



[guardian.co.uk](http://guardian.co.uk) | TheObserver

## The expert panel

---

The Observer, Sunday June 1 2008

---

---

### Rebecca Sullivan, festival manager, Real Food Festival (UK)

---

For the serious seafood lover, Tsukiji Market, in Tokyo is as good as it gets. Tsukiji is the biggest wholesale fish and seafood market in the world and there is nothing better than being there at 5am among the hustle and bustle of the catch of the day eating the freshest sashimi and drinking a beer at one of the many little sushi bars around the market. If it comes from the ocean, you will indeed find it. Don't miss the daily tuna auctions, where a 600lb fish can reach several thousand dollars.

---

### Jay Rayner, the Observer's food critic

---

A great market needs to be much more than just a lovely place in which to buy delicious food. It needs to be an exploration, an adventure, and to my mind they don't come much better than Paris's Sunday morning open-air market that runs from the Bastille far down boulevard Richard Lenoir. Just taking it at a gentle stroll requires a good hour. Stop off along the way and that's Sunday dealt with. It is that perfect French mix of the utilitarian - the stuff any cook needs - and the luxury - the stuff any cook wants. There are terrific cheese stalls, and fish stalls, and vegetable stalls, groaning with nine different types of tomatoes brought up overnight from the South. Best of all are the rotisserie stands with their sticky golden roast chickens. It is impossible not to buy one and eat it there and then.

---

### Bob Farrand, chairman of the Guild of Fine Food

---

An hour or so east of Siena is Castelnuovo Berardenga, a small town set below Chianti untouched by British tourism. The fish restaurant has no menu, the bar/restaurant evokes my village pub before it went gastro, and the twice-weekly market off main street is a gem. A 40-foot cheese van suggests Italians boast more cheeses than the French and Brits combined - they just don't tell anyone. The star is pecorino stagionato di fossa, a sheep's milk cheese made in April or May and gently matured until August, when it is wrapped in white cotton and sealed in an airless stone cave for 90 days. Ageing in a vacuum promotes a secondary maturation, which delivers the most extraordinary flavour. It probably breaches every EU food regulation but no one gives a damn. This is cheese heaven.

---

### Carlo Petrini, founder of the Slow Food Movement

---

I don't really have a single favourite: I love any market that gives me a sense of seasonality through fresh, local produce. This is what I enjoy about the market held twice a week in the piazza a couple of hundred yards from my house in my home town of Bra, Italy. Here I find a constantly changing variety of fruit and vegetables fresh in from the countryside around town, cheeses from the nearby mountain valleys, good Piedmontese beef and so on. Such places are a vital part of the Slow Food philosophy. In fact we've just initiated an 'Earth Markets' project aimed at building a global network of farmers' markets run by local producers. The idea is to encourage micro-economies to work remuneratively yet compatibly with their own ecosystems and cultures.

---

### Richard Corrigan, Michelin-starred chef

---

---

I live in Crouch End in London and one Sunday a month there's a great little food market in the grounds of Alexandra Palace, near Park Road. It's a lovely place for a wander and to pick up some nice food. There are some good organic veg suppliers and farmers selling meat from Hertfordshire. It's not Borough Market, but it's not crowded and there are lots of families enjoying a morning out. If you had the choice between a stroll here or pushing a trolley around a supermarket I know which I'd choose.

guardian.co.uk © Guardian News and Media Limited 2008