

News

Cookbook comfort

Waterford Stanley has launched a fantastic new cookbook with renowned chef, Eunice Power.

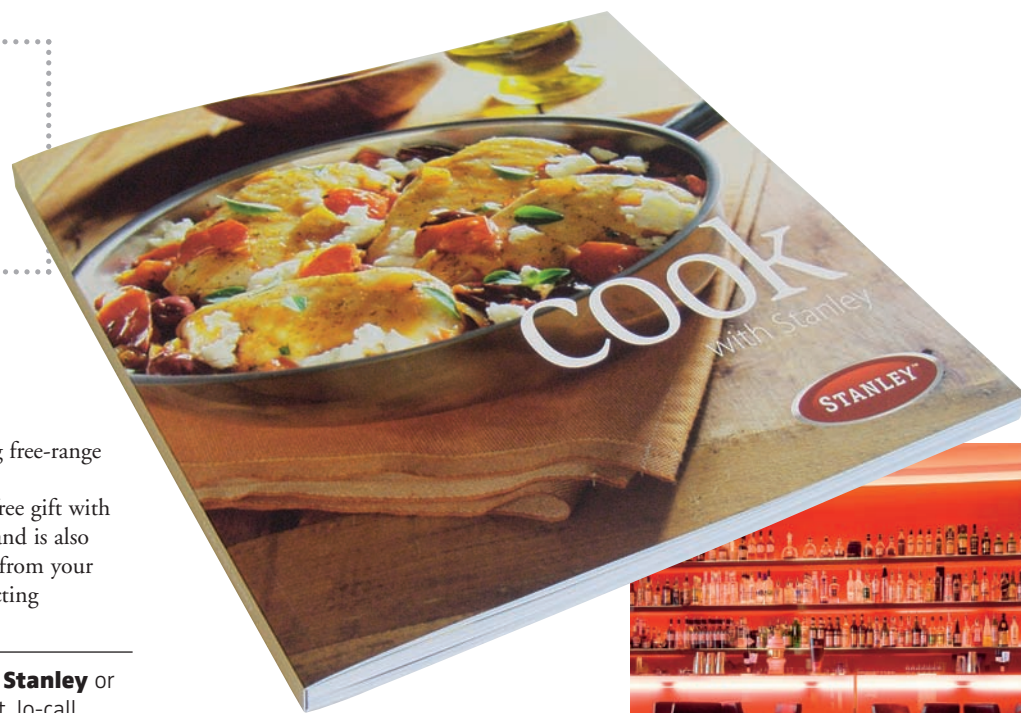
The book, titled 'Cook with Stanley' features over 100 delicious recipes with refreshing ideas for everyday family cooking and creative entertaining.

The secret of scrumptious food is quality ingredients. *Cook with Stanley* is filled with useful features such as the Seasonal Vegetable Calendar, and dotted with hints about

growing fresh herbs and sourcing free-range organic and additive-free food.

Cook with Stanley comes as a free gift with every new Stanley range cooker and is also available to purchase for €24.99 from your local Stanley centre, or by contacting Waterford Stanley directly.

For information on **Cook with Stanley** or any Waterford Stanley product, lo-call Waterford Stanley on 1850 302 502.



Ssh! Keep it a secret...

One of the great positives for Irish food fans is the rise in quality and quantity of local restaurants. One of these that has just caught our attention is called The River Cafe in Raheny, Dublin. It offers city style food but at local prices. The calamari was perfect and the rack of lamb we ordered was moist, pink and full of flavour – in fact the quality of all the food was very high. The best part? A dinner for four with a bottle of wine was a real bargain, at only €80. Keep your eye out locally for more of these little gems and keep them alive by dining out regularly, even in these recessionary times.

The River Cafe can be contacted on 01 805-8060.



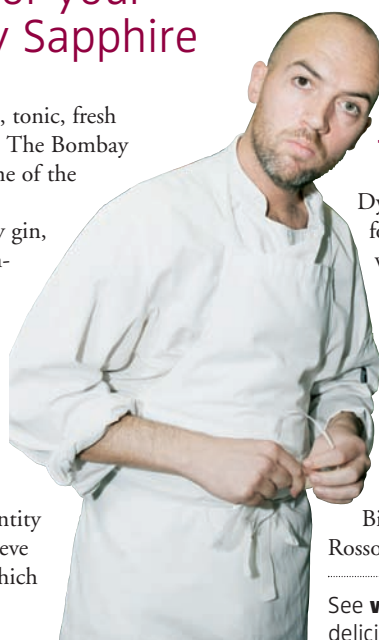
Unilever supporting sustainability

Unilever and The Rainforest Alliance have teamed up to certify tea plantations that meet high standards of sustainability in Africa. We visited the Kericho plantation, and saw first-hand the influence this has had on the local community and the environment. By 2012, all Lyons tea should come from only Rainforest Alliance certified farms. Two-thirds of their suppliers already meet these standards – a strong sign that care for the environment is still important in business today.

The best gin for your tonic: Bombay Sapphire

The 1761 Recipe

The perfect gin and tonic: ice, tonic, fresh lime – and Bombay Sapphire. The Bombay Sapphire recipe is based on one of the earliest recorded recipes for a premium-quality London Dry gin, originally created in the north-west of England in 1761, and the secret recipe has been passed down from generation to generation ever since. The 10 botanicals used to create Bombay Sapphire are far from secret – they are pictured on every bottle – but what is secret is the exact quantity of each botanical used to achieve the perfectly balanced taste which is the trademark of Bombay Sapphire. Try it.



Titillating Tastes

Dylan McGrath at the acclaimed Mint in Dublin's Ranelagh has come up with four new exciting tasting menus – such as their new Tapas tasting menu, which sounds divine:

- Red pepper jelly with salted cod branded and avocado mousse.
- Parmesan cassonade with truffle gnocchi, pumpkin and honey soup.
- Lamb saddle served with courgette flowers, pickled bell pepper, parmesan and smoked paprika
- Sea Bass with hot fennel mayonnaise, chilled fennel soup, black olive, sardines on sour dough toast
- Fresh raspberry with almond milk, raspberry jelly and almond biscuit

Wines to match include Gruner veltliner weschelberger 2006, Weingut Birgit Eichinger, Kamptal, Austria with the parmesan cassonade and a Bolgheri Rosso 2005, Michel Satta, Bolgheri, from Tuscany, Italy, with the lamb dish.

See www.mintrestaurant.ie, or call 01 4978655 to book yourself in for a delicious food experience!



Harvey Nichols stirs it up

Bond fanatics should make their way to Harvey Nichols First Floor, Dundrum this Autumn to enjoy some of the best martinis in town – whether you like your martini shaken or stirred, dirty or smoky, with a twist of lemon or an olive, you will be spoilt for choice with an extensive cocktail menu, as well as excellent master classes in how to make them, from the talented bar staff in the First Floor Bar. A two-hour master class and canapés, followed by a one course dinner and a glass of wine in the First Floor Restaurant costs €75.

Or hold your own James Bond Party at Harvey Nichols – the new James Bond movie, *Quantum of Solace*, is just a stroll away so why not host a cinema and martini party at Harvey Nichols First Floor?

Harvey Nichols can organise everything from an intimate dinner or cocktail party for 10 to a seated dinner for 100 and champagne reception for 300, or can also host a private shopping evening, food and wine tasting or private cocktail master class.

For more info check out www.harveynichols.com or call 01 2910488.



Your Christmas Made Easy

Husband-and-wife team Hazel and Neil McFadden have a fantastic idea – a delicious, artisan, locally sourced Christmas dinner delivered to your door, all the hard work done. Vegetables are peeled and chopped, soup and sauces made, allowing you time to do the more important things – giving you the time to relax and unwind with your family.

No more pre-Christmas stress: the parking, shopping and queuing, and on Christmas day worrying about cranberry sauce and stuffing. At Christmas Made Easy you can order all of your Christmas dinner in one phone call, ready prepared: all you need to do is to cook

it! Simple cooking instructions are provided along with a time plan to help make Christmas dinner a mouthwatering success.

Packages for 2 people, 6-8 people, 10-12 people, featuring an option of Free Range Turkey, Free Range Goose and for the alternative Christmas dinner Dry Aged Prime Rib Roast of Angus Beef.

Available for collection or delivered fresh, chilled and direct to your door on the 23rd December. Orders by December 7th, 2008 – see www.christmasmadeeasy.ie for more details!

Cheese champion

The Dingle Food & Drink Festival, which took place on October 3rd-5th, really came into its own this year, and the delightful town of Dingle with its great restaurants and bars, proved that it is the perfect venue for a proper foodie fest. The festival also hosted the inaugural Blas na hEireann Irish Food Awards this year. These Awards were set up to reward the best tasting Irish produce from the country's most passionate and talented producers. And what a competition it turned out to be. Over 800 products were blind tasted by up to 40 industry experts in 22 categories. The Supreme Champion Award went to Maja Binder of Dingle Peninsula Cheeses for her semi-hard cow milk cheese with seaweed. Many of the award-winning products will carry the Blas na hEireann logo on-pack – so keep an eye out for it when you are shopping.

For a full list of winners click on www.irishfoodawards.ie



Hop Hop Hurrah!

If you ever read a beer bottle label you will find the main ingredients usually include water, malt, yeast, barley and hops.

It was not until a recent trip to Budweiser's hop harvest at an Anheuser-Busch Farm in the premier hop growing region of Germany, that we saw the importance of hops in beer.

Most beer is flavoured with hops, which adds bitterness and acts as a natural preservative. The clusters of cones from this perennial climbing vine contribute their own special aroma, flavour and character to beer.

Have you ever tried a beer without hops? Not recommended!

Top Tips from the Anheuser-Busch Brewmasters:

The best way to serve beer is to pour it in a clean, clear glass that should be rinsed well to eliminate soap residue.

For a proper pour, place the neck of the bottle over the edge of a clean, clear glass. Quickly raise the bottom to a high 45-degree angle and pour right down the centre of the glass to create a fine head. Then, lower the bottom of the bottle to reduce the flow of beer into the glass until the foam rises to the rim. Don't pour beer down the side of a glass as this minimises the foam and traps the natural carbonation of the beer – resulting in a flat, gassy-tasting beer.



New! Travel Bites

Globetrekker for *Fine Food and Wine* Ed Finn meets Turkey's leading Izmir-based winemaker Enis Guner, and discovers that the wines of the Aegean are his flavour of the month.

Persuading six serious food and wine lovers to travel to Istanbul to discover Turkish wines and cuisine was no easy task. But having discovered the culinary delights of Istanbul on a recent visit, I was looking forward to seeing some surprised faces.

Sevilen has been producing fine wines since 1942 and they have quite a selection. We met with wine-maker Enis Guner and the delectable manager Serra Aritok in her Sofa Hotel, located in the stylish Nisantasi area of Istanbul. We were treated to a long table of delicious freshly made Turkish mezze and canapés, with a marvellous selection of first class wines. Sevilen Majestik Sauvignon Blanc & Sultaniye 2007, Sevilen Majestik Syrah & Kalecik Karas 2007, Sevilen Majestik Grenache & Kalecik Karas 2007, Sevilen Premium Chardonnay 2007. It was easy to see why Enis and Sevilen are ranked in the top five of Turkey's premium wine makers. The hospitality that we encountered in Istanbul was second to none and the



warmth of the people and staff was uplifting.

The following day we enjoyed lunch on the Bosphorous sampling an elegant array of Ottoman cuisine: the sea bass was wonderful. If you enjoy really



good food and wines, serious shopping and a large dollop of culture then Istanbul is the ideal spot to visit. Turkish Airlines now fly direct from Dublin and there is a great variety of hotels to choose from.

Wine-maker – www.sevilengroup.com

Hotel – www.thesofahotel.com

For any further information or advice on travelling to Istanbul email Ed at efinn@02.ie

