



THE THREE FISHES

Mitton Road · Mitton · nr Whalley · Lancashire · BB7 9PQ  
Tel 01254 826 888 [www.thethreefishes.com](http://www.thethreefishes.com)



THE HIGHWAYMAN

The Highwayman · Burrow · Kirkby Lonsdale · Lancashire · LA6 2RJ  
Tel 01524 273 338 [www.highwaymaninn.co.uk](http://www.highwaymaninn.co.uk)



Billinge End Road · Pleasington · Blackburn · Lancashire · BB2 6QB  
Tel 01254 201163 [www.theclogandbillycock.com](http://www.theclogandbillycock.com)



[www.ofsorkney.co.uk](http://www.ofsorkney.co.uk)



5 Wellgate, Clitheroe, Lancashire BB7 2DS  
Tel 01200 423 511



ORKNEY ISLANDS LOBSTER

For many of us the colourful and rather startling appearance of the lobster suggests it thrives in the warmer and more exotic waters of the world. In fact, some of the finest specimens of all enjoy a habitat that's a great deal closer to come. One that's considerably cooler than the lobster's tropical appearance would suggest.

The rather chillier, choppiest seas off the Orkney Islands are a breeding ground for this tempting delicacy...a creature that often finds itself starring on the menus of the world's finest and most distinguished restaurants. But what won't be a surprise is that harvesting this fearsome looking crustacean is highly skilled work for the men who fish the Islands' rocky shores.

Much of the task falls to members of the Orkney Fishermen's Society...a co-operative formed in 1953 by founder member Robert Greig who bought three shares at £1 per share. By the end of that year there were eight members in all, and a total share capital of £26!

The locals were not slow to recognise the potential. Further shares were quickly bought by, among others, the local coal merchant, tailor, building contractor, teacher, solicitor, electrical engineer, bank manager and local government officer...as well as a ship owner and Lord Birsay QC, an ex-pat practicing the bar in Edinburgh.



ORKNEY FISHERMEN'S SOCIETY

It proved to be a very wise investment. Today, over 50 years later, the Orkney Fishermen's Society boasts around 200 shareholders, 70 active fishermen and a £5.5 million annual turnover.

Its main business is the processing of 1500 tonnes

of brown crab a year. But it is also renowned for its export of live lobsters...no less than 40 tonnes of which are air-freighted directly to markets in Europe and Scandinavia.

Hatched from eggs, baby lobsters - or larvae as they are known - start life already with a rigid shell, or exoskeleton. Of course, in order to grow they need to shed this shell, not once, but several times, with each newly revealed exoskeleton hardening over a period which can take anything from a few hours to a few weeks. The key to this is the availability of calcium in their diet, which also includes crabs, molluscs, starfish...and sometimes fish and zooplankton.

Once fully grown, it's down to the nose and experience of the fishermen to know just where to look for the adult lobsters. Of course, it's a highly seasonal business. The main catching period is September and October...but, in order to extend the period, the Society has holding ponds where it can keep up to 8 tonnes of lobsters to cope with demand through to its peak in late December.



GILES SHAW ~ WELLGATE FISHERIES

Next stop...Wellgate Fisheries in Clitheroe, one of the North West's finest fishmongers, owned and run by Giles Shaw since 1989. Giles trained as a chef under Nigel and now supplies much of the fish served at Northcote and in every Ribble Valley Inn. It's Giles' job to hand select the finest Orkney lobsters and make sure they arrive in our kitchens in perfect condition.

Then it's down to us to ensure that they're served in a way that you can really appreciate their amazing flavours and texture. Could autumn provide a finer delicacy...or a more colourful centrepiece to your meal?

