

# Editor's Page

## A Seal of Approval!

My brother Robbie was out with his camera last week and got a wonderful shot of Grey Seals, perched on rocks near Sherkin Island. The areas where seals pull themselves out of the water and onto land, are called "haul-outs". A haul-out can be used for different reasons. It may be where seals mate and give birth or they may just need to rest, socialise with other seals or adjust their body temperature. Sometimes they may even need to escape from predators, such as killer whales and sharks, though these predators are scarce enough around Ireland.

We have two types of seals in Irish waters, the Grey seal and the Common or Harbour seal. The Grey Seal has a longer snout and its nostrils are parallel rather than "v"-shaped like those of the Common Seal.

Photo: © Robbie Murphy



## SEAFOOD RECIPE

# Grilled Haddock Strips

## with Ruby Orange Sauce

### WHAT'S NEEDED:

- 700g/1½lb filleted haddock, cut into wide strips
- 2 tablespoons soy sauce

### SAUCE:

- Juice of 4 ruby oranges or 3 pink grapefruit

- 55g/2oz shallots or onion - thinly sliced
- 1 sprig, tarragon and rosemary
- 150ml/¼ pint cream
- 55g/2oz butter
- Salt and freshly milled pepper

### GARNISH:

- Julienne (fine strips) of orange

Serves 4

### What to do:

- Dip haddock strips in soy sauce & grill until golden.
- Meanwhile make sauce - combine juice, shallots, tarragon & rosemary in saucepan.
- Boil until reduced to a third.
- Add cream & reduce to half. Add butter a little at a time, mixing well. Check seasoning.
- Arrange lightly seasoned boiled rice in centre of hot plates.
- Place fish strips on top & sauce around edge.
- Sprinkle with julienne of orange, chives and chervil.

FISH ALTERNATIVES: cod, hake, pollock, ling, plaice.



Photo: © BIM

Brought to you by BIM & Simon Regan,  
Institute of Technology Tralee.  
[www.bim.ie](http://www.bim.ie)

## Welcome to the Autumn Edition of Nature's Web!



Dear Reader,

Welcome everyone to the Autumn 2012 issue of Nature's Web. We are delighted to feature the marine biologist, author and cartoonist, John Joyce in this issue. We think John's illustrations are fantastic and help us to learn about marine life in a really humorous way. We are thrilled that he is giving us some tips on how to produce some of these cartoons ourselves, so let's get drawing! Ballycroy National Park have given us lots of information about blanket bogs and the plants that can be found in them and we also learn from WEEE Ireland about items we can recycle. Check out nature news from around the world on page 11 and enjoy a giggle with the jokes on page 13. We would love to hear your views and comments and suggestions for future articles. Have a good read!

Susan

Email: [editor@naturesweb.ie](mailto:editor@naturesweb.ie)

Web: [www.naturesweb.ie](http://www.naturesweb.ie)

Editor:

Susan Murphy Wickens

Layout and Design:

Susan Murphy Wickens

Photographs & Clipart:

Copyright © 2012 Sherkin Island Marine Station & its licensors. All rights reserved.

Foreign Correspondent:

Michael Ludwig

© Sherkin Island Marine Station 2012

© 2012 Sherkin Island Marine Station & its licensors. All rights reserved.