

# A Taste of Port Isaac



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## A Proper Port Isaac Plateful ...



Most of the social things that happen in Port Isaac involve food. We eat out at each other's houses, we invite our friends into our homes for lunches, afternoon teas and suppers. Whenever we have something to celebrate we include food and food is usually part of most village fundraising events. The wonderful dishes that people bring along to these events to share never cease to amaze. So when we were thinking about fundraising for PISCES a cookery book seemed the way to go.

We started collecting recipes from people who live here - and also from people who wish they did! It soon became apparent that lots of these recipes had a story and we realised that our cookery book could really be part of the heritage of Port Isaac – just what PISCES is all about.

Some of the recipes included are very precise with measurements and oven temperatures. Others have been made for so long that the cook just knows how much of this and that to use and how long to cook it for and at what temperature. We had to press some of our donators for "some measurements please" and "is it a hot, medium or cool oven"! We haven't tested the cooking of every recipe either, although we have probably eaten most of them. If someone has told us it's a favourite recipe, then we just know that it will be good! Most of the recipes are relatively easy to make – we all have lots of other things to do besides cook. Similarly most of them are easy to adapt for large numbers or just a cosy dinner for two. Enjoy ...