

Baking, Preserving, Growing and Making

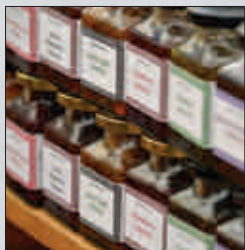
There's a thriving community of artisan food producers in Argyll and the Isles. The land delivers fresh vegetables and fruit, while a rich history of resourcefulness has resulted in a feast of traditional delicacies and preserved products.

Home baking abounds from traditional oatcakes, scones and cakes to new recipes for organic biscuits and steamed puddings. One of the secrets of the Argyll baker is to use locally produced free range eggs from our happy hens. Baking and cookery courses take place across the area at which our experts offer their top tips.

Local entrepreneurs have used their skills and recipes to build businesses all over the region. We have several renowned chocolatiers in the area, and don't be surprised to find a square of tablet with your after dinner coffee which may even be roasted in Argyll.



Jam making and preserving skills are particularly strong in the region with traditional marmalades and award winning chutneys sharing shelves in our local farm shops and delis with new arrivals such as a Bloody Mary Salsa (great with oysters) and sugar free jams.



On Colonsay the protected black bees produce much sought after honey and other local bee keepers supply their local shops when they can.

Full details on www.foodfromargyll.com

Dairies

The lush pastures found on some of the islands and on the Mull of Kintyre have provided grass for dairy cows and dairies and cheese makers have grown alongside them.

The Campbeltown Creamery produces the Mull of Kintyre cheese and on the Isle of Mull artisanal cheddar and a blue cheese are produced.



Breweries

Over the last few decades microbreweries have become established, winning prizes and awards by the handful. They all welcome visitors and are proud to show off their special techniques and ingredients. As in whisky making, brewing depends on the water you use and what you add to it, and each of the islands of Islay, Bute and Colonsay have their own craft breweries producing ales with their own distinctive flavour. On the mainland Fyne Ales has recently expanded their brewery to double their capacity and the numbers of memorably named ales they can produce.



Full details on www.exploreargyll.com

Where to find our food and drink. . .

Restaurants, Hotels, B & Bs, Pubs and Cafés and even Calmac Ferries champion local produce throughout the area. The Visit Scotland 'Taste our Best' award is given to establishments with over 40% Scottish produce highlighted on their menus. So look out for their logo.



A visit to one of the region's many **Farmers' Markets** is a great way to sample the local products and meet the producers.

Farm Shops and Delis plus local shops and filling stations provide outlets for producers and a wide variety of local produce. Argyll and the Isles celebrates its world-class food and drink culture with a host of lively **Food Festivals** every year. Expect taste sensations served with a side order of toe-tapping live music, a pint of local ale and a big dollop of Highland hospitality - all amidst beautiful Scottish scenery.

Ask a local. We are passionate about our food and drink and love talking about it so please ask if you would like to know more about what you are eating, where it comes from and where you can get it.

Food Trails: we have recommended food trails on Explore Argyll and Food from Argyll websites (links below) covering different routes across the area and highlighting places to eat or visit to satisfy your hunger and curiosity.

Look out for our **producers trail** - many producers are happy to arrange private visits to their farms with advance notice. Some of our local sub aqua dive businesses can also organise themed 'Bounty of the Sea' dive trips so you could catch your own supper. Fishing from the shore is free in Scotland so no need for a permit - unless you are fishing for wild brown trout, sea trout or salmon.

Mail Order: Due to our location, many of our food businesses operate a mail order service so that you can take delivery of our food (or send it to your friends and relations) all over the UK and often further afield.

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Supported by



Photographs courtesy of Richard Hunt-Smith and Food from Argyll producers.

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For text at a larger scale visit www.exploreargyll.co.uk and view PDF version

The information provided in this leaflet is believed to be correct at the time of publication.



For further information email:-
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www.exploreargyll.co.uk

FOOD & DRINK



Discover our
Natural Larder . . .

www.exploreargyll.co.uk

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Argyll has produced great food & drink for generations, but some would say it has kept it a secret for too long. We are proud to live up to our title of Scotland's Natural Larder and delight in sharing our food, drink, stories and knowledge with visitors from home and abroad. The information here aims to provide a taste of what is available and lead you on to explore more.

Seafood, Smoked and Fresh Fish

Fishing is a way of life in Argyll and the Isles, and the cold Atlantic waters and sea lochs deliver bountiful fresh seafood. The coastline of Argyll is longer than the entire coastline of France and provides sheltered sea and fresh water lochs, ideal habitat for marine life.

Come and enjoy the finest Scottish fish and shellfish, from a perfectly prepared lobster to the best fish supper you've ever tasted, sourced right on the doorstep. You'll be in good company, the earliest cave dwelling settlers in Argyll left shell middens as evidence of their reliance on the bounty of the sea.

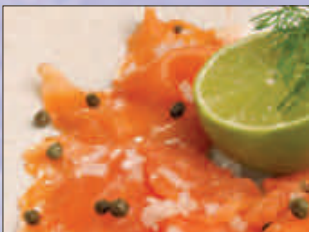
While traditional fishing boats still work Argyll's coast dropping creels to capture the finest langoustines and diving for scallops, the region also plays host to state of the art aquaculture businesses using sustainable methods to harvest Neptune's bounty and produce outstanding fish and shellfish, which is then supplied to customers all over the world.

Smoking fish has long been part of the traditional way of life in Argyll. We are proud to say some of the finest smoked produce, including salmon, trout and the famous Loch Fyne kipper, comes from the smokehouses in Argyll and the Isles.

The harbour towns of Oban, Campbeltown and Tarbet, along with the island harbours, provide the best opportunities for seeing catches landed and sampling seafood cafes, restaurants and harbour side fishmongers.

Oban is known as the 'Seafood Capital of Scotland' with a great variety of places to sample the local catch, and also boasts the first mussel and oyster farms in the UK. As you tour the area you will see many such farms from the roadside. The town is also home to the University of the Highlands and Islands(UHI) and the prestigious Scottish Association for Marine Science who organise a spring Festival of the Sea.

See www.oban.org.uk for more information



Hill Lamb, Beef, Pork and Wild Venison

Rugged hillsides in the north of the region combined with gentler pastures in Kintyre and on the islands help to produce the particular character of Argyll meat and game.

Hill lambs are traditionally Blackface sheep though other breeds, including rare breeds from the islands, can often be spotted.



Local shepherds quote the old adage that 'low ground lamb is fatter, while hill lamb is sweeter'. The sheep are grass fed on the rough hillside and perhaps the sweetness comes from munching on heather, bog myrtle and other wild herbs.

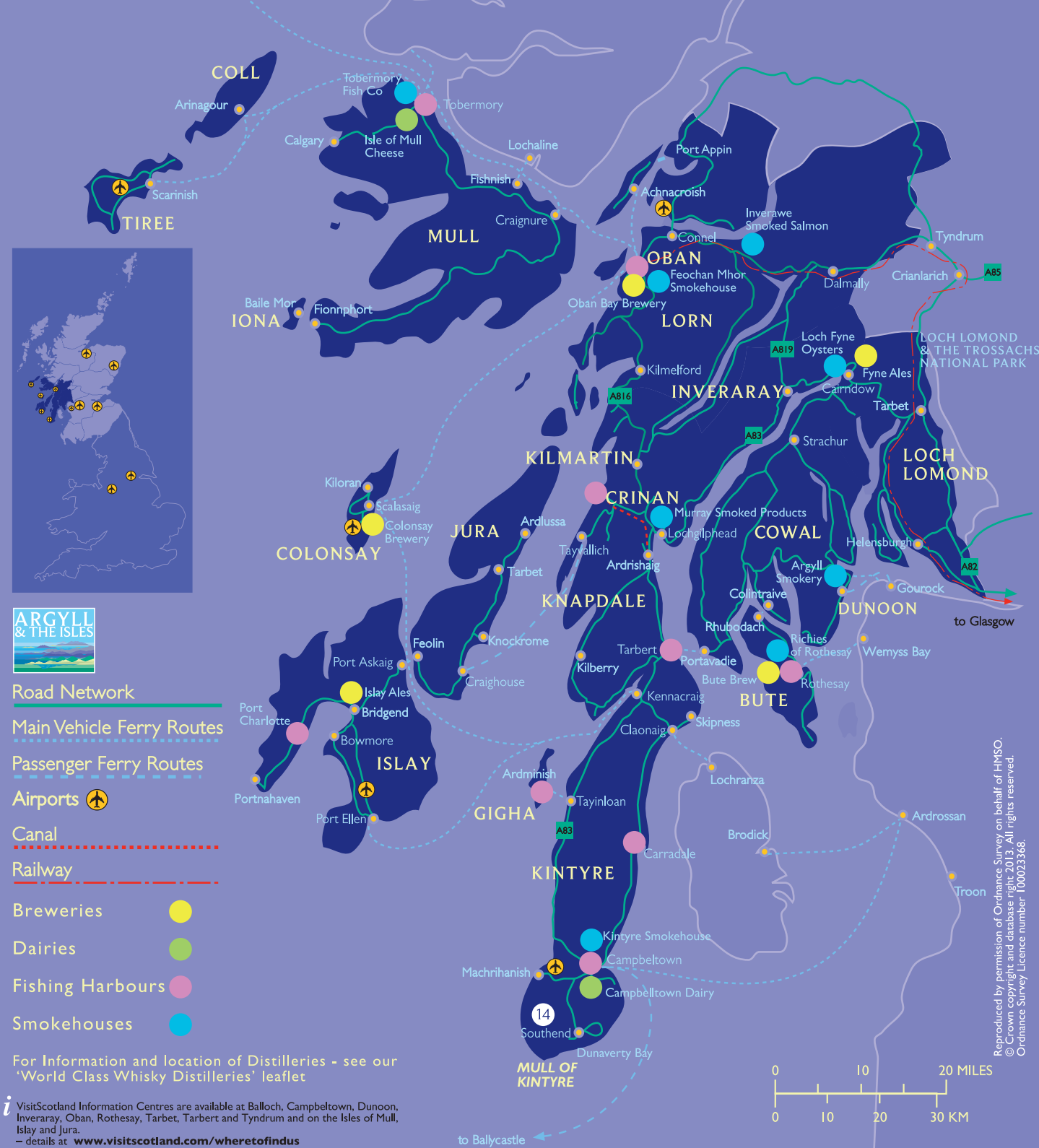
Beef is sourced from the traditional Highland cows, who also provide the perfect photo opportunity, as well as from herds of Galloway and other unique Scottish breeds such as Luineag cattle initially bred by the Cadzow family on the Isle of Luing.



Red deer roam freely through the forests and across the high hills and local gamekeepers work with butchers to supply this delicious and healthily lean meat. Roe deer can also be found in Argyll's woods and forest closer to sea level. It's generally thought that Roe deer venison has a more delicate flavour.



On the Isle of Mull you will find pork supplied by the Reade family. This is an off shoot of their cheese business as the pigs feed on the whey left over from the cheese making. On the mainland the Benderloch herd provides Argyll pork.



For Information and location of Distilleries - see our 'World Class Whisky Distilleries' leaflet

i VisitScotland Information Centres are available at Balloch, Campbeltown, Dunoon, Inveraray, Oban, Rothesay, Tarbet, Tarbert and Tyndrum and on the Isles of Mull, Islay and Jura. — details at www.visitscotland.com/wheretofindus