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From Crabshack to Oyster Bar: Exploring Scotland's Seafood Trail

Carole Fitzgerald

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Ranging from Oban to Tarbert, Scotland's Seafood Trail encompasses some of Britain's most glorious coastline. Here the cold, clear Atlantic waters caress the sealochs and inlets of Argyll and Kintyre creating the perfect environment for seafood in all its variety. This relatively unexplored coastline has been undergoing something of a culinary revolution over the past decade and is now a showcase for all that is best in Scottish seafood. The 9 establishments featured in this beautifully illustrated book all serve simple food, simply served. Langoustines, crab, scallops, oysters and mussels all have such wonderful flavours that they require only the minimum of additional ingredients. And behind each place, there's a story and some interesting characters who have put their heart, soul (and wallet) into it! Featured in "From Crab Shack to Oyster Bar" are: The Seafood Cabin (or 'crab shack' to the locals), Skipness; The Anchor Hotel, Tarbert; The Hunting Lodge Hotel, Bellochontuy; The Tayvallich Inn; Dunvalanree House, by Carradale; Ee'usk, Oban; Cairnbaan Hotel; The Royal Hotel at Tighnabruaich; and the The Loch Fyne Oyster Bar, Cairndow. Recipes include Whole salmon, 'Aga-baked' in wet newspaper (Seafood Cabin); Scallops grilled with Crabbies Green Ginger (Anchor); Grilled sardines with spinach and tomato salsa (Hunting Lodge); Loch Fyne oysters pan-fried in butter with chervil and cream (Tayvallich Inn); Roast gigot of monkfish with garlic and rosemary (Dunvalanree); Clam chowder (Ee'usk); Goan spiced mussels (Cairnbaan); Smoked cod roe on toast (Laroch Foods); Scallops, monkfish, tagliatelle, pea and parsley veloute (Royal Hotel); and Loch Fyne bradan rost with whisky sauce (Loch Fyne Oyster Bar).

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Waldo Gates:

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Esther Watson:

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Laura Enriquez:

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Nathan Osborne:

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