

FREE

Go Wild Magazine



Ireland's No1 Restaurant

MEET THE LOAM GALWAY TEAM

Food Tours

ON IRELAND'S WILD ATLANTIC WAY

Interview with Domini Kemp

ON BUILDING AN EMPIRE

The Best Recipes

ON THE WILD ATLANTIC WAY



The Food Experience

Go Wild Food Magazine, Summer 2019

Go Wild Magazine



**Perfection
Takes Time**

**It Took us
30 Years**

A close-up photograph of a gourmet dish. It features a thick, perfectly seared steak medallion as the base. On top of the steak, two skewers are arranged. One skewer has three large, succulent shrimp, and the other has two. The shrimp are cooked to a golden-brown color with visible grill marks. The entire dish is presented on a white plate with a garnish of fresh green herbs in the background.

116 O Connell Street Limerick
www.texassteakout.ie



Publisher's Note

THE WILD ATLANTIC WAY IS ONE OF EUROPE'S MOST SOUGHT-AFTER CULINARY DESTINATIONS

With fertile soils, a rich marine environment, mild climate, and – yes – plenty of rain, the Wild Atlantic Way region is the ideal destination for food producers and lovers alike.

From Burren Smokehouse smoked salmon, Achill Mountain and Clew Bay lamb, Clonakilty Blackpudding and Durrus Farmhouse cheeses to Irish whiskey, craft beers, fine dairy ice creams and artisan chocolates, there's something along the route to satisfy every appetite.

Its western shores are home to some of the finest cafés and restaurants in the country, including two Michelin star and three Bib Gourmand winners. Vegetarians and vegans will find world-class cuisine to suit their tastes, while the abundance of fresh seafood, meat, dairy and produce in the region attracts purveyors of gourmet international fare from around the globe.

Ireland's first long-distance touring route – and the world's longest defined coastal drive at 2,500km – is also

a culinary road map guaranteed to bring you right to the door of some of the country's finest pubs, restaurants and artisanal producers.

Whether you break it into bite-sized chunks or swallow it whole in one dramatic adventure, the Wild Atlantic Way is the food trip of a lifetime – just sit back, loosen your belt and enjoy the ride.

Bon Appetit,

Bobby Power
Publisher



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Download the FREE Wild Atlantic Way app now – your official guide to the journey of a lifetime. wildatlanticway.com/pages/the-app/

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Our Signature Chefs





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Castlemartyr Resort: The Bell Tower Restaurant

Situated in the Manor House, the Bell Tower Restaurant is one of four unique dining options at Castlemartyr Resort in East Cork.

The restaurant offers an unforgettable dining experience with the very best of modern Irish cuisine, prepared using the finest local and seasonal produce. A selection of vegetarian options and low calorie dishes are also available, ensuring absolutely everyone is catered for.

All food is carefully prepared by Head Chef Kevin Burke and his very dedicated team, who pride themselves on the fact that every meal served comes from one kitchen at the hotel, be it tasting menu, room service or the ever-popular Afternoon Tea.

How long have you been working professionally and what inspired you to get into the food industry?

21 years. My family had a fishmonger business in the English Market in Cork and as a child I helped deliver fish to restaurants around Cork City. I was always fascinated at the inner workings of these kitchens when I visited them.



How long have you been working at Castlemartyr and what brought you there?

10 years since the start of April. The prestige of working in such a beautiful place. The executive chef at the time was well known in the industry and the opportunity to work with him on developing the product was a massive draw.

Why do you think East Cork is becoming such a popular culinary destination?

I think it's a combination of the great local produce that's now available, along with the creativity of the restaurants in the area. The bonus of being on both the Wild Atlantic Way and the Ancient East routes has certainly helped, with an increase of visitors to the area.

How has the Irish food industry changed since you started out?

There has definitely been a move towards more lighter dishes and the provenance of the cuisine has become important and a move away from the classics. Diners' palates have certainly developed with people always looking to try something new.

What dining options does your restaurant offer?

On the resort we have several options. We have our fine dining Bell Tower Restaurant; open seven days a week. Franchinis our Italian Restaurant is open every evening. Our newly refurbished Clubhouse Restaurant, offers all day dining and, most recently we have opened the Garden Room; all day dining in the Manor House part of the Hotel.

Can you source good produce locally?

Yes. Especially in recent times; the amount of new local producers has grown greatly.

Who has been the most famous person you have cooked for?

Queen of England, Elizabeth II.



Head Chef: Kevin Burke



Braised veal cheeks, cauliflower, Morteau sausage, red wine shallot

Serves four

Ingredients

Veal cheeks

8 veal cheeks
1 each carrot, onion, leek, stick of celery, chopped
2 cloves garlic, chopped
2 sprigs thyme
400ml red wine
2 litres chicken stock
300g Morteau sausage

Cauliflower purée

1 cauliflower
500ml milk
200ml cream

Pickled cauliflower

1 cauliflower
50ml white wine vinegar
5 coriander seeds
1 star anise

Red wine shallots

8 shallots
200ml red wine
25g honey

Recipe

1. Trim the cheeks and seal in a hot pan until they are brown all over. Add and lightly roast the chopped vegetables, then add the garlic and thyme and remove everything from the pan. Add the red wine to the pan and reduce by two thirds. Return the meat and vegetables to the liquid, cover, and braise in the oven at 145°C for 72 minutes. When cooked, take out the meat and reduce the cooking liquor to a good sauce consistency.
2. For the cauliflower purée, chop into florets and place in a pan with the milk and cream plus 50ml of water. Simmer on the stove for 30 minutes, seasoning with a little salt. Remove the softened florets and blend to a smooth purée, adding cooking liquid if required. Strain with a fine sieve into a clean pan for warming before serving.
3. For the pickled cauliflower, bring the vinegar, 100ml water, 50g of sugar and the spices to a boil for 5 minutes, then take the pan off the heat and leave to go cold. Thinly slice and immerse the cauliflower in the cold pickling liquor for 15 minutes.
4. Peel the shallots and boil in water for 3 minutes. Separately boil the red wine and honey together for 4 minutes. Transfer the shallots to the wine and honey mix, take the pan off the heat, and leave to steep for 20 minutes.
5. Cut the sausage into a 1cm dice and lightly fry in olive oil until coloured all over. Drain on paper before serving.
6. To serve, spread cauliflower purée on the plate, topped with two veal cheeks and two shallots cut in half. Pour on the sauce made with the reduced braising liquor. Add a few cubes of sausage and place slices of pickled cauliflower on top of the braised meat.



Go Wild Magazines to raise funds for the Irish Cancer Society

Over the past four years, Go Wild has gathered some of the most delicious recipes from the very best chefs along the Wild Atlantic Way. From fish dishes to tasty desserts, we've seen it all in the pages of our magazine and now we want to use our extensive collection for good.

In November 2019 - Prostate Cancer Awareness Month - Go Wild magazines are partnering with the Irish Cancer Society to attempt to raise up to €80,000 for the worthwhile charity with a publication of a cookbook, featuring the best Food recipes that Ireland has to offer.

Our plan is to feature Ireland's Michelin Stars and also the food award winners to display their profiles and their signature recipes in a beautifully-printed cookbook -printed cookbook or download, that will generate funds directly to the Irish Cancer Society.

Cancer will effect one in three people in Ireland during their lifetime. The latest data from the National Cancer Registry indicates that more than 30,000 new cases are diagnosed every year. With 25% of deaths in Ireland every year being a direct result of the disease, cancer is the second most common cause of death in Ireland.

Furthermore, new cancer cases are expected to reach over 42,000 by the year 2020, largely due to

an aging and increasing population and a neglect of healthy lifestyle behaviours.

With statistics like those, it's now more important than ever to raise funds for awareness, prevention and early detection campaigns to help people learn how to reduce their risk of developing cancer.

The Irish Cancer Society provides information and support to people with cancer and their families and friends through the National Cancer Helpline, with specialist oncology nurses responding to tens of thousands of callers every year.

The charity also provides nursing care for people with cancer at the end stage of their cancer journey in their own homes, while also spending millions on cancer research in an effort to find a cure.

Cancer touches nearly everyone in Ireland in one way or another and, by supporting our cookbook in November, you can make a great impact on cancer care and research in Ireland - all while learning to cook and enjoy the very best of food & Wine that Ireland has to offer

To be featured in the Irish Cancer Society Charity cookbook, please email bobby@gowildmagazine.com for full details and to discuss how you can support the fundraising.



Food Hero:

Domini Kemp on building an empire

Award-winning chef, food writer and entrepreneur Domini Kemp is a well-known figure in the Irish food industry. She trained as a chef at Leith's in London in 1996 and, in 1999, she opened the first *Itsa* on Abbey Street in Dublin with her sister, Peaches.

Since then, Domini and Peaches have expanded their empire to include five brands of restaurant, cafes and coffee shops across 12 locations, including Table Restaurant in Brown Thomas, Cork.

Domini took some time out of her busy schedule to chat to Go Wild about her busy career.

Can you briefly tell me a little bit about your businesses?

We started in 1999 (see www.itsa.ie) with just one small bagel store. We now run five brands of various restaurant cafes, whole-food health cafes and speciality coffee shops over 12 locations and have a large central production kitchen.

“

I was always drawn to cooking and I think you become addicted to the buzz and constant challenges.

What inspired you to enter the food industry?

I was always drawn to cooking and I think you become addicted to the buzz and constant challenges. It's one of the least boring industries and you meet great people. It's also hugely rewarding despite the hard work and long hours.

Tell me a little bit about your working relationship with your sister, Peaches.

We are incredibly lucky that we're both good at different things, have a really solid relationship that can survive the pressures of working together. There is also incredible trust that you must have with your business partner.

You wear many hats - chef, businesswoman, food writer - which is your favourite and why?

I really love the way my job demands that I wear all those hats! I love each and every aspect of it - and as I have matured, I now make

the effort to get better at doing the things I don't "love" doing!

How do you feel the food industry has changed since you started out?

Competition is so tough but it drives us all to be better. The margins are very slim and that's hard - especially during recessionary times. But it's like fashion or anything else artistic. It's constantly evolving and technology and science are combining to change techniques.

What food trends have come and gone that you really liked (or didn't like)?

Cupcakes have been replaced with donuts... and I just don't get it!

What do you feel are the challenges in the food industry today?

Same as always: managing, training and retaining great staff, managing customer expectations and remembering to manage your own stress levels!

Loam wins Best Restaurant

at the Irish Restaurant Awards



Creative, modern Irish cuisine is the focus of the Irish Restaurant Awards Best Restaurant winner, Loam. Located just off Eyre Square in Galway City, the Michelin-starred restaurant first opened its doors in November 2014, and is owned and run by head chef Enda McEvoy.

At Loam - meaning 'rich, fertile soil' - the cooking staff focuses on modern, ambitious cooking rooted in tradition. Seasonally driven, they work very closely with local farmers and producers, many of whom are close friends, to get the products they need to reflect and capture the feeling and magic of the west of Ireland.

With its huge windows, spacious kitchen and beautifully decorated dining room, Loam is a formal but relaxed space, serving deliciously fresh cuisine, using the very best of what the land can offer.

"We deal with farmers directly," chef, Enda, explained. "We don't use big suppliers. We put a lot of restrictions on ourselves in that regard, but having a

close relationship with our producers has really made things easier for us. They know what standard they want. They know when their produce is ready for our standards."

A design feature of the restaurant's interior is the collection of eye-catching grow boxes, used to grow herbs for the restaurant menu and flowers for decoration, avoiding the need to import them.

The menu is purposely kept small and changes regularly in order to reduce food waste, with Enda and the team also preserving ingredients through pickling and fermentation to ensure their availability out of season.

"80% of our vegetables come from one farm in Loughrea - Leaf and Root Farm. They only grow for us - exclusively," said Enda.

"We also like to have the opportunity to use all parts of all veg. So the top of a turnip or the root of a head of lettuce. We make the most of everything and we try to get the best use we can out of something."

They also use every part of the animals and fish

Read more online at
www.gowildmagazine.com



Addresses: Loam
Geata na Cathrach
Fairgreen
Galway

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Tel: 091 569 727
Web: www.loamgalway.com



they work with, making stocks from bones, rillettes and pates with trimmings and use as much of each plant from the root and stem to the leaf and flower to highlight each ingredient to its full potential.

Any suitable food waste that does exist afterwards is sent back to Leaf and Root Farm to be composted, helping to boost the growth of future crops, which will then end up on a plate at Loam.

In the wine bar, there is a large selection of wines by the glass, which are produced by small, often family-run businesses. There is also a small bar menu, which consists of Irish charcuterie from Fingal Ferguson of Gubeen Smoke House, air-dried lamb from McGeogh's Butchers, smoked fish from Frank Hedderman in Cork, farmhouse cheeses from small producers, served in perfect condition.

The bar is a more informal space where you can pop

in for a glass of wine and a cheeseboard. It also hosts talks and discussions on agriculture, sustainability and ecology. With so much going on, it's no surprise this bustling little restaurant has been awarded the Best Restaurant Award.

"I'm very proud of everyone that's worked in Loam because this is a collective achievement. We've been very busy since we got the award," said a delighted Enda of his hardworking team.

Loam is open Tuesday to Saturday, with the wine bar opening from 4pm to 12am and the restaurant from 6pm to 11pm.

To make a reservation, call 091 569 727, or for more information visit loamgalway.com or find the restaurant on Twitter and Facebook.

Take a culinary journey with Tuscany Bistros

Discover regional Italian cuisine

Italian Food is the unique element that unites all of Italy's regions by taking pride in its respect for good, fresh, simple ingredients. When we commonly think of Italian food, we think of pasta, olive oil and lots of fresh vegetables; all of which are the base for real Italian cuisine and each element is sourced with pride by the food team at Tuscany Bistros.

“It is very rare to find a restaurant that provides an authentic Italian and Mediterranean menu whilst also catering to the Irish palate.

Italian cuisine is much like their language; there is a national language that every Italian speaks but every region has their own dialect that they speak between one another. You will see this same phenomenon in food and Tuscany Bistros replicate and mirror the finest dishes of the Tuscany region, on offer in all three of their bistros.

Q&A with Executive Head Chef of Tuscany Bistro Group: Paul Lafferty

How long have you been working professionally and what inspired you to get into the food industry?

I have been working in professional kitchens for 19 years and can't remember a time when I wasn't passionate about food.

Did you always want to be a chef and what does your role as Executive Chef entail?

I've always been passionate about food since I started

washing dishes at the age of 14. 19 years later and I am still driven by that same ambition to produce great food. My current role is to experiment with local produce to create Italian and Mediterranean cuisine with an Irish twist, that is consistent and exceptional across all Tuscany locations. I hope to do this whilst inspiring the local Irish talent, which we have employed across all our restaurants.

How long have you been working at Tuscany and what brought you there?

I've been here for four years. My wife brought me to Limerick; Tuscany's great reputation and their ethos for great food and service brought me to them.

Why do you think Tuscany is becoming such a popular culinary destination?

The Italian-Mediterranean cuisine is renowned for being healthy and delicious. We here in the Tuscany family believe in replicating this for our ultimate diner experience.

How has the Irish food industry changed since you started out?

I am in awe at how much the Irish food industry has changed in the last decade. It has become increasingly multicultural and rapidly diversified. It's a pleasure to work in a country with people who are so open to new tastes and experiences.

What dining options does your restaurant offer?

We can cater to all tastes from corporate dining, to fine dining, to outdoor catering and all special dietary requirements. We will do everything in our capability to provide an exceptional experience to each and every customer.



Addresses: Tuscany at Castletroy
Tuscany at Ballina
Tuscany at the Granary

Contact: Tel: 061 468000
Email: info@tuscanly.ie
www.tuscanly.ie



What makes your restaurant unique?

It is very rare to find a restaurant that provides an authentic Italian and Mediterranean menu whilst also catering to the Irish palate.

Where do you source your produce?

99% sourced locally; if not available in Ireland, authentic Italian.

Can you source good produce locally?

Of course! The vast majority of our produce is sourced locally.

Who has been the most famous person you have cooked for?

Hard to decide who would be most famous. Peter Kay, Paolo Nutini, Billy Connolly, JLS, The Saturdays, Pat Short... You choose.

What do you think it is about Irish produce that appeals to a global market?

Surrounded by some of the best fishing grounds in the world with some of the best local producers of world class goods.

What sensation do you hope to create when preparing your food?

Delight.

What advice would you give to aspiring young chefs?

If you're not passionate about food, don't bother. If you're passionate about food, don't quit.

What is your favourite kind of food, and what dish do you like to order when you dine out?

I like trying local, traditional foods from wherever I am.

What's your favourite thing to do on your day off?

Cooking with my little girl Holly.

Make a reservation
www.tuscany.ie



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●
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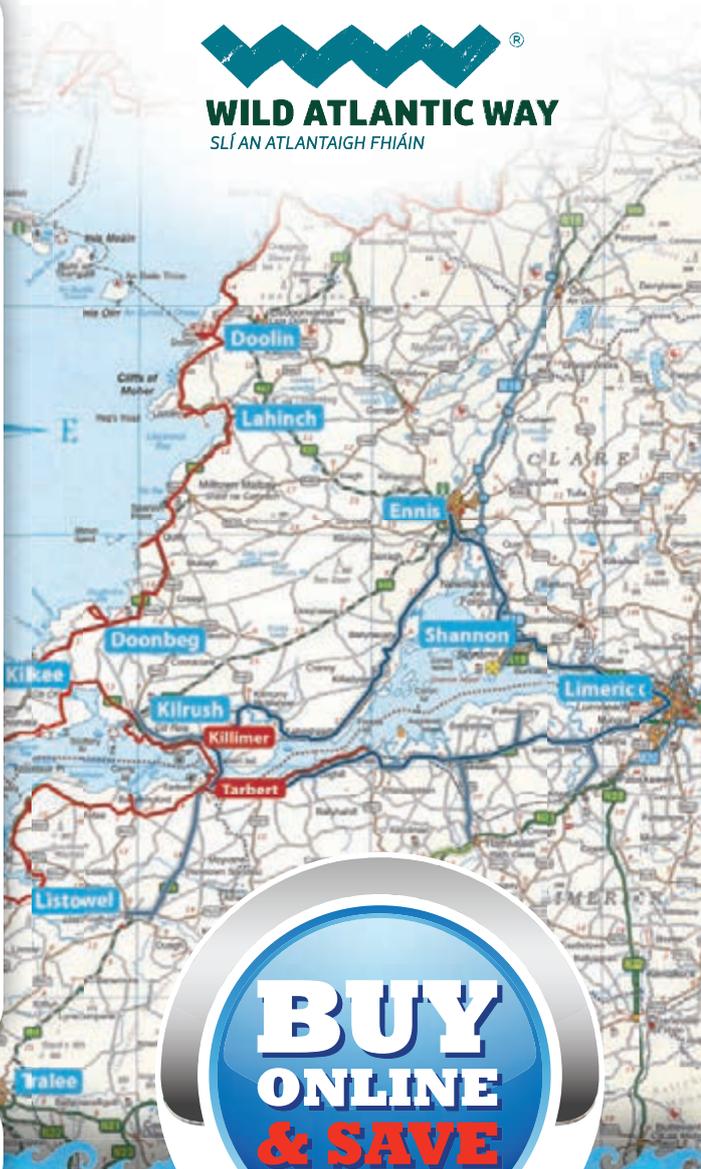
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le dimanche, le service commence à 09:00 de Killimer et à 09:30 de Tarbert.

●
Das Segeln am Sonntag beginnt um 09:00 Uhr aus Killimer und um 09:30 Uhr aus Tarbert.

●
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Kilronan Castle

Douglas Hyde Restaurant

Executive Head Chef at Kilronan Castle, David Porter, focuses on sourcing superior quality produce from the Northwest of Ireland and treats it delicately and with respect, to create his Irish/European dishes that taste very subtle, yet outstanding.

David Porter is the proud holder of a 2AA Rosette Award and Irish Hotel Chef of the Year Award. Originally from Australia, he took up employment at Kilronan Castle, with a view to showcasing his talents and to take the guests' dining experience to a whole new level.

Through passion, drive, experience and knowledge, David has dedicated his time to provide consistency, creativity and an incredible dining experience, using old school dishes, which he learned from many summers spent cooking with his Gran in Australia, then putting his own contemporary twist on them.

How long have you been working professionally and what inspired you to get into the food industry?

I have been in this industry for 27 years. I was inspired by my Gran, who was a great classical cook.



Did you always want to be a chef and what does your role as Executive Chef entail?

I wanted to be a chef since the age of seven or eight. My role entails a 24/7 mindset and commitment. Closely monitoring the kitchen teams, market influenced produce and part time psychologist.

How long have you been working at Kilronan Castle and what brought you there?

I have been at Kilronan Castle now for three years. I live 30 minutes away and I was drawn to the property's character and potential.

What makes your restaurant unique?

The Douglas Hyde Restaurant is unique in many ways. Its obvious charm; the food is influenced by my Australian approach, with French techniques and stability. However we use the local produce with a new world approach.

Where do you source your produce?

I get my meat from Joe Campbell in Drumshanbo, ducks from Kenneth in Thornhill, fruit and veg from Elphin. Our fruit and vegetable suppliers are Glancy's of Elphin and Knockvicar Organic Farm. We also get produce from Thornhill Duck in Cavan.

What advice would you give to aspiring young chefs?

You must have a real interest in food and the lifestyle around the industry. You cannot fast track your career without putting in the hours and training. You must go to college and learn the basics.

How do you feel Irish cuisine is faring compared to the rest of the world?

I have seen some very fast changes in the last six years in the country. The focus is more about looking out to other cultures and cuisines and then bringing it back to Ireland and adapting it to suit our very unique local produce. Exciting times ahead.



Executive Head Chef:
David Porter



Address: Kilronan Castle
Estate & Spa,
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Quail Breast & Leg Stuffed Courgette Flower, Romesco Sauce, Chorizo & Manchego

Ingredients & Recipe

Crouquetta

You will need 2 quails
4 courgette flowers
Some aioli
Fennel and watercress

Romesco sauce

1 small onion finely diced
2 cloves of garlic crushed
1 red pepper roasted and skinned
1 large very ripe beef tomato chopped
50 gr slithered almonds- lightly roasted- blonde
1 teaspoon smoked paprika
20 ml white wine vinegar- with good pinch saffron infused
1 tablespoon tomato puree
20 gr white sugar
200 ml chicken stock
Salt & pepper

Sweat onion, garlic then paprika and tomato paste, add all other ingredients and cook until peppers are soft. Blend until smooth with a little almond resistance.

Serves four

Green Olive tapenade

150 well washed pitted green olives
1 garlic clove
1 anchovy fillets
1 tablespoon washed mini capers
1 tablespoon finely chopped parsley, well rinsed in a towel
50ml extra virgin olive oil
Pinch cracked black pepper

Blend all ingredients, besides parley, whilst adding continuous stream of olive oil;
Add parsley and refrigerate.

Chorizo and manchego crouquetta

50 gr butter
50 gr plain flour
250 ml whole milk
Salt and pepper
75 gr finely diced and lightly sautéed Chorizo
75 gr grated Manchego cheese
1 tablespoon chopped and rinsed parsley

Make thick béchamel, cook out well. Add all other in gradient and combine whilst hot. Refrigerate, make into small balls and panko crumb them, deep fry until golden and oozing with cheesiness.

The Ice House

Head Chef: Anthony Holland



At the Ice House, Ballina, the welcome is warm, the styling cool and in-tune, the service is effortless and the views... they're amazing. Look out across the Moy to the woodlands beyond or let your gaze drift down the estuary out to the sea. The Ice House restaurant is one of those places that makes you want to forget the time and stay a while. Whether you stop in for an easy lunch or want to go all out for a dinner to remember, you're guaranteed tastes that delight.

The only thing that competes with the spectacular views is the food on your plate, lovingly prepared by Head Chef, Anthony Holland.

How long have you been working at the Ice House and what brought you there?

I have been working at the Ice House for almost six years now. I was previously working in the midlands but was missing the sea air, having grown up on Achill Island, so when the opportunity arose to return to Mayo and work on the banks of the beautiful river Moy in Ballina, I jumped at the chance.

What dining options does the Ice House offer?

With a stunningly contemporary dining room, perched overlooking the banks of the River Moy, we have a range of different menus to suit all tastes and occasions in the Ice House, from delicious light



lunches, wholesome evening bar food and classic a'la carte, to vegetarian and vegan menus and we have recently launched our first afternoon tea menu in our newly refurbished glass lounge.

Can you source good produce locally?

Mayo is currently a mecca for homegrown artisan producers, supplying everything from organic vegetables and foraged foods, farm-reared meats, the freshest of fish and shellfish, as well as dairy products and cheeses.

Who has been the most famous person you have cooked for?

Whilst working in a luxury 5-star hotel in the West of Ireland, I had the opportunity to cook for the Hollywood actor, Mr Russell Crowe.

What advice would you give to aspiring young chefs?

Get a notebook and write everything you are taught down because in the culinary world, everyday is a school day.

How do you feel Irish cuisine is faring compared to the rest of the world?

After years of travelling all over the world I feel that Irish cuisine today is on par with the best cuisines in the world. We are very fortunate to have a wealth of talented and innovative chefs in Ireland with the freshest of locally sourced produce available to us on our doorstep

What is your favourite kind of food, and what dish do you like to order when you dine out?

After being raised along the Atlantic Coast on the Island of Achill and spending my youth foraging for shellfish, seafood is definitely my favourite kind of food, so whether it be crustaceans, molluscs or fish, simply cooked to allow the fresh flavors to flow, I am one happy diner.

What's your favourite thing to do on your day off?

Working in the hectic environment of the kitchen all week, I love nothing better on my day off than relaxing and spending quality time with my wife and three kids.

ice house

Address: The Ice House
The Quay, Ballina,
Co. Mayo, F26 Y9E8

Contact: T: 096 23500
E: chill@theicehouse.ie
W: www.theicehousehotel.ie



Parcel Baked Whole Marinated Seabass

Organic Tomato & Enniscoe House Wild Garlic & Basil Sauce, Crispy Sweet Potato Fries

Ingredients & Recipe

Marinade Ingredients:

25g Dill
 25g Flat Leaf Parsley
 1 Lemon/Lime (Zest & Juice)
 50 mls Olive Oil
 3 Cloves of Garlic
 20g Diced Ginger
 10g Baby Capers
 Salt & Pepper

Tomato, Garlic & Basil Sauce

2 Medium Red Onions Diced
 20g Wild Garlic
 20 ml White Wine Vinegar
 20g Granulated Sugar
 10 Tomatoes Chopped
 50g Tomato Puree
 50g Fresh Basil
 1 Lemon

Preparation:

Mix all the marinade ingredients together in a bowl
 Place the fish in a deep tray, pour the marinade over and leave in the fridge for 2 hours

Blanch your Sweet Potato Fries in the fryer at 150°C
 Leave to cool and finish later
 To make your sauce, sweat off the onions until golden brown
 Add the wild garlic, white wine vinegar and sugar
 Leave to simmer for 5 minutes
 Next add the chopped tomatoes, tomato puree, cover with water and simmer for a further 20 minutes
 When ready, blitz the sauce and pass through a colander
 Finally add the juice and zest of your lemon and leave to cool

Next place 2 sheets of tin foil and 1 sheet of grease proof paper big enough to encase 1 Seabass, onto a flat surface
 Place the fish onto the greaseproof paper and spoon some of your marinade over the fish and place 2 small knobs of butter on top
 Now fold the tin foil into a parcel and repeat the same for the other 3 fish

Method

Pre-Heat your oven to 180°C
 Place your fish parcels onto a baking tray and place in the oven for approximately 30 minutes
 Preheat your fryer to 180°C
 After 30 mins remove your fish from the oven and allow rest for 5 mins
 Fry off your sweet potato fries and season
 Reheat your tomato sauce
 Now serve, being careful not to burn your fingers whilst opening your fish parcels

Serves four

Welcome to the 65th Galway Oyster & Seafood Festival

Each year, on the last weekend of September, Galway City celebrates the Galway International Oyster & Seafood Festival, the most internationally recognised Irish festival after St Patrick's Day and the world's longest running Oyster Festival.

Throughout the Irish food festival, there will be lots of tantalising events for all to enjoy; seafood trails, oyster opening (shucking) championships including the Oyster 'Olympics' or World Oyster Opening Championship, foodie talks & tasting events in some of Galway's best restaurants, The Festival Marquee, a Mardi Gras style Gala Event along with family activities, live music, cooking demonstrations and more.

Established in 1954, The Galway International Oyster & Seafood Festival has welcomed over half a million visitors, consumed more than 3 million oysters – washed down with champagne and stout whilst listening to some of the best musicians in Ireland.

Friday Night

Date: 27th September 2019

Time: 19.00

Venue: Festival Marquee, Nimmo's Pier, Galway City Centre

Live music, sensational seafood, mouth watering dining and the National Oyster Opening Championship will kick start

the weekend's celebrations. Beginning with the opening ceremony.

Saturday Night

The World Oyster opening Championship

Date: 28th September 2019

Time: 14.00 – 19.00

Venue: Festival Marquee, Nimmo's Pier, Galway City Centre

A non-stop afternoon of entertainment and festival fun awaits; The World Oyster Opening Championship, the festival food village and live music.

Date: Saturday 28th September 2019

Time: 8pm till late

The Oyster & Seafood Festival Masquerade 'Mardi Gras' style event is where fine fare and fabulous finery come together as a carnival of masked revellers.

Sunday Night

Féile Bia Na Mara – WILD ATLANTIC TASTES Sunday
September 29th 2019

Date: Sunday 29th September 2019

Venue: Festival Marquee, Nimmo's Pier, Galway City Centre

Time: 12.00 – 19.00

Free Event

Seafood showcase with national chef demonstrations and family fun.

DISCOVER A "TASTE THE ATLANTIC A SEAFOOD JOURNEY"

Imagine a trail you can take, and taste.

The Bay Coast Seafood Trail is exactly that. Stretching south from Erris Co. Mayo to Connemara and on to Galway Bay, passing some of Ireland's



September 27th to 29th 2019



most breathtaking seascapes and landmarks, it's a whole new way to experience the Wild Atlantic Way.

This is a living, breathing coastal route. Dotted among the natural wonders are renowned producers including the Connemara Smokehouse, Croagh Patrick Seafoods, Killary Fjord Shellfish, Keem Bay Fish, Marty's Mussels,

Kelly's Oysters and New Quay lobster fisherman Gerry Sweeney. These are family businesses with ocean in their blood, coastal communities with salt on their lips. They harvest top quality oysters, mussels, salmon and catch lobster and crab from pristine Atlantic waters. They process their catch with modern nous and time-honoured

tradition. They turn the draw of the sea into deliciousness. So when you are exploring Bay Coast, make sure you visit one of the recommended seafood restaurants to enjoy a taste of the Atlantic and meet one of our local seafood producers to truly experience this seafood journey as pure a taste of place on a plate as you'll find in Western Europe.

The Merriman Hotel

Executive Chef Dariusz Dawidek

The beautiful seaport village of Kinvara, County Galway, is a great place to enjoy excellent seafood and really get a taste for the Atlantic. And what better place to dine than the Merriman Hotel. Well known for its wonderful food cooked lovingly by its accomplished kitchen brigade, the menus give a gentle nod to the Atlantic Ocean on the doorstep and plenty of firm Irish favourites too.

Head Chef, Dariusz Dawidek, sat down with *Go Wild* to discuss the restaurant's freshest ingredients, daily specials and plenty more.

How long have you been working professionally and what inspired you to get into the food industry?

I have been working professionally in the catering industry since 1999. My father was a chef back home in Poland and he was my inspiration to follow in his footsteps.

Did you always want to be a chef and what does your role as Executive Chef entail?

Yes I always wanted to be a chef. My role as Executive Chef is varied. I work closely with my Sous Chef and the brigade to ensure we provide top quality fresh food to our customers.

How long have you been working at the Merriman Hotel and what brought you there?

I have been working at The Merriman Hotel for over three years, starting as Sous Chef and then promoted to Executive Chef.

What do you love about living in the west?

I live in the heart of The Burren, in Lisdoonvarna. I enjoy the peaceful quality of life, the fresh air and being near the Atlantic Ocean.

Why do you think the Merriman Hotel is becoming such a popular culinary destination?

The Merriman Hotel is becoming more popular

because we are building a team that has a vision to provide top quality local and fresh food served with a reasonably priced menu.

How has the Irish food industry changed since you started out?

I feel that today's customer is more discerning and wants to know where their food comes from and how it is prepared. They are happy to pay for freshness and quality and we aim to deliver this.



Executive Chef:
Dariusz Dawidek

Where do you source your produce?

We source our fresh fish from Garrihy's Seafood in Doolin Co Clare. All our beef and lamb is 100% Irish and can be traced back to the farmer and is supplied by Ashgrove Meats, who are family butchers since 1948, based in Co. Limerick. Our vegetable supplier is Total Produce, who ensure the freshest of produce daily.

Can you source good produce locally?

Yes we can, in particular fish and shellfish. We partner with two local shellfish producers, Redbank Food Company, New Quay and Kelly Oysters, Kilcolgan. For fresh fish we use Garrihy's in Doolin and Mary's Seafood in Galway.

What advice would you give to aspiring young chefs?

I believe there is no substitute for hard work, dedication and a true passion to work with fresh produce. You must also have a natural flair for cooking and be able to listen, learn and embrace change.

What's your favourite thing to do on your day off?

I like to travel with my wife, eating out and trying new dishes to enhance my culinary knowledge.

Read more online at
www.gowildmagazine.com



Grilled Fillet of Haddock

Parmesan Crust, Creamed Beetroot Potato with Chorizo and sundried Tomato, on a bed of Spinach and Shellfish Sauce

Ingredients:

200 g of Fresh Haddock, skin on
300 g Parmesan Cheese
30 g Bread Crumbs
10 g chopped Chorizo
10 g chopped Sundried Tomato
30 g baby spinach
50 ml fish stock
1 tbsp Olive Oil
10 g chopped Shallots
1 clove of Garlic
100 ml Fresh Cream
100 ml White Wine
100g rooster potatoes
1 medium-sized beetroot

Method

Mix the Parmesan, Olive Oil and bread crumb together. Cook the fish on both sides on a s hot grill/pan. Place the Parmesan mis on top of the fish and in to a pre heated oven, 180 degrees for 2 mins. Boil the potato and beetroot together. When cooked, strain, add some butter, salt and pepper.

Sauce

Using a hot pan with some Olive Oil, add Shallots, Garlic, Chorizo and sundried Tomato, add the white wine and allow to reduce. Then add fish stock, reduce add cream and reduce again, then add the Spinach for 30 seconds.

Place on a pre warmed plate and add the Haddock.

For presentation add edible flowers and Lambs lettuce.

Serve with a glass of chilled Sauvignon Blanc and enjoy with family or friends.



The best pubs and restaurants **in Ireland for 2019** *have been revealed*

Every year the Restaurant Association of Ireland decide on the best of the best and wherever you may travel in Ireland this list will allow you to opportunity to discover and enjoy a visit to any of the winners below and experience the best that Ireland has to offer.

Loam Restaurant in Galway was named the best restaurant in Ireland. Other winners included Graham Neville of Dax in Dublin, who was named Best Chef, and Everett's restaurant in Waterford, which was named Best Newcomer. Dax Restaurant, Eastern Seaboard Bar & Grill, Wild Honey Inn, and OX also won respective awards in the restaurant category.

The Pub of the Year award went to Doheny and Nesbitt in Dublin.

Here are the main winners.

Best Restaurants

All-Ireland: Loam Restaurant
Dublin: Dax Restaurant
Connacht: Loam Restaurant
Leinster: Eastern Seaboard Bar & Grill
Munster: Wild Honey Inn
Ulster: OX

Best Chef

All-Ireland: Graham Neville of Dax Restaurant
Dublin: Graham Neville of Dax Restaurant
Connacht: Barry Ralph of House of Plates
Leinster: Deirdre Adamson of The Fatted Calf
Munster: Peter Everett of Everett's Restaurant
Ulster: Chris McGowan of Wine and Brine

Best Restaurant Manager

All-Ireland: Eva Ivanova of Sage Restaurant
Dublin: Denise McBrien of The Old Spot
Connacht: Eva Ivanova of Sage Restaurant
Leinster: Edwina Hynes of La Côte Seafood Restaurant
Munster: John Edward Joyce of The Mustard Seed at Echo Lodge
Ulster: Saul McConnell of Noble.

Pub of the Year

All-Ireland: Doheny and Nesbitt
Dublin: Doheny and Nesbitt
Connacht: J Doherty's
Leinster: Hamilton's Pub
Munster: Levis Corner House
Ulster: Coach House & Olde Bar



Best Hotel and Guesthouse Restaurant

All-Ireland: Gregans Castle Hotel
Dublin: The Saddle Room at The Shelbourne Hotel
Connacht: West Restaurant at the Twelve Hotel
Leinster: Brabazon Restaurant at Tankardstown House
Munster: Gregans Castle Hotel
Ulster: Newforge House

Best Newcomer

All-Ireland: Everett's Restaurant
Dublin: Uno Mas
Connacht: Passione by the Slice
Leinster: Lily's On Church Street
Munster: Everett's Restaurant
Ulster: Hara

Best Gastro Pub

All-Ireland: The Old Spot
Dublin: The Old Spot
Connacht: Bar One
Leinster: The Ballymore Inn
Munster: Mikey Ryan's Bar and Kitchen
Ulster: Clenaghans

Best Customer Service

All-Ireland: The Muddlers Club
Dublin: Luna
Connacht: Park House Hotel
Leinster: Lennon's @ Visual
Munster: Ballyvolane House
Ulster: The Muddlers Club

Best Casual Dining

All-Ireland: 777
Dublin: 777
Connacht: Hooked Sligo
Leinster: Truffles Restaurant and Wine Bar

Munster: Bodega
Ulster: The Olde Glen Bar, Restaurant and Tea Room

Best Wine Experience

All-Ireland: Green Man Wines
Dublin: Green Man Wines
Connacht: Le Petit Pois
Leinster: Barrows Keep
Munster: The Black Pig
Ulster: OX

Best Kids Size Me

All-Ireland: Old Street Restaurant
Dublin: Old Street Restaurant
Connacht: Shells Seaside Bakery and Café
Leinster: Tiffin by Sunil
Munster: 9 Café
Ulster: Oak Room Restaurant

Best World Cuisine

All-Ireland: 3 Leaves
Dublin: 3 Leaves
Connacht: Spice India
Leinster: Pink Salt Indian Restaurant
Munster: Iyer's
Ulster: Tuk Tuk Asian Bistro

Best Café

All-Ireland: Connemara Greenway Café & Restaurant
Dublin: Two Pups
Connacht: Connemara Greenway Café & Restaurant
Leinster: Knockdrinna Farm Shop & Artisan Café
Munster: Good Day Deli
Ulster: Dinkin's Home Bakery & Café

Best Free From

All-Ireland: Grow HQ
Dublin: Urbanity
Connacht: Drumanilra Farm Kitchen
Leinster: Zucchini's Restaurant
Munster: Grow HQ
Ulster: The Olde Post Inn

Local Food Hero

All-Ireland: Seán Hussey of Hussey & Sons Fruit & Veg

Best Emerging Irish Cuisine

All-Ireland: 35 Restaurant
Dublin: Forest & Marcy
Connacht: An Port Mór Restaurant
Leinster: Thyme Restaurant
Munster: 35 Restaurant
Ulster: Wine and Brine

Best Digital Marketing

All-Ireland: Michael's Mount Merrion

Best Cookery School

All-Ireland: The Neven Maguire Cookery School

Best Private Dining & Club Restaurant

All-Ireland: Stephens Green Hibernian Club

Best Seafood Experience

All-Ireland: Fish Shop, Benburb Street

Best Cocktail Experience

All-Ireland: The Tack Room st Adare Manor



THE STORY OF

THE FULL IRISH BREAKFAST

There is an old motto that says “Eat breakfast like a King, lunch like a prince and dine like a pauper” meaning it is wise to start the day with a large cooked breakfast. Such a motto could very much be applied to the traditional full Irish Breakfast. It is a meal that will fill you up and enable you to have the energy to make the most of a full day’s travel around the countryside whilst on a vacation in Ireland.

A large cooked breakfast of meat (bacon, sausages and black and white puddings), eggs, vegetables and potato all fried in creamery butter, it is served with a generous helping of homemade Irish soda or brown bread for soakage and washed down with a strong cup of breakfast tea such as Barry’s or Lyons tea (depending where you are) and a glass of orange juice.

It is a meal that was traditionally concocted to prepare one for a full days heavy duty work on the farm on a cold winter morning and was comprised of the best local and homemade farm produce all cooked in butter in a frying pan.

While today it is not possible to be eaten on most work mornings, the traditional full Irish serves as a staple treat for most households to indulge in on a lazy Sunday morning whilst reading the Sunday papers. And it is not just confined to mornings, it is a meal that can be eaten at any hour of the day depending on your liking.

While opinion may be divided on what constitutes an Irish breakfast from household to household, the main ingredients remain the same, with the very best of Irish local ingredients comprising of meats such as good loin bacon or rashers, best of local sausages, black and white puddings (which are a type of sausage made up of pork meat, oats and spices and

pork blood (in the black pudding)) eggs, mushrooms, tomatoes and cold cooked potato or potato bread (optional) all being used. These ingredients are then fried in a little knob of Irish butter in a frying pan and served with a helping of homemade bread, butter and jam at the side and finished off with a cup of tea or orange juice.

For visitors enjoying a trip to Ireland, a stay wouldn’t be complete without first sampling the Irish breakfast whether it be the full version or a mini half portion.

For the adventurous types who wish to sample the local produce here is a simple recipe for the traditional Irish fry-up:

Recipe

Serves 4

Pack of Irish bacon or rashers

Pack of Irish local Sausages

Black and White Pudding

400g of Baked Beans

4 Eggs

Mushrooms

4 medium Tomatoes halved

Potato Farl or boxty or some cold cooked potato leftovers from yesterday’s dinner (traditionalists only)

Served with a side of

Thick slices of soda or traditional Irish brown bread.

Irish creamery butter

Jam (optional)

Breakfast tea

Orange juice

Instructions

Place a frying pan (skillet) over a medium heat and melt a knob of good Irish creamery butter. Add the rashers and fry them until they are cooked to your liking (Irish style cooked but not crispy). Set aside on a warmed plate in the oven to keep warm and fry the sausages in the frying pan. Once cooked add them to the rashers on the warmed plate.

Meanwhile slice the puddings, half the tomatoes and chop up the mushrooms

and add to the frying pan, frying until they are browned on all sides. Again, once finished add to a warmed plate in the oven.

While you are frying the puddings, mushrooms and tomatoes, on a separate saucepan on another hob you can heat the baked beans if using.

If going the traditional route and using potato bread or indeed using cold cooked potatoes add it to the frying pan and cook as to your preference.

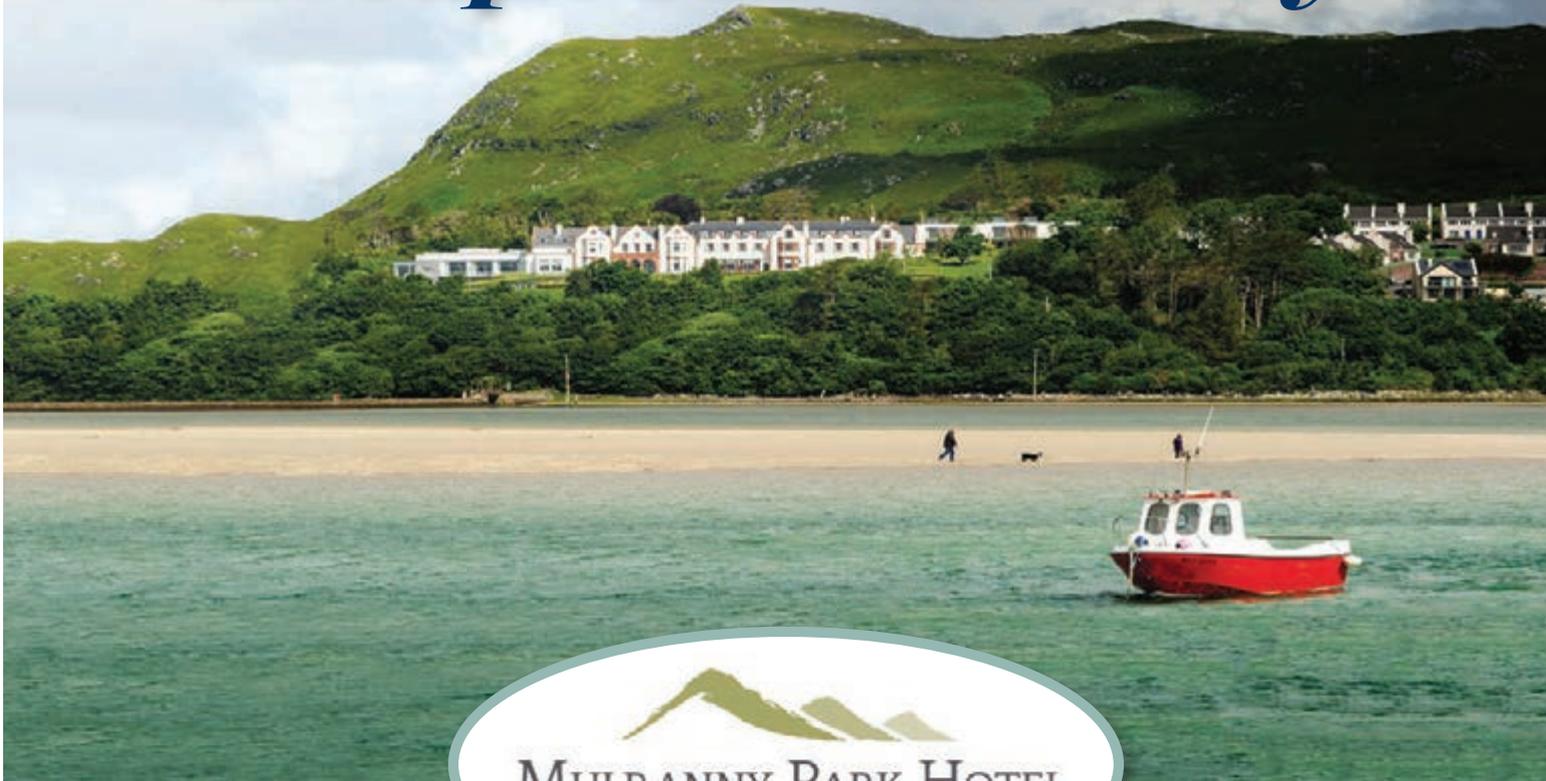
After finishing with the vegetables and puddings one can next fry the eggs in the same frying pan. Once finished with the eggs, one can now add all the cooked ingredients together and serve on 4 plates.

To serve

Serve with some thick slices of homemade Irish bread loaf be it soda or brown bread. For an extra touch have a little side dish of homemade jam and Irish creamery butter for a choice of a sweet topping to the bread to eat afterwards with your tea.

Wash down with a strong cup of Breakfast tea be it Barry’s or Lyons tea depending on your local ties. A healthy side glass of orange juice is optional.

Escape to Mulranny



*The Wild Atlantic Way at
Our Front Door and the
Great Western Greenway
at Our Back Door*



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Kelly's Kitchen:

Generations of quality food

Local produce is one of the most important factors to any restaurant along the Wild Atlantic Way but Kelly's Kitchen in Newport brings a whole new meaning to the word 'local'.

Kelly's Kitchen is exactly the sort of cosy, bustling café that locals love and visitors dream of finding when they go on holiday. A member of Good Food Ireland and recommended by the likes of Georgina Campbell and John & Sally Mc Kenna, the establishment is the pride and joy of owner, Shauna Kelly, who is proud to be following in her father's footsteps and keeping quality food in the family.

Seán Kelly is a well-known butcher based next door to the busy café, which means that all meats served up in Kelly's Kitchen are as fresh as they can possibly be with quality homemade sausages, rashers, black, white and vegetarian puddings and the award-winning Putóg along with local beef and lamb, all from the family shop. You can't get more local than right next door.

"There is nowhere else like Kelly's Kitchen," Shauna explained, "We are very unique. You won't find another restaurant with its biggest supplier right next door, where the owner's father has farm-reared his own cattle and sheep one mile outside of town."

There's no meat stored at the



restaurant, so if the staff need anything for cooking, it's just a matter of stepping into Kelly's of Newport next door and picking it up, ensuring the food served in the little restaurant couldn't possibly be fresher.

If that's not enough to coax you to Newport for a visit, the delicious, homemade cakes and desserts, which are made by their baker, will certainly tickle your tastebuds. And, to top it all off, the staff are friendly and fun, always laughing and cracking jokes, ensuring the customers

enjoy great food and great service.

"We're a family here in Kelly's Kitchen and you can feel that when you come in," said Shauna, who took over the business seven years ago at the very young age of 26. A former social worker, she felt a bit lost in her career path and, after a year of travelling, she returned home and gave the family business a try.

"I had no experience and was too young so I said I would do it for six months. Seven years



on I'm still here. I learned a lot from my parents. They inspired me and encouraged me into the food business. I did a lot of trade shows with Dad, cooking and selling his products. I knew everything there was to know about sausage and pudding from an early age," she said.

Shauna's mother opened Kelly's Kitchen in 1992 and ran it for seven years. And, with her father becoming a renowned food hero in Newport, it's not really a surprise that the passion for good food runs in the family.

"My father's passion and love for what he does is infectious and he passed that on to me, because I love what I do," said Shauna fondly. Even so, taking over a restaurant in your mid-twenties is no mean feat.

"I faced every challenge going when I opened up Kelly's Kitchen. I had never waitressed before, never worked in a restaurant before and I really had no clue what I was doing but, God, I learnt quick," she recalled.

"All I knew is that I wanted



to give people freshly cooked local food, and we had great ingredients, so I had a great start. I'm a person that likes to do everything. I designed the menus, picked the specials, did the ordering. I try to control every aspect of the front of house and in the kitchen. I learned that I couldn't spread myself that thin, and now I have a fantastic team who work with me in delivering my goals."

There's always something different going on at Kelly's Kitchen. Just recently, the restaurant held a steak and seafood night as part of the Gourmet Greenway.

"Everything was local, from dad's beef, where the customer could pick out their steak, to Gerry Hassett of Achill Island, and Clark's Fishing, Ballina, where we got our seafood. It was an amazing night and a celebration of local food," said Shauna.

"I'm full of ideas for the future to expand our menu, to do more evening meals, to develop the

outside area and hopefully just watch my business grow I feel so lucky to be able to do something I love."

And, with Kelly's Kitchen in the heart of the Great Western Greenway, not to mention along the Wild Atlantic Way, Shauna and her team couldn't be luckier: "This part of the world is only amazing, with fantastic cycle tracks, walking routes and stunning drives. Because of this we are able to open all year round. We close at Christmas but are back open in January."

Shauna may have dived straight into the deep end at the age of 26 and there's no denying it: she learned not only how to stay afloat, but how to become a strong swimmer in the sea of food businesses along the Wild Atlantic Way.

"I love when someone says they love Kelly's Kitchen or they love the food or they found their experience there wonderful. I get such a sense of pride when someone says that and when I can reply to them that this is my place. This is my restaurant. I love that."

And, with a determination and love for what she does on a daily basis, there's no doubt she'll continue to grow as a business owner in the future. And who knows? She might pass on the family passion for good food to her four-year-old son.



FOOD FESTIVALS

ON THE WILD ATLANTIC WAY

Local ingredients, a new wave of inspired chefs, cosy pubs and homegrown goodness... shake the hand that feeds you at one of the many incredible food festivals along the Wild Atlantic Way.

Seafood straight from the boat reels in diners on the Wild Atlantic Way from County Donegal to County Cork, but gourmet delights don't begin and end with the sea. Artisan producers all along the coast are making some of Europe's best cheeses, craft brews and chocolates, with primary ingredients sourced from farmers and foragers who are rooted in traditions of the west.

Foodies can celebrate the spoils of the western seaboard at some of the best food festivals in Ireland, many of which take place around September and October. With local foods freshly harvested, it's the perfect time to sample this exquisite food culture. Enjoy expertly prepared dishes, served simply and with a relaxed style. Check out the below list for starters.

A TASTE OF DONEGAL

Each August, food lovers from all around the country – and beyond – head north for the annual culinary celebration, A Taste of Donegal. This year, an impressive 120 food

exhibitors will showcase their delicious wares in marquees on the town's Pier area. All tastes are catered for at this buzzing event; visitors sample local seafood, gourmet meats, Aran Islands cheese, fresh bread courtesy of Donegal craft bakery, and of course, a local tittle from the likes of Donegal Brewing Company! The event also features chef competitions, comedy cookery theatre and cookery demonstrations, and even a fireworks display over the pretty bay. Of course, the setting is just as inviting; Donegal town is a great base from which to explore this wild and expansive county. Be sure to visit Sliabh Liag (Slieve League), home to some of Europe's highest sea-cliffs, and charming St. John's Point Lighthouse, a great spot for divers.

SWEET TREATS AT DINGLE FOOD FESTIVAL

You'll be as charmed by the quaint fishing town of Dingle as the food festival that takes place there each year. Sitting on the headland of jutting Dingle Peninsula, it's home to both sandy white beaches and the soaring mountains typical of rugged County Kerry. For one weekend each October, farmers' markets line the streets of this picturesque getaway, while shops, pubs and restaurants all take part in

festivities, too. Chat to friendly locals and sample their delicious organic produce, join food trails, sample wine tastings and go on foraging walks in the stunning Kerry countryside. In the evenings, take a stroll through the town and visit some of Dingle's many award-winning restaurants.

GALWAY INTERNATIONAL OYSTER AND SEAFOOD FESTIVAL

Onto Galway next, a bustling and vibrant city that has retained its unique, intimate charm. Just minutes from its cobbled streets – home to an array of craft shops, boutiques and pubs – you'll find Salthill, an iconic seaside strand that looks out to the wild Atlantic. It's no surprise then that the city plays host each year to a festival dedicated to seafood. Every September, Galway welcomes worshippers of the *ostrea edulis* (a type of oyster) for gourmet food, fine wines and plenty of celebration. The local molluscs grow undisturbed for three years in Galway Bay in order to become perfectly juicy for connoisseurs and novices alike at the three-day event. Kicking things off, a colourful parade weaves its way through the city, heralding the start of the festival's famous World



Oyster Opening Championship. Celebrations continue well into the wee hours each night, with plenty of fun, quirky events like the Masquerade Mardi Gras and a Silent Disco having delighted festival-goers in previous years.

KINSALE GOURMET FESTIVAL

The historic port and fishing town of Kinsale in County Cork provides the gorgeous setting for the next stop on our trail of world-class Irish food festivals. Located at the mouth of the River Bandon, this town is a veritable foodie's paradise. An array of respected culinary establishments and artisan food producers has earned Kinsale its well-deserved title of gourmet capital of Ireland. Kicking off with a champagne reception each October, you can sample a delicious five-course menu offering the best of West Cork's fare, learn a few tricks at the celebrity chef cook-off, or head along on the Mad Hatter's walking tour, where you'll dine on the delights of Kinsale's Good Food Circle of 10 restaurants. On the Sunday, there's a Fruits de Mer Luncheon where you can taste locally caught lobster, crab, prawn and much more.

A TASTE OF WEST CORK

The entire region of West Cork is renowned for its wild beauty, and long-famed for its artisanal produce.

At A Taste of West Cork in the town of Skibbereen (from An Sciobairín, meaning 'little harbour town'), you'll meet the producers of some of Europe's best cheeses, and taste some delicious locally-grown produce. Indeed, if cheese is your thing, welcome to the home of Gubbeen, Durrus, Milleens and Carrigaline. Running over 10 days during September, the festival includes a street market showcasing tasty local wares, daily workshops, banquets and home visits to producers. There's plenty of non food-related activities around this idyllic town too – why not head out onto nearby Lough Hyne for a spot of romantic moonlit kayaking, browse through its art and craft centres, or simply take a scenic walk and enjoy the breathtaking beauty of this area.

BURREN WINTERAGE WEEKEND

Heritage and farming take centre stage at the Burren Winterage Weekend, which celebrates the living landscape and farming families that work the land of The Burren. Understanding The Burren means encountering it firsthand; this unique, craggy 250sq km stretch of land in County Clare translates from the Irish Boireann, meaning 'rocky place'. Farming this land has traditionally been tough, given the lack of soil cover, yet this sparse area retains a haunting beauty. At the festival, which takes place each October, you'll dig in at the community feast, hear about sustainable farming at insightful talks and visit the farms that feed you.

Since it's near Samhain (Halloween) time, you might even hear a banshee story or two. The figure of the banshee, or bean sí (female fairy) is rooted in Irish mythology; her unique cry is said to be the omen of death – if you hear her, you're not long for this world!

MORE FESTIVALS

We've profiled some here, but there are lots more edible festival finds along the Wild Atlantic Way. Off the coast of Galway, you'll find the island of Inishbofin with its fabulous Bia Bó Finne, which celebrates local food and traditional skills each October.

Elsewhere, fish fans won't want to miss Connemara Mussel Festival in County Galway in May or Valentia Island King Scallop Festival in July. Also in County Kerry is Flavour of Killorglin, held in September for food lovers, the local community and visitors alike. Don't miss the guided fishing and walking tours.

For adults, the coastal town of Doolin – famed for its traditional Irish music – hosts the Doolin Craft Beer and Food Festival. Each August, over 20 local craft brews are available to sample, with plenty of live music over the weekend, too. Further north in beautiful and remote Donegal, the Wild Atlantic Craft Beer Festival, held in the first weekend of August, lets you meet the brewer while you sample small batch brews and decide which is best.

Courtesy of Failte Ireland

Eithna's By The Sea

Chef Owner Eithna O'Sullivan



The picturesque, coastal village of Mullaghmore, County Sligo, is a signatory destination point of the Wild Atlantic Way, with golden sands and Classiebawn Castle glimmering in the shadow of the glorious Benbulbin. Strolling through the village, it's impossible to miss Eithna's By The Sea seafood restaurant, with its dramatically painted sea mural overlooking the harbour.

As a location on the Sligo Food Trail and built on years of experience, Eithna creates and serves her own tasty dishes, using only the very best, locally-sourced fish, shellfish and organic salads from Tattie Hoaker Organic Farm, Cliffoney.

What dish are you best known for at Eithna's By The Sea?

We are famed for our outstanding seafood and shellfish dishes, including our seafood platters, tasting plates and locally caught Mackerel. Prime fish like Sole and John Dory are also popular specials and, when not local, are supplied by Albatross Seafoods, Killybegs. Our lobsters are sourced from the nearby Mullaghmore Sea Farm and fished sustainably by small inshore fishing boats from the Donegal and Sligo coastlines. Lobster Thermidor is one of our most loved signature dishes. Our Atlantic oysters are also farmed locally at Lissadell and Coney Island.

What is the special ingredient that has put your restaurant on the international map?

My passion for locally-sourced seafood and the simple flavour of fresh, seasonal food has been the driving force behind the restaurant since the very beginning. The food on offer is prepared simply, letting the freshness and quality speak for itself. It is however not just seafood lovers and culinary adventurers who adore Eithna's; there is plenty to offer with non-seafood, vegetarian and gluten-free options.

Winning the Georgina Campbell Ireland's Seafood Restaurant of the Year award and the Irish Restaurant Association's award for Best Restaurant Finalist in Connacht 2019, while also featuring in John and Sally McKenna's Places to Eat and Stay Along the Wild Atlantic Way, has spread the word even further. We also featured on RTE this year with Neven Maguire Seafood trails programme.

It's also more than just the food that makes Eithna's so enticing. From the second you step through the door, you are warmly welcomed into a cosy and relaxed atmosphere by the friendly and enthusiastic staff who share my passion for good food and customer service.

How do you use the seaweed that is so plentiful along the shore in your dishes?

Seaweed and sea vegetables feature on our menu in breads and desserts, and in our homemade Wild



Address: Eithna's By the Sea Restaurant
The Harbour
Mullaghmore
Sligo.

Contact: T: +353 (0) 71 91 66407
E: info@bythesea.ie
www.eithnasrestaurant.com



Atlantic seaweed pesto. I have also incorporated different seaweeds into our Seafood Specials Menu; some examples are Baked Hake with Seaweed Pesto, Lobster with Land and Sea Spaghetti, and Mullaghmore Mackerel with Sea Vegetable Salad. Our Seaweeds are provided by Seashore Veg, Sligo and Quality Sea Vegetable, Donegal.

Those curious to learn more about seaweed can join Prannie Rhatigan on her Sligo Seaweed Days Courses,

www.irishseaweedkitchen.com. Also popular this summer with groups, Eithna's by the Sea can host up to 25 people for a seaweed cookery demo or for a hands-on package with lunch or dinner options included. Email or call to tailor for your group's needs.

Eithna's is a seasonal kitchen open from late February to the end of October.

Check www.eithnasrestaurant.com for our opening hours.

'Hooked' *on top Sligo cuisine*

For restaurateur Anthony Gray, his restaurant Hooked represents both his family history, as his dad was a butcher, along with a little slice of traditional Sligo history in it too.

Hooked offers a quirky style of informal dining, which effortlessly combines excellent fresh locally prepared food and quality vibrant service, with a rustic style.

The interior is inspired by the traditional butcher's shop, which Anthony's late father Joe had in Sligo for many years. Views of the Garavogue and bustling Sligo outside the restaurant makes for the perfect venue to watch the world go by.

Hooked has won numerous awards since its opening: such as the 2019 Irish Restaurant awards, Yes Chef awards, Georgina Campbell's 'Just Ask' restaurant of the year 2019 plus they are deservedly featured in Lucinda O'Sullivan and many other food guides. They were recently named as one of Ireland's 100 Restaurants in the Sally McKenna Guide.

To date, Hooked has been featured in many magazines and blogs as one of the "must visit" food venues in Ireland, with visitors loving the creativity of the menu.

Chef Joseph McGlynn's informal menu has a strong focus on local, fresh and where possible organic produce. Suppliers include Mammy Johnston's, Ballisodare Free Range Eggs, LETS Organic Centre, Le Fournil and Kelly's of Newport. The Hooked ethos is to purchase local and purchase Irish if possible.

The team believe in primarily using Artisan & Irish producers with the aim of supporting the local and Irish economy. The Beef is also sourced locally and is



from grass fed cattle from Sherlock's of Tubbercurry, Sligo. Local suppliers call to the restaurant daily with fresh produce and Anthony regularly sources from the nearby farmers markets.

Hooked provides an all day dining experience with a focus on good honest Irish food, so leave your diet at the door.

Hooked is open seven days a week for brunch, lunch and an evening menu. Early birds can also enjoy breakfast starting at 9.30am from Thursday to Sunday. Healthy options are available as is plenty of indulgence.



Eala Bhán

Seasonal food with flair, imagination & creativity

Multi award winning restaurant Eala Bhán in Sligo offers classic food with a contemporary twist. Achievements include Best Restaurant in the Restaurants Association of Ireland awards over numerous years and recently Best Seafood Restaurant Connacht with the Good Eating Guide 2019.

Despite only being open since November 2011, Eala Bhán has won numerous prestigious awards including: Best Restaurant Sligo six years running, Best Restaurant Connacht (Good Eating Guide), Lucinda O'Sullivan Great Place to Eat, Paolo Tullio's Taste of Ireland Award, Best Overall Restaurant (So Sligo Food Festival), Best Place to Eat on both the John & Sally McKenna's Guides (Best in Ireland and Wild Atlantic Way) along with Georgia Campbell Guides.

The local seafood on the menu is hand-selected and artistically prepared to perfection and all of the steak cuts stand tall with the superb flavour of aged beef that is cooked to your liking. The extensive menu is perfectly complimented by the thoughtfully selected wine list.

The ethos is: organic whenever possible, sourced from local suppliers and direct from local producers.

Owner Anthony Gray, Wild Atlantic Way champion, really prides himself on the support he offers local food suppliers through both Eala Bhan and his sister restaurant Hooked, both located on Rockwood Parade, Sligo Town, on a beautiful stretch of the Garavogue River.

The décor has a cool, urban, brasserie, bistro feel, with dark wood floors, subtle lighting, well-spaced tables, and it is a place in which there is always a buzz.

The name Eala Bhán is Gaelic for 'White Swan'.



These beautiful birds can often be seen from the two main windows of the restaurant as they often frequent the Garavogue River that runs alongside the restaurant.

The restaurant offers the perfect venue for a special occasion, any evening of the week. Dining for lunch is relaxed yet a little special. For the perfect afternoon, Eala Bhán is renowned for an exquisite afternoon tea, served daily, 12pm noon to 3pm: booking is essential. Enjoy an indulgent treat or a ladies day out.

An Early Bird menu is offered 5pm-6.20pm daily, with lunch and dinner daily also. Tasting menu available from Thursday to Saturday with fresh ingredients picked by Anthony and delicately put together by the award winning Head Chef, Marcin Szczodrowski.

Eala Bhán

Addresses: Rockwood Parade,
Co. Sligo

Contact: e: ealabhansligo@gmail.com
t: +353 (0)71 914 5823
www.ealabhan.ie

Tasty tours in Sligo



Got a few hours to spare in Sligo town? Put yourself in the hands of some Sligo Food Trail experts and find out a little more about the fabulous food available locally.

Two food tours to tantalise your taste buds

Choose one of two food tours to get a real sense of Sligo food and drink offering including tastings and meeting

the personalities themselves. The Taste of Sligo Foodie Tour is brought to you by Anthony Gray who is well known for powering the local food revolution in his native Sligo. This tour takes you into the heart of Sligo town to experience exquisite culinary delights from Sligo's award-winning chefs and runs from Wednesday to Saturday. <https://www.facebook.com/tasteofsligotours/> Husband and wife duo Hans and Gaby Wieland lead Taste of Sligo food tours

each Friday afternoon. Explore Sligo's vibrant food scene on a leisurely walk with Gaby and Hans, who will introduce you to their favourite cafes, restaurants, shops and pubs. Hear exciting stories about the people behind the food along the way as well as the history of Irish foods.

<https://www.sligofoodtours.ie/>

The world is your oyster...

Explore the fascinating world of the oyster with Sligo Oyster Experience, starting at Sligo Tourist Office and ending at WB's Coffee House and Deli Bar on Stephen Street. Learn about the oyster lifecycle from tiny seeds to growing and from harvesting to shucking (that's opening the shells!) to tasting. Taste 'naked', dressed or baked oysters accompanied by a glass of crisp white wine. It's a wonderful introduction to a fascinating natural bounty. WB's have also created a special oyster menu. The tour is available Thursday to Saturday.

<https://sligooystereperience.ie/>





The unrivalled location and luxury of Waterfront House in Enniscrone provides an oasis of comfort and calm, from the moment guests arrive, there is a sense of being welcomed into a home from home.



But is it the warmth of welcome that is most vivid – a tangible service ethos that sets the seal on a haven of quality.

Oozing style and comfort, our 16 boutique-style rooms offer uninterrupted views overlooking Enniscrone beach and the Wild Atlantic Ocean. All our rooms offer complimentary Wi-Fi along with all the other little extras you would expect to make your stay as comfortable and as enjoyable as we possibly can, then sink into a super comfy king size bed, piled with crisp cotton sheets, plush pillows and a fluffy duvet whilst listening to the ocean as you fall asleep. Guaranteed to meet the needs of even the most discerning traveller.

Waterfront Restaurant's vision is to provide creative cooking using locally sourced seasonal produce, our kitchen team is led by award winning head chef Yvonne Kathrein who has created some delicious menus using local artisan suppliers on our doorstep, as well as serving creative dishes we want to educate our guests about of the quality of the local ingredients and produce we use in our dishes promoting all the West coast has to offer.

To match our exquisite food offerings we have matched some fantastic wines, each with its own story to tell, also we offer a range of artisanal cocktails, craft beers and rare spirits.

For reservations or information on our menu options and offers regarding group dining and special occasions, Please contact us directly by calling +3539637120 or email relax@waterfronthouse.ie

RESTAURANT OPENING TIMES

**Breakfast: 08:00am-10:30am Daily | Bar Lunch: 13:00pm-17:30pm Daily
Dinner: 18.00pm-21.30pm Daily | Sunday Lunch: 13:00pm-15:00pm**

Shannon Heritage announce plans for the eagerly awaited multi-million euro rejuvenation of Bunratty Castle and Folk Park

Project to deliver Ireland's first ever 4-D 270 degree visitor experience

Shannon Group's tourist experiences and attractions company, Shannon Heritage, has lodged a planning application with Clare County Council, which will see them undertake the single largest investment at the recently announced Irish tourist attraction of the year, since it first opened its doors in 1963.

The multi-million euro investment to rejuvenate the Bunratty Castle and Folk Park visitor experience, subject to planning approval and funding from Fáilte Ireland, is one of the largest projects of its nature planned in Ireland.

Outlining the project Niall O'Callaghan, Managing Director of Shannon Heritage said: "Over the past year we have set out an ambitious growth strategy which has already begun to succeed with the addition of new attractions to the portfolio. Today's milestone at our flagship is a further step towards our goal to significantly increase visitors to our region and Ireland. It is a hugely exciting transformational project which will significantly enhance the storytelling, visitor interpretation and overall immersive experience of 800 years of history. Our staff and visitor feedback have been central to the vision of the 'new' Bunratty Castle and Folk Park and this, we believe, will create a major attraction of scale on the Wild Atlantic Way."

The most ground-breaking aspect of the project is that it will deliver Ireland's first ever 4-D 270 degree visitor experience. A new building constructed for this purpose will awaken the senses and transport visitors through the ages in an incredible sensory, immersive and historically accurate experience, a real 'wow factor' before they enter a rejuvenated Bunratty Folk Park.

All 25 houses in the 19th century Folk Park and the 15th century Castle at the site will get an uplift in interpretation as well as improved landscaping and new creative play elements and navigation. All aspects of the project are being held to the highest

principle of integrity of the existing Folk Park – both historically and aesthetically. Historical content is being sourced from both the National Folklore Archive in UCD and the Glucksman Library at the University of Limerick.

Additionally, in order to support the dispersion of visitors around the Folk Park and increase dwell times for tourists in Co. Clare, Ireland's largest Butterfly House is planned for the Regency Walled Garden at the opposite end of the Park to the Castle. Prepare for your heart to flutter in the domain of the most colourful creatures on earth, a unique immersive experience for all the family.

Niall O'Callaghan added: "With just under 400,000 visitors a year, we are building on this success with the support of our sister company, Shannon Commercial Properties, with an ambition to reaffirm Bunratty Castle and Folk Park status as a 'must visit' destination. As early innovators with the launch of the world-famous medieval banquet at Bunratty in 1963, this project will again position Shannon Heritage as true innovators in Irish tourism. The investment will result in a significant increase in visitors and the various elements of the project will appeal to a mass audience from the culturally curious to great escapers with authenticity at its core."

Subject to planning approval and funding approval from Fáilte Ireland, it is anticipated work will commence in early 2020 with a view to completion in early 2021.

Commenting on the project Mary Considine, Deputy CEO, Shannon Group said: "Since 2014 Shannon Group has been on a journey, one that has seen us invest almost €85 million across our Group companies at Shannon Airport, Shannon Commercial Properties and Shannon Heritage. We are committed to further investment and as our Shannon Heritage portfolio grows, we want to ensure that we continue to offer customers the best experience possible. The implementation of our masterplan for Bunratty Castle and Folk Park will ensure that we give tourists even more reasons to visit our region and fly Shannon."

The Fertile Rock

Ireland's most intriguing food destination

On the face of it, the Burren is perhaps the last place on earth where one would expect to find a Food Trail. It is an area of expansive karst limestone landscape, often referred to as 'lunar-like', which to the newcomer may appear as barren, inhospitable and forsaken.

However, it is not without good reason that the Cistercian monks, who settled here in the 11th century, gave the name Santa Maria de Petra Fertili, to the iconic Corcomroe Abbey, which still stands as a magnificent landmark of the Burren Landscape, to this very day. The name, St. Mary of the Fertile Rock, reflects the fertile nature of the surrounding Burren lands, which insured that here a Cistercian community could, by cultivation, provide itself with the necessary means of support and ultimately, self-sufficiency.

The Burren Food Trail members organise an annual series of food events, taking place at unusual locations around the Burren. They are a celebration of local, wild and seasonal produce of the Burren, as well as a chance to meet the producers, mingle with local people and learn about the Burren way of life. These



events focus, not only on food, but also on the landscape that surrounds it. Each individual event represents a unique opportunity to combine good food with real, authentic interaction, with the people who produced or prepared it, or indeed with the surrounding landscape, activities and heritage.

European Destination of Excellence in gastronomy

The Burren Food Trail Long Table events for 2019 dates are Friday 7th of June, Friday 6th of September

and Thursday 21st of November 2019. Following the success of the three Sold Out events of 2018, the Burren Food Trail members will join forces again to showcase the best seasonal, local and wild produce of The Burren.

The last event of the foodie calendar in The Burren will take place in Lisdoonvarna on the October Bank Holiday Weekend. The dual theme this year is "Burren Dinners" and "Taste Without Waste". The festival kicks off on Saturday evening at the Burren Storehouse, with the launch of the Burren Dinners Book, a collaboration between the Burren Food Trail members with author Trevis Gleason & Brian McDermott. Brian will also be in attendance on the Sunday market at the Pavillion in Lisdoonvarna, where he will do a cooking demo with one of the book's recipes. The Food Market on Sunday is free to attend for all and it will include Food and Craft stalls, cooking demos, outdoor food trucks, live music and a Vegetarian Street Food stall to suit all taste buds.

Don't just visit the Burren: Taste It.



Burren Smokehouse

Celebrates 30 years in business

There's no place quite like the Burren and there are few tastes quite like those that come from the Burren. The Burren Smokehouse is proof of that with its delicious smoked Irish organic salmon, which has been eaten by some of the most prominent figures in the world, including Queen Elizabeth II at a State Dinner in May 2011 and, most recently, King Carl XVI Gustaf and Queen Silvia of Sweden, who paid a visit to the popular visitor centre on May 24.

"That's a big deal and a great honour for myself, personally, coming from Sweden," said the Swedish owner-manager of the Smokehouse, Birgitta Hedin Curtin, who is also chairperson of the Burren Food Trail and one of the most influential women in the Irish seafood world.

Royal visitors aside, the people that really make an impact on the Burren Smokehouse are the thousands and thousands of tourists and locals who visit the visitor centre every year. And, with the Smokehouse currently celebrating 30 years in business, that's a lot of people.

Based in the beautiful town of Lisdoonvarna, Co. Clare, the Burren Smokehouse gives visitors a unique tasting experience that simply isn't available anywhere else. Visitors enter the smokehouse and are treated to a delicious helping of smoked Irish organic salmon before watching a short film about the smoking process and taking a tour around the centre where they'll get to see the ovens and learn about the unique taste that has kept this smokehouse going for three decades.

"The inspiration for the Burren Smokehouse came from my own home," said Birgitta, as she recalled the initial setting up of the business with her husband, Peter.

"I used to fish for eel with my father and we would get it smoked in the local fisherman's smokehouse. It was a small operation. So that's where the idea came from and we wanted to start selling smoked fish as an alternative craft. We wanted to showcase Irish products, Irish salmon, Irish trout, Irish mackerel and Irish eel to the people that pass through the landscape in the Burren and Cliffs of Moher."





And it has certainly paid off for the duo as the business has come through the Celtic Tiger, the crash of that same Celtic Tiger and plenty of other challenges besides. But as Birgitta correctly put it: “Food is something that people need. And good food, really high-quality food... that in itself has longevity.”

There have been a lot of changes in the Burren food scene over the past three decades and Birgitta and Peter are thrilled to have watched the industry develop and grow in ways they could never have imagined.

“Being involved in food communities in Ireland and seeing the Irish food industry being enriched has been great. There’s been a lot of development and seeing the local communities thriving with increased visitors and a high-end quality of tourism, has been amazing,” said Birgitta.

In those 30 years, Birgitta’s husband, Peter, has also ventured into the micro-brewery scene, setting up the Burren Brewery in the Roadside Tavern,

Lisdoonvarna, back in 2011. Since then, he has created a range of unique craft beers that can only be tasted as part of the Burren experience.

The most recent addition to the Burren Brewery is Euphoria, which could quite possibly be one of the most unique and interesting craft beers on the Irish market.

“It’s a wild yeast craft beer that is served exclusively in the Roadside Tavern and the Burren Storehouse next door,” Birgitta explained. “And it’s wild yeast from the Burren. It’s a very unique product and you have to come to Lisdoonvarna to experience it because we don’t distribute it. It’s a very unique experience.”

The beer is unique in that it is made without the help of hops. In fact, Peter went out into the Burren and collected wild yeast from the air, which was then combined with six different herbs gathered by herbalist, Lisa Guinan. This happy beer got its name, Euphoria, from the mildly euphoric effect it can have on those who drink it.



Taste the Kingdom

Where to stop when visiting Kerry

For decades, Kerry has been a top destination for tourists, both nationally and internationally, thanks not only to its beautiful, unspoiled scenery and unique character, but also to the incredibly, top-class food that can be found in locations all over the county.

County Kerry has a long-standing tradition of delicious, quality produce to appeal to every taste under the sun. The county is packed with incredible restaurants serving up their own specialities on a daily basis, regular farmers' markets in various towns, must-visit food stores, not to mention the fantastic festivals to draw in foodies from all corners throughout the year.

With that in mind, Taste Kerry has created the ultimate Kerry Food and Drink Experience that you won't want to miss out on while touring the south of

Ireland. And, with a handy app for your smartphone, you'll always be able to find a foodie hub at the touch of your screen.

There are countless beautiful spots to visit in County Kerry and not enough hours in the day to do so. But we've picked out four stunning locations that should be on your Kerry bucket list during your next trip.

For a complete list, visit tastekerry.ie or download the Taste Kerry app.

For a taste of the farm: Dingle Farmers' Market

Dingle has established itself as one of Kerry's premiere foodie destinations and people simply can't get enough of its local Farmers' Market where great local food and produce can be found alongside local

arts and crafts. The market takes place from 9am to 2.30pm every Friday from Good Friday right up to the Dingle Food Festival in October, so if you visit the beautiful seaside town any time during the summer or autumn, you can expect to be greeted by the sight of a colourful market selling a wide variety of locally-produced food.

For local food culture: Something special in Ballybunion

At a very special event in Ballybunion in March, the town marked its links with a historic occasion - the first voice transmission between Europe and North America. The 100th anniversary of the achievement, which linked Ballybunion and Nova Scotia in Canada, was celebrated with a gala dinner that allowed

Give yourself a day to remember!



all of the local chefs to collaborate and create something incredible. Working together made them realise that, as a team, they could make Ballybunion one of the food capitals of the south. So, along with an incredible history, this beautiful little town has an amazing food culture that simply can't be missed.

For an unforgettable experience: Catch your own feast fishing trip

Join skipper John Fitzgerald on his boat the Red Monk for a gourmet fishing trip around Derrynane Bay. He'll take you out for a delicious meal caught, prepared and eaten at sea. And you can catch some fish to bring back to shore with you too. For more information, contact John on 086 106 2110 or email seaweedwalks@gmail.com. And there are plenty more experiences to choose from, such as foraging, sheep-shearing, chocolate-making and plenty more. See tastekerry.ie for more.

For something different: A step back in time



Muckross Traditional Farms offers visitors the unique opportunity to experience life as it was lived in rural Ireland in the 1930s. The traditional farms are built along a 2km loop, around which you can walk, or be driven in a complimentary bus. Visit three separate working farms, complete with animals,

poultry and traditional farm machinery. Enjoy traditional soda bread, try your hand at churning butter and milking cows. There's plenty to do at Muckross for the entire family. Pack a picnic and enjoy the petting area or woodland playground. You're guaranteed a day of fun.

CROMANE SEAFEST

*It's time to get down
to Cromane Seafest
and really taste the
Atlantic*



PREPARE FOR EPIC WEEKEND MARITIME MASH-UP OF EVENTS & ACTIVITIES GALORE AT CROMANE SEAFEST, CO KERRY

Cromane in Co. Kerry is proud to present its first ever SeaFest. Just when you thought this beautiful idyllic seaside village couldn't get any better, its crew are pulling together to create our inaugural SeaFest on September 14th & 15th, 2019

HERE'S WHAT WE HAVE PLANNED

Experience a celebration of our finest local seafoods with maritime market tastings, where you get to meet the friendly fishermen who work hard to bring you the freshest and finest Cromane Oysters, Mussels and Salmon. Oyster shucking competitions with the pros. Come hungry to taste the tide with guest gastro chef demonstrations and quality festive food trucks.

Bring out your inner kid with watersports galore. Surf and turf activities including canoeing, paddle boarding and kite flying. Showcase your sea survival skills in the Raft Rat-Race. Or just bring your kids and watch them dive into the wonderful world of Seafaring. Know your knots with expert knot-tying lessons and tricks. Become a Marine Mammal rescue expert and assist bubbles the dolphin back into the sea.

Prepare to bust some moves to our live performing band and celebrate with our special guests who travel far and wide to be a part of such an awesome event. For those looking to make a career in the Maritime Industry, have a chat with the National Maritime College. A weekend full of Food, Family & Fun.

For more information on Cromane SeaFest visit our website www.cromaneseafest.com

CROMANE SEAFEST 2019

SEPTEMBER 14TH | 15TH

**A WEEKEND OF MARITIME
FOOD & FAMILY & FUN**

WATER SPORTS **LIVE MUSIC**

ADULT TICKETS €15 PER DAY **COMEDY NIGHT** **GUEST CHEFS**

ART EXHIBITION **FACE PAINTING** **OYSTER SHUCKING COMPETITION**

FOOD TASTINGS **MARINE BIOLOGY**

MARINE DEMOS **RAFT RACE** **KIDS ENTRY FREE**

GUIDED WALKS **COASTAL ROWING**

FOR TICKETS & INFORMATION VISIT
WWW.CROMANESEAFEST.COM f @



Croí Restaurant | Grá Bistro

Discover the authentic taste of Kerry

When Noel Keane, Paul Cotter and Kevin O'Connor opened the doors of Croí in 2017, their plan was to make people feel like they were at home. And so far that's worked pretty well for them - so much so that they opened another restaurant, Grá Bistro, nearby.

Both restaurants serve up delicious Irish food, cooked with fresh, seasonal ingredients and the skill of a good chef. With the finest of Kerry's local produce, it's a real taste of the Wild Atlantic Way, with a comforting sense of home in dishes created with love and care.

When opening Croí, Chef Owner Noel Keane said the three friends had the idea of "a hyper local restaurant using the best of Kerry and Irish produce". Croí offers a full a la carte menu, a fish menu, a vegan and vegetarian menu and gluten free options.

"What makes Croí unique is that it's all local produce and we grow quite a bit of our own as well from salads to herbs, berries and edible flowers and we use a large amount of foraged produce from the coastline - things like samphire seaweed, sea beet and, from the forests, herbs and leaves, chervil, vetch, wild garlic, wild leek and so on," said Noel.

"I don't think we could source produce any better than what's on our doorstep, to be honest. When preparing food, I hope to get the customers to think... simple as that. Just to realise how good our local producers are. The quality of what they grow and rear is second to none - pure and simple."

Soon, Croí needed to grow and move on and, when the restaurant moved elsewhere in Tralee, Paul Cotter took over in the old premises as Head Chef of Grá - his first head chef position - and the business continued to grow from there.



"Irish produce stands, in my opinion, beside the best in the world, and above it in other aspects," Paul mused. "We have growers and farmers that care and live what they do and I believe it shows. We as a nation are too modest to shout about how good our produce is."

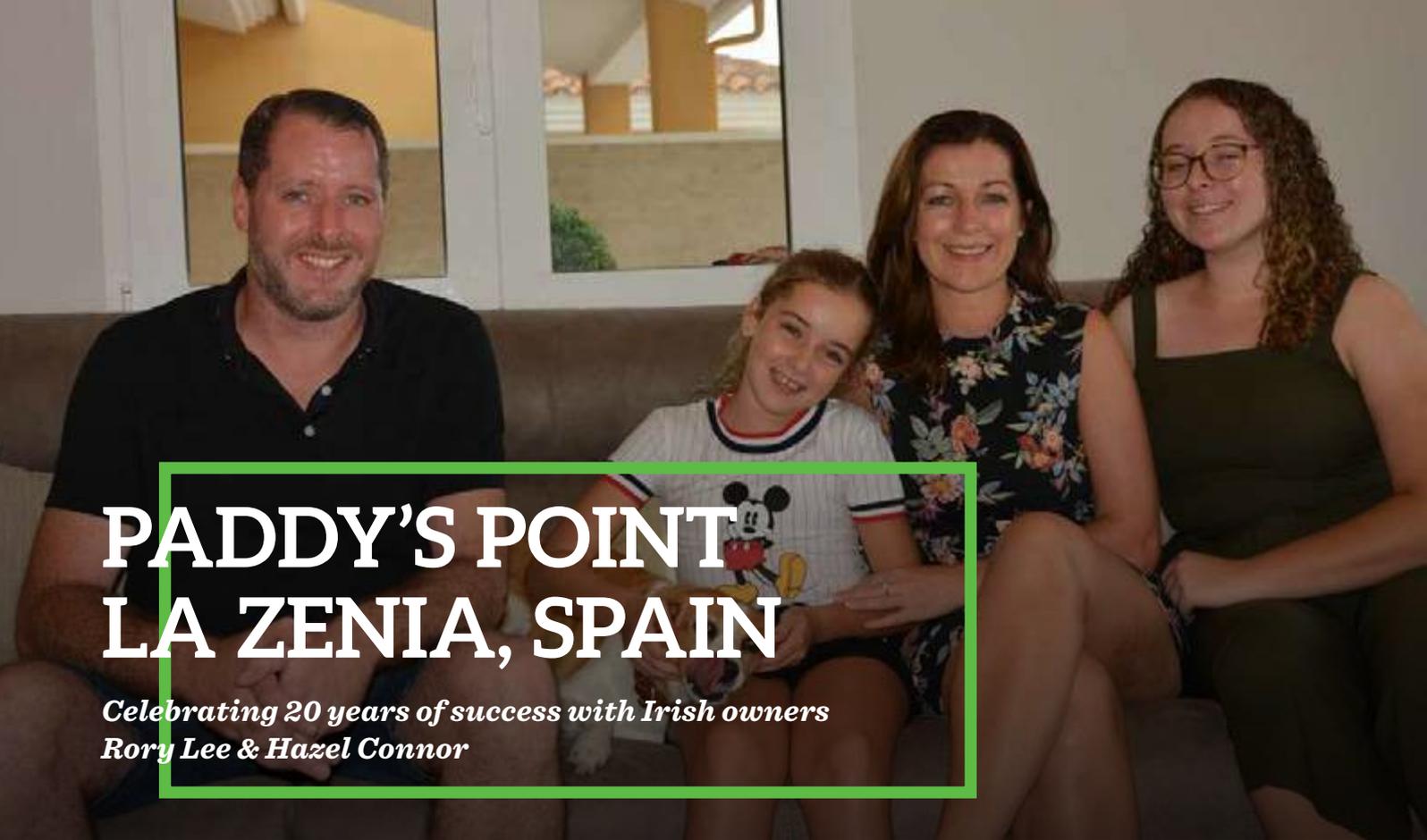
Paul hopes to create a feeling of happiness and homeliness when he cooks - "a time when food was something you ate with family and friends, cooked by a member of the family".

"I try to cook like my mom, as it made me feel good - a wholesome meal cooked with love and care."

Read more online at
www.gowildmagazine.com

Croí Restaurant
14 Prince's Street
Tralee, Co Kerry
T: 066 7120 685
W: www.croirestaurant.com

Grá Bistro,
9 Dominic Street
Tralee, Co Kerry
T: 066 718 5583
E: grabistro@gmail.com



PADDY'S POINT LA ZENIA, SPAIN

*Celebrating 20 years of success with Irish owners
Rory Lee & Hazel Connor*

We recently met with Rory Lee & Hazel Connor, the young, successful Irish couple running Paddy's Point in La Zenia Spain, to discover the secret to their success.

Although Paddy's Point Irish pub has just celebrated their 20th Anniversary in June 2019, Rory and Hazel were immediately graciously keen to point out when he started chatting, that the secret to their success to date was the support that they received from day one from their parents, their tremendous staff and their customers.

Anyway, enjoy our conversation below:

Hazel, when did you first come to Spain and get involved in Paddy's Point?

Hazel: I was studying Spanish at University in Ireland and came over to Spain to practice the language for the summer. I started work in Paddy's Point on opening day, June 4th, 1999, along with my friend Yolanda. It was the first Irish Pub in the area, and twenty years later I'm still here.

Rory: I saw a job advertised in the local Irish press that a barman was wanted in Spain, and after a phone conversation with the then owner

Bernie Comaskey, I headed over to Spain to start work in April 2000, with just a rucksack on my back and a hundred pounds in my pocket. My first day didn't go so well. I'd arrived the night before, in the dark, and got lost on my way to the Pub and arrived about an hour late for work. Hazel's Spanish friend, Yolanda, was the manager of the Pub, and even though I got a good telling off, I've been here ever since.

Have you always worked in in the Hostelry Business?

Hazel: No, it was just something I discovered I enjoyed doing. I took a year off from my language degree and returned to La Zenia to meet some friends I'd left behind, and that's when I first met Rory.

I was offered a job by the then owners Bernie's son Ian Comaskey, who ran a Spanish property business at the time, where I stayed for the next five years, but I also worked part-time in the Pub with Rory.

Rory: My family owned a small local pub in Roscommon and so I grew up in the business. After I finished school, I decided I wanted to work abroad, as my friends were either starting work or going to University.

I was offered a manager's position

in Malta and spent a year there. I returned to Ireland but I'd been struck by the travel bug, so I jumped at the chance to work in Paddy's Point as a barman and 20 years later I'm still here and still loving it.

What's the secret of making Paddy's Point Irish Pub such a success?

Hazel: I believe that our customers like familiarity, and a home from home atmosphere. Having so many long-term staff helps achieve this every day, and new team members tend to follow in their footsteps. Of course, the real secret of making any business successful is to love what you do. I am a people person, so is Rory. And there you have it. I could not tell you how many people we meet daily - a lot! Many of our customers have become our friends over the years.

Rory: Most of our staff have been with us for many years. There are two in particular who deserve a special mention, Alan(our Bar Manager) & Marie(our General Manager) who have both clocked up nearly 18 years of excellent service. With such a great team of people it probably unfair to highlight just two, but every team

Successful Irish abroad



member play as vital a part as Hazel and I do, and most importantly we make sure that they know it.

We opened the very first Paddy's Point kitchen when we took over the Pub back in 2008. Anne and Danielle helped us set up that very first kitchen and are still running the kitchen operation today, and to both of them, a public thank you from us. Both Hazel and I are aware that it's looking after your staff and treating them with respect, means you get that respect and trust back. This is probably the key ingredient in our continued success.

You have two daughters, Cloe and Isabel. How do you manage to juggle family and work life?

Hazel: Both of our daughters were born in Spain. Our first daughter, Cloe, was born on Christmas eve, 2002. Isabel was born in 2008, and both of them go to school in Murcia. We live very close to work, and now Cloe also works part-time at Paddy's Point, so it's very much a family business. Isabel, although only ten years of age, believes that all of the team in Paddy's Point are her friends and that's a massive testament to the quality of the people working with us. Rory: It's easier now that the girls are a bit older, but when they were younger, it was difficult, doing the school runs, after school activities, homework, while trying to make a success of the business.

What do you do to relax when you find a spare moment?

Hazel: Between family life and running the business I don't have a lot of spare time but when I do, I like to relax at home with a good book. Or spend quality time with the kids. I love going out for dinner. I also love to walk. There is a lovely coastal walk close to us here in La Zenia, and I try to do that a few times a week. Rory and I did a week of the Camino de Santiago last year and loved it. We want to go back and do more of the stages in the future.

Rory: I play golf, but very poorly. But I'm a massive Liverpool football fan, and it is my passion. I have been fortunate that the Paddy's Point worldwide reputation has attracted numerous sporting legends from every sporting denomination to visit our Pub and as an avid sports fan, you could say I'm living the sports supporters dream because I get to meet them in person.

Where do you like to go on holiday?

Hazel: It's vital for us to take a family holiday every year, we've been lucky enough to go on cruises for a few years, and that's a great family holiday. With the girls being older now the last couple of years we have gone to America. Which they loved. And of course, we go home to Ireland to see our families whenever we can. We've taken the kids to a lot of different

places over the last few years, but their favourite thing to do is still to go back to Ireland to their grandparents!

Rory: When Cloe was first born, we didn't have time for holidays as obviously 80 hours week were pretty much the norm until we got the bar established.

"We went on our first cruise back in 2010, our first big, proper family holiday. We left the business in the capable hands of our managers and staff and off we went! Since then we have gone away every year, usually in January, as the winter months are our quietest time."

Finally, 20 years of business success is not down to just two individuals and Rory & Hazel would especially like to recognise once again their parents, Jimmy & Bridie Lee, David & Stephanie Connor for their belief, their time, and their unfailing support for guiding this unique couple along the tricky business path to today's unique Irish success story.

To the team at Paddy's Point, every single day, you make us both proud to work with you.

Rory & Hazel

To visit our website: www.paddys-point.com or pop in and say hello.

P.S. The Chicken Goujons are to die for!!!! Tell them, Go Wild sent you.



Did you know...?

10 facts about Irish food and drink to whet your appetites and tickle your interest...

1. Did you know that Irish Coffee was apparently invented in the early 1950s by Joe Sheridan, a bartender at the Shannon Airport? It became famous thanks to US travel writer Stanton Delaplane. After tasting it in Shannon, Delaplane persuaded the then owner of the Buena Vista Café in San Francisco, Jack Koeppler, to start serving it at his bar. Over 50 years later, on November 10, 2008, the San Francisco Café set a Guinness World record for making the largest Irish Coffee on the planet. The cocktail was made in a three-foot, 15-gallon glass, and contained a case of Tullamore Dew whiskey.

2. Did you know that many of the large rocks, that the best west of Ireland mussels can be found, were put there by farmers harvesting mussels? More rocks usually meant a wealthier farmer, as he had more donkey power to get them there.

3. Did you know that Bewley's famous café on Grafton Street serves over 17,000 people per week? That makes it Ireland's busiest café!

4. Did you know that Queen Elizabeth I, is believed to have been so fond of Irish whiskey, to have barrels transported to London on a regular basis.

5. Did you know that potatoes belong to the same family of plants as chilli peppers, tomatoes, tobacco, eggplants and petunias but, that they are not related to the sweet potato. And did you know that although the spud may have a special place in the Irish kitchen, that the Incan people of Peru were growing them as far back as 200 BC. They were first brought to Britain and Ireland in the late 1500s and weren't immediately popular either. Many people resisted their culinary charms as they weren't mentioned in the Bible.

6. Did you know that in the region of 275-million litres of Irish milk, from over 35,000 cows, across 1,400 farms, are used to make the number one liqueur brand in the world - Baileys Irish Cream.

7. Did you know that traditionally the first pancake to be tossed on Pancake Tuesday was by the eldest unmarried

daughter of the household. If she managed to flip it successfully, she'd be married within the year. If she dropped it, she had another year of freedom to enjoy.

8. Did you know that the potato was the first food to be grown in space. That was back in 1995 when it was transported there on board the space shuttle Columbia.

9. Did you know that the cross on Irish soda bread was traditionally put there to ward off the devil or to allow the fairies out of the bread. Of course, other people believe it was put there so that it will easily break into quarters when it is baked.

10. Did you know that Arthur Guinness had such faith in his brewing business when he started back in 1759 that he took a lease on St. James's Gate Brewery in Dublin for 9,000 years, at £45 per year.

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Web: www.daroka.ie

Kelly's Butchers

Sweep the boards in Germany

In May 2019, Kelly's Butchers of Newport, Co. Mayo hit the medal jackpot at the international IFFA 2019 Food Fair in Frankfurt, Germany, netting a total of eight medals. Four golds went to the seaweed, Wild Atlantic Black and White Puddings, the traditional Kelly's Black Pudding and Kelly's Hazlett. Silver medals now adorn Kelly's ham loin, smoked ham loin and smoked bacon rashers and the Spanish-inspired Kelly's Chorizo sausage. With over 1,000 exhibitors from 49 countries, the IFFA is the world's leading trade fair and international meeting place for the meat industry.





GALWAY FOOD TOURS

Galway Food Tours was initially a solo project of mine that came into life in April 2015 and was born out of love for Galway and its amazing food scene. My ambition was to introduce both the community and their gastronomy, to a broad audience of domestic and international visitors, as well as some local folk.

I grew up in the Loire Valley in France where I studied hospitality, food and viticulture. From a very young age I showed interest in food, beverage producers and food tourism per se. My plan was to come home to Ireland, work closely with Irish food producers and help Ireland achieve a food destination status. After realising the dream of living in Galway in the West of Ireland and having worked with the talented Jessica Murphy, my passion and pride of the quality of Irish food grew even stronger.

I love just walking around the streets of the city, especially on a Saturday, to meet the farmers, producers on the market, have a taste of some curry, oysters, sushi, trying something new. Galway has a fantastic energy around food and drink, from artisan producers, cheese makers, creative beer projects, artisan chocolatiers, traditional family run businesses, to young entrepreneurs with devotion and commitment to showcase the best of Irish produce.

This is why I created a contemporary gastronomic-cultural experience, with a really strong emphasis on the Galway element. The 2.5-hour walking tour was to become a link between small local producers, farmers, unique drink concepts and creative chefs, with the audience that would taste their products/dishes/drinks and hear their stories.

We had an American lady on our tour a few weeks ago. She said:

“before she left for Ireland, her mum insisted that she bring a small packet of salt with her; as when she visited twenty years previously, the food was so bland.” I was delighted to hear that she didn’t get out her pack of salt once and was blown away by our food and beverage scene; we are slowly changing those perceptions and building our culinary reputation on an International level.

As you can see my passion is food and drink. I love showcasing this on a daily basis to visitors in Ireland, to show them the new perceptions on our food. We are still known for our stews, Guinness, brown bread but, there is so much more that we are doing now and to showcase this... that’s what I get a kick out of.

Galway Food Tours Wednesday to Saturday 10.30am and 3.30pm
Sunday 11.30 and 3.30pm

Private Tours & Evening Tours available www.galwayfoodtours.com

A journey to Hong Kong

By Sinead O'Brien, Mungo Murphy's Seaweed Co.



producer trying to reduce the amount of packaging we use, but I did pick up some interesting ideas for premium products, with minimal packaging along the way. I was also struck by the absence of Irish produce on the shelves. Japanese and Korean produce dominated the high-end supermarkets with Canadian, British and Danish foods edging their way up the ladder. I only saw Kerrygold in one supermarket and not one ounce of Irish beef. Goat milk was the dominant dairy product in the dairy section. It is clear that more work needs to be done to put Ireland and Irish food on the Hong Kong supermarket/consumer radar.

I would also add that more work needs to be done to produce products that the Hong Kong and Chinese market actually wants; if Ireland Inc. were to focus as much attention on the aquaculture of high value marine produce as it does on beef and dairy farming, then I believe the country would benefit from increased exports of high value produce, while significantly reducing our national carbon footprint, attributed to the farming of livestock. But I'll proceed along this journey alone for now.

“A journey of a thousand miles begins with a single step”, so the Chinese saying goes. This is a philosophy that every entrepreneur will be familiar with and is one that felt very personal as I embarked on a journey to Hong Kong to showcase Mungo Murphy's Seaweed Co. products to Chinese and Hong Kong based buyers interested in our seaweed and seafood products.

The journey was certainly daunting, as I had read much about the cultural formalities of doing business in China, but in hindsight, my concerns about committing any major cultural faux pas were mostly unfounded, the only cultural practice attributed to doing business in China that I observed to be true, was the practice of presenting business cards using two hands with your name facing upwards. Other than that, basic manners and respect goes a long way. If I was forced to give one word of advice to anyone venturing into China it would be, 'eat the food!'.

The hospitality I experienced was very generous and while I won't be ordering chicken feet or fish balls ever

again, appreciation of the food and local gastronomy is well received and the least you can do is eat what is served.

During my visit, I explored a number of different high-end supermarkets to learn more about the market tastes and trends. I learned that packaging is a big deal. This was disappointing as a



How to Make the Best Irish Coffee

Just start with the best ingredients

1. Brew your favorite coffee. Personally, I like dark roast best in Irish coffee, but that's my general preference. Freshly brewed coffee is the way to go

2. Add Irish whiskey to an Irish Coffee Glass. I'm personally partial to Jameson. But there are now a huge range of amazing Irish whiskeys to choose from

3. Add a little maple syrup to sweeten. Mind you, I like my coffee black in the mornings, but a little sweetener takes the edge off the whiskey. You could use regular sugar or brown sugar instead, but maple syrup tastes better and blends in more easily

4. Add a splash of coffee and gently stir to blend. Then fill the Irish Coffee Glass with coffee, leaving about 1/2" at the top for whipped cream



Irish Coffee Variations

I love these classic Irish coffees exactly as written, but here are some fun ways to change them up

- **Add a garnish.** Sprinkle the top with a pinch of ground cinnamon or nutmeg. If you're really fancy, you can try finely grated fresh nutmeg or chocolate shavings on top
- **Choose decaf coffee for an after-dinner drink.** That is, unless you can drink coffee after 3 pm and still go to bed on time—in which case, I salute you
- **Serve it on ice.** Pour cold brew coffee or double-strength brewed coffee over a cup filled with ice. Add a splash of half and half and skip the whipped cream
- **Make it extra creamy and rich.** Substitute Irish cream (like Baileys) for some or all of the whiskey
- **Make it quick.** Skip the homemade whipped cream and add a splash of half and half instead
- **Lighten it up.** If you're looking for a less boozy drink, simply ease up on the whiskey
- **Make it alcohol-free.** Skip the whiskey and you have a delicious homemade coffee drink (nothing Irish about it, but hey, it's tasty)

Texas Steakout

RESTAURANT



Food, Glorious food in Limerick's City Centre

This sums up what the Texas Steakout is about. From the very start, we wanted to make the restaurant homely and comfortable so the use of more recipes from your Grandmother's kitchen was a better option than food that people at that time were unfamiliar with.

The Texas Steakout Restaurant was established almost 29 years ago and since its opening has remained one of the top favourites on the Limerick dining scene.

Located in the very heart of town, the 'Steakout' is a meeting place for people from all walks of life.

At the 'Steakout' we cater for all varied tastes not just for meat lovers. We also have an excellent choice of Chicken, Vegetarian and Fish dishes. And then there is our Mexican Menu – the likes of which you would have to travel to Central America to get anything better!

Exciting times for The Savoy Group with planned expansion into historic mill

THE
SAVOY



Renowned in Limerick for their exceptional customer service and hospitality skills, the Limerick Savoy collection operates the five-star Savoy Hotel, the iconic Hamptons Bar & Grill and the George Boutique Hotel, named 'Best Boutique Hotel of the Year in Ireland' at the 2018 Irish Hotel Awards.

Handsome, polished and perfectly placed, The Savoy is right in the heart of the Savoy Group and vibrant downtown Limerick and is the city's only 5-star hotel. The Savoy is a name that has been associated with culture and sophistication in Limerick since the 1930s, when the original renowned cinema, theatre and restaurant opened its doors on this site.

The Savoy Hotel is built where the old Savoy once stood and the hotel continues the long tradition of style, sparkle and hospitality associated with this name in this historic city centre location. Sleekly modern but resolutely old-school in terms of impeccable levels of service and classic touches, The Savoy is a luxurious city centre option for business or pleasure.

Behind the continued developments, partnerships and achievements is Managing Director Ronan

Brannigan, who has been at the helm of the Savoy Group for over 10 years.

Exciting times are set to continue in 2019 and beyond with planning permission granted early in 2019 which will see The Savoy extend into the neighbouring historic Mill building at the Henry Street and Shannon Street junction, creating 75 construction jobs in the process of a multi-million-euro investment from the Savoy Group.

With 25 new permanent jobs to be created within the hotel, the development will include 35 new bedrooms, bringing The Savoy Hotel's number of bedrooms to 129. In addition to the bedrooms, the new extension will include commercial units at ground level, including a European-style brasserie style restaurant.

This new development follows on from the recent opening of their Alex Findlater & Co Wine Hall, the sumptuous, red velvet, jazz style Grill Room and the lavish Oyster and Seafood Bar.

Wherever you are on your Irish journey, the Savoy Group in Limerick will make your holiday even more memorable.

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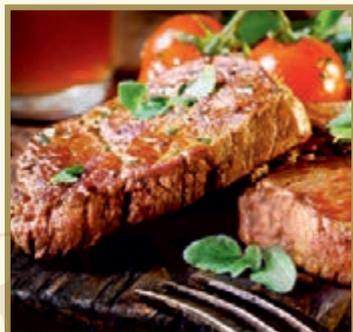
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LITTLE FOX

Little Fox is located in the picturesque town of Ennistymon.

Little Fox believes in serving local food that is intertwined with the natural rhythm of the season, and cooked with heart and flare.

With menus featuring such local producers as Inagh free range pork, Moyhill organic vegetable farm, flaggy shore shellfish and st tolas goat farm.

Busy brunch destination during the day with egg dishes and cakes as far as the eye can see.

Our weekend dinners are lit with candlelight, with background music while serving small plates and all natural wines.



*Main Street, Ennistymon, Co. Clare, Ireland
Tel: 353 65 707 2311*

*Open 7 Days | Brunch Menu 10am-4pm every day
Dinner Friday + Saturday 6.30 -10pm*

How to cook Kelly's Black Pudding

We asked Sean Kelly, the charming butcher from Mayo, for his recommendations on Cooking Black Pudding and in his own inimitable way, he suggested the following:

Here's a secret: Kelly's Puddings are incredibly easy to prepare. Honestly. Many people don't realise that Kelly's Puddings are already cooked; they can be eaten straight from the wrapper.

Generally, they are eaten hot and taste fantastic grilled or fried in a little butter to get that great crunchy outside. Or you can just pop slices in the microwave to warm them through.

In the last few years, people have become ever more adventurous and enjoy pairing Kelly's Puddings with chutney, fruit jams, scallops and cheese. They are very versatile and make a quick, easy and very impressive starter for a dinner table. When we asked Seán Kelly how to cook his black puddings, beware that tell-tale twinkle in his eye as he describes how to cook them gently in a pan of the finest brandy. He'll tell you to lift the slices of pudding carefully out, discard them: and drink the warm brandy...



Taste the Island

A celebration of Ireland's food and drink

“We know that our food and drink experiences are world class, now, we want everyone else to know too.”

Fáilte Ireland is inviting businesses and individuals interested in providing tourists with a food or drink experience to attend workshops in their local area and find out how they can get involved in their new initiative – ‘Taste the Island – a celebration of Ireland’s food and drink’, which takes place this Autumn.

The new initiative has been developed in response to the growing global interest in food and drink by Fáilte Ireland, in collaboration with Tourism Ireland, Tourism Northern Ireland and a range of stakeholders.

Taste the Island will showcase Ireland’s world-class food and drink culture across the island of Ireland, from September to November, to provide visitors with access to authentic food and drink experiences, high quality local ingredients and world class Irish food and drink produce. The extensive programme, running over three-months, will seek to create an awareness and renewed appreciation at home and abroad, of the strength and richness of Ireland’s cuisine today.

Workshops are currently being rolled out throughout the country, from Donegal to Limerick and from Athlone to Dingle, to inform the local food and drink industry about this exciting initiative for food and drink providers. The workshops have been organised for the industry to learn more and provide them with the opportunity to shape the development of a programme of events and experiences for 2019.

Martina Kerr Bromley, Fáilte Ireland’s Head of Enterprise Development, said: “We are urging people in the food and drink industry throughout Ireland to get involved and participate in our upcoming workshops in your area (see workshop schedule below). The programme of events for ‘Taste the Island’, will include visits to food producers, distillers and brewers; food trails, food festivals, participation in traditional skills, opportunities to forage, traditional pubs, small-town cafés, restaurants, city bistros and Michelin-starred experiences.

This initiative supports Fáilte Ireland’s strategic imperative to address seasonality and grow revenue by driving increasing bed nights outside of the summer season, while also driving visitors to explore lesser-known locations across the country and will, in the long term, enhance Ireland’s international food and drink reputation, before they get here.

Commenting on the initiative Tracey Coughlan, Fáilte Ireland’s Food Strategy Manager, noted: “We’ve done the research and know that in order to respond to the rapid growth in travel today and increasing visitor expectations around food and drink, an initiative of scale is required to maximise our full potential in all areas. The international competition is intense, if we want to ensure that the tourism industry capitalises fully, this initiative will have to grow on a sustained annual basis.”

Mulranny Park Hotel

The 4 -Star GN Mulranny Park Hotel, is perched on a unique site overlooking Clew Bay and Croagh Patrick Mountain beyond.

We are located on the Great Western Greenway, in the most scenic section of the route and the perfect cycling and walking holiday base. We are only steps away from the sand and sea of the beautiful Mulranny Beach, which has been awarded the coveted blue flag and is ideal for family breaks. Uniquely located on the Wild Atlantic Way, this is the ideal base for walking, cycling and as a wedding venue or just a relaxing break and a proven place as one of the best wedding hotels in Ireland.

The magic of the Mulranny Park Hotel is that you don't even have to leave the grounds to achieve the relaxation you've been looking for. Submerge yourself in the 20-metre



swimming pool and enjoy the jacuzzi, sauna, steam room, plunge pool, outdoor Canadian hot tub and fully equipped gymnasium.

GN Mulranny Park Hotel is absolutely delighted to be voted as one

of the Top 50 Best places to stay in Ireland for 2019. The Fab 50 is the Irish independent annual list of the best places to stay in Ireland. We are very proud to be listed under the fab four stars and family hotels.



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Bridget Bray - Fare Plate

TRIP REPORT

Just Back from Ireland...

I recently returned from Ireland, where much of the focus was to explore and experience unique food experiences on offer. Fortunately, I met with great weather throughout much of my stay, which really helped showcase the experiences even more. So, if you are planning an upcoming trip to Ireland or thinking of doing so, here are the highlights of my food experiences that you may wish to include:

Chef Led Workshop

I participated in the “The Perfect Loaf” workshop at the Aniar Restaurant cookery school in Galway, where the learning centered on baking breads and, where we made and tasted many of them as well. By the end of the day it was as though we had opened a bakery, having prepared and baked soda breads, focaccias, baguettes and more. This workshop, as well as many others, are offered throughout the year at the Aniar Boutique Cookery School and are run by Chef/Proprietor JP McMahon.

A one-day workshop is a great way to gain an insight into the Irish food scene and moreover, you often have the opportunity to learn directly from the chef / proprietor themselves, such as in my experience. There are numerous cookery school workshops offered across the island.



Aniar Boutique Cookery School, Co. Galway
<https://www.aniarrestaurant.ie/pages/courses.html>

Tasting the Best Oysters Ever

Think you've tasted great oysters? Well you may wish to think again. I thought I had until I visited Flaggy Shore Oysters in County Clare. So, if you are an oyster fan or are tempted to know what you have been missing up until this point, do plan a stop into Flaggy Shore Oysters, in

County Clare. You can book ahead for a tour and tasting but take note: you'll be forever spoiled for oysters following. These oysters in 'grade A waters' were so incredible and so good, you're best to try them just on their own. Delicious.

Flaggy Shore Oysters, Co. Clare
<http://redbankfoodco.com/about-our-oysters/>

Seaweed Foraging

What a fantastic way to spend a few hours outdoors with a



walk along the shores of Kerry and learn about seaweed and sea greens. I participated in a two-hour seashore foraging walk led by Atlantic Seaweed Walks in Caherdaniel, County Kerry. This experience highlighted the area's history of the monks on the Skellig Islands, who had long consumed seaweed in their daily diet; the various seaweed and sea greens (with tastings along the way). There was even an archaeological find from centuries back that was pointed out.

Atlantic Seaweed Walks, Co. Kerry
<https://www.atlanticirishseaweed.com/>

Return of the Native Boar

Did you know that the wild boar was native to Ireland for



centuries? It went into extinction in the 17th century but in recent years has been re-introduced back into Ireland. Ballinwillin House, an 18th century country house in Mitchelstown, county Cork is a guest house that offers an immersion into farm life and the opportunity to taste wild



boar - as well as venison, an out of this world black pudding and all round wholesome country cooking.

Ballinwillin House, co. Cork
<https://ballinwillinhouse.com/>

About Me / About Bridget Bray

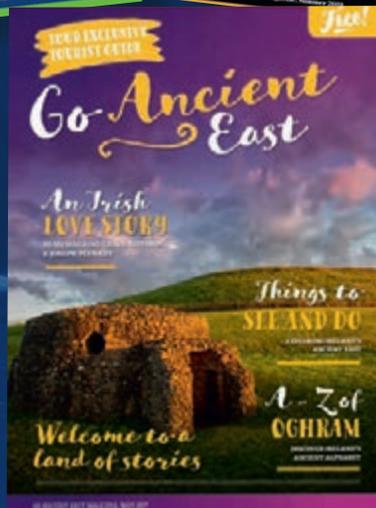
Bridget Bray, Toronto born and raised and now New York City based, is the founder of food, heritage and history events and experiences. These include FarePlate (www.fareplate.com), an Irish food and drink festival, The Genealogy Event (www.thegenealogyevent.com) and the Festive Re (Treat), a December small group tour experience to Ireland.

Contact:
bridget@bbnygroup.com



GoWild Magazine

The July Wild Atlantic Way issue is publishing on July 12th



Book your space now

Call Bobby on 087 4467007 or bobby@gowildmagazine.com

Your A, B, Peas

The Food Teacher™: Inspiring children to find their inner chef and make smarter food choices

Ensuring our children are healthy, mindful and equipped for their busy lifestyles can be a constant challenge but with so many success stories and a wave of change happening on our doorstep there is a great deal to share and celebrate.

While stories of increasing childhood obesity, tooth decay and even rickets often take centre stage in the media they also serve to illustrate the need to inspire children and families to cook and ensure children understand food, where it comes from and most importantly how it affects our bodies. If we put food education at the heart of both our schools and our homes we can truly begin to feed our children's stomachs and minds. As Jamie Oliver stated, "You don't die young because you didn't do your geography homework. Kids die young because they don't know how to feed themselves."

As a qualified teacher, registered nutritional therapist and parent, launching The Food Teacher™ in 2014 was an opportunity to make a difference and develop food education and nutrition for youngsters. Aside from two award-winning books for schools our greatest success to date has been our Young Chef Award. This was launched in 2017 in Fleetwood, Lancashire, UK and was funded by the local NHS who recognised the impact such an award could have on the long-term health and well-being of the community. Due to its success the award is now being made available to all UK and Irish primary schools.

Food education can start at home with very young children. Here, it is typically child-led and focused on sensory play where everything ends up in the mouth. Providing that opportunity to allow children to play, get messy and touch and taste foods can help to reduce anxieties and fears.

As children begin to expand their taste palette, interest in food and willingness to help in the kitchen basic knife skills and combining ingredients can be introduced. Allowing children to use knives comes down to adult judgment and readiness but cutting soft foods with scissors, safety knives marketed for children or butter knives can be a great start. In the Young Chef Award, professional chefs teach children about safety and knife skills, sharing different cutting

techniques and the importance of using these when preparing ingredients.

In our award, 10 -12 year old children plan and prepare a three-course meal for their Hero within a budget of €12, to include a soup, main, dessert and drink. The outcomes have been outstanding and pupils readily rise to the challenge, which would see them passing Secondary school qualifications with flying colours. Primary schools in Limerick, with the support of nutrition coach and teacher Evelyn Hartigan and funding from the JP McManus Charitable Foundation, are currently completing the award.

Aside from encouraging your child's school to get involved, why not support your child in the kitchen and create a couple of our Young Chef recipes? To find out more about the Young Chef Award and for Cook at Home recipes visit: <https://youngchefoftheyear.co.uk/>



Shay Hunston

My name is Shay Hunston, I'm a freelance photographer following the 2,500km route of the Wild Atlantic Way from Kinsale to Donegal, taking black & white portrait photographs of the people living in the towns, villages and remote locations amongst the stunning beauty of this diverse and ancient landscape set against the vastness of the Atlantic Ocean.

In towns and villages along the route, I'm staging exhibitions of the photographs plus people's thoughts, experiences and sense of place. Upon completion of the project, I will produce a book of photographs and all the proceeds from the sale of the book will be donated to the RNLI.

I'm overwhelmed by the positive response I've received so far, everybody loves the project. Ireland is indeed a stunning beautiful country but its the people that are the real gems, their kindness and generosity of spirit has been amazing. I'm constantly receiving offers of help, encouragement and support along the way.

The project is a celebration of these wonderful people living on the west coast of Ireland, an open minded, independent, welcoming, tolerant people - a people free in spirit and wild at heart, living on the edge of the world.

The opportunity to travel the route from Cork to Donegal and to put together a collection of their photographs inspired the project.

The Wild Atlantic Way is a massive success story for the west coast of Ireland. Tourism figures are increasing year after year and are exceeding projections. Locals are starting to establish small businesses to cater for the increased number of tourists.



Rachel Dare - Bantry, West Cork.



Mick O'Callaghan - Schull, West Cork.



*Noel McCarthy
- Sheep's Head, West Cork.*



*Caroline O'Donnell - Ballydehob,
West Cork.*



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THE HISTORY OF OYSTERS IN DONEGAL

Oysters were once a common food all along the European coastline, but overfishing in the 1800s resulted in them becoming a little known luxury. Despite this, Ireland is now one of the few European countries where there are still wild, self-sustaining native oyster beds.

About 100 years ago the first attempt was made to cultivate oysters in Ireland. It is only in the last 30 years that this has become successful. Two types of oyster are now cultivated in Ireland - the native European oyster or flat oyster (*Ostrea edulis*) and the Irish rock oyster (*Crassostrea gigas*). The Irish rock oyster was introduced to Ireland in the late 1970s and is now the predominant oyster found in Ireland. The history of oyster-fishing in Ireland is documented back to the 1500s, though details of oyster fisheries in Donegal - in particular, Lough Foyle - are not recorded until 1836. John Barrow, who visited the area in 1832, stated that he was given to understand that "there is an extensive oyster bank in the Lough..." These oyster beds in Lough Foyle were



referred to in 1846 and again in 1864, where forty or fifty boats were said to have been engaged in the fishing compared to eight boats in 1836. Locals could not avail of this food source during the famine period as control of the fisheries was usually enforced by the local landlord. These oysters were then exported to markets in England.

Oyster consumption became extremely popular throughout the 1800s. Along with this rise in popularity the arrival of

the railways allowed quick and efficient transport to the main markets in Britain. Coupled with this, Irish oysters were also being exploited for restocking in the English and French fisheries resulting in significant impacts on juvenile oysters. This ultimately led to the demise or over exploitation of many of the Irish oyster fisheries at the beginning of the 20th century. One attempt in 1903 to try and alleviate this problem involved Lord Wallscourt experimenting unsuccessfully with foreign oyster stocks. He established





experimenting unsuccessfully with foreign oyster stocks. He established The Ardfry Experimental Oyster Cultivation Station in Galway but this was ultimately unsuccessful. The decline of the oyster continued in Ireland until the introduction of the Pacific Oyster (*Crassostrea gigas*) to Ireland in the 1970s. This oyster, now commonly referred to as the Irish rock oyster, is the predominant species accounting for over 95% of production today.

Ireland has proven to be one of the best cultivation areas for these oysters and consumers worldwide are beginning to discover this. Cultivation now takes place all around the coast of Ireland and Donegal is the county with the second largest production of oysters in the country.

Growing Techniques

Most Irish rock oysters are grown in bags on trestles, which are placed on the shore where the farmer can only access them at low tide. These trestles keep the oysters above the seabed and provide the perfect environment for the oysters to feed as the tide brings in the natural nutritious food supply of plankton from the Atlantic Ocean. As the sea temperatures around Ireland are too low to allow spawning, these oysters are reared in hatcheries. The

young oysters are then placed in trestle bags and allowed to mature.

The role of the farmer in the process is to ensure that the slower and faster growing oysters are sorted by size and grouped together in the growing bags. You may also see the oyster farmer shaking the oyster bag; this is to ensure that the brittle edges of the oyster are removed and that the classic teardrop shape with a deep meat filled shell is achieved.

Nutrition and Taste

Oysters have exceptional nutritional values. Rich in protein and low in fat, they contain high levels of the

five essential minerals - iodine, iron, selenium, copper and zinc. A portion of six oysters provides you with the daily recommended levels of these trace minerals.

Irish rock and native oysters have very different flavours. In fact, oysters from different bays have very distinct flavours. Similar to wine, the location in which the oyster is grown will provide it with its own unique taste. This is what oyster lovers call the 'meroir'. Discover for yourself the rich and varied flavour of oysters along the 'Taste the Atlantic – a Seafood Journey' route.



Did you know?

- Irish rock oysters can be eaten all year round.
- An oyster filters about 200 litres of water a day.
- It takes up to 3 years to grow an Irish rock oyster while a native oyster can take over 4 years to reach market size.
- Native oysters can change their sex from year to year or even within the year.



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