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March 2013

Cafe ODE
Shaldon

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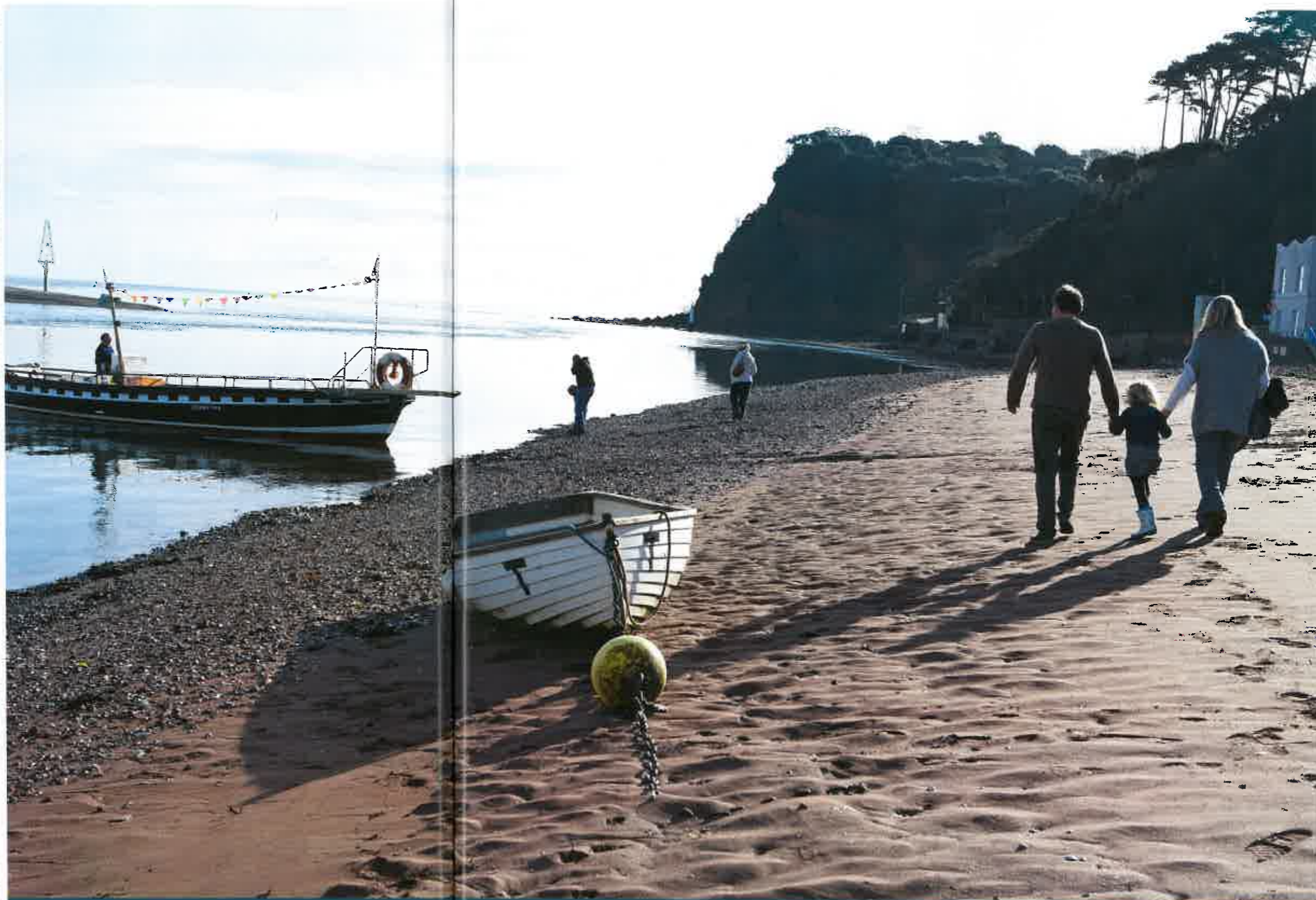
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With one award-winning ODE restaurant up and running and bringing in a roaring trade, what better way to enhance the brand than with its sister business Café ODE, the brainchild of husband and wife team Tim and Clare Bouget

ODE TO coastal living

WORDS Nicola Smith PHOTOGRAPHS Paul Ryan-Goff



'Shaldon is perfect – it's by the sea, close to some of the best artisan producers and suppliers, and it has a lovely feel about it.' Chef Tim Bouget and his wife, Clare, are sitting outside their latest venture – a clifftop eco café – drinking in views over the estuary to Teignmouth and beyond. It is the realisation of a dream inspired by the birth of their daughter, Thula, in March 2009.

'We wanted to go somewhere as a family where you could get affordable, great quality food and know where it was from,' says Tim. Café ODE duly opened its doors in May 2012 and it is helping to put the South Devon village of Shaldon even more firmly on the foodie map...

Tim and Clare's first venture in Shaldon was their restaurant, ODE, housed in a three-storey Georgian townhouse in the village's Fore Street. After refurbishing the place with a sustainable ethos, ODE opened in December 2006, winning the coveted Taste of the West Restaurant of the Year Award in 2007 and 2008. While the food served is largely from local purveyors and farms – think Lyme Bay mackerel or Somerset saltmarsh lamb – the same thought has gone into the fixtures and fittings. The floors are natural stone, the antique rush chairs are restored and re-used and even the water jugs are fashioned from recycled glass.'

'It's our environment and our planet,' says Tim. ODE went on to beat Hugh Fearnley-Whittingstall's River Cottage to bag Sustainable Restaurant of the Year 2012.

The couple are now building on that success, and Café

CUMIN CRUSTED SALTMARSH LAMB

with smoked eggplant, tomato, mint and coriander quinoa salad

A great alternative Sunday lunch or light dinner in spring (odetruefood.co.uk).

Serves 2

- 1 large aubergine
- ½ lemon, juiced
- 1 tbsp of tahina paste
- 350g rump of lamb, cut into 2
- salt and freshly ground black pepper
- 1 tsp of cumin seeds
- 50g of quinoa
- 200g of tomatoes (3), peeled, deseeded and chopped roughly
- 1 handful of coriander and mint, chopped
- 2 tbsp of full-fat natural yogurt with a pinch of cumin powder
- 10g of toasted pine nuts

1 Grill or bake the aubergine with a little oil until blackened for 1-2 hours, turning frequently.

2 Remove from the grill or oven when soft. Allow to cool, drain off the bitter aubergine liquid in a colander and remove the skin.

3 Chop the flesh roughly and add the lemon juice and tahina paste. Mix well and season.

4 Score the fat on the lamb rumps. Rub with salt, pepper and cumin seeds. Seal in a hot pan, fat-side down and cook in an oven (200°C) for 10-12 minutes until cooked to your liking.

5 Remove from the pan. Allow to rest for 2 minutes. Whilst the lamb is cooking, rinse 50g of quinoa and cover with 250ml of water.

6 Bring the quinoa to the boil in a pan, then simmer until the liquid has reduced to nothing. Remove and cover until ready to serve.

7 Add the tomatoes, coriander and mint to a bowl. Season with lemon juice, salt and pepper.

8 Mix the quinoa into the tomato and herb salad and put into the centre of the plate.

9 Spoon over the yogurt. Slice the lamb into 3 and place on top of the salad, then sprinkle with pine nuts.

10 Serve warmed with a spoon of aubergine puree to the side of the plate.



PHOTOGRAPH: DAN EDGIE



OPPOSITE Tim and Clare with their daughter, Thula, who was the inspiration behind this new venture ABOVE TOP Tim takes Thula to pre-school before preparing the food for the day ahead ABOVE The décor inside is chic and contemporary LEFT Tim with some of the fresh ingredients that will form part of Café Ode's menu

SWEET CHILLI GLAZED MACKEREL *on a bed of raw miso slaw*

A fresh and light dish with spicy, exotic flavours of the east

FOR THE FISH AND GLAZE

- 1 mackerel fillet
- 1 tsp of chilli flakes
- 100g of soft brown sugar
- 2 tsp of tamari soy sauce
- 4 tsp of lemon juice
- ¼ tsp of allspice

1 Remove all the bones from the fillet of mackerel.
2 Mix the chilli flakes, sugar, soy sauce, lemon juice and allspice together in a bowl, then brush the glaze over the mackerel fillet's skin and place under a grill.
3 Remove from the oven when the skin starts to colour and the fish is firm to the touch.
4 Serve the mackerel on a bed of the prepared raw slaw with ginger miso dressing.

FOR THE RAW SLAW

• Shredded raw vegetables such as carrot, butternut squash and courgette

FOR THE GINGER MISO DRESSING

- 1 clove of garlic
- ¼ inch of ginger
- 2 tbsp of miso
- 1 tbsp of tahini paste
- 3 tbsp of honey
- 80ml of cider

vinegar

- 80ml of vegetable oil
- 40ml of water

(to thin)

1 In a food processor, blitz together the garlic, ginger, miso, tahini, honey and cider vinegar until smooth.
2 Slowly add the vegetable oil to form an emulsified dressing.
3 Thin with some water, if needed, then drizzle the dressing over the slaw.



ODE has certainly found a market. Set in a converted stable on the hillside with sweeping estuary views, the building is constructed from locally quarried natural stone and runs on renewable energy. Benches are reclaimed and tableware is biodegradable. Families crowd in front of the log burner in the less clement weather and spill outside in the summer, tucking into organic farm ice cream or locally sourced fish and chips. 'First and foremost it's about great food,' says Tim. 'But that is underpinned by sustainability.'

And the overwhelming sentiment towards Café ODE has been one of encouragement. 'Our supporters really promote and champion us,' says Tim. 'They seem so proud. They like the fact that our restaurant is in the Good Food Guide and the Michelin Guide. It does impact on the village because people want to live near nice restaurants, pubs and shops.'

Indeed, Shaldon has undergone a gradual transformation since the Bougets' arrival, with a row of shiny five-star beach huts appearing, the tired seafront café reopening as bar/bistro Number One The Strand, and the former chandlery, The Clipper, being transformed into a stylish beachfront café. In 2012 the village's long-established butchers, GT Orsman, was named as the South West Butcher of the Year in the Taste of the West Awards, and the village's craft bakers, Shaldon Bakery, is thriving. 'Shaldon has tidied up a bit, but it is not manicured – it has character and that's its appeal,' says Tim.

It is fitting that the Bougets have settled here. After growing up in Cheriton Bishop and Exeter, Devon is in Tim's blood, but





he's been on quite a journey since he left. After working under Michel Roux, he travelled the world as a chef and cooked for luminaries including Fidel Castro and Nelson Mandela during his time at the Sandy Lane Hotel in Barbados. In 2006 he finally returned to Devon. 'It is still hard work here but the location is spectacular and the work-life balance will come.'

Clare agrees that Shaldon was a great find. 'It is a thriving village community, while Exeter is not far and Dartmoor is visible down the estuary. The coast has become part of the family's everyday life – work and play. Tim regularly ventures through the smugglers' tunnel to Ness Cove, a stone's throw from Café ODE, to forage for sea lettuce, sea lavender and rock samphire, while he also relishes his morning walk through the village to the café. 'It's invigorating. Even on a grey day when the sea is stormy, it's fantastic.'

One of Tim's great pleasures is travelling on the distinctive black and white ferry – Britain's oldest passenger ferry – which shuffles to and from Teignmouth. 'It forces me to relax. You wait on the beach watching it approach and you unwind as it makes its way across the water.' Clare also enjoys being out on the open waves, rowing for the Glam-our Girls, formed by a group of local mums. 'I love rowing in the different weather conditions. The landscape is always changing.' Shaldon, it seems, is changing – albeit gently – too.

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'MARTABAK' OF SOUTH DEVON BROWN CRAB PANCAKE with red lentils, sambal and yogurt dressing

This dish showcases locally landed spider and brown crab

Serves 4

FOR THE RED LENTILS

Cook 100g of red lentils (soaked overnight) with boiling water, 100ml of vegetable stock, 1 diced onion and 1 tsp of cumin seeds. Simmer for 4-5 minutes, then split the lentils in half.

FOR THE DOUGH

- 250g of bread flour
- 1 egg
- 75ml of water
- 2 tbsp of rapeseed oil

Make a well with the flour. Add the egg, water and oil. Mix into a pizza-like dough, brush with oil and cover with a cloth. Leave to rest for 30 minutes. When ready, spread the dough out to a 10cm diameter. Place gently into a hot non-stick frying pan. After a minute, add the crab filling and a spoon of the prepared lentils, then fold towards the centre, covering the filling. Turn and cook for a two minutes more.

FOR THE CRAB FILLING

(Crab must be cooked/boiled for 12 minutes per kilo)

- 50g of brown crab meat
- 150g of white meat
- juice of 1 lemon
- 1 knob of grated ginger
- coriander
- mint
- 1 tsp of garam masala
- salt and pepper

FOR THE SAMBAL

- 1 red chilli, deseeded and sliced
- 2 shallots, sliced
- 2 tbsp sweet soy

FOR THE YOGURT DRESSING

- natural yogurt
- diced cucumber
- mint
- coriander
- spring onion
- lime zest

Combine all the dressing ingredients. Spoon on to the plate. Cut the Martabak in half and place on top. Spoon over some red lentils, drizzle with the sambal, garnish with coriander and serve.



OPPOSITE: Tim with Thula, who is already learning the tricks of the trade and enjoys helping her dad in the kitchen ABOVE TOP: The family seated near the log burner, a focal point of Café Ode during the winter months, when gusts flock inside to get out of the inclement weather ABOVE: Finds from Tim's travels are dotted around the restaurant LEFT: The ferry, which takes visitors and commuters to and from Teignmouth