



SEAWEED DISCOVERY WALKS & FEASTS

John and Kerryann Fitzgerald have been running Seaweed Discovery Workshops, Walks and Tastings from their base in Caherdaniel since 2009. John studied Science at University College Cork and later studied Leather Technology at University of Northampton, where he developed a unique tanning method for Salmon Skin Leather, eventually producing a range of small leather goods from Salmon.

Kerryann studied Photography and worked in the restaurant business. She uses her culinary skills to create a range of delicious dishes from a series of hand harvested local seaweeds.

Their shared love of nature and all things marine lead them to focus on seaweeds, which they have been harvesting, eating and experimenting with for years.

Contact John; **086 1062110**

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www.atlanticirishseaweed.com

We are on Facebook, Twitter & Instagram @atlanticirishseaweed.



OPTION 1/.

SEAWEED –A TASTY INTRODUCTION Duration 1.5 hours

Slide presentation with a talk on Seaweed Identification, Sustainable Harvesting, Benefits and History while you enjoy a range of Seaweed Nibbles, such as Marinated Sea Spaghetti, Sun dried Pepper Dulse, Duillisc Crisps, and Kelp Cookies accompanied by a glass of Elderflower and Sugar Kelp Champagne.

Cost From 150 per group

OPTION 2/.

WALK, TALK & TASTE Seaweed Foraging with Tastings Duration 3 Hours

As above, but after slideshow presentation we head to nearby White Strand for a Guided Low Tide Foreshore Walk where we learn how to find and Sustainably Harvest the Sea-vegetables that thrive on our pristine coast. When we return to base there will be tastings as above but with extra dishes such as Kombu relish and Labneh Cheese with Sleabhac and complimentary Champagne

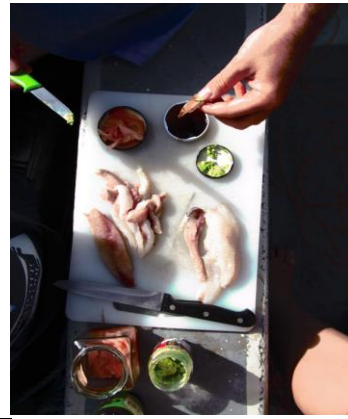
Cost from 250 per group

OPTION 3/.

SEAWEED FEAST

A ten-course meal option with Elderflower and Sugar Kelp Champagne is available. Advance booking essential, Prices, number dependent, on request.

NOT SUITABLE FOR THOSE WITH NUT or GLUTEN ALLERGIES



SASHIMI & CEVICHE BOAT TRIP -----ULTIMATE FISH FEAST

Join licensed skipper John Fitzgerald on his boat “The Red Monk” at Derrynane Harbour and voyage to the nearby Islands. The mission is to catch enough fish to enjoy 3 different ways--*SASHIMI, *CEVICHE & HOMECOOK.

Our first catch will be filleted, skinned and cut into slices; these will be placed in our special chilled Ceviche mix. They will sit in this for a few hours.

Next we will try to catch the first course. Our Sashimi fish, once landed they will be filleted, skinned and sliced. They will be savoured with Wasabi, Soy, Ginger etc on board. *The freshest Sashimi on earth.*

Our third catch will be cleaned and prepped to be taken home for dinner or breakfast.

Life Jackets and Fishing Lines on board, 6 persons max, 3 Hours, 250 Euros

HISTORICAL & CULTURAL ISLAND TRIPs & RED MONK STORY

Join licensed skipper John at Derrynane Harbour for a trip out to the nearby Islands; Moylaun, Deenish & Scariff.

Learn the history of the people who lived here- from the Bronze Age to the Early Christians to the clearances of recent times. Find out how they survived and why they chose such relative isolation. Visit a working Organic Salmon Farm that thrives in this remoteness.

Hear the extraordinary story of THE RED MONK OF SCARIFF, once the most wanted man in Ireland. Head of the Franciscan Order who was hunted down and murdered by English Bounty Hunters on the Island on June 23rd 1653.

Life Jackets on Board 3.5 hours 300 Euros