

# BILLINGSGATE GOSSIP

THE LONDON FISH & POULTRY RETAILERS' ASSOCIATION NEWSLETTER

WINTER 2010



## London Fishmongers & Poulterers Retailers Association (LFPRA)

# Termination of the Cart Minders Implied Licence to Operate

**D**uring the last weeks and months the Council of the LFPRA have been engaged in talks with the Billingsgate Traders Limited, The City of London Corporation and the Market Superintendent, concerning the Termination of the Cart Minders implied licence to operate. The plan is to replace the Cart Minders with a number of police constables backed up by part-time help together with CCTV, Parking Meters and Automatic Number Plate Recognition (ANPR) linked to the Gate House Barriers.

Your Council ask the question - why employ part-time staff when you can employ the existing Cart Minders for four hours per day and avoid the need for expensive policing of a system which the vast majority of trade customers wish to retain and a system which works?

Your Council realizes that if they accept our suggestions there will be no need for parking meters.

There would no need for extra policing, no need for CCTV or the cost of an Automatic Number Plate Recognition System. Policing of the Fish Distribution Area would be reduced as

the only segregation we would require would be when the public walk through the middle bays of the Fish Distribution Area on their way to the Market entrance.

Your Council have one goal in mind and that is to see Billingsgate Market thrive and prosper.

Your Council not only needs the support of LFPRA members but of everyone that uses the Market. It is hoped that Caterers may wish

to become Associate members of the LFPRA, which is the London arm of the National Federation of Fishmongers, with its many benefits. Your support in this matter would be very much appreciated and should you wish to join please contact any of the council members listed below.

**R Sandys - Chairman**

**London Fishmongers & Poulterers  
Retailers Association**

## London Fish & Poultry Retail Association Council 2010

Ray Sandys	Chairman
Ken Condon	Hon. Treasurer
Charlie Caisey	Joint Secretary
Sue Lyons	
Steven Davies	
John Purkis	
Rex Goldsmith	
Ted Saunders	



# Remembrance and thanks

Billingsgate Market, steeped in both history and tradition, showed its generous side on three recent occasions. On Thursday November 11th Billingsgate Market held their traditional Remembrance Service. Attended by the Rev'd Fiona Stewart-Darling, The Bishop's Chaplain of Docklands and Rev'd Jane Hodges, Parish of Poplar. All parts of the Market were represented and paid their respects to all who gave their lives so that we are allowed to lead our lives as we do each day. Jack Preston, Porter, Michael Foulger, London Fish Merchants Assoc. and Malcolm Macleod, Superintendent of Billingsgate Market laid wreaths.

Thursday 7th October saw our Harvest Festival Service taking place on the working floor of the Market at 7.30 am led by Rev'd Canon Flora Winfield. The service was an occasion when we were able to give thanks for the harvest of the seas and to remember all who are involved in our profession. Bill Thorton of James Nash & Sons read Psalm 104. 24-28 with the Address by Rev'd Canon Flora Winfield followed by hymns sung with gusto by the work force, accompanied by the clatter of trolleys, hubbub of business in progress and the superb members of the East-End Brass Band.

The display of fine fish was greatly admired by a large group of visitors that included The President of the National Federation of Fishmongers, Mr. Gary Hooper. The fish displayed was supplied by two well-known Merchants to whom we acknowledge with thanks.

And again! On Sunday the 10th of October the Fish Harvest Festival took place at St Mary-at-Hill, London EC3. An excellent show of fish was displayed, probably a wider variety than we have seen for some years. The stunning show was put together by the brothers Eddy and Les Hill (still going strong after more years than you wish to remember). A very special mention for our newest and youngest assistant, George Hooper. George, 14, was up at 3.30am and arrived with Dad, Gary Hooper. Charlie Caisey made George an Honorary Chairman of the London Retail Fish & Poultry Association for the day. Of course the team would not be the same without our Porters, Frank David (84!) and ever-youthful Bill Hewitt. Many thanks to Roshan Persad our quiet back-up man. The many people who arrived for the Festival Service admired the completed show.

The service by Rev'd Canon Flora Winfield gave us all our chance to give thanks for the Harvest of the seas and our prayers for all members associated with our industry.

John Bowman, Master of the Billingsgate Ward Club, read the first Lesson. John White, Alderman of the Ward of Billingsgate, read the second Lesson. Robert Smith, director of music and St-Mary-at-Hill singers all made this an excellent Service.

At the end of the service all the fish was distributed and sent to the Queen Victoria Seaman Hostel. Sincere Thanks to all those Billingsgate Merchants that donated the fish, thank you to Bill Lyons and Roshan Persad for their collection and to everyone who made this possible. Our thanks also for the fantastic photos which were sent to us anonymously by two tourists visiting London who must have taken 100s.





**B** *Billingsgate Seafood School* **B**

**Celebrating Sustainable Seafood**  
**Billingsgate School Sustainable Seafood Award 2011**

Thursday 27th January 2011  
 £35.00 (including brunch, lunch and refreshments)

This day will offer commercial seafood buyers, chefs and journalists access to key players in the seafood world. They will listen to them champion one specie and be able to ask questions on current sustainable seafood sourcing. Attendees will vote for their favourite and select the winner of the Billingsgate School Sustainable Seafood Award 2011. Listed below is the schedule of the day with organisations taking part.

**0800 Doors open and welcome**

0830 Introduction

0900 Direct Seafoods—Stone Bass;

0930 Marine Conservation Society—Sardines;

1000 Welsh Fisheries Dept & South Wales Fisherman's Assoc.—  
 Spider crab.

**1030 Brunch (first three species served)**

1130 Alaskan Seafood Board—Pacific Cod

1200 Dept. Fisheries Isle of Man - Queenie Scallops

1230 Clean Seas—Yellow Tail Kingfish

1300 TBC— UK discards—can we utilise fish currently wasted?

**1330 Lunch and voting (last 3 species served)**

1430 Panel open forum - All presenters

1515 Billingsgate School Sustainable Seafood Award 2011

**1530 Close**

£35.00 (including brunch, lunch and refreshments)

Office 30 Billingsgate Market, Trafalgar Way, London E14 5ST Tel: 020 7517 3548

**www.seafoodtraining.org**





## BILLINGSGATE SEAFOOD TRAINING SCHOOL

# Winter courses at the school

Further information and booking details of the courses listed below can be found on our website [seafoodtraining.org](http://seafoodtraining.org), by calling 020 7517 3548 or coming to see us in Office 30 on the first floor of Billingsgate Market.

**Best wishes,**

**Adam Whittle - Deputy Director  
Billingsgate School**

### Catch of the Day 1

Thursday 16, Friday 17 December.

Dates for 2011 - Catch of the Day 1

Thursday 6th Jan, Friday 7th, Thursday 13th January, Thursday 20th, Tuesday 25th, Friday 28th January, Tuesday 1st, Friday 4th, Friday 11th February

### Catch of the Day 2

Friday 14th January

### Morning Catch

(buy your fish on the market and prepare this in the Seafood School)

Tuesday 11th January

### Celebration of Sustainable Seafood

Thursday 27th January

### Knife Skills

Friday 21st January

### Quality Assessment of Fish

Friday 18th March 2011

### Quality Assessment of Shellfish

Wednesday 20th April 2011

### Making the Most of Fish, Meat and Vegetables

Join all three classes and receive a 15% discount on the total cost.

### Making the Most of Seasonal Fruit and Vegetables:

Thursday 3rd February includes New Spitalfields market as an optional extra: £150, without visit £125.

This day is designed to give an excellent insight into the day to day running of

London's famous New Spitalfields Market with an early morning market visit to the site in Hackney. After the visit you will be escorted back to Billingsgate Market in Canary Wharf for breakfast. The hands on part of the course will take place at the training school at Billingsgate and after breakfast is served there will be an opportunity to cook some excellent dishes with the team at the school incorporating seasonal fruit and vegetables. The course is predominantly hands on practical. Some of the dishes will be served for lunch at around 1.30pm with a glass of wine, other prepared dishes to take away.

**For lunch:** Warm Mixed Mushroom, Garlic and Caper salad, Pancetta and Aubergine Gougere

**To take away:** Noisettes of Salmon with Leeks and Green Olives, Roast Butternut Squash and Garlic Soup, Steamed Autumnal Fruit Puddings

### Making the Most of Meat:

Thursday 10th February includes optional visit to Smithfield: £195 without visit £160 (working with less expensive cuts of meat and covering some basic cooking techniques) Thursday 10th February 2011 (will include optional early morning visit to Smithfield market)

In this current financial climate many retailers have reported the increase in popularity of less expensive cuts of meat. The cheaper cuts of meat very often have the most flavour, but take longer to cook. Using beef, lamb and pork each person will learn about various cuts of meat and the best methods of cooking them.

Gary Williamson will lead the day and show the preparation and cutting of several different cuts. It will include making sausages and mincing trimmings. Advice will be given on buying and cooking offal.

*The following recipes will be demonstrated and enjoyed for lunch:*

Sauté of Beef with Pink Peppercorns, Braised Lamb Shank with Rosemary, Pork and Leek Sausages

### What you take home

Each person will prepare the following recipes to take away:

Carbonnade of Beef, Boned Breast of Lamb with Pistou Stuffing, Herb Crusted Pork Chops, Mince and sausages

### Making the Most of Fish:



Thursday 17th February can

include optional visit to the market: £150 without visit £125

Join the Seafood Training Team for a day in the kitchen.

We will be promoting our new book – The Billingsgate Market

Cookbook by CJ Jackson and demonstrating how fish is prepared. During a hands on practical session each person will prepare 4 dishes to take away using the best species of fish on the day. Recipes could include: Seabass and Fennel Tray Roast, Roast Salmon with Ginger and Chilli Dressing, Goan Seafood Curry, Billingsgate Merchants Fish Soup or Creamy Seafood Pasta with Pernod.

### Shellfish Workshop with Ken Condon and CJ Jackson

Wednesday 15th December, Tuesday 15th February and Tuesday 1st March

### New - Shellfish Workshop half day

Saturday 5th March.

Join the team at the training school for a morning of shellfish preparation and cooking. The day will be divided into a

hands on preparation session and cooking demonstration.

As part of the day we will cover several species of shellfish including:

Practical session: Dressed Crab, preparation of squid and scallops and have a go at shucking oysters. Cooking demonstration will include: Roast Scallops in the Shell, Mussel and Clam Bourride (includes making of shellfish stock), Squid and Prawn Tempura

**Japanese Masterclass with Silla Bjerrum, Executive Head Chef and Director of Feng Sushi**

新生  
FENG  
SUSHI

Wednesday 2nd February 2011

**Practical fish on Mondays at Billingsgate - Working with seasonal species**

Monday 6th December,  
Monday 31st January

**Catch of the Day Saturday Mornings Practical Seafood Preparation & Cookery Classes**

Saturday 11th & 18th December,  
Saturday 15th, Saturday 29th January,  
Saturday 5th February

## Better than a pair of socks...

With Christmas fast approaching we are offering a gift voucher service for all our courses and these can be personalised and made out for any occasion. As an ideal Christmas present, the vouchers can be for a specific course (to guarantee a place) or as open voucher (valid for 12 months from the date of issue) so the recipient can redeem against the course of their choice.



### Mastering the Art

Full day practical fish prep and cookery courses

Saturday 4th December,  
Saturday 8th, Saturday 22nd January,  
Saturday 12th February.

**Seafood Evenings at Billingsgate: Promotion of evening classes for Christmas. Book an evening class for 4 or more and receive a 10% discount on the total cost. Or book 4 evenings during the course of the year and receive a 10% discount**

Tuesday 14th December - Lemon sole, langoustine and scallop evening with Seafood Bisque and a glass of Presecco.

Friday 7th January - Turbot, Langoustine and Scallops

Thursday 13th January - Goan Curry

Tuesday 25th January - Every which way with Salmon

### Parents and Kids Family Cooking

Thursday 30th December

Billingsgate Market is very quiet between Christmas and the New Year, but we are planning and family day at the school on Thursday 30th December.

We will cover the preparation of a handful of dishes such as: Salmon Nigiri Sushi, Stir-fried Oriental Squid, Roast Sea bass and Festive Fish Pie.

### Foundation Fishmongering Techniques for colleges

Open to Colleges and Catering Institutions who offer NVQ level 2 and 3

Billingsgate Fish Preparation Course

This course is run over 3.5 hours and includes a short escorted market visit and knife skills preparation session.

Arrive at the market at 6.45am for a brief introduction. 7.00 – 8.00am escorted

visit of the market looking at species identification and quality assessment.

After breakfast (£3.50 per student)

1.5 hours of fish preparation with a

fishmonger looking at: Cleaning, gutting and filleting a round fish. Trimming, filleting and skinning a flat fish. Demonstration

of 2 further species e.g squid, monkfish, gurnard, pollack or sea bass etc

Class size restricted to 12 students plus 2 teachers. The cost of this course is £75 per visit (to cover the cost of the fish) plus cost of breakfast.

### Get into Fishmongering

18th January

### Introduction to Fishmongering

9th March

### Knife Skills full day

25th February, 25th March

### Morning Catch

26th January

### City & Guilds Certificate in Seafood Retailing

22nd & 23rd March

For enquiries about The Billingsgate Seafood Training School please contact Adam Whittle, Office 30, Billingsgate Market, London E14 5ST.

Tel: 020 7517 3545 Fax: 020 7517 3535

E-mail: [newsletter@seafoodtraining.org](mailto:newsletter@seafoodtraining.org) Web: [www.seafoodtraining.org](http://www.seafoodtraining.org)

# International Seafood and Health Conference

7th-10th November, Melbourne, Australia



This important conference on the benefits of seafood consumption took place recently in Melbourne, Australia. There was a line up of world class speakers talking on all the positive aspects of seafood, the very latest nutrition discoveries in relation to seafood and the need to be able to provide seafood in a sustainable way for the benefit of mankind.

The keynote speaker at the conference was Professor Michael Crawford of Imperial College, London (not the one from 'Some Mothers Do 'Av 'Em'). Michael spoke of the development of mankind over centuries due to the fact that man lived close to the sea and derived plenty of omega 3 from seafood. He said that the brain is made up of large amounts of fatty tissue, of which omega 3 is a major constituent. This can only come from dietary intake therefore it is important that we eat plenty of seafood which is rich in omega 3.



• Chris Leftwich

He also said that there were other important constituents of seafood such as iodine, selenium and several other trace elements and that it was particularly important for women of child bearing age and young children to make sure that they receive right amounts of these in their diet. He went on to say that already the cost of mental health care in 2007 in the UK was an estimated £77 billion, more than the combined cost of heart disease and cancer. This situation needs to be addressed as a matter of urgency by changing diets and increasing seafood consumption.

Chris Leftwich of the Fishmongers Company presented a paper on the historical importance of seafood in the diet and in the development of London. He also spoke about the modern initiatives that are being undertaken by the Fishmongers' Company and its associated organisations, and the Billingsgate Seafood Training School in trying to encourage more people to eat seafood and especially at a younger age.

Another UK presenter was celebrity chef Tom Kime who has recently emigrated to Australia and opened a sustainable seafood restaurant in Sydney. Tom spoke passionately about his work with schoolchildren and the need to get them eating seafood at an early age. There were lots of important messages that came out



• Chef, Tom Kime



• Professor Michael Crawford

of the conference that should be of real benefit to our industry in encouraging people to eat more seafood. However, the message also came across that we should not just be encouraging the consumption of seafood for its health benefits but because it also tastes fantastic. It was also recognised that for this to happen we must also ensure the sustainability of supplies for the future and one whole session was dedicated to the issues of sustainability and initiatives being undertaken around the world to ensure that this happens.

The Food and Agricultural Organisation, which is an arm of the United Nations, was a major sponsor of the conference and have pledged to publish the proceedings from the conference. These should be available towards the latter part of 2011. Hopefully in time for the World Seafood Congress due to take place in Washington at the beginning of October next year.

Running alongside the conference was The Wonders and Opportunities of our Oceans exhibition at which celebrity chefs, accompanied by health experts, undertook a series of public demonstrations cooking seafood, passing on cooking tips and healthy messages to the audiences.





# Trike update



• Joe takes his new trike for a spin

I have had a lovely thank you letter from the Mum of a little boy who received one of the bikes we raised money for last year.

Joe is nearly 4 and has cerebral palsy, global development delay and autism. He can't walk unaided, but 'cruises' around the room by holding onto furniture. She says "Joe has a wonderful smile and an infectious laugh, and both are in abundance when he's on his trike. Also, because he's more upright on his trike than he is in his buggy, he is much more aware of his surroundings and is constantly looking around at the passing scenery'. Joe has a twin brother and a little brother and this trike has made it possible for the whole family to get out of the house together.



# Thank you

I would also like to thank everyone on the market for making all our guests so welcome on the market this year. An escorted early morning market visit looking at all the species of fish on offer (and the usual banter too - of course) is often the highlight of a day at the school.

Happy Christmas  
CJ

# Cod & chips?

This new booklet has been produced by the Fishmongers' Company head chef Stephen Pini to coincide with the 150th anniversary of fish and chips. The booklet has a few innovative recipes and has variations on the traditional recipes for that favourite take away dish, fish and chips. The Company is selling the booklet for £2 per copy, but if anyone wants to buy in bulk a discount can be negotiated. It is available to purchase from the Billingsgate Seafood School or direct from the Fishmongers' Company.



# Fame FRAME BY BARRY O'TOOLE

**Can you identify the Billingsgate celebrity from the six questions below?** If you've had your 15 minutes of fame, drop us a line and you could be the next mystery person in the Fame Frame. Good luck and we'll publish the name in the next issue!

- Who at the age of 6 won the National Primary Schools Art Competition
- At the age of 7 won the National Primary Schools Art Competition
- Who as a school-boy boxer and Senior remains undefeated
- Who in 1976 was awarded the Best Senior Stylist Award by John. H. Stacey
- Who has more letters after their name than in their name
- Who may exhibit artwork in the National Gallery in 2011

*The answer to the Autumn Name Frame was Terry Howard Sen. (Ovenells)*



# backpage

## Greener Gossip

Printing and posting The Gossip is very costly and we must admit that it's also not very eco-friendly, so we're asking you to let us know if you no longer require a printed copy, but instead, let us have your e-mail address and we'll whizz you a full colour PDF hot off the screen (up to a week before the printed version!). Or alternatively download it from: [www.fishmongersfederation.co.uk](http://www.fishmongersfederation.co.uk) You'll help us to keep our costs down and be doing your bit for the environment too.

## Only at Billingsgate

A rather attractive Lady visitor was recently being shown around the Market, but instead of remarking on the variety and quality of the fish was heard to remark "What a lovely a\*\*\*, the best I've seen!?" We won't reveal exactly who the gentleman was, but he's usually complimented on his well-groomed hairstyle. Politically correct or sexist? Take your pick.

## Got any gossip?

That's it for the Winter edition of The Gossip and for 2010. If you enjoyed it then let us know and if you didn't then tell us why. If there's anything you'd like to say, or if you have a story to tell then drop us a line. Send your gossip to: The Gossip, 67 Albany Road, Hornchurch, Essex RM12 4AE. Or e-mail your news to: [newsletter@seafoodtraining.org](mailto:newsletter@seafoodtraining.org)

Season's Greetings  
from  
The London Fish & Poultry  
Retail Association

## mailbox



## Talk is cheap

A grumpy, old, retired retailer would like to suggest to people who have possibly never spent a day in a retail shop, to think a little when introducing Billingsgate Market to the many visitors that we now see. Great to hear you talk of the variety and quality but do you have to say that 'you can buy your fish 50% cheaper than from your local fishmonger'? Then tell them to use their local fishmonger who is now seen as a profiteering rogue. The average fishmonger works a 12-hour day, plus, he has staff to pay, transport, taxes, etc, etc. He also has to compete with the local supermarket and the wholesale merchant who thinks he is a retailer and follow all the food laws.

### Name and address supplied

*Do you agree with this point of view? Let us know and we'll print your views in the next Gossip*

## Starting 'em young



Could George Hooper (right) be aiming to be the youngest ever member of the National Federation of Fishmongers? At 14 he shows great promise and is very keen to join the trade. George rose at an extremely early hour to attend the 2009 Lord Mayor's show, helping me and father Gary to arrange the float. At this time he was just 13 years old. From 5.30am till 7.00am we were all soaked to the skin but not a word of complaint from young George. After a quick change he walked the parade and got even wetter, if that was possible.

George followed this up by attending the 2009 National Federation Craftsmanship Championship in Cardiff, helping to clear tables and fetch and carrying whatever was asked of him. "I'm going to enter the competition next year" said George, and he did. Then on to the 2010 Harvest Festival. Well done George. Looking forward to you joining the trade and becoming the youngest member of the National Federation.

Charlie Caisey.