

Often the best thing about foraging along the shore is just being out and about – all that sea air and seaweed. It's enough to make you hungry isn't it? Perhaps it's time to gather up your flotsam and jetsam, fill your pockets with shells and head back to the van for a spot of lunch.

CORN, BACON & parsley CHOWDER

This is quick to make and is perfect with a fresh loaf of crusty white bread. In summer fresh corn makes it all the more special.

For a fishier, more coastal flavour stir in 2 generous handfuls (about 200g) of skinned smoked haddock, cut into bite-sized chunks, when you add the corn.

FOR 4



OIL

4 RASHERS SMOKED BACON, CHOPPED

3 HANDFULS (ABOUT 150G) PEELED AND CHOPPED PARSNIP OR POTATO,
CUT INTO BITE-SIZED PIECES

850ML MILK

1 BAY LEAF

1 X 330G TIN SWEETCORN, DRAINED (DRAINED WEIGHT 260G)

2-3 SPRING ONIONS, TRIMMED AND FINELY CHOPPED

2 TBSP CREAM

WHOLE NUTMEG, FOR GRATING (OPTIONAL)

2-3 HEAPED TBSP CHOPPED PARSLEY

CRUSTY BREAD, TO SERVE

Heat a dash of oil in a medium-sized pan and fry the bacon for 5 minutes or until crisp. Add the parsnip or potato, milk, bay leaf and 200ml water. Bring the liquid to the boil, then simmer gently, partially covered, for 20 minutes – don't venture too far away though as it will boil over easily.

Fish out and discard the bay leaf, then stir in the sweetcorn, spring onions, cream and a grating of nutmeg, and simmer for a further 5 minutes. Season to taste and stir in the parsley before ladling into bowls.