

Demo Schedule Friday 4th October

Time	Demonstrator	Recipe for demo
11:00 – 2:30pm	South Eastern Regional College (SERC)	Buy it, cook it, eat it! Buy fresh seafood from the Market's fishmongers, bring it to the demo kitchen & have it cooked right in front of you!

Demo Schedule Saturday 5th October

Time	Demonstrator	Recipe for demo
10:00 – 10:45am	Susan Gillespie (Chowder Up! Seafood)	Smoked Haddock Kedgeree
11:15 – 12pm	Grainne Donnelly (Stock Kitchen, St George's Market)	Summer Seafood Casserole
12:30 – 1:15 pm	Ian Hunter (Belfast Cookery School)	Salt Chilli Squid with Aioli
1:45 – 2:30 pm	Perrine Bonnargent (Lecale Harvest)	Oysters

Demo Schedule Sunday 6th October

Time	Demonstrator	Recipe for demo
10:30 – 11:15am	Susan Gillespie (Chowder Up! Seafood)	Smoked Haddock Kedgeree
11:45 – 12:45pm	Grainne Donnelly (Stock Kitchen, St George's Market) with Master Fishmonger Hal Dawson	Summer Seafood Casserole
1:15 – 1:45pm	Edward Murray (Something Fishy)	Oysters
2pm – 3:30pm	Master Fishmonger Hal Dawson with Andy Rea (Mourne Seafood Bar) and surgeon Dr Mano Shanmuganathan (of Treasure Island with Bear Grylls!)	Hal will be preparing some of the best local seafood and Andy Rea will be cooking "off-the-hip" to give lots of people a chance to see how easy and quick it is to cook seafood and to taste how amazing it is. Dr Mano will be providing further insights into the health benefits of seafood