

Your summer social diary – from the publishers of the *Hereford Times*

# Herefordshire Society

FOOD, FASHION, PEOPLE, PLACES AND GOOD LIVING £1.50



## Take the plunge

A barn conversion that will  
really make a splash

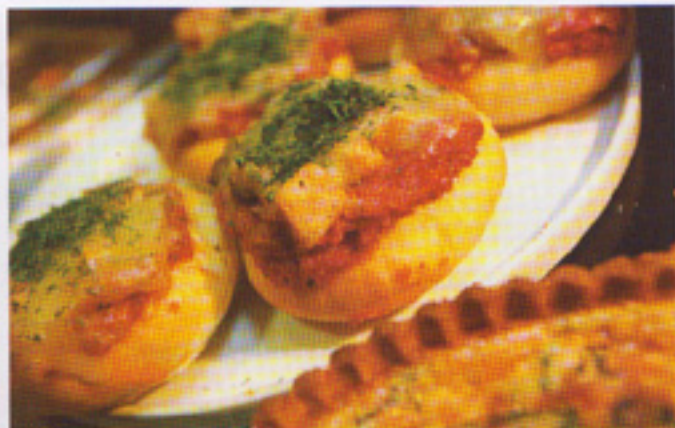
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Cafe staff member Gio Krichashvili serves Sylvia Duggan a cup of tea. HS0807-05



HS0807-03

# Soul food



HS0807-01

Bill Sewell with chef/manager Dean Stonley. HS0807-06



HS0807-03

**B**ILL Sewell has brought a whole new meaning to the phrase Soul Food.

While some churches spread the Good News, he's inside them spreading good food, having set up a series of cafés in some imposing ecclesiastical buildings.

This year sees him celebrate 10 years of dishing up high quality homemade food, but served simply, in Hereford's All Saints Church – 10 years which have seen the Café@ All Saints go from strength to strength and gain a clutch of awards.

It wasn't his first "café within a church" but it certainly wasn't his last. His more recent efforts have seen him open The Refectory in the medieval Grade I-listed St Mary's Hall of St David's Cathedral, in Wales – which is also proving to be a hit.

Café@ All Saints was originally conceived as the way of sustaining the future of the Hereford church.

The medieval building needed

Bill Sewell reflects on 10 successful years with Café@AllSaints. HS0807-07

£1.5million to mend its spire and roof but had been told it would only get support from English Heritage and the National Lottery if they could see it had a viable financial future.

Andrew Mottram, the priest in charge of All Saints, had already been in Bill's first church café, in St Mary-Le-Bow, London, and thought this was just the kind of thing that would work for his church.

And work it certainly did, notching up the Booker prize for best new catering business in 1998 and a 2002 Flavours of Herefordshire award for creative use of local ingredients.

It also changed Bill Sewell's life entirely as he ended up moving to Herefordshire while continuing to maintain The Place Below in London, opening The Refectory and also



Churches in Hereford have been nourishing the people's souls for centuries – but one in particular has been successfully feeding bodies as well as spirits for the last 10 years.

Pictures: Stuart Purfield.



writing two books based on the food served at his cafes.

"I'm a Londoner, brought up in Notting Hill Gate," he says. "I came down to help Andy Mottram set up All Saints and my wife and I found out that we loved Herefordshire. We found a lovely place to live and we gradually got seduced by the whole thing as many, many people do. It's a beautiful county."

It seems, if you want to set up a café in your church, Bill's the man to ask. But he didn't plan it that way.

"It's just how things have happened," he muses. "I've not sought out churches and cathedrals, they've sought me out."

"I just think they're wonderful buildings to be in – it's very different to being in a lock-up shop in the high street."

"We're a business and we rent the space but the reality is we're part of the community and that's another great thing."

All Saints is, he enthuses, a "fantastic" location, with streets on three of its sides.

"It's an opportunity to be in the middle of town and yet somehow in a space that's withdrawn from the hustle and bustle," Bill

explains. "You can take two steps off the high street and feel that you're in this lovely calm location."

The last few months, he believes, have seen the café take leaps forward, much of which he attributes to the arrival of chef/manager Dean Storey, "one of the best" he's ever dealt with, he maintains.

A direct result of that is the appearance of

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fish on what has, primarily, been a vegetarian menu.

"Dean's a great bloke to be around and also passionate about food," praises Bill. "I've always been keen on simple fresh food but he's taking some steps forward. We now have the smoked fish from the

Black Mountain Smokery and we're just about to start getting the cherries and asparagus from Tillington."

"Dean is really hot on local, fresh and simple stuff and we've seen the number of people coming to All Saints increase dramatically and that's at a time when not everybody is saying very comfortable things about the numbers in the city centre."

The café has, he says, vastly exceeded his expectations of it – and has proved one in the eye for some pessimists.

"When Andrew and I were talking about the business plans to the banks they told me not to get too optimistic as it was Hereford," he reveals, adding that he was advised if he got 50 people through the door each day he'd be doing well.

"I have to say we have 300 or 400 a day so it's an amazing, fantastic place," he adds triumphantly.

So it's now upwards and onwards over the next 10 years.

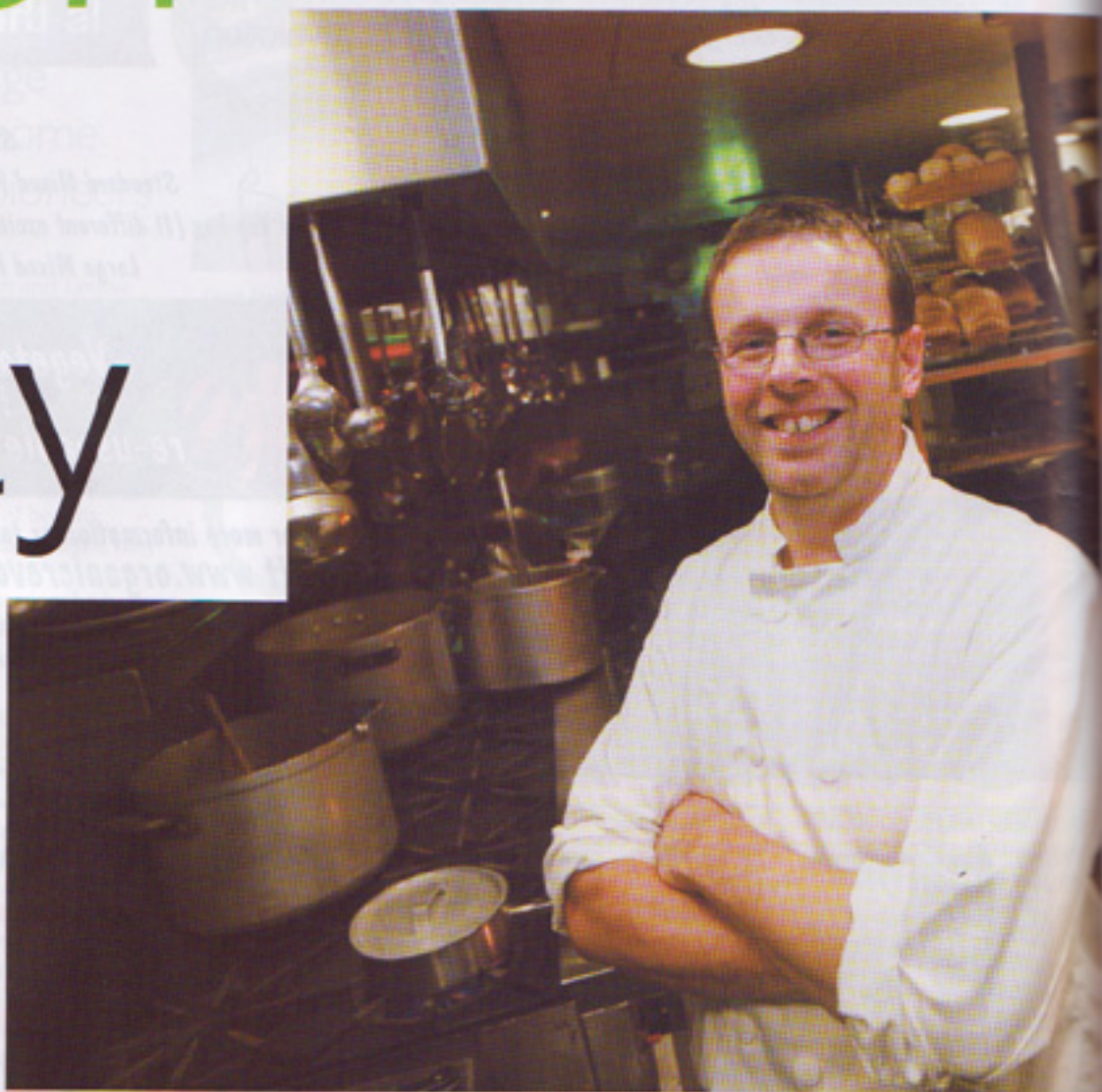
Dean Storey has provided a marvellous Sea Trout recipe for this issue of Herefordshire Society. Turn to page 112.

# Fish

## of the day

Sea trout to tempt the tastebuds!

Photo: Stuart Pridmore, 10/06/17



Dean Storey is chef/manager at Café@All Saints, in Hereford. He previously worked for two years on the west coast of Scotland, and a year in Pembrokeshire, where he developed a love for simple fish recipes. When not cooking at All Saints he can frequently be found dangling a fishing line optimistically into various bits of water around the county.

WE always like to serve fresh simple food at Café @ All Saints and we have recently added daily fish specials to our repertoire. Our quick, simple lunchtime recipes keep the wonderful fresh fish as the star of the show.

This recipe, poached sea trout with a white wine, cream, mustard and dill sauce, has been guzzled enthusiastically by our customers, served with a green salad and some buttered new potatoes.

It would work equally well with salmon or freshwater trout, however, sea trout is a

lovely alternative to salmon, especially if you are fortunate to get hold of a wild fish.

If you can only find farmed fish, make sure that it is Marine Stewardship Council (MSC) approved, as all our fish are at All Saints.

If you shop in Hereford, David Benjamin, in the Buttermarket, is the best local source for fish and always helpful with preparing the fish as you want it.

I love poaching sea trout – you get a lovely soft, silky consistency and a flavoured stock that forms the basis of the sauce.

### Ingredients

1 x 1.25 – 1.5kg fish (get your fishmonger to scale, fillet and pin bone – the tiny needle-like bones – the fish you can then cut into 150g-ish portions)

300ml white wine  
150ml double cream  
2tsp wholegrain mustard  
a bunch of dill – chopped finely.



Serves 4



Put the sea trout fillets in a pan and cover with the wine. Bring to a simmer, put a lid on and poach for 6-7 mins.

10/02/17-05



Take the fillets out and set aside on a plate. Cover with foil to keep warm.

Increase the heat to bring the wine to a fast boil and add the cream and mustard. Reduce this to a single cream consistency.



Add the dill and simmer for 30 secs more (no longer or you will lose the vibrant green of the dill). Take the skin off the fillets (use your fingers - it will come away easily). Add any juices to the sauce. Taste the sauce and correct the seasoning. Serve with new potatoes and some dressed leaves.

