

Klaw

SEAFOOD *with soul...*

Over 3,000km of coastline and some wild Atlantic ways: our world-class seafood restaurants have good reason to put Ireland on the map. *Norah Casey* gives her round up of the best from east to west.

CAVISTONS SEAFOOD RESTAURANT

59 Glashule Road, Glashule, Co Dublin

Small, crowded and quirky, and open only for lunch, Cavistons is not your average restaurant. It takes time and commitment to dine here – but for those prepared to make the effort it's worth it. Chef Noel Cusack's menu is written on the day and is based on whatever the Irish fishing fleets have brought in.
Tel: 01 280 9120;
cavistons.com

KLAW

5A Crown Alley, Temple Bar, Dublin

No list of seafood restaurants in Ireland would be complete without mentioning Klaw. This crab shack style restaurant is at the forefront of the

seafood movement; Niall Sabongi and his team are dedicated on delivering the freshest seafood to the diners of the city. The menu, the food, the chef all make Klaw a dining experience worth having.

Tel: 01 549 3443;
klaw.ie

AQUA

1 West Pier, Howth, Co Dublin

Located in the old Howth Yacht Club on the west pier, Aqua is perched right over the water, with the fishing boats literally docking at its front door. Firm favourites include deep fried calamari served with lightly spiced tomato sauce, whole sea bass with oven roasted vegetables and pan-fried fillet of halibut with mussels and dill-cream sauce. The view from the dining room of the open sea dotted with sailing

boats is nothing short of spectacular.
Tel: 01 832 0690;
aqua.ie

MORAN'S OYSTER COTTAGE

The Weir, Kilcolgan, Co Galway

Moran's is an institution, and rightly so. Set next to a picturesque weir in an old stone cottage (built more than 300 years ago) with a warren of rooms. Today Moran's is run by Michael Moran; the seventh generation of the Moran family in the business. Moran's head chef Tom Joyce serves up some great seafood: the smoked wild salmon sandwiches, Galway Bay oysters and seafood chowder are legendary. A visit between September and April will allow you to try a platter of in season native Edulis oysters.

Tel: 091 796113;
moransoystercottage.com

O'DOWD'S SEAFOOD BAR

Roundstone, Co Galway

This cosy pub, complete with fire and snug, is a watchword for great seafood. Run by Nicholas Griffin, locals flock here for such signature dishes as O'Dowd's seafood chowder (using only fresh local crab, salmon, prawns, mussels and haddock), stuffed mussels with garlic and breadcrumbs; hot buttered lobster and ocean rolls – fillets of plaice stuffed with seafood in a dill sauce.

Tel: 09535809;
odowdsrestaurant.com

FISHY FISHY

Crowley's Quay, Kinsale, Co Cork

With awards aplenty, Martin and Marie Shanahan's Fishy Fishy Café is one of the high kings of Irish seafood cuisine. A daily-changing menu features a large selection of freshly caught fish and the cooking is excellent: simple and confident, allowing the beauty of the fish to shine through. So a truly wonderful place for lunch or dinner, but there is a downside, there is a no reservations policy for lunch so you often need to wait for a table.
Tel: 021 470 0415;
fishyfishy.ie

"It is perched right over the water with the fishing boats literally docking at its front door. Firm favourites include deep fried calamari served with lightly spiced tomato sauce"

SEAFOOD BAR AT DEANES

36-40 Howard Street, Belfast BT1 6BF

Winner of the FOOD & WINE Magazine Best Restaurant in Ulster 2010, Michael Deane's is still Belfast's premier restaurant where Michelin starred food is not matched by eye-watering prices. Head chef Simon Toye delivers outstanding dishes such as Strangford scallops and the seafood bar offers a terrific new range of dishes like Crab on Toast with chilli, rocket and crème fraîche and the



Surf and turf at Howth eatery Aqua



Fresh oysters at Klaw



The sole at xxxx - heavenly



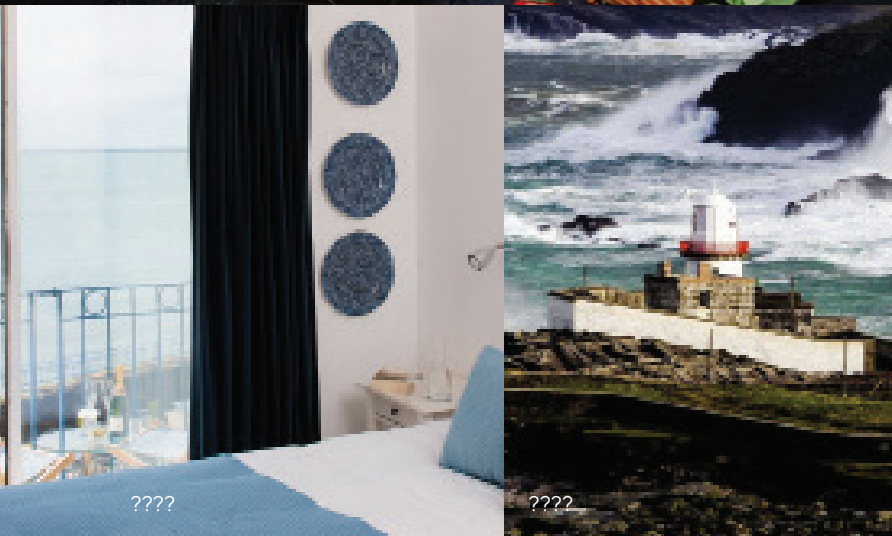
The chefs behind the dishes at Fishy, Fishy



Fine dining in a relaxed setting at the seafood bar at Deanes



Ruairí and Marie-Therese, the husband and wife team behind Inis Meain Restaurant and Suites



amazing tasting moules frites.
 Tel: 0044 (0)28 9033 1134;
 michaeldeane.co.uk

MOURNE SEAFOOD BAR

34-36 Bank Street, (beside Kelly Cellars), Belfast BT1 1HL

The Mourne Seafood bars, of which there are three, located in Dundrum, Newcastle and Belfast, are unique in that they source all their shellfish from their very own shellfish beds. The Belfast outpost, situated just behind Donegal place, is a great place to grab a super-fresh fish lunch or casual supper. It has its own wet fish counter with everything from fish and chips to their own Grade A Carlingford oysters, or buckets of beautifully cooked mussels. Be sure to book, it is extremely popular.

Tel: 0044 (0)28 9024 8544;
 mourneseafood.com

INIS MEAIN RESTAURANT AND SUITES

Inis Meain, Aran Island, Co Galway

This unique restaurant with rooms located on remote Inis Meain is simply breathtaking, with its super-slick modern design and passionate food philosophy. This year the husband and wife team (local man Ruairí de Blacam and his Cork born wife Marie-Therese) were awarded the FOOD & WINE Magazine Best Connacht Restaurant 2010. The dining room has been built using the stone from the island and has a breath-taking panoramic view of the bay. While almost all the food served in the restaurant is sourced from the island: Lobster and crab are caught by local fishermen in currachs.

Tel: 086 826 6026;
 inismeain.com

JACK'S COASTGUARD STATION BAR & SEAFOOD RESTAURANT

Waters Edge, Cromane, Killorglin, Co.Kerry

People rave about Jacks in Cromane They talk of the setting – an old Coastguard Station; they talk of the view - overlooking Rossbeigh Beach and Inch Peninsula. But most of all they talk of the food – especially the signature dishes of Cromane mussels, tiger Prawns or perfect Seared Scallops. Another great reason to visit Kerry.

Tel: 066 976 9102;
 jackscoastguardstation.ie

PHOTOGRAPHS BY NORAH CASEY USING CANON POWERSHOT SX710HS; CANON POWERSHOT SX60HS; CANON EOS 100D