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Slow Cooking

The countdown to the Cornwall Food and Drink Festival has started. One thing that is likely to feature heavily this year is the rise of 'Slow Food'. One of its local enthusiasts is chef Sanjay Kumar. Hear an interview and see a popular recipe.

The Slow Food movement was founded by Carlo Petrini in Italy during the '80s. The Slow Food organization spawned by the movement has expanded to include over 100,000 members with chapters in over 132 countries.

Here in Cornwall the head chef of Falmouth's Greenbank Hotel is Sanjay Kumar. He is a big supporter of the art of 'Slow Food'.

BBC Cornwall's Rachel Scofield visited Sanjay Kumar in his kitchen at the Greenbank Hotel. Click on the link below to hear more:

[Sanjay Interview](#) >

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Those behind 'Slow Food' taste good, that it should be produced in a clean way which fully respects the environment, human health and animal welfare, and that food producers are paid a fair wage.

Cornwall based chef Sanjay Kumar has prepared a 'Slow Food' recipe for BBC Cornwall website readers:

Sanjay says: "Have lots of bread handy to mop off the coconut rich, seafood sauce.

"The colourful sweetness of the coconut milk and crab, balances the subtle saltiness of the smoky bacon, a classic combination of seafood and pork, that so symbolizes the ethos of Slow food of today. 'Enjoying, responsibly sourced food, passionately'."



Sanjay's crab dish

Srilankan style Cornish crab claws with sweet chili sauce and Smokey bacon.

Serves: 1 hungry Cornish miner

Processing time: 5 mins
 Cooking time: 15 mins

Ingredients:

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2 tablespoons of sliced garlic
Fresh coriander leaves
4 Cornish crab claws
1 green chilli <seeded>
5 g Ginger root sliced
10 tablespoons of coconut milk
2 tsp sweet chilli sauce
Lime wedges
1 Rasher smoked bacon crisped

Method:

Combine the sliced garlic, coconut milk and the deseeded green chilli in a sauce pan.
Put the Cornish crab claws in the mixture.
Boil the claws, until all of the liquid has evaporated.
Serve hot, drizzled with sweet chilli sauce, plenty of lime wedges and fresh coriander leaves, and juliennes of smoked bacon.

Find out more about Slow Food in Cornwall:

Slow Food >

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