

# Seminar on Sustainable Seafood from Scotland



## PRESS INVITATION

**What?** A half-day practical seminar on sustainable Scottish seafood, with recipe ideas for Easter

**Where?** Billingsgate Seafood Training School, Billingsgate Market, Trafalgar Way, London, E14 5ST

**When?** 26<sup>th</sup> January 2010

**Time?** 0615 for a 0630 visit to the market. If this is too early, join us for breakfast at 0800. We can tell you what you missed! The seminar ends around 1230 with a seafood lunch.

*0630 – 0800 Market Visit*

*0800 – 0830 Breakfast*

*0830 – 1000 Sustainable seafood seminar*

*1000 – 1145 Scottish fish/shellfish preparation and practical session*

*1145 – 1230 Scottish seafood cookery*

*1230 Lunch and finish*

**Our Aim?** To discuss what sustainability *really* means  
To introduce sustainable Scottish species  
To hone your seafood preparation skills  
To inspire future seafood features  
To have fun whilst learning!

RSVP to [nicki@seafoodscotland.org](mailto:nicki@seafoodscotland.org). Please feel free to contact me with any queries. Tel 07711 272637. [www.seafoodscotland.org](http://www.seafoodscotland.org)