

food lover

meet the people passionate about food

Name Katy Davidson **Age** 30 **Career bio** I have worked in marketing, events, PR and Journalism. Slow Food is more than just about eating good produce; it connects us to the whole life cycle of the produce and therefore is intrinsically linked to our environment, health and culture

“ **What do you do?** I was recently elected leader of Slow Food Cornwall. Slow Food, which started in Italy in the 1980s, aims to protect the pleasures of the table from the homogenization of modern, fast food and life. To me, it brings it back to the intimate, small-scale level, where you can harvest mussels a few minutes from your home and cook them within hours for a delicious fresh dinner, with some fresh samphire if you're lucky!

What do you love about living and working in Cornwall? I think the physical environment that we live in has to be the ultimate bonus of living and working in Cornwall. Compare a commute on the underground to the brief drive along the north Cornwall coast with your windows open and the ever-changing vista of the sea accompanying your journey.

Where would you like the Cornish food scene to be in 5 years time? I would love to see more local produce, innovative ideas alongside traditional preservation. Great restaurants reeling with atmosphere and quality, and everyone in their kitchens trying it out for themselves.

What can you always find in your fridge? Depending on the season, oysters, steak and lots of fresh vegetables, particularly Cornish spring greens.

What is your speciality dish when impressing friends? I don't have one particular speciality, as I like to experiment. Cooking for others gives me a good excuse to try new dishes and thankfully they usually turn out well enough! **”**



Slow Food Cornwall, www.slowfoodcornwall.com 07813 792968