



Gourmet Life



Ask the Chef

South Sands Hotel's Head Chef Greg Coleman talks about food, taste and... the view

The South Sands Boutique Hotel & Beachside Restaurant in Salcombe opened its doors last summer and has quickly become one of Devon's most enticing places to eat. The restaurant's fabulous design with stunning sea views is nothing short of breathtaking, and matched perfectly by a superb menu presented by Greg Coleman.

and serve it with a risotto Milanese – the flavour from the marrow is superb!

I knew from an early age that I wanted to cook.

I remember baking cakes with my mother in the kitchen at weekends, and my grandmother ran a good old-fashioned south London café back in the '60s.



You only have to look out of our restaurant window to see what brought me here! Also I knew it would be a great opportunity to cook using some of the South West's finest produce, arguably some of the best in the country.

I have just come back from a trip to the south of Spain, and some of the tapas I enjoyed there were unbelievable. Actually, it has inspired me to introduce a new tapas-style menu for the South Sands terrace. It will feature traditional tapas such as squid with aioli and prawns pil-pil, but finished with a creative twist.

Sample Menu

- Grilled Evesham asparagus with hollandaise sauce
- Risotto of artichoke with parmigiano and truffle oil
- Whole sea bream *al cartoccio* with rosemary, chilli and olive oil
- Lamb rump with celeriac, apple puree and mint pesto
- Classic Italian Zabaglione semi-freddo
- Ginger sponge with hot ginger sauce and vanilla ice cream

I learned my trade at Westminster College before working in busy London kitchens such as Joe Allen's and Daphne's.

I don't think I have a favourite food... it's important to keep trying different things as people's palates continuously change. I didn't like olives until I was in my late twenties, but I have definitely always enjoyed a good curry! □

For me, cooking is all about good quality produce, which is cooked simply allowing the flavours to speak for themselves. This is very much the essence of the menu at South Sands.

Suppliers we use

- Award-winning butcher Aubrey Allen
- The Salcombe Crab Company for the most fantastic fresh hand-picked crab
- For veg we use Wilton Farm, a local grower
- Forest Produce are an excellent deli-style company that we use for all our charcuterie, olives, etc.

Customers love our sea bream *al cartoccio*, a simple yet delicious dish which embodies our style. The bream is roasted with rosemary, garlic and a touch of chilli, and then served authentically in the roasting bag at the table.

The dish I am most proud of would probably be the osso bucco – great in the winter months. I use a fantastic cut of meat and then braise it very slowly

The South Sands Hotel & Beachside Restaurant, Bolt Head, Salcombe, TQ8 8LL. 01548 859000, southsands.com



PHOTOS: BANGWALLOP. (BANGWALLOP.CO.UK)