



OUTLAW'S AT THE CAPITAL

"FISH KITCHEN": AN EVENING WITH NATHAN OUTLAW

To celebrate the launch of Nathan Outlaw's new book, *Fish Kitchen*, Nathan will be hosting an evening at his Knightsbridge restaurant, Outlaw's at The Capital, on Wednesday 25th June. Nathan will share his skill and passion for cooking British fish and seafood with a demonstration of dishes from the book, as well as passing on tips and tricks from his Michelin-starred kitchen. Guests will be treated to canapés and a three-course menu of dishes created by Nathan from *Fish Kitchen* with carefully selected wine pairings. The evening is priced at £90 per person and places can be booked by calling 020 7591 1202.

Nathan's second book, *Fish Kitchen*, is an easy-to-use cookbook for all fish lovers looking for fresh inspiration in the kitchen. Its theme is simplicity, showcasing a collection of over 70 easy-to-prepare recipes based on sustainable species and obtainable ingredients. During this intimate evening in his London restaurant, Nathan will demonstrate some of the cooking techniques described in *Fish Kitchen*, whilst answering any questions from guests, before dinner is served, with the menu including braised turbot in beer, bacon, shallots & peas.

Outlaw's at The Capital, which opened in October 2012, is Nathan Outlaw's first restaurant outside Cornwall, and was awarded its first Michelin star in 2013. It has also won the Waitrose Good Food Guide 2014 award for 'Best Value Set Lunch'. The menu boasts an ever-changing selection of unique dishes, created using seasonal British seafood.

Opened 40 years ago by David Levin, The Capital is still family run to this day with David's daughter Kate managing the business. As well as the restaurant and hotel, which offers 49 individually decorated bedrooms with an emphasis on classic English design, The Capital Bar is well known for its extensive whisky collection.

Outlaw's at The Capital, 22-24 Basil Street, London SW3 1AT

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Open for lunch and dinner Monday - Saturday

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