



Mitch Tonks Cookery Experience at South Sands



Combine a stay at South Sands with an Interactive Cooking and Seafood Experience with Acclaimed Chef Mitch Tonks

Wednesday 22th – Friday 24th February 2012
Wednesday 29th February – Friday 2nd March 2012

Award-winning restaurateur and food writer Mitch Tonks will host two exclusive cookery experiences at South Sands in early 2012.

As consultant chef to South Sands, Mitch has helped infuse the menu at the Beachside Restaurant with a true flavour of the sea with delicious fresh fish and seafood dishes created by one of the country's leading chefs.

During the classes, Mitch's expertise and boundless enthusiasm will be coupled with insightful instruction about all there is to choosing, preparing and cooking fish. The course promises to have those taking part fired-up to cook and enjoy the simple pleasures of a great piece of fish for themselves, friends and family when they return home.

From whole, baked sea bass to herring roe on toast, fried squid and garlic and chilli, to cuttlefish in ink, the finest turbot and the best South Devon crab – Mitch will cook and instruct using the best and freshest produce dropped in by local seafood specialists, Salcombe Crab Traders, who you will have the opportunity to meet when they bring along fresh, hand-picked crab and seafood.

The cooking classes will be conducted in and followed by a leisurely lunch in one of South Sands' stylish Beach Suites.

Wines to complement each dish will be presented by
2011 Regional Wine Merchant of the Year Red & White.
Red & White is founded by the youngest ever Master of Wine and South Hams resident,
Liam Steevenson, who has helped create South Sands' exceptional wine list.

The following morning, guests are invited to join Salcombe Crab Traders on Salcombe's fisherman's quay where they will learn more about their famous and delicious, hand-picked crab.
Afterwards, why not take the opportunity to explore the charming town of Salcombe or to discover the area's breathtaking coastal scenery.

The Mitch Tonks Seafood Experience includes two nights at South Sands in a Dragon bedroom with sea view.
Guests will enjoy a welcome drink and mouth-watering menu designed by Mitch on the first evening; dinner from the à la carte on the second evening.

(Price: £400 per person, based on two sharing a room)

Welcome Supper

Welcome Drink & Menu Designed by Mitch Tonks:

Grilled squid with blood orange salad
Sea bream "al cartoccio" with roasted garlic, rosemary & olive oil
Hot chocolate fondant with pistachio ice cream

Recommendations from South Sands' exceptional wine list by the restaurant team

Itinerary

Wednesday

Welcome reception with Mitch Tonks followed by dinner at the South Sands Beachside Restaurant (menu designed for the evening by Mitch)

Thursday

Local seafood specialists Salcombe Crab Traders to deliver daily catch to South Sands after breakfast, meet guests talk about produce etc
3-hour class with Mitch in South Sands Beach Suites
Lunch in Beach Suite with complementing wines presented by Award-winning "Regional Wine Merchant of the Year" Red & White
Afternoon for leisure
Dinner from à la carte on the Thursday evening

Friday

Breakfast followed by visit to Salcombe's Fish Quay with Salcombe Crab Traders
Opportunity to explore the charming town of Salcombe's and its breathtaking coastal scenery

Places are limited so please book early to avoid disappointment.

For Bookings & More Information please contact:

South Sands Boutique Hotel & Beachside Restaurant
Bolt Head, Salcombe, Devon, TQ8 8LL
Tel: 01548 859000

enquiries@southsands.com

www.southsands.com