



## PRESS INFORMATION

*The Ninth Wave*

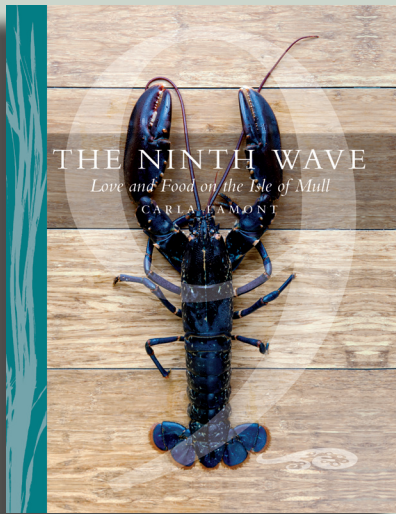
Carla Lamont

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Winner of the 2013 Restaurant of  
the Year  
Highlands & Islands Food and Drink  
Awards

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# THE NINTH WAVE

LOVE AND FOOD ON THE ISLE OF MULL

## CARLA LAMONT

Carla Lamont is the dynamic chef of destination restaurant Ninth Wave, situated on the windswept moors on the magical Isle of Mull in the Hebrides. In this modern memoir and cook book Carla has gathered her colourful experiences, tantalising recipes and quirky anecdotes about cooking, love and the challenges of running a restaurant at the edge of the culinary universe.

Gloriously illustrated by the atmospheric food and landscape images of award-winning photographer Sam Jones, this book captures the hedonistic joy of all that is the Ninth Wave experience.

Recently winning Restaurant of the Year in the Highlands and Islands Awards, Carla and her fisherman husband Jonny are well on the way to putting Mull on the food map.

This sumptuously illustrated hardback book is packed full of recipes, photographs and ideas for seasonal cooking - a stunning visual treat which will be ideal for anyone interested in food, cookery, or the romance of island life.

**Carla Lamont** is a self-taught chef, writer and award winning performance poet from Victoria, Canada. She came over to Scotland in 1994 to work in a restaurant on Iona. She met her husband John in the village of Fionnphort, Mull, where they got married to the skirl of the bagpipes on a fishing pier and have lived ever since, opening their increasingly acclaimed restaurant in 2009. **She lives in Scotland and is available for interview for radio, TV or print.**