



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



- The Food Smart Dublin Project -



Presented to BioCon class, Tuesday 29 Sept 2020
by Cordula Scherer

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Trinity Centre for Environmental Humanities

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FOOD SMART DUBLIN



Welcome to the FSD website! We present our IRC COALESCE funded project with the conceptual framework to promote sustainable seafood consumption by building on the intangible coastal cultural heritage while engaging with innovative chefs and educationalists.

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[Meet the team](#)



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Meet the Team



Professor Poul >
Holm

Co-PI and marine
environmental
historian



Assistant >
Professor Nessa
O'Connor

Co-PI and coastal
biologist



Dr Cordula >
Scherer

Research Fellow and
marine ecologist



Dr Agnese >
Cretella

Research Fellow and
social scientist

Our partners

Food Industry



NGO

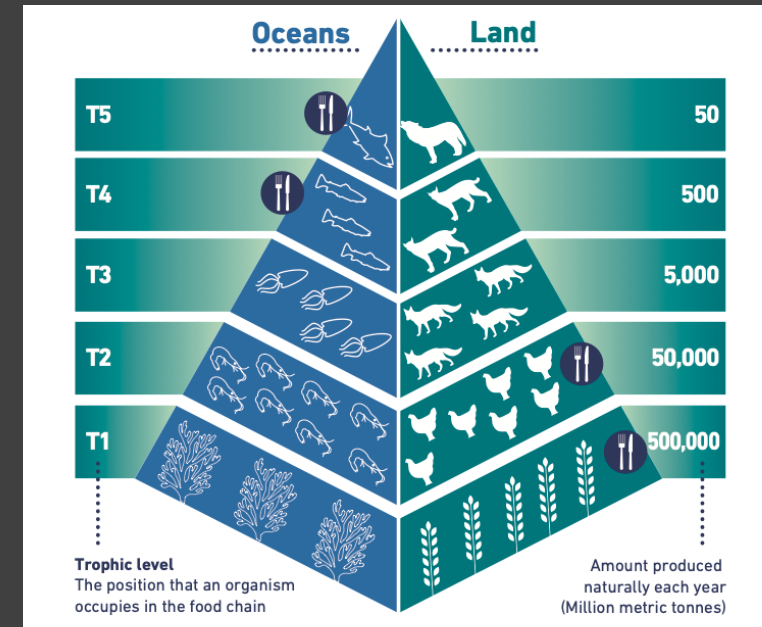


@ecounesco

We argue that a change in human consumption towards eating seafood at lower trophic levels may be encouraged by discovering forgotten cultural practices and by tapping into locally-sourced marine resources.



Molly Malone – Iconic representation of Dublin's seafood trade



Main objectives:

- Identify historical recipes of sustainable seafood and assess if this cultural heritage can be revitalised by cooking it to the modern taste;
- Assess the possibility to support healthy and sustainable consumption of seafood from lower trophic levels through cultural and ecological narratives.



Aim:

- Contribute to sustainable and local seafood consumption, to building a more resilient food system and the potential for Dublin to position itself as a food-smart metropolis.

Methodologies



- Archival work
- Surveys
- Workshops
- Recipe Book

NATURAL HISTORY

OF THE

COUNTY of DUBLIN,

Accommodated to the

Noble DESIGNS of the

DUBLIN SOCIETY;

Affording a summary View

- I. Of its Vegetables, with their mechanical and
economical Uses, and as Food for Men
and Cattle; a Catalogue of our Vegetables
in their respective Months in which they
are in season.



... then add ...
roll it in bread ...
balls about the size of ...
egg. then do them over ...
white of egg. & fry them ...
for sauce.

An excellent fish sauce.
To 1 pint of walnut juice, to 4
anchovies, boiled until dissolved.
Strain it off, & add 4th cloves,
mace, black pepper, 1st shallot,
& 1/2 pint of vinegar. - boil all
this together. Skim it well, &
let it stand to cool, when bottled,
stop it up close, & the longer it
is kept the better.

A handful of fig-leaves, boiled
in two quarts of water, till red.

FISH.

To boil Turbot.

THE turbot kettle must be of a proper size, and in
the nicest order. Set the fish in cold water to cover
it completely: throw a handful of salt and one glass
of vinegar into it; let it gradually boil; be very care-
ful that there fall no blacks, but skim it well, and
preserve the beauty of the colour.

Serve it garnished with a complete fringe of curl-
ed parsley, lemon, and horseradish.

The sauce must be the finest lobster, and anchovy
butter, and plain butter, served plentifully in sepa-
rate tureens.

To stew Lamprey, as at Worcester.

After cleaning the fish carefully, remove the
bones which run down the back, and season
with cloves, mace, nutmeg, &c.

Oyster loaves.

French rolls, cut a little hole on the top
for half a crown, then take out all the crumb
without breaking the crust of the loaf, then
fill them in their own liquor, with a blade
of little whole pepper, salt and nutmeg
white-wine; skim them very well, then
take a piece of butter rolled in flower,
mix it with them and put on the fire
to melt off; then put your rolls in
melted butter, pour it into them
in the oven, let it be as hot as
possible.

Archival work

... pier one head of gartien ...
... salt to every gallon of alley ...
... reduced away and skim ...
... but for use and it will keep a long time ...
Walnuts white ...
... French walnuts pare them until they ...
... white appear but take great care you ...
... too deep it will make them full of holes ...
... salt and water as you pare them or they ...
... when you have pared them all ...
... sauce than well tinned full of



Whiting fishing off Clogherhead, 1935

and cut down and spread out. Salt was then applied and they were put out in the fields and on the walls to dry. Large quantities of this fish were taken by the smugglers to France. Men came from Louth and Meath and bought a lot of fish and sold it to the shop keepers in those counties.

In the summer when the boats were going to the North and North East coast to fish they brought loads of cured fish and sold it quite easily. The "salt house" is still in the town where large supplies of salt was kept for sale to the fisher men.

Fishing and curing in Rush, Co. Dublin 1930s

Source: www.dúchas.ie



Since May 2020 one of our 12 historical recipes is launched every month. We promote them on our social media and seek feedback via our online questionnaire.

Recipes - June

We need your feedback for our research!
Please complete our Questionnaire (5-10 mins)



Every calendar month for the next twelve months we will publish a historical recipe that fits the season. We'll publish the original as well as the appetising reimagined version our creative chefs. This recipe was reimagined by our [food industry partner @NiallSabongi](#) and his Masterchef Muireann Mc Colgan. Niall's skills and long-standing experience as a



[View google map of Dublin Fishmongers](#)

[Complete our Questionnaire \(5-10 mins\)](#)

August recipe: Mackerel

Click on the mackerel to find out about its ecology and history.



[Click for mackerel sustainability info](#)



To broil Mackerel Whole.

Cut off their heads, gut them, wash them clean, pull out the row at the neck-end, boil it in a little water, then bruise it with a spoon, beat up the yolk of an egg, with a little nutmeg, a little lemon-peel cut fine, a little thyme, some parsley boiled and chopped fine, a little pepper and salt, a few crumbs of bread; mix all well together, and fill the mackerel; flour it well, and broil it nicely. Let your sauce be plain butter, with a little catchup or walnut-pickle.

K 3

9.

And with all boiled fish, you should put a good deal of salt and horfe-radish in the water; except mackerel, with which put salt and mint, parsley and fennel, which you must chop to put into the butter, and some love scalded gooseberries with them. And be sure to boil your fish well; but take great care they don't break.

This recipe is a beautiful amalgamation of two recipes by Hannah Glasse out of her cookbook *"The Art of Cookery Made Plain and Easy"* from 1777 and something Alan Davidson picked up from Ireland in his *"North Atlantic Seafood"* from 1979. Davidson observed rhubarb being used by the inventive ladies of the Irish Sea Fisheries Board as an alternative to gooseberries. Our investigations into using rhubarb instead of gooseberries indicate that it is a rather localised and possibly very old tradition in Dublin. So we decided to include this in our

historical recipes. If you know more about rhubarb being used with mackerel, please [get in touch!](#)

Interactive workshops



BE FOOD SMART! CALENDAR

September - October 2020

FRIDAY 25TH SEPTEMBER

4:30pm - 6:30pm: Sustainable Food - Online

FRIDAY 2ND OCTOBER

4:30pm - 6:30pm: Irish Seafood - Online

FRIDAY 9TH OCTOBER

4:30pm - 6:30pm: Seasonality - Online

SATURDAY 17TH OCT

3:00pm - 5:00pm: Foraging Workshop - Sutton Beach
(Dublin Bay side near Marine Hotel)

SATURDAY 24TH OCTOBER

3:00pm - 5:00pm: Cooking Workshop
(Online, including cooking kit)



Marine Institute
Foras na Mara

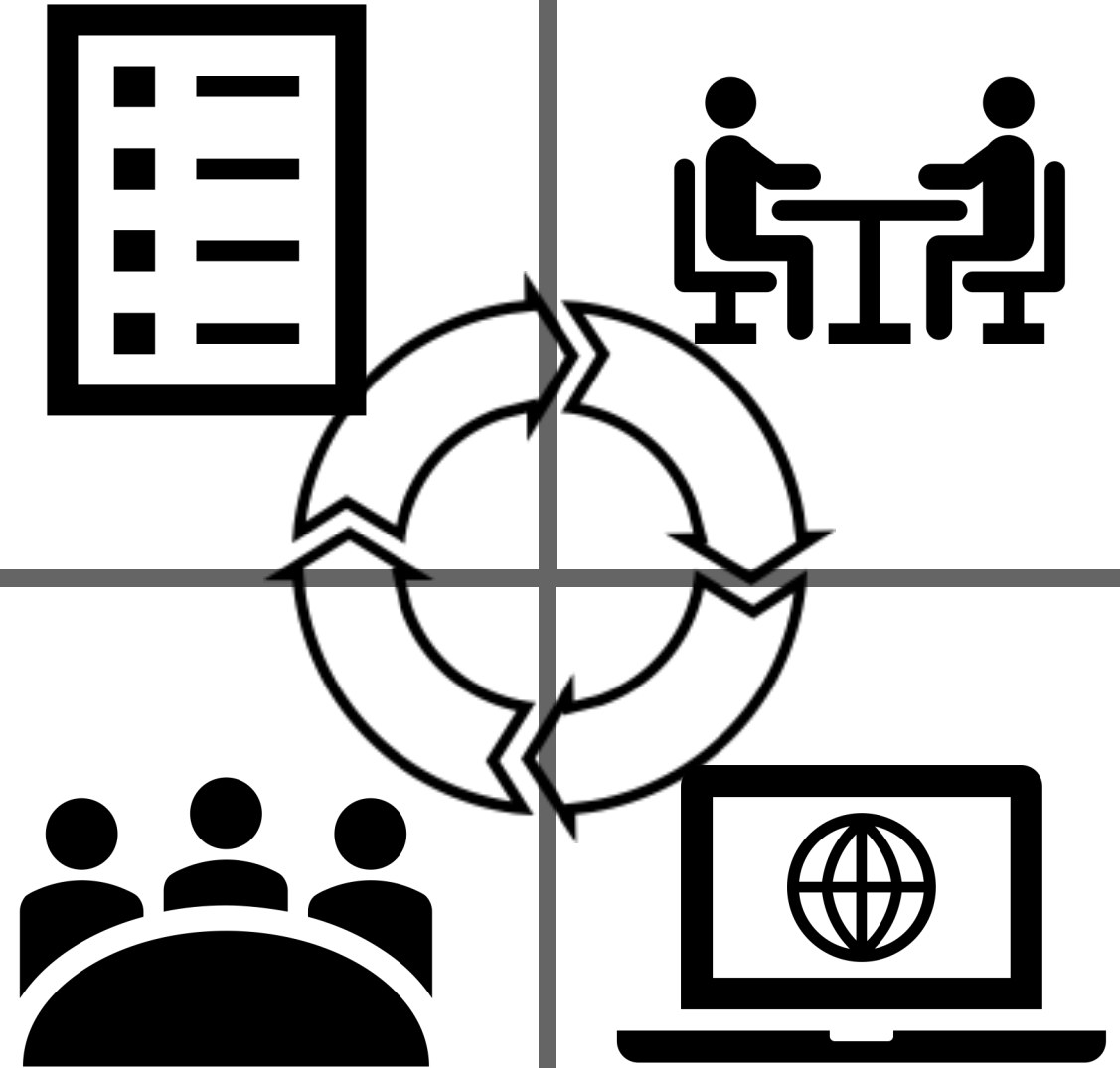
IRISH RESEARCH COUNCIL
An Chomhairle um Thaighde in Éirinn

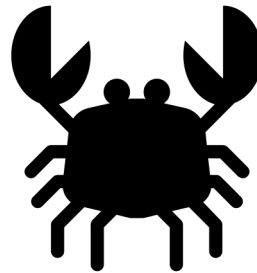
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Generating data and testing the concept

Four survey types:

- 1 Survey: 12-months involvement
- 2 Survey: one-off questionnaires through tasting events
- 3 Survey: online questionnaire for students
- 4 Survey: feedback loop of chefs





<https://www.tcd.ie/tceh/projects/foodsmartdublin/recipes/>

Key Outputs

- **Recipe book** with 12 historical, local seafood recipes;
- **Inventory** of Dublin Bay's organisms displayed in a digital, comparative spatial map
- Accessible **publication** of survey results;
- **Recommendations** on changing human consumption behaviour





Benefits to Dublin's society on three broad levels

1. Reconnecting with local coastal cultural heritage
2. Raising awareness and encouraging stewardship amongst our youth.
3. Participatory interdisciplinary research



Summary

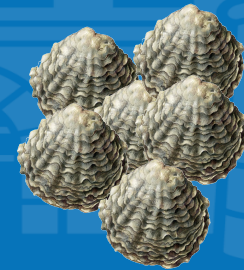
- Insights into local culinary preferences of Dublin's society
- Encourage sustainable lower trophic seafood consumption by knowledge production and transfer
- Restore our coastal cultural heritage
- Use feedback to refine and improve process



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- Thank you -



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