduce. While the yabbies are still hot, peel and devein. Place the yabby meat in a bowl and cover with foil to keep warm.

When the wine had all but disappeared (have your plates ready and your guest seated) start adding (over a moderate heat) the butter chunks (1 at a time) and whisk as you go. This should only take a minute or two. As soon as the sauce is incorporated, take off the heat add a squeeze of lemon, the yabbies dill and season with salt & pepper. Serve over wilted baby spinach with steamed beans, asparagus & baby carrots. (omg! I've just created a 'fine dining' dish...I swore I would never do that.)

WH177305

Market works with local charities

By BRENT TAMBLYN

One of the aspects of running the market that I truly enjoy is working with community groups and charities.

It's a great way of getting to know people and learning about all the good work that takes place. These people and groups are the unsung heroes of society.

Once upon a time, towns had a busy main street where local groups could

promote their cause. People would set up card tables and sell raffle tickets, cakes and plants. Nowadays we have shopping malls but they are not as conducive to such community activities.

In the past month I have come into contact with the Childhood Cancer Association (Bradley's Place) and Cody's Angel Heart Foundation.

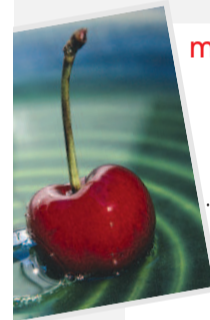
Bradley's Place at Inman

Valley is a house where a family experiencing childhood cancer can take a few days off. The market is happy to help by providing VIP guest passes affording the family special privileges and free treats.

Cody's Angel Heart Foundation (many of you will know the story of Cody) are selling 2012 calendars throughout the south coast, including at the market.

The cost is only \$15 and features stunning images from local photographers and artists, including my friend Alice Bell...I love the way the community connects, it is the golden thread that binds society together.

We have also been providing site space for Oxfam, Lions and Fair Trade...there will be a Fair Trade display this Saturday. I love saying yes to people.



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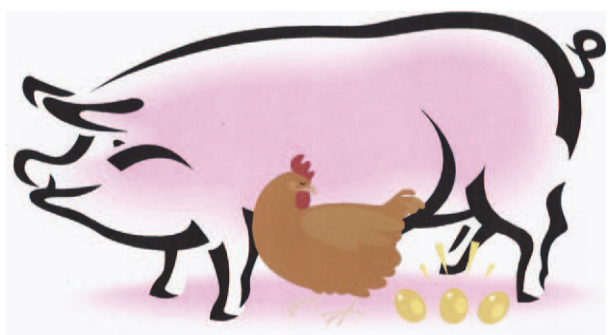
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