

Editor's Page

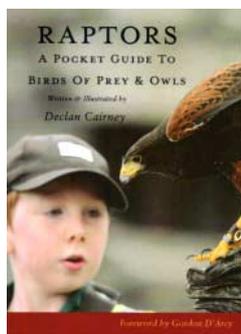
For the Love of Birds!



Golden Eagle
(Illustration by Declan Cairney)

Eleven-year-old Declan Cairney from County Galway loves raptors - he likes them so much that he has written and illustrated a book specifically about them. The book is called "Raptors - A Pocket Guide to Birds of Prey and Owls". Raptors are birds of prey and are very much in the news lately, particularly the White-tailed Eagles that have nested in Co. Clare (see page 11).

Declan has plenty of first-hand experience and knowledge about these birds, having spent months working with raptors in the Burren Birds of Prey Centre.



Falcons, hawks and eagles are Declan's first love, but he likes all birds and nature in general.

It is very exciting to see someone so enthusiastic about nature. Best of luck to Declan and hopefully he will sell lots of copies of his book!

"Raptors - A Pocket Guide to Birds of Prey and Owls" can be purchased directly from Declan Cairney, Campsie House, Caherglassaun, Gort, Co. Galway. The price is €7.50 plus postage (€2.70 for 1, €5 for 2, €7.50 upto 10). ISBN: 978-1-908477-76-7

Welcome to the Summer Edition of Nature's Web!

Dear Reader,



Welcome everyone to the Summer 2012 issue of Nature's Web. Angling and waterways feature in this issue. Mark Corps, Angling Advisor with Inland Fisheries Ireland gives us an insight into his working day as well as giving lots of information to those who might want to take up angling as a hobby. Angling is a great pastime and is suitable for people of all ages (see page 15). We also hear from Richard Creagh who tells us about wildlife on the Owenduff River, which flows through Ballycroy National Park. 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

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SEARED TROUT

WITH TOMATO COULIS & GARLIC VINAIGRETTE

What you need:

- 4 x 170g / 6oz fillets of trout
- Salt and freshly milled black pepper
- Olive oil

Tomato Coulis:

- 4 tomatoes - skinned, seeded & blended
- 25g / 1oz butter - diced
- Pinch castor sugar

Garlic Vinaigrette:

- 2 tablespoons olive oil
- 2 cloves garlic - crushed
- 1 tablespoon white wine vinegar
- 2 tablespoons cold water
- Juice of half lemon
- 4 tablespoons very finely chopped onion & courgette
- Chopped thyme and fennel
- 1 bay leaf

*You can substitute salmon or arctic char



Photo courtesy of www.bim.ie

What to do:

Heat 2 tablespoons oil in frying pan. Season trout and quickly sear/fry trout for 3 minutes each side. Remove.

Tomato Coulis:

Cook tomatoes for 3 minutes. Continue to cook, adding diced butter little by little. Season and add a pinch of sugar.

Garlic Vinaigrette:

In a small saucepan mix all ingredients except onion, courgette and herbs.

Boil for 30 seconds and then remove from heat and allow to infuse for 10 minutes.

Strain, check taste and add onion, courgette, thyme and fennel.

Serves 4

Brought to you by BIM.

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Recipe created by Ciarán Carberry, Institute of Technology, Tallaght