

The Northern Ireland SEAFOOD Trails

BELFAST

Roam the streets of Northern Ireland's vibrant capital city on foot. Belfast is home to one of Ireland's oldest fishmongers, a dazzling variety of seafood restaurants, and the iconic St George's Market. Famed for its shipbuilding, Belfast was also once a busy fishing port and supported a large native oyster fishery. Today you might see boats heading out to harvest blue mussels in the lough, or larger trawlers heading out to catch mackerel and herring in the Irish Sea. Belfast's symbol is a seahorse - can you spot any around the city?

Ewing's Seafood

Ewing's fishmongers on the Shankill Road is one of the oldest fishmongers in Ireland. The shop is still run by the Ewing family, who have held the same core values for over a hundred years. Their mission is to supply the local community with top quality, fresh seafood. Take a look in the window to see what's on offer! They've won Great Taste Awards for their pale smoked cod and smoked scallops.



1 mile

The Salmon of Knowledge

Known locally as the 'Big Fish', this sculpture celebrates the return of fish to the River Lagan. Each of its ceramic scales are decorated with images that tell the story of Belfast's layered history.



The Fadgies (mural)

This mural depicts the group who migrated to Belfast from Omeath during the 1850s, known locally as the 'Fadgies'. They made a living by travelling from door to door with baskets and barrows, selling fresh fish and fruit to local townsfolk.

Lagan Wier

Walk out onto the Lagan Weir footbridge and soak up the activity in Belfast Lough with the hustle and bustle of the city behind you. This is once where locals would hand-gather shellfish from the shore or boats catching wild native oysters would come in to land their catch.



Lobster Pot (mural)

Belfast is renowned for its vibrant street art. As you head into the city, look out for The Lobster Pot, one of the most iconic - and most Instagrammed! - murals in the city. This painting was done by Australian street artist, 'Smug'.



Belfast Cookery School

Unsure how to prepare and cook fresh fish? You can learn from some of Northern Ireland's most skilled chefs at this purpose-built school in the heart of the city. Book in advance to take part in a group cooking workshop and learn how to whip up a delicious seafood meal - and of course, eat it!



Fish City

This is a lively, award-winning seafood restaurant and fish and chip takeaway in the heart of the city. Fish City is committed to sourcing sustainable and traceable seafood. Adorned with pictures of 'Northern Ireland's fishing industry', the restaurant boasts a flavoursome and healthy menu, as well as a kids menu that can be coloured in!

St. George's Market

Explore the stalls, listen to live music and soak up the electric atmosphere of Northern Ireland's renowned market. You can check out a variety of local species and chat to fishmongers at the fresh fish counters. The market was built in the 1890s but the Friday fish market dates all the way back to 1604! St George's is open Friday, Saturday and Sunday, 'til early afternoon.



Mourne Seafood Bar

Loved by folk in Belfast and beyond, this restaurant is hailed as one of the best places to eat in the city! There are two dining experiences on offer: Mourne Seafood Bar, an indoor restaurant, and The Shack, a covered outdoor eating area with a casual street food menu - the perfect stop for a quick bite along the trail!

Map key



SEASONALITY

Just like most wild foods, fish are seasonal. This means that their abundance in local waters changes with the seasons, as fish migrate and reproduce. It's important to eat with the seasons, as it means you're eating what's locally available and you'll get the best quality fish. Hake is caught all year round by fishermen in Northern Ireland, but the best time to enjoy fresh hake is in the spring and autumn.

JAN FEB MAR APR **MAY** JUN JUL AUG SEP OCT NOV DEC

Can you find THESE WORDS?

Fadgies Mussels Lagan Lobster Ewings
Oysters Belfast Mural Mourne

G	S	R	L	O	B	S	T	E	R	M	A
K	S	F	A	D	G	I	E	S	P	U	R
S	E	S	G	G	E	M	G	F	X	S	J
C	W	P	A	M	G	O	G	B	A	S	I
M	I	L	N	C	O	U	E	E	B	E	O
X	N	M	Z	M	U	R	A	L	N	L	U
H	G	S	P	T	S	N	J	F	M	S	C
Q	S	B	E	A	C	E	T	A	D	D	N
K	T	O	Y	S	T	E	R	S	H	G	L
E	M	I	U	C	E	M	N	T	U	E	R

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Hake is caught by fishermen across Northern Ireland, mainly as bycatch from the langoustine fisheries. Hake is versatile, sweet-tasting and a great substitute for cod! You can pick up hake fillets at one of the fish stalls in St George's market or at Ewing's Seafood and whip up this quick, delicious recipe at home.

SERVES: 4

Delicious HAKE IN A HURRY

PREP TIME: 10 - 12 MINS COOK TIME: 16 - 20 MINS
SKILL LEVEL: EASY

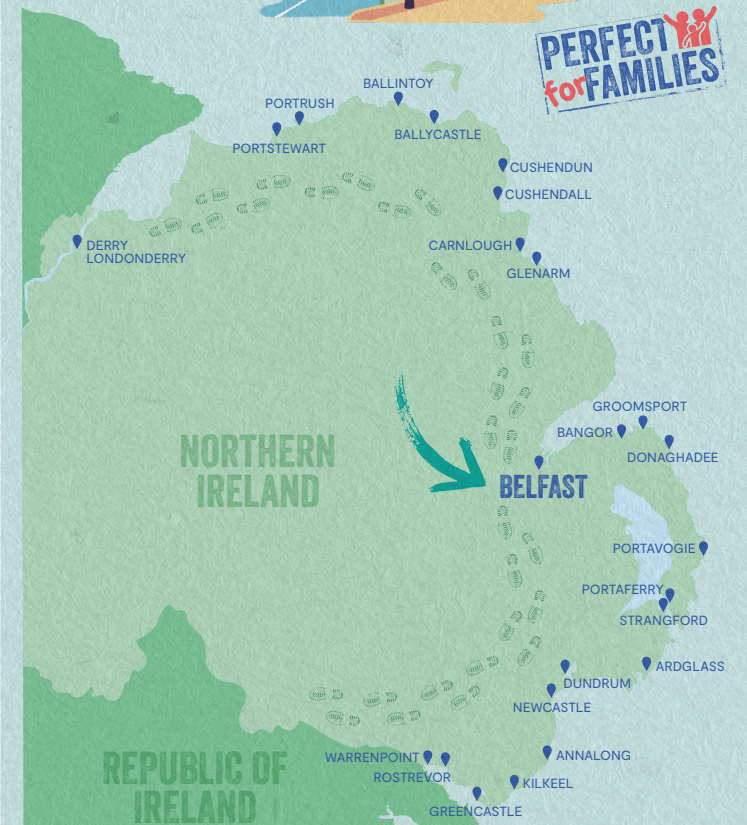
INGREDIENTS

4 x 170g skinless and boneless hake fillets
2 tbsp vegetable oil
80g homemade breadcrumbs
Handful fresh parsley, finely chopped, plus a few sprigs to garnish
Salt and pepper
Lemon wedges, to serve



- 1 Pre-heat the oven to 180°C/fan 160°C/gas mark 4. Wash and dry the hake fillets. Pour the oil into a large baking tray.
- 2 Place the hake fillets in the tray and gently turn them over and around in the oil to cover them. Season with salt and pepper.
- 3 Combine the breadcrumbs with the chopped parsley. Sprinkle the breadcrumbs over the top of the fish fillets. Bake in the oven for 15 - 20 minutes, or until the crumbs are golden and crispy, and the fish cooked through. Serve immediately with lemon wedges, and garnish with parsley sprigs.

EXPLORE BELFAST



PERFECT for FAMILIES