

# St Ives

St Ives on the north coast of Cornwall has seen a massive increase in awareness of local produce, from freshly landed mackerel to handmade chocolates with Cornish clotted cream, organic pork and smoked cheese. Once a small fishing village and artists' colony, then a holiday destination, it's now drawing in food-lovers, too. There are four beaches within walking distance and small boats still land a daily catch in the sandy harbour.

## ■ EAT

For a proper Cornish pasty visit **SH Ferrell & Son**. Now in the fourth generation of pasty making, the Ferrells bake one batch fresh every morning, using four traditional ingredients: chuck steak (from Harvey Bros Butchers), onion, potato and swede, (from £2). It's first come, first served, so get there early. (64 Fore Street, 01736 797703)



Tucked away behind the harbour, **The Digey Food Room** is a snug deli/restaurant featuring Cornish, Italian and Spanish specialities. Try Toni Ferguson-Lees' Cornish blue and leek tart with potato salad (£5.90 eat-in, £2.40 per take-away slice) or pack a picnic of tapas, Tregida smokehouse duck and award-winning organic bread to eat on nearby Porthmeor beach. (digeyfoodroom.co.uk)



Evidence of Cornwall's burgeoning cheese scene can be seen at **The Cornish Deli** where owner Mark Ellwood will rustle up a baguette, such as Parma ham, Cornish goat's cheese, rocket, pesto and balsamic (£5.95 eat-in). In July and August the deli turns into a restaurant at 6pm – try the Fal Estuary mussels in a Cornish cider and cream sauce (£9.95). (cornishdeli.com)

**Porthgidden Beach Café** is a smart beach hang-out, sheltered below St Ives island, as the headland is known. Watch the St Ives' fishing boats and enjoy local ingredients cooked with a Mediterranean or Asian twist. Try the crisp calamari with citrus white miso dressing and black spices (£7.95), or fresh fish of the day with chunky chips (£9.95). (porthgiddencafe.co.uk)

**Alba Restaurant** in the refurbished former lifeboat building on the

wharf combines complex flavours with fresh line-caught fish or local meat. Try pappardelle with Cornish blue lobster, tomato, vanilla and basil butter sauce (£14.95) and strawberry taster plate with panna cotta, jelly, sorbet, strawberry ripple ice cream and Eton mess (£8.50 to share). Book a table next to the giant window overlooking the harbour. (thealbarestaurant.com)

For smart dining on the beach visit the **Porthminster Beach Café**, a white Art Deco building with sea views to Godrevy lighthouse. The seasonal menu, with vegetables and herbs from the restaurant's own garden, has dishes such as fillet of Cornish lamb with sweet potato, grilled feta, pea and spinach purée and olive tapenade (£18.95), that marry traditional Cornish produce with more exotic ingredients. (porthminstercafe.co.uk)

## ■ DRINK

**The Sloop Inn** is believed to date from 1312, which makes this paneled, low-ceilinged **BARGAIN** pub one of Cornwall's oldest. Sit on the cobbled forecourt overlooking the harbour and enjoy a pint of Cornish Doom Bar ale (£3), fish pie (£8.95), or a St Ives Bay crab sandwich (£6.75). (sloop-inn.co.uk)

## ■ SHOP

Head to the Thursday morning **farmers' market** in St Ives to pick up smoked Cornish goat's cheese made at Trevarrian in Mawgan Porth and smoked by the Ekins family in their Penryn smokehouse (around £1.45 per cheese), smoked halloumi and local fish (cornishcuisine.co.uk), hand-made chocolates made with local honey and cream, soft fruits and organic pork from the award-winning Primrose Herd. (Ground floor of the



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■ **MUST DO**

Join a fishing trip out into St Ives Bay, **St Ives Pleasure Boat**

**Association** supply traditional hand lines for a two-hour excursion fishing for mackerel, pollack and other native fish. Or take the Seal Island trip and sail past art gallery Tate St Ives, secluded coves and dramatic cliffs while spotting cormorants, Atlantic seals and dolphins. (£14; [stivesboats.co.uk](http://stivesboats.co.uk))

■ **SLEEP**

Chic and eco-friendly **Primrose Valley Hotel**, just minutes from Porthminster Beach, serves Cornish produce, such as platters of locally smoked salmon and Cornish cream cheese (£8) to go with their extensive wine list and local beer and cider. Breakfast includes local sausages, eggs and yogurt. Doubles from £120. ([primroseonline.co.uk](http://primroseonline.co.uk)).

Elegant b&b **Headland House** has six beautifully furnished rooms and offers goodies such as homemade natural lavender yoghurt served with granola and fresh local fruit for breakfast. Doubles from £95. ([headlandhousehotel.co.uk](http://headlandhousehotel.co.uk))

Central b&b **The Olive Branch** offers great rooms, value for money and a traditional English breakfast. Doubles from £75. ([theolivebranchstives.co.uk](http://theolivebranchstives.co.uk))



■ **DRIVE**

Half an hour away is **2 Fore Street** run by chef Joe Wardell, who trained under Raymond Blanc. It overlooks Mousehole's tiny (pronounced Mowze-ol) harbour. Joe serves local seafood and organic meat cooked in a simple bistro style. Try homemade walnut bread alongside shell-roasted Newlyn scallops with lemon and herb butter (£6.75) or half a grilled Mousehole lobster with seasonal leaves and herb butter (£14). (01736 731164; [2forestreet.co.uk](http://2forestreet.co.uk)) 🐟



Top, from left: the coast at St Ives; Porthminster Beach Café; The Sloop Inn

Bottom, from left: Porthgwidden Beach Café; Primrose Valley Hotel; pasties at SH Ferrell & Son