

L'Estuaire Restaurant Reviews

Michelin Guide 2010

Pleasant restaurant with small terrace, in popular seaside town. Concise à la carte features modern, seasonal flavours, including tasty cured meats and delicious homemade bread and ice cream.

www.viamichelin.co.uk

Harden's 2010

Nothing 'estuaire' about any of the accents here! – "first-class", "creative" cooking ("from a French chef who married a local girl, who does the front-of-house") makes this a seaside restaurant of more-than-usual note.

www.hardens.com

The Travels of Tullidge July 2009

Missing L'Estuaire is easy. Its tucked away in a parade of rather anonymous shops on the way into Rock. Rocks' fame is measured by the number of Range Rovers and Harvey Nichols bags seen in the high street and this, in itself is reason enough to stay away.

But if you are sensible, you will creep in around 2000 (after the throngs have left the estuary front) and grab yourself a table at L'Estuaire – Rocks' challenge to Rick Steins empire across the water in Padstow.

Owned by the chef Olivier Davoust-Zangari, the restaurant is a real delight. From the décor through to the charming waitresses, there is little that can be faulted.

On arrival we had a martini and a glass of Cornish Cider (more Champagne than Scrumpy) and settled down to read the menu. This, in itself is a revelation, the chef has gone to great lengths to list the suppliers, noting that they all come from nearby – some just down the road!

The menu is short, but chosen well.

We went for the local scallops on a pea puree with a beetroot mouse for starters. These were a magnificent size and the combinations of tastes and flavours was sublime.

Main courses were Pork, prepared with honey and Sea Bream – both excellent and a size that was just perfect, as it left room for a dessert.

I had set my heart on the cheeseboard, which looked very good (possibly not to the standard of Le Beaujolais Club in London – but still excellent) – however, when we were offered the mini-blackboard of Home Made Ice Creams, everything changed! I had a selection of Mint & Pepper, Cinnamon and Carambar (no! don't ask what it is as I don't know, but it was superb). These proved to be the perfect end to a superb dining experience.

And the bill? You may ask. The meal for two, drinks, including glasses of wine with the meal, delightful, attentive service and an excellent ambience, came to a touch over £80. Now, theres a great deal.

My only regret? Telling you about it, as I am sure it will be much harder for me to to get a table next time.

C+ GOLF 2009

Taste

www.cplusgolf.com

The Daily Telegraph June 2009

<http://www.telegraph.co.uk/travel/bestbeaches/5576599/Best-British-beaches-North-Cornwall.html>

Michelin Guide 2009

Oddly shaped building has been a dance hall and garage in its day! Now a family run restaurant, its tastefully restrained interior is matched by serious modern French menus.

www.viamichelin.co.uk

Here and Now Magazine February/March 2009

Some buildings are almost iconic. L'Estuaire, in Rock, once known as the Black Pig, put Nathan Outlaw on the map and an equally exceptional restaurant is needed to continue this culinary legacy. I have heard great things about this place and being a massive fan of French cuisine my hopes are high.

We arrive on a reasonably quiet evening, and are greeted by a lovely young French waitress who shows us to our table. The room has leather sofa's at the front to enjoy a pre-dinner drink beforehand if you wish, and it is light and elegant. The dining space is crisp, and clean, with soft lighting. We are offered the option of an aperitif from their extensive list, but decide on a lovely bottle of Cotes de Luberon white wine. Whilst perusing the menu which is full of tempting options, a plate of canapés arrives. We have a small tartlet with red onion marmalade and quails egg, garlic and pepper salami, cheese straw, poppy and sesame twists, and olives. Beautifully presented, and delicious too. After hearing about some specials, we place our order. I note that the waitress doesn't have an order pad or pen, it is all by memory. Impressive.

Next up, we are brought a selection of warm breads, with both salted and olive butter presented on a small slate. Our waitress tells us about each bread and they are gorgeous, as are the butters. Another small course, in the form of a cheese filled puff pastry square and apple puree appetiser. We are told the French name for this, but it escapes me as I devour it. It is light, tasty, and a wonderful touch.

We are now onto our starters, I decided on 'pan fried Cornish scallops, with orange braised chicory, deli ham, and chocolate shavings.' The scallops reminded me why I love them, being sweet and tender and cooked to perfection. The flavours are interesting, and innovative. The other half went for 'snails, with a bacon and parsley risotto and garlic emulsion.' Not something that has ever appealed to me, I try one too. Meaty, but melt in the mouth, I am pleasantly surprised. A great success.

Onto our main course, and I enjoy the fish of the day. A 'Choucroute' style, with 3 different white fish on a bed of finely sliced cabbage, carrots, and potatoes, with a light white wine and cream sauce topped with chopped chives. It is subtle, delicate and undeniably French. Partner chooses honeyed duck fillet, with sweet potato mash, and pan fried apples which were cooked perfection.

There is a fine selection of sweets, with a blackboard full of homemade ice-creams, featuring flavours like mint & Szechuan pepper, and Marshmallow. I admit I am rather tempted, but my mind is already made up. It has to be 'Tarte Tatin', having had the best example of this dessert in Paris last year. L'Estuaire's offering is delicious, and a very close second. Across from me, a hot chocolate fondant with homemade caramabar ice cream arrives. Rich, and dark, it is a full-on chocolate hit, yet with a light texture.

L'Estuaire is one of the finest restaurants I have had the pleasure of dining at in the whole country. If you love food, I urge you to book up. The food, service, atmosphere and experience was worth every penny of the £85 bill.

Orange 2009

The world's 10 best celebrity beaches



Rock, Cornwall

Rock has earned itself the nickname of "Chelsea on Sea" thanks to the gaggle of royals and other moneyed sorts who are drawn to the beautiful beach

Who goes there? Apart from princes Wills and Harry, Rock has attracted Jemima Khan, Hugh Grant,

and Jay Kay of Jamiroquai.

Best place to stargaze: Keep an eye on the local helipad that transports the “down-from-Londons” for their weekend by the sea. The Mariners pub is a lively spot popular with the Chelsea set or try the chic St Enodoc Hotel.

Be a VIP for a day: Dine at L'Estuaire, a top-rated restaurant from Olivier and Emma Davoust-Zangari, who previously worked with Raymond Blanc at Le Manoir aux Quat' Saisons.

Get me there: Can't afford to helicopter in? Compare prices on **flights to Newquay** – Rock is 23 miles away. It is also a five-minute ferry trip from Cornwall's other celeb-ville Padstow where Rick Stein's ventures are scattered all over town.

www.orange.co.uk

Cornwall Today September 2008

Restaurant Review

Cornish Guardian April 2008

Well I do not know where to start with my review of L'Estuaire in Rock as it flew straight into my top five restaurant meals ever and I have already booked to go back for my birthday.

The interior is the picture of contemporary classic decor simply light but at the same time cosy and homely probably due to the fact that it has only 30 covers.

This is enhanced by the co-owner and front of house choreographer Emma, who runs a very tight efficient ship providing a relaxed atmosphere with slick service but is also a lovely friendly person to boot. “The type of lady you could talk to all night,”

...Olivier runs the kitchen and is noticeably not just skilled but gifted and imaginative, producing plates of food that would not look out of place in the Louvre.....It was simply sensationally light and as the food danced across my taste buds it felt like an angel had kissed my tongue.

...I would be very surprised indeed if the MICHELIN GUIDE inspectors do not beat a path to the door of this classy restaurant delivering the accolade that Emma and Olivier deserve.

The Daily Telegraph July 2008

<http://www.telegraph.co.uk/travel/destinations/europe/uk/article2236248.ece>

Food Magazine

Formerly the Black Pig, L'Estuaire is now a defiantly French restaurant run by Olivier and Emma Davoust-Zangari. This is a calm, sophisticated establishment open for set lunches or a full-blown à la carte experience - French cuisine at its best. Shades of caramel, biscuit and cappuccino in the decor set the mood for relaxation continental-style. Olivier has worked with Raymond Blanc and Michael Caines, and describes his style as 'gastronomique'. Everything is made in-house and the menu evolves with the seasons. One to watch.

Cornwall Today December 2007

Western Morning News June 2007

The Daily Telegraph June 2007

Times February 2006