

FREE

Go Wild Magazine



Celebrity Chef
Gary O'Hanlon
& OTHER SIGNATURE CHEFS

Go Wild in China

5 PAGE FEATURE

Interview with
Richard Donnelly

TASTE THE ATLANTIC

The Best Recipes

ON THE WILD ATLANTIC WAY

Go Wild Magazine

The Food Experience

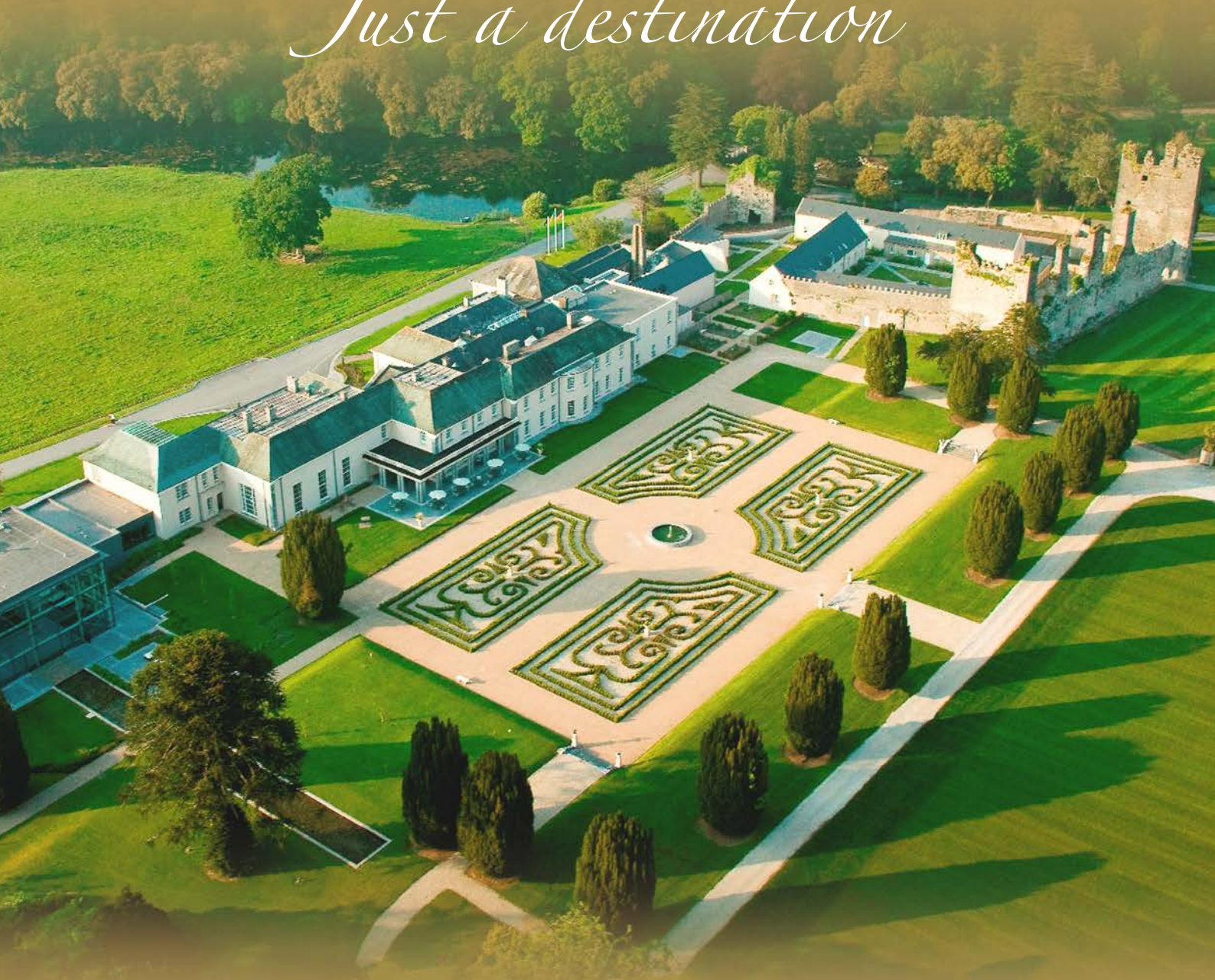
Go Wild Food Magazine, Summer 2018



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Our Signature Chefs



Publishers Note

Welcome to Issue no 15 in the Go Wild Series of Magazines, which brings you the very best in food along Ireland's Wild Atlantic Way.

As the Go Wild team have been selected to represent Ireland in the Gourmand World print Magazine final in Yantai China on May 23rd, this issue will be a representation of all of the businesses featured within our pages.

The only member of our team who will miss the trip to China is our very hard working designer Dave Curtin and we sure will miss having our extremely talented designer with us.

We have included a 5 page editorial piece on the upcoming Gourmand world finals that you may find interesting along with the latest news and trends

happening in the Irish food industry

Please enjoy this issue and hopefully our next issue will have the title "Best in the World" adorning the front page

Bon Appetit,

Bobby Power
Publisher

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Letter from the editor

Wow, what an issue! This issue of Go Wild is heading to China to represent Ireland in the Gourmand World Cookbook Awards, so we've been working extra hard to ensure it has top quality content for you to enjoy.

We were thrilled to get a very special interview with Edouard Cointreau, President of Gourmand International, who told us all about what goes into organising such a top class, international event, and we're extremely excited to be joining the likes of Darina Allen and the authors of 'The Goat's Cheese' from Skerries.

Go Wild is small but effective team, but we work well together, so an award recognising that would

be a fantastic achievement for the Go Wild family. More importantly, our trip to China will be the perfect opportunity to show off the fantastic food industry we have in Ireland.

Hope you enjoy reading this magazine as much as we enjoyed creating it!

Buon appetito!

Jessica Thompson

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A special thank-you to Fáilte Ireland for their support with content and imagery.

Croí: In the heart of Tralee

Every restaurant should have a good backstory, and May 5th, 2017, was the beginning of that story for Head Chef Noel Keane, Sous Chef Paul Cotter and Restaurant Manager Kevin O'Connor, who opened their first restaurant together in Tralee and called it Croí.

Croí is the modern Irish word for 'heart' but, in old Irish, it also meant 'the essence of' – something that ties in with the restaurant's ethos, taking in the essence of the land around it.

And there's certainly plenty of the essence of Tralee in Croí. All produce is bought locally and can be traced from farm to fork. The beef is grass-fed and comes from nearby farms through a local butcher.

"It's fantastic to have such a great relationship with your butcher," Noel proudly stated.

Blair House Farm supplies the rare breed pork and is one of only a handful left.

"The emphasis here is on our community and supporting it," said Kevin.

Kevin and Noel first worked together 17 years ago in the Riverside Hotel, where Kevin became Noel's Sous



Chef, before taking over as Head Chef himself. On returning to Tralee, Kevin moved to front of house as a manager.

Paul first started in the kitchens six years ago as a Commi Chef, working under Noel, before moving on to places like Nicks and Inchydoney. Paul does all the foraging for Croí and the restaurant uses a wide variety of wild edibles.

"There is wild food available 12 months of the year – it's just a matter of learning and finding. Plus it gets you outdoors," said Paul.

Croí also has its own garden complete with polytunnels for year-round growing.

"It was about freshness and quality: picking the leaves or herbs in the morning and putting them on the plate that night, added to wild food. It's about the flavour," said Noel, who manages the garden.

"At the moment, the garden supplies 20% to 30% of what we use. The idea is to get it to about 80%," he added.

The three lads are part of a group called Tralee Culinary Gangsters. Formed by Noel, this is a group of industry professionals, who write a blog of the same name and do talks, forages and cookery demos in Kerry.



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"It's about informing people of the wonderfully local produce we have - it's the best in the world," Noel commented.

Croí sponsors two commi chefs in college at the moment - David and Dale - and this is something the three lads want to continue in the future.

At Croí, it's all about supporting local, artisan producers in Kerry, and they are also behind Noel's brainchild of 'Vegtopia' - a day-long festival celebrating the vegetable, which takes place on July 14th and will include cookery demonstrations, and talks on nutrition and wellbeing from leading experts in the field.

And the mural on the side of the restaurant by a local young artist shows the restaurant's commitment to all things local.

Croí has an old world charm of exposed brick, while also having modern food based on classical flavours. And, with the céad míle fáilte of a time long gone, it feels like home. The dishes are somehow familiar - the flavours of childhood.

This is a restaurant that has both found its place in time, and is timeless.

Go Food Snippets

Spring Banquet

Sligo Food Trail held a very successful 'Taste of Spring Feast' on Friday 20 April. This gastronomic extravaganza was a joint effort from Sligo's top chefs and a treat for the taste buds. The banquet took place at the Radisson Blu Hotel and Spa and featured a combination of award-winning chefs and the best of local produce. Pictured are the Sligo Food Trail chefs who took part in the 'Taste of Spring Feast': Alan Fitzmaurice (The Glasshouse), Joe McGlynn (Hooked), Joe Shannon (Radisson Blue Hotel & Spa), Marcin Szczodrowski (Eala Bhán) and Lee Mastin (The Draft House).



Safefood

New research released by safefood in April reveals that almost one fifth (19%) of the average weekly family food shop is spent on highly processed 'treat' foods like crisps, chocolates and sweets. This compares with only 10% spent on fruit and 7% on vegetables. The release of

this research coincided with the latest phase of START, the five-year public health awareness campaign from safefood, the HSE and Healthy Ireland. The campaign is encouraging families to take the first step towards a healthier lifestyle for their children. Pictured is Jayna McCloskey (9), Max Barrett (9) and Dr Marian Faughnan, Chief Specialist in Nutrition at safefood, with a month's shopping-worth of treats vs fruit and vegetables.

Photo by Jason Clarke.



Bord Bia China

Pictured in April at the RDS, Dublin at Bord Bia's Marketplace International 2018 was Kieran Fitzgerald (Bord Bia) and Ray Li (Chinalight Resources). Marketplace 2018 is the largest international food buyer event ever staged in Ireland, with food and drink trade buyers from 50 countries travelling to meet, and do business, with the Irish food and drink industry. Over 5,000 speed-dating style meetings took place between



550 international food buyers and 185 Irish food and drink companies. Bord Bia estimate €40 million worth of new business will be developed as a result.

Photo by Chris Bellew /Fennell Photography.



Grow Aldi

Aldi has announced it is seeking applications from small to medium Irish food and drink producers to enter their products to win a place on its new 'Grow with Aldi' supplier development programme. Aldi is investing €500,000 in the

new programme to give up-and-coming Irish food and drink companies the chance to supply all 130 Aldi stores during a special Irish Food Market promotion in August 2018, and potentially secure a permanent place on its shelves with a long-term contract. Pictured are: Johnny Lynch, Macroom Buffalo Mozzarella; Martin Flynn, Flynn Nurseries; Seamus Mac Cathmhaoil, Rí na Mara; John Brett, Oakpark Foods; Peter Mulryan, Blackwater Distillery.

For more information, see www.aldi.ie/grow.

The Buttery

The Buttery in Limerick were the proud winners of the Best Casual Dining Award at the Restaurants Association of Ireland Munster Regional Awards. The awards were held at the Radisson Blu Hotel, Little Island in Co. Cork in March. Pictured from left to right are Brendan Cullinan of San Pellegrino, sponsor of the Best Casual Dining award, Hazel Murphy of The Buttery, and Liam Edwards, President of the RAI.

Photo by Michael O'Sullivan/OSM Photo.



The Savoy Hotel, Limerick

Executive Chef Graeme Campbell

The luxury Savoy Hotel, located in the heart of Limerick's shopping and theatre district, offers a range of high quality dining options designed to cater for all tastes.

The Savoy Restaurant provides the option of breakfast, lunch, afternoon tea and a fine dining menu at the weekend. The relaxing Library on the ground floor is the perfect place to enjoy afternoon tea, lunch or an evening meal.

Hamptons Bar and Grill, a New York style steakhouse located next door to the hotel, is famous for cocktails, prime steaks and sumptuous seafood.



Executive Chef Graeme Campbell

Was it always your ambition to pursue a career as a chef?

I first became interested in being a chef while I was a teenager, when I used to spend my summer holidays in a beautiful country house hotel in the north east of Scotland near Aberdeen where my mum worked. I loved the activity and buzz around the kitchen and so decided to work there on my holidays. I spent a lot of time with the head gardener learning as much as I could about all of the produce and the seasonality of it, before we picked the fresh fruits, vegetables and herbs for the kitchen. When it was time to choose my career path, it just felt natural to head off to Culinary School in Aberdeen and the rest as they say is history.

What brought you to Limerick and The Savoy Hotel?

I was appointed Group Executive Chef at The Savoy in early Spring / Summer 2017 so I am relatively new to Limerick city, having spent many years running hotels in other parts of Ireland. I have always had an admiration for Limerick and it has been a long time goal to live and work in the area.

The position at The Savoy was such a great fit for me having spent seven years at Hayfield Manor in Cork. The opportunity was just too good to turn down and I have to say I have loved every minute of being here so far.

The people and business community in Limerick have done an amazing job through tough times to change the image of the city and I really believe that Limerick is going to see a huge change in the food scene over the next few years and is going to attract more and more tourists and people who want great food. I want to be in the vanguard of that movement. Another factor for coming to Limerick is, of course,

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my beautiful wife who is a Limerick native and big Munster rugby supporter.

What does your role as Executive Chef at The Savoy involve?

I oversee a large kitchen brigade and supervise the daily operation of The Savoy Restaurant for breakfast, lunch and dinner. The Library, on the ground floor of the hotel, also has a busy service for afternoon teas each day. I supervise all food for conference and banqueting guests on The Savoy's corporate floor. In my position, I also oversee the team at Hamptons restaurant on Henry Street near The Savoy, which we own, as well as the Italian Restaurant (Da Vincenzo) in the George hotel. It is a very busy job as I am involved in all menu changes for all the kitchens while ensuring that our high standards are being met at all times and that we are sourcing the finest local and international produce.

What are the main changes you have seen in the Irish food industry over your career?

The Irish food scene has changed so much over the last 15 years. Good food is now found everywhere and there are so many talented chefs out there that

you can walk into the smallest wine bar or cafe and get amazing food. As most chefs will tell you, the quality of local producers is the main reason for that shift. One can find the freshest fish from the Atlantic, amazing lamb and beef from around Munster and fantastic organic vegetables in the Limerick area. The list is too long to go through, but local suppliers take so much pride in producing top quality food that is recognised all over the world now. It's only fitting that the standard of the chefs is increasing all the time as well.

What advice would you give to a young chef starting out?

All I would say is that you must be prepared to work hard. There are not many tougher jobs out there, but the joy and job satisfaction you get from creating dishes and entertaining guests is very rewarding. It is not a job for the faint-hearted but if you put the time in early on in your career, you will see the benefits accrue later on. There can't be that many jobs out there that can fulfil the creative joy you get from serving that perfect dish or executing a perfect service, something we strive for every day at The Savoy.



NEW FÁILTE IRELAND STRATEGY

AIMS TO CHANGE OVERSEAS VISITORS' PERCEPTIONS OF IRISH FOOD & DRINK

By Kevin O'Sullivan

The Food and Drink Strategy 2018-2023 says food could help grow tourism revenue by €400 million over the next five years.

Fáilte Ireland is to implement a new five-year strategy which aims to provide international visitors with “immersive experiences” centring on Irish food and drink.

Underpinning the strategy will be changing people's perception by re-positioning Irish food and drink “from being a pleasant surprise to becoming one of the compelling reasons to visit Ireland”, according to Fáilte Ireland's commercial development director Paul Keeley.

While food and drink is already an intrinsic part of the Irish tourism experience and provides a memorable



experience for many visitors, prior to coming to Ireland their expectations are lower, Mr Keeley said at a briefing on the strategy earlier this year.

Produce

“We undoubtedly have the product and expertise, we have the natural produce, fresh ingredients and great fish and meat but we need to ensure our

food and drink offering gains a global reputation that matches the reality on the ground,” he said.

A pattern of seven years growth in tourism earnings “cannot be taken for granted”, Mr Keeley said. And while 2017 would be confirmed as a record year, building sustainability and ensuring the industry was recession proof was needed, he added.

Sustainability in the broader context was reflected in the demand by major conference organisers that they be located in sustainable cities. Being sustainable was also critical to winning consumer confidence. Likewise, visitors – especially millennials – wanted to be judged by their experiences rather than possessions, and that included holidays they took.

The strategy seeks to increase the number of Irish tourism businesses engaged with development initiatives to ensure food and drink is “a truly immersive, cultural experience”, while





increasing and enhancing awareness and perception of Ireland's food and drink offering abroad.

The Food and Drink Strategy 2018-2023 says food could help grow tourism revenue by €400 million over the next five years.

"As part of this, we need to ensure our visitor attractions use local foods to deliver an offering representative of the place," Mr Keeley said, "We need to enhance our national menu in areas such as the Irish Breakfast, support pubs in bringing authentic experiences to life and assist the tourism industry in tailoring Ireland's local food story."

Destination

Fáilte Ireland food tourism officer Sinead Hennessy said that when it comes to food prevailing stereotypes were far from current reality. Pre-visit tourists did not really consider Ireland to be a food destination and came with low expectations: "In contrast, after their visit, they expressed praise for the quality of Irish food."

They generally did not, however, view the range of food as extensive, she added. They pointed to a "distinct lack of fish" and a prevalence of chips on some menus.

She underlined, none the less, the strides over recent years in the quality of Ireland food and drink offering, which was evident from the existence of 16 whiskey distilleries, more than 60 micro-breweries, 15 gin distilleries, over 2,400 restaurants (including 12 Michelin-starred properties) and 7,000 plus pubs. In addition, there were over 60 food festivals, 160 farmer markets, 40 cookery schools and 27 "active food networks".

Food and drink enabled tourists to "get under the skin of a place", Ms Hennessy noted, while the strategy's aim was to move from a "well-intended" offering to "consistency delivered", and to help businesses increase the probability of them encountering a high quality experience.

The report notes weaknesses in the sector, including poor knowledge



about Ireland's food heritage; "the story of Ireland as a place with great food and drink experiences is not being articulated well, if at all", and restrictive legislation surrounding the sale of craft beers, gins and whiskeys.

It also cites a lack of good quality food offerings in many high-density tourist sites and some accommodation sectors; an absence of or weak food in pubs, and lack of understanding "of the value of improving and localising the food offering".

The Heights Hotel Killarney

GoWild
Signature
Chef

Recipe by Jamie Cronin

If you're looking for the height of hospitality, The Heights Hotel in Killarney is the place to go. Executive Chef, Jamie Cronin, trained under top class chefs in the Institute of Technology, Tralee, before working in Florida for a year, and London for four years.

His experience as a chef is outstanding and he has cooked for the likes of Damien Duff, Ed Sheeran, Example, Ross Kemp, Delia Smith, Jamie Oliver, James Blunt, The Black-Eyed Peas.

With a resumé like that, *Go Wild* had to catch up with Jamie for a quick chat.

What inspired you to get into the food industry?

It started out when I was 15 as a part time job, during school, in a busy hotel in Tralee. Unfortunately, I don't have a romantic story about how I got into it; it wasn't a love of food or anything like that. At that stage, I think the most I would have cooked at home would have been toast!

I remember my break on my first day, texting my mom that it was going great and I loved it. I just found that I took to it very well and it kind of just kicked off from there.

What brought you to The Heights Hotel Killarney?

I was living in London for around four years and was contemplating my next move. Moving back to Ireland hadn't really been on my mind but I saw The Heights was searching for a Head Chef so I sent my CV over. Around an hour later, I got a phone call from the owner and we had a good chat about where the hotel was and what plans they had to progress it.

Since I came on board two years ago, there have been massive changes in the hotel. All 71 bedrooms have been revamped and the work around the hotel is continuing every day.

On the food side of things, we have a very successful carvery and banqueting trade. Our Carvery has won the best in Ireland two out of the last three years and our banqueting and wedding trade is going through the roof year on year.

The hotel was recently awarded 4-star status which was a big boost for us and we have also been working hard to build our bar food and restaurant trade.

We implemented a Brasserie menu throughout the hotel, which has been very well-received with customers and I think it definitely helps us stand out from your regular bar menus that you see so often in other hotels and in turn has raised business tenfold.

How do you think Irish Cuisine is faring compared to the rest of the world?

I genuinely believe it's right up there. I have worked in Ireland, The UK and America and can honestly say the standard of food over here is just as good, if not better than abroad.

The quality of food all stems from the quality of produce coming through the doors. You won't get better meat or dairy than what you can get here on your doorstep. At The Heights, we get all of our meats from local butchers who could literally tell you the name of the animal that you are receiving.

Buying locally has always been a strong part of my ethos, you can't beat knowing that what you are preparing – be it beef, fish or lamb – came from only a few miles away and, with that, the standard of the product is naturally top class.

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

Strangely enough, for a chef I've always been a relatively plain eater. At home I love cooking simple dishes – roast chicken, homemade curries, stews etc. You can't beat a good honest meal cooked to perfection, just letting the natural ingredients take over, and I've always stood by that.

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Triple Chocolate Brownie, Honeycomb & Popcorn Ice Cream

For the Brownie:

4 Eggs
225g Unsalted Butter
225g Dark chocolate
300g Caster Sugar
110g Plain Flour
225g White Chocolate chips
100g Pecans (optional)

1. Preheat oven to 160C. Line a 9-inch square baking pan with parchment paper.
2. In a medium saucepan set over low heat, melt the butter and chocolate, stirring frequently. When melted and smooth, remove from heat.
3. Whisk the eggs and sugar until fluffy and pour in the melted chocolate.
4. Add in the Plain flour (sieved).
5. Finally, whisk in the white chocolate chips and the optional pecans.
6. Pour into the lined baking dish and cook for 30 minutes.

For the Honeycomb:

320g Sugar
120g Golden Syrup
360g Glucose
80g Water
48g Bicarbonate of Soda

1. Add all ingredients except for the Bicarbonate of soda in a saucepan and bring temperature to 148C slowly checking with a thermometer.
2. When it reaches the temperature, pour in the bicarbonate of soda and whisk for a few seconds until it has dissolved.
3. Pour onto a lined baking tray to cool.

For the Popcorn Ice Cream:

1 ltr Tub of Vanilla Ice cream
200g Popcorn Kernels

1. Leave the Ice Cream out to melt a little.
2. Cook the popcorn over a low heat with a knob of butter in a saucepan.
3. Once all the kernels have popped, take out the popcorn and chop into small pieces; if you have a food processor it will work best.
4. Mix the ice cream and the popcorn and place back in freezer to set for a few hours.

Executive Chef Jamie Cronin

Belleek Castle

Interview with Eva Casey

Ireland is renowned for its beautiful castles and, if you take a trip to Ballina in County Mayo, you won't find better than Belleek Castle. Steeped in history, Belleek is the perfect destination. Its Marshall Doran Collection includes beautiful armoury, fossils and artifacts that will satisfy the history-lover's curiosity.

And, for the foodie, the elegance and splendour of the Library Restaurant in the setting of a 19th Century Manor House is the perfect place to experience the most delicious of cuisine. Go Wild caught up with the restaurant's General Manager, Eva Casey, to get a sneak peek into the running of such an elegant restaurant.

Tell me a little about the philosophy of your restaurant.

The Library Restaurant team at Belleek Castle has developed a philosophy to use classic and imaginative cooking with local, seasonal ingredients from the land, sea and air, combining a depth of flavour with the traditions of the Castle. We work hard in the Library Restaurant to constantly deliver an excellent dining experience to our customers on a consistent basis. As you know, details are what make the difference in quality service and my job is to ensure

that even the smallest details are overseen. Our focus remains on delivering quality food and service to the customer and we are still hungry for improvement. *How important is it to source locally produced food for your kitchen?*

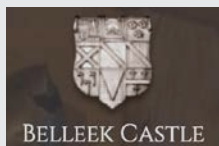
It is very important for us to source quality ingredients for our food from local suppliers. But it's not just important that the ingredients used in our food at Belleek is sourced locally! Just because it is made down the road doesn't mean its better quality. The quality must come first and we encourage our producers to produce the highest quality ingredients to use in our award winning food.

We also grow our own ingredients from our greenhouse and adapt our menu to use whatever produce is in season. We have our local forager who sources food for us from the surrounding Belleek woodlands. Wild garlic in spring, wood sorrel in summer & wild mushrooms in autumn are just a few of the many examples of the bounty we forage in Belleek forest. We have a wonderful selection of seafood sourced from Killala Bay & the Moy Estuary situated on our doorstep.

Tell me a little bit about your team at your restaurant.

Well first of all we all have a great working relationship with each other and this helps us to work better as a team and to the best of our abilities to ensure we give the customer the best service possible. We are heavily focused on giving our staff the best training available to ensure that we deliver highest quality service.

I have been working at Belleek Castle myself for the last 11 years. I started working in the kitchen as a chef and after a few years started working in the restaurant. My experience in the kitchen has helped me greatly while working in the restaurant as I fully understand the ingredients and the amount of work required to deliver high quality food! The front of house team & the kitchen team have a great working relationship and this helps us to work better together



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and achieve delivering high quality food and service to the customer. It is very important that each staff member has a role to play in the restaurant and is trained to be an expert at their given tasks during service.

As Restaurant Manager, what are the challenges come with running a restaurant like this and how do you overcome them?

Well like most other hotels and restaurants there will be the odd quiet day from time to time. To attract people during a quiet season we sometimes hold events at the castle. Everything from cookery demonstrations by our head chef, wine tasting evenings, barbeques or foraging on the seashore with our local forager, Dennis Quinn. These events are great for attracting new customers to the Castle and keeping us running during a quiet season.

What goes into running the restaurant on an average day/night?

Well the most important thing for us is that all our customers are warmly welcomed when they walk through our front door and they are given the best customer service right until the last second they leave the castle. Guests are invited into our Spanish Armada Bar & given menus on arrival where they can have a drink and relax in a bar made out of salvaged wood

from a Spanish Armada shipwreck & designed to look like a captains quarters. Customers are then shown into the Library Restaurant where they can choose dishes from a variety of menus including the 8 course Gourmet Menu!

We focus heavily on the customer getting attention without being overbearing. It is just as important to be friendly & approachable to staff members as well as customers. All staff are given a role at the start of service and will be an expert of their assigned role for service. For example a staff member might be assigned to serve the Drunken Bullock, our signature dish which is spiced fillet steak flambéed in local whiskey & served on a sword. This dish has been at castle for the past 40 years and it is many customers favourite dish.

Has Belleek Castle won any awards recently?

Our hard work has paid off and has led to us winning awards over the last few years including Best Romantic Hotel 2018 at the Irish Hotel Awards and Best Restaurant in Connaught 2017 at the Good Eating Guide Awards. Previously we have won Best Hotel Restaurant in Mayo & Connaught 2014 - 2016, Best Customer Service in Mayo & Connaught 2017 at the Irish Restaurant Awards. We have also been lucky to have been awarded 2AA Rosettes for our food in the Library Restaurant for the last few years.

Taste the Atlantic: A Seafood Journey

BIM's Richard Donnelly highlights the importance of local seafood producers along the Wild Atlantic Way

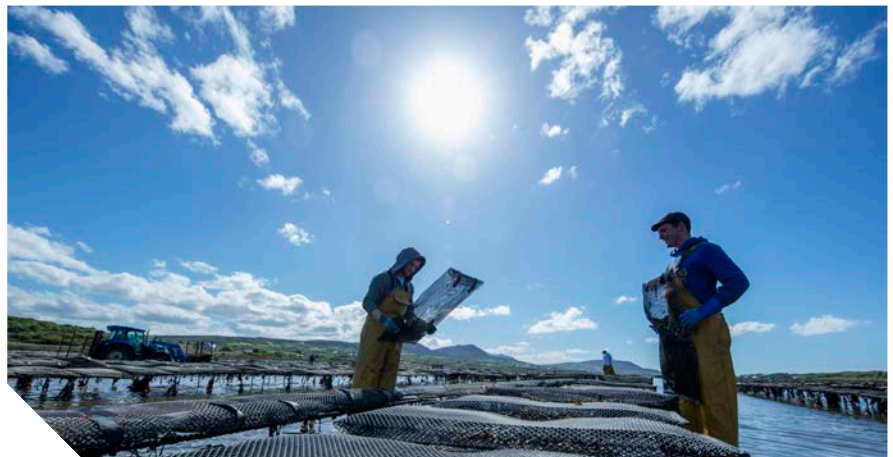
By Jessica Thompson

There's more to Ireland's west coast than sheer cliffs and sensational seascapes. All along the Atlantic, you'll find coastal communities whose boats have bobbed on the ocean for centuries, who catch and produce seafood with passion and dedication, and whose chefs know a thing or two about how to cook it.

'Taste the Atlantic: a Seafood Journey' is a dedicated seafood trail, brought to you by Bord Iascaigh Mhara (BIM) in partnership with Fáilte Ireland. Stretching the length of the Wild Atlantic Way, the trail passes some of Ireland's most breathtaking seascapes and landmarks. It's a whole new way to experience the Wild Atlantic Way and to learn more about how Irish seafood is caught and farmed.

Dotted among the natural wonders of the Wild Atlantic Way are renowned seafood producers and fishermen. Restaurants on the trail source their seafood from these producers so you can truly experience freshly-caught and farmed quality Irish seafood from tide to table.

"We now have a total of 22 local producers from Malin Head to Kinsale, and there's a range of activities from actually walking down on an oyster farm



and doing a tour, meeting the producer and then tasting oysters and other activities too," said Richard Donnelly of BIM.

"A lot of people come to holiday in Ireland and for outdoor activities, the weather isn't always great. But everybody always says it's about the people you meet along the way - bumping into the Irish and meeting the different Irish personalities.

"That's what Taste the Atlantic is all about. It's giving you a

chance to really get to know the people. You're getting to chat directly with the person who is involved in the production of the food. And we've made a very conscious effort to show that the majority of businesses along the trail are family-based and they tell their stories."

Ireland's unique location at the very edge of the continent, with the huge expanse of the Atlantic Ocean on its western side, attracts seafood lovers from all over the world. In fact, Richard explained, the majority of our seafood



is exported – particularly our oysters, mussels and salmon.

“Our oyster producers, for instance, export their oysters to Hong Kong and China,” he said. “And they are flown out every day of the week from Dublin airport and sent to the top restaurants in Hong Kong, Beijing, Shanghai, where consumers will pay the equivalent of anywhere between seven and ten euros for a single oyster. They’re really sought after.”

So, when BIM approached Fáilte Ireland three years ago with an idea for a seafood trail encompassing the Wild Atlantic Way, they used those facts to their advantage.

“We felt if we can’t showcase our fish in our own backyard, well what chance have we got abroad? So that’s really the ethos behind Taste the Atlantic. It’s really showing off that this is what we have along the coast. This is the produce that we export.

“So if you’re travelling here from China, where our oysters are highly sought-after, you can actually see where they’re grown, see the landscape and then actually taste the product directly from the producer. And you certainly don’t have to pay those prices.”

Above all else, Taste the Atlantic is about looking after the

ocean, promoting the producers that fish it, and enjoying the landmarks and beautiful seascapes that make up the Wild Atlantic Way.

“Taste the Atlantic is about everybody that’s involved in the activities on the Atlantic Ocean, be they sailors, fishermen, agricultural producers – anybody that is using the resource. It’s all about respecting and protecting the ocean for future generations,” Richard remarked.

“From a tourism point of view, the Wild Atlantic Way is absolutely fantastic. But unless we look after it, and protect it for the future, we won’t have anything here.”

For more information, see www.BIM.ie/tastetheatlantic.



Alex Findlater & Co. Ltd

Opens new food hall in Limerick City

In 1823 Alex Findlater and Co began trading in Dublin. The company was founded by Alexander Findlater, a hard working spirit merchant from Scotland. He set up his business on Burgh Quay opposite the Custom House. From humble beginnings, the business grew rapidly and extensively not just in Dublin but into the United Kingdom also, expanding into other fields, trading in Spirits, Wines, Teas, Coffees and Groceries.

The emphasis under the Findlater brand has always been on quality and a name that you can trust. It is from this rich history and provenance that the new Findlater and Co brand proudly continues this tradition of being a trustworthy and experienced provider of premium goods to the market.

Most recently, Limerick Hospitality firm The Savoy Group announced their exciting new partnership with Findlater & Co. Go Wild sat down with General Manager, Ewa Mazur to hear all about this exciting new venture.

What exactly does your role entail?

As General Manager of Alex Findlater my role involves managing the Food & Wine Hall; comprising of over 18,000 sq ft of food & wine retail space, an Oyster & Seafood Bar and Champagne Supper Club. I start my day with a cup of our amazing freshly ground coffee Warbler & Wren. Our partnership with Findlater and Co has allowed us to pioneer new coffee roasts to give us our own unique blend. A quick breakfast of some Classic French Toast or Eggs Royale then its straight into meetings with Executive Chef, Graeme Campbell and the team to plan the day ahead. Staff training and meetings with our Sales, Marketing & PR department are a daily occurrence as well as meeting with our fantastic food suppliers from all along the Wild Atlantic Way, David Keane from



DK Oysters in Connemara who supplies our seafood, Sheridans Cheesemongers, The Real Olive Co and Wilde Irish Chocolates and many more.

Once meetings are over its straight into a busy lunch time. It's fantastic to see how in such a short period Alex Findlater and Co has become the place to be whether its breakfast with the family, a work lunch or simply catching up with friends sampling our fantastic selection of wine; we have almost 300 wines from all over the world. The Oyster & Seafood Bar opens at 12 noon, and attracts a busy lunch clientele with our extensive seafood and wine menu.

How have customers reacted to the new Food Hall?

We have been overwhelmed with the reaction from our customers. They are extremely impressed with the luxurious and stylish offering, the first of its kind in Limerick City, which has already added buzz and excitement to Limericks vibrant shopping and restaurant quarter.

With plans to roll out the concept to a wider audience in other Irish cities and possibly in the UK, for now it is the lucky food and wine lovers of Limerick who are

Read more online at
www.gowildmagazine.com



FINDLATER & Co

Addresses: 109 O'Connell Street,
Limerick City, Limerick

Contact: Tel: 061 516 450
Facebook:
@AlexFindlaterandcompanyLtd



the first to sample the delights of the premium Alex Findlater & Co. Wine & Food Hall.

What makes Alex Findlater and Co. stand out to customers?

It's the first of its kind in the city – and the first in what the partnership hopes will be a strong new Irish retail presence, with potential other sites being looked at. The seriously substantial Food & Wine Hall includes a lavish Oyster & Seafood Bar, an upmarket food area, an elegant Champagne & Supper Club, with a fantastic selection of over 300 wines from across the globe showcased at the handsome purpose-built wine theatre. It's more than just a food hall with plans for wine tastings and cookery demonstrations in the near future. We pride ourselves on exceptional customer service, we are privileged to have the expertise of The Savoy Groups exceptional hospitality skills at our disposal.

Tell us a little about yourself?

I have worked in the hospitality industry for over 10 years. I was involved in setting up and opening The

Library at The Savoy Hotel so when the opportunity arose at Alex Findlater & Co, I immediately applied for the position.

I believe my management experience coupled with 5 star customer service allows me to motivate and train my team whilst offering exceptional customer service.

What's the most enjoyable thing about working with Alex Findlater and Co.?

At Alex Findlater we are committed to exceeding customer expectations by surprising them with our ability to anticipate and fulfill their requests. I believe it's important to bring out the best in our staff through effective training and personal development. It's extremely rewarding to meet regular customers and to read the wonderful reviews from our customers, that to me is testament to a successful business.

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Kilronan Castle

Recipes by Chef David Porter

One of Ireland's most luxurious castle hotels, Kilronan Castle Estate and Spa, Co. Roscommon, is the ancestral home of the Tennyson family and the legendary Colonel King Tennyson. This secluded 19th century hotel is majestically set on the shores of Lough Meelagh, surrounded by over 40 acres of breathing Irish scenery, lush green pastures, ancient forests and historical points of interest. The estate boasts a world class spa and leisure centre for guests to relax and unwind. Named after the first President of Ireland who was born in Roscommon, the 2 AA Rosette award winning Douglas Hyde Restaurant is the hotel's iconic dining room. Created to inspire the senses – with mouth-watering dishes exquisitely presented, rich wood paneling on the walls, splendid chandeliers and rich, gold curtains – the combination offers a unique dining experience. It is all complemented by a classic, tempting menu, attentive service and the culinary team's confident way with fine Irish ingredients, which echo the sophisticated surroundings.

Did you always want to be a chef?

From the age of about eight-years-old, I formed an interest in cooking. My Gran worked as a housekeeper during and after the Depression. I would stay with her most school holidays and would surf, fish and cook with Gran. I learnt how to cook rabbit, tripe, oxtail and flans, bread and butter pudding. All of the old school things, that are now in trend.

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

I have been employed at the castle now for nearly two years. My wife is Irish and we moved over to Leitrim from Australia a few years ago. When I got a call about an opening as the Executive Chef, I jumped at the chance.



Executive Chef David Porter

What makes your restaurant unique?

Well first of all it's the space, it's over 200 years old. There are not too many restaurants set in buildings of that calibre. Then there is the cuisine, an Australian chef's take on Irish European cuisine. Our service style is sophisticated, educational and yet not stuffy.

Where do you source your produce?

When possible local, local, local. Angus Beef From Drumshanbo, Seafood from Killybegs, Duck from Thornhill and fresh produce from Elphin. I do utilise the Dublin, London and Paris markets. You will see truffles, wild mushroom, Jamon Iberico and all of the gastronomic delicacies on our menu.

What advice would you give to aspiring young chefs?

My advice is simple — this trade requires passion and a general interest in cooking. It's an expressive job as well and at the top level, requires an artistic approach. If you are just going through the motions, you will not go very far.



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Read more online at
www.gowildmagazine.com



Smoked Sea Trout, Soya Gel, Tempura Mussels

Ingredients:

1 kg super fresh sea trout fillet, scaled and pinboned
 200 gr caster sugar
 150 gr sea salt
 50 gr Sosa "FUM EN POLS"
 100 ml Irish Whisky
 200 ml light soy sauce
 100 ml water
 3 grams Gellan
 200 ml Light Soy sauce
 100ml water
 50 gr brown sugar
 50 ml Mushroom Soy
 30 ml Dashi water
 Agar
 100 gr long red chilli
 100 gr long green chilli
 2 garlic cloves
 50 gr grated ginger
 2 lime leaves
 Pinch coriander stalk
 Pinch lemongrass
 Lime juice, palm sugar and fish sauce to taste
 Sliced red radish, cucumber, fennel and pea shoots
 Garnish with tempura mussels or prawns

Method:

Trout: Lay your trout on a flat tray, smother it with whisky and leave for 15 minutes.

Now cover very gently with Fum En Pols, combine sugar and salt and completely cover the fillet. Wrap in cling film and refrigerate for 6-8 hours only. Wash the fillet gently under cold running water, pat dry and portion to size, 90 gr.

Soy gel: Combine wet ingredients and bring to the simmer, whisk in Gellan and strain. Lay onto a smooth trout, once set cut into circles.

Soy Fluid Gel: Bring all ingredients to simmer and whisk egg until perfect viscosity, transfer to a squeeze bottle. In a blender, combine all ingredients for Nam jim and pulse until you have a textured dressing, that is balanced. Hot, sweet, sour and salty.

So, dress your plate soya, mushrooms, Nam jim salad and spray your plate add tempura

"From the age of about eight-years-old, I formed an interest in cooking. My Gran worked as a housekeeper during and after the Depression."

An Bístro Ríoga

Recipe by Jason Keane

Local produce is extremely important to Belmullet restaurant, An Bístro Ríoga. All ingredients are sourced locally, with producers going above and beyond to supply the best. That's why An Bístro Ríoga is such an essential stop along the Wild Atlantic Way.

Go Wild had a chat with Head Chef, Jason Keane, to find out more...

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

I have been working six years professionally in the food industry from working in hotels, restaurants and bakeries. From an early age I always loved to cook and cooking the Sunday Dinner each week as a child I loved as I liked to cook something different each week. My own mother was my greatest influence and inspired me by her own cooking whether it was her home baking or helping cook for

family dinner parties.

As a child growing up in the west of Ireland and living on a farm, fresh farm produce and home grown vegetables were always readily available along with freshly caught fish by local fishermen, caught just west of Eagle Island. As a child I always had a sweet tooth so dessert was always a must for me each Sunday after dinner, whether it was making a traditional apple tart or a chocolate delice cake I always tried something new... but they didn't always work out, which I learnt a lot from.

Where do you Source your produce?

An Bístro Ríoga have an approved suppliers list which go through a rigorous process to see do all products and produce meet the requirements of the

menu. All beef products are purchased from Sheridan's butchers Belmullet, Co. Mayo. All fish are purchased from Cathal Reilly, Glenlara, Belmullet, Co. Mayo. (Local Fisherman). Fruit & Vegetables are purchased from Lavins Fruit & Veg, Castlebar. Dried, frozen and fresh products are purchased from Carr's food, Ballina Co. Mayo. bread and cakes are purchased from O'Donoghue's Bakery Belmullet, Co. Mayo.

All our suppliers go above and beyond for us when it comes to quality and freshness of our products and produce, as you may notice it is extremely important that local products/produce is used as we in Belmullet have some of the finest products/produce in the country, whether it is freshly caught fish off Blacksod Bay, locally raised cattle which are grass fed, which impacts the quality of the meat compared to forced feed factory cattle, or even a freshly made cake from O'Donoghue's Bakery.

What do you think it is about the Irish produce that appeals to the Global market?

In my opinion, it's all about how food producers rear our animals and grow all our produce as, for instance, the majority of Ireland's animals are grass-fed compared to other countries as opposed to being fed with feedstuff for animals, which is a substitute for an animal's recommended diet.

The quality of some of the Irish products such as powdered milk and milk products for the global market are amazing, as countries such as China are consuming more of these products on a daily basis and with consumer trends changing and different nationalities exploring Irish produce/products thus becomes appealing to the global market.

Origin Green, an initiative by Bord Bia, has helped showcase Irish produce significantly as these governing bodies explain the requirements by which Irish products/produce have to abide to hold their logo. For example, to carry the Bord Bia logo, traceability is key to see where the products/produce come from. The



Executive Chef
Jason Keane



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Read more online at
www.gowildmagazine.com

Braised shank of lamb, Potato fondant

Braised lamb shanks

Ingredients

14 small lamb shanks
1 tbsp olive oil
3 carrots, roughly chopped
3 onions, roughly chopped
2 leeks, roughly chopped
230g celery, roughly chopped
1 heads garlic, broken up
handful mixed thyme, bay leaves and rosemary
2 litres of vegetable stock
For the sauce
4 finely chopped shallots



1 stick celery
8 button mushrooms, finely sliced
1 tbsp unsalted butter
1 tbsp fresh mixed herbs, finely chopped (preferably including tarragon, parsley and basil)
300 ml red wine
½ lemons, juice only
3 tsp honey

For the lamb shanks

Remove excess fat from the lamb and trim the meat away to expose a length of bone.

Heat the oil in a frying pan. Season the lamb shanks with salt and pepper and add to the pan along with the carrots, onions, leeks, and celery. Brown them quickly all over.

Transfer all into a braising pan along with two litres of vegetable stock and braise for three hours until shank is tender and the meat falling off the bone

For the sauce

Put the shallots, celery, half the butter in a pan over a medium heat. Cook, stirring, until they have softened. Add the reserved lamb trimmings and the mixed herbs, and cook for 2–3 minutes more. Pour in the red wine and cook until reduced by half.

Add 2 cups of the lamb stock and reduce by half again. Cut the remaining butter into small pieces and whisk these in, a few at a time. Season to taste and strain through a fine sieve.

Pour half of the sauce into a roasting pan and stir in the lemon juice and honey. Add the shanks and coat with this glaze. Wrap the exposed bone in foil and cook in the oven for about 20 minutes, basting every 5 minutes. Remove from the oven and keep warm.

Fondant Potato

Ingredients

1 kg of peeled potatoes, 300g streaky bacon, 1500g chopped onion, 750ml of chicken stock, 50g of butter, 30g of melted butter and chopped parsley.

Method

Cut potatoes into sections and turn barrel shape approx. 5cm in length, allowing three pieces per portions. Cut the bacon into lardons and blanch and refresh and drain them. Place the potatoes in a deep tray with the onions and the lardons and add sufficient stock to come half way up the potatoes, brush with melted butter and season.

Place in a hot oven at approx. 200°C and cook until the potatoes are golden brown on top and the stock almost completely reduced. Serve as a side dish to the braised lamb shanks.

overall ambition of the Origin Green programme is that farms and food manufacturing businesses throughout Ireland sign up to the sustainability agenda, making measurable commitments to producing in a sustainable manner, with progress independently assessed and verified.

Realising that no one country, sector or individual business can solely lead the move towards global sustainable production, we are committed to working with both domestic and international partners to improve performance through collaboration. Programmes such as Origin Green help farmers/producers showcase their products globally and, through this form of marketing Irish products/produce, are appealing to people globally.

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

Where do I start? Give me any kind of chicken dish as I think it's one of the most under-recognised pieces of meat, even though it's one of the most eaten meats in Ireland at the moment. When you've a chicken cut for sauté, there are many methods of cookery to be used for each piece whether it's roasted, sous vide, pan fried etc., even though a piece of chicken is just a piece of chicken it's how you cook it and what you accompany it with that will make the perfect dish

When dining out I like to order T-bone steak medium of course. Not every establishment will have T-bone on the menu but when I come across it on a menu it's what accompanies the steak that makes the whole dish amazing and stand out from any other restaurant. I as a chef like to serve all pieces of meat with the bone intact as that is where all the flavour comes from, some establishments/chefs like to take out the bones for the ease of eating for the consumer but I like to leave the bone intact.



*“Myrtle Allen Is The Holy-Grail, The Mothership.
She’s Where Modern Irish Food Began”*

Allan Jenkin, Observer Food Magazine



“Irish country house cooking with a classical twist, utilizing the freshest fruit and veg from the walled garden, sublime fresh seafood from Ballycotton, superb local meat and one of the finest wine cellars in the country, all served in delightful surroundings”

Gillian Nelis, Sunday Business Post #GreatIrishRestaurants



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Going Wild in China

Go Wild to represent Ireland in the Gourmand World Cookbook Awards

By Jessica Thompson

It's been a busy year for *Go Wild Magazine* so far, with the announcement of two new titles, the publication of several new issues across various niche publications and, most importantly, the fact that the publication you hold in your hands (or view on your screens) right now is heading to China, where it will have eyes from all over the world poring over its beautiful, glossy pages and taking in all the fantastic content we've managed to gather for our valuable readers. *Go Wild: The Food Experience* has been chosen as 'Best in Ireland' and is one of only five magazines worldwide to make it to the finals of the Gourmand World Cookbook Awards, which take place in late May.

A small team will leave Ireland on 24 May and travel to Yantai in the Shangdong Province of China for the four-day event, which will cater for up to 1,200 delegates from around the globe.

"This is a major achievement for a company as young as ours," said Go Wild MD Robert Power. "We're really proud to have the honour of carrying the Irish



flag at this world gathering of foodies after just three years in operation.

"Having the opportunity to present Ireland's Wild Atlantic Way food to a world audience is something that we could only have dreamt about three years ago."

The Go Wild Food Experience title, which features signature chefs and restaurants up and down Ireland's Wild Atlantic Way, will be one of five finalists battling for the title of 'Best in the World' in the Print Food Magazine category. Other titles in our category will be travelling from France, Germany, Italy and Sweden.

The Gourmand World Cookbook Awards were founded in 1995 by

Edouard Cointreau. Every year, they honour the best food and wine publications, printed or digital, as well as food television. This year, there will be publications participating from 134 countries around the world.

There are 100 categories for the food awards at this year's event, and 30 for drinks, reflecting the wide diversity of world food culture. The team at Go Wild will have a chance to mingle with the best of the best from all over the world, showcasing the high quality of Irish food on an international platform.

For more information on Gourmand International, see www.cookbookfair.com.



The Power Behind Go Wild Magazine

The Go Wild Food Experience team is excited to be travelling to China this month after working hard to get the latest the 'Best in Ireland' title ready for the Gourmand International Cookbook Awards.

Ahead of the big event, Go Wild spoke to its founder and publisher, Robert Power.

Tell me about your career background before you set up Go Wild.

Prior to setting up Go Wild Magazines, I worked with Hopkins Communications as their Business Development Manager in Limerick and before that I was the Sales Director for the Limerick Leader newspaper for five years.

What was your inspiration to go out and set up Go Wild?

I believed that the brilliant, creative concept of the Wild Atlantic Way deserved its own high quality glossy magazine. When the team at Fáilte Ireland announced the creation of the Wild Atlantic Way route, I knew instantly that I wanted to be the one who would develop a quality magazine for visiting and domestic tourists to discover its wild enchanting beauty.

How has Go Wild grown from one title to several in just a few years?

I started with a tourism issue on the Wild Atlantic Way, and quickly saw the opportunity to add a Food Experience

title to highlight the brilliant chefs and restaurants along the coastline. Every year we try to add a new title and this year we are bucking the trend and adding four new titles, *Go Wild On the Lakes*, *Go Wild Food East Coast* and two more titles to be announced shortly. By the end of 2018, we should have seven individual niche magazine titles including a Gastronomy Spain issue.

Tell me a bit about the team you've built to help you get these magazines out there.

Yes, we have been blessed with working with great people from the start: our cool and amazing designer for every title, Dave Curtin; our distributor and logistics genius, Ed Allen; our gorgeous food editor, Jessica Thompson (she paid me to say this!) and others such as Niamh Murphy ETC, Michelle Mc Donogh, Jo Lavelle, my darling wife Cleo in accounts, my ever hard working son Jason and my daughter Louise, and other contributors who have helped and motivated us to keep us going.

How do you feel about Go Wild: The Food Experience being 'Best in Ireland' and one of only five global finalists in the Gourmand Cookbook Awards?

I'm blown away that our little team is being recognised for producing a great magazine product.

How would you feel if Go Wild does



win the award?

I will be a very, very proud Irishman and the award will simply highlight the fact that Ireland is an amazing food destination for worldwide tourists to visit and enjoy.

Tell me a bit about the title(s) you're launching outside of Ireland?

Now that we have established our magazine titles in Ireland, I saw an opportunity to create a Gastronomy magazine for the Costa Blanca region in Spain as they have a similar food ethos to Ireland. We are also looking at Portugal and the UK for similar title opportunities.

Any parting remarks?

Just to say thank you to all of those who nominated us for the award; thank you to Gourmand International for choosing us as the Best in Ireland and as a world finalist. And finally, to every chef, restaurant and food producer who has graced our pages: thank you for your support.



The new era of the Cointreau legacy

Gourmand President and Founder Eduoard Cointreau speaks to Go Wild on what it takes to run the Gourmand World Cookbook Awards.

The Cointreau name is one that has been well known in the global food and drinks industry for generations. Eduoard Cointreau founded the Gourmand World Cookbook Awards in 1995 and, every year, the awards honour the best food and wine books, printed or digital, as well as food television.

Mr Cointreau took some time out of his busy schedule to talk to *Go Wild* about the awards, the food industry, and much, much more.

Your family name is very famous, but you have become one of the most famous names in the food and wine industry. How did you create such a huge international profile for yourself?

It is a labour of love, with dedication, discipline and very hard work, with no stopping, every day, every month. In fact, I recreated a family and, like a homemaker, give it all my time, abilities, resources, and limitless effort. I deeply care for all who cook and drink with words. Marlena Spieler, author of over 65 cookbooks, was the first to invent the concept of the Gourmand Family over 12 years ago. On the stage at the

Gourmand Awards, she said that for her the Gourmand Family had become more important than her biological family.

In a similar way the success of the social media is based very much on the need to rebuild family links broken by our frantic life. In my case, I am born in a family where our business was exporting over 90% of the production. My father, general manager of Cointreau Liqueur, and my mother, heiress to Remy Martin and Frapin cognac spoke about business nearly every day at the family table. They entertained foreigners on a daily basis.

I understood very fast that a man is worth as many men as he speaks languages - a Hungarian saying. I quickly mastered English, thanks to my Scottish grandmother, and my first beloved teacher, Miss Ryan, from Dublin. Now I am speaking, reading and writing fluently every day in English, French or Spanish and with some knowledge of a dozen others.

I have lived over ten years on each of three continents. This has taught me to respect and value equally all cultures in their diversities and similarities. We all share on this earth two needs: family and food.

How important are the Gourmand Cookbook Awards to the international food and drinks industry?

We are useful to the food and drinks industry to build a bridge between business and culture. We give the industry a unique platform that is totally international, reaching the world. We are truly global. In fact we have even more countries participating in the Gourmand Awards than the Olympics. The Gourmand Awards reveal the trends. We influence them by giving recognition and respect to the best.

What is it like in Yantai, and what can we expect at this year's awards?

The first impression of foreigners who have never been to China is usually the surprise that China is different than expected, in a very positive way. In Yantai, the main aspect is how friendly and open Chinese people are. The Yantai district has seven million people, and it is very modern and developed. It is one of the top sea resorts in China, the capital of Wine in China with 50% of the production, and the birthplace of Shandong cuisine, one of the four fundamental cuisines, little known



outside China.

This year's awards bring together as usual the leaders of food and drink culture worldwide. We expect representatives from international organizations like FAO, UNESCO or UNWTO, who receive awards for their contributions to food culture. Tourism is the focus this year. The Chinese are the world leaders in outbound tourism, spending twice as much as the US. The quality of the guests in Yantai is amazing. Beyond the awards, the networking, the business opportunities, and the building of friendships are the most important aspects. For some it is a lifetime experience, which may even be "the best four days in their life" as a South African wrote last year... The Gourmand Family is a happy family.

What is it that you like about Go Wild: The Food Experience?

We try to find one quality in all our finalists: a spirit that shines through their work, sharing their passion for food

culture. Like in the best novels or poetry, the personality of the authors have to reach the reader through the pages, giving the object a life of its own. Creating books or magazines is like giving birth to new creatures. *Go Wild* is such a creation, sharing the strong passion of its team, reaching out to equally passionate readers.

What do you like most about Ireland?

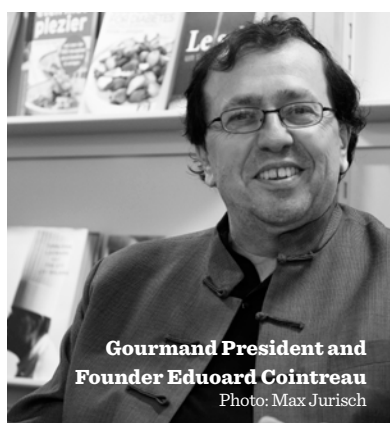
The Irish have a big heart. I have travelled a few times to Ireland - not enough and too fast. I have been to Dublin a few times, and to Cork. I loved the Peacock Alley in Dublin years ago. Cafe Paradiso in Cork is one of the top vegetarian restaurants experiences in the world. I love the Irish, their energy, culture, and unusual gift of empathy, caring for others. I would like to experience more seafood, and your famous hotels around the country.

The Gourmand Awards are free to everyone, which is amazing. But how is

a huge event like this funded?

Most of the funding comes from tourism authorities, happy for the media coverage putting them on the map. Then there are corporate sponsors, from the food and drink industry. Finally, a small portion of funding comes from the publishing sector. Even at the start, apart from my personal resources, nothing ever came from the Cointreau and Remy Martin corporations.

We also get funding from other activities, which are a consequence of the Gourmand Awards. For instance, we have long term partnerships for the food and drink areas of stands with the Frankfurt and Beijing book fairs, the two most important book trade fairs in the world. In the past three years, my son Edouard Cointreau has more than doubled the size of the exhibitors stands in the Gourmet Gallery at Frankfurt Book Fair. The Chinese book Industry and the Beijing International Book Fair BIBF have double digit growth.



What big names can we expect to see at this year's award?

Many of our guests have very famous names in their country or language. The most famous chef from China will be Xu Long, the chef from the Great Hall of People, in charge of the State banquets. We will have Guillaume Gomez, the chef of the president of France, today the leading chef in France after Paul Bocuse. From Ireland, we have Darina Allen, with her publisher Kyle Cathie. For drinks, we will have the number one champagne expert in the world, Richard Juhlin from Sweden.

The most spectacular group will most probably be the youth from the Arctic, in their Sami, Nenets, and Evenki ethnic groups' colorful traditional dress for Eallu, the Reindeer Herd, the first Arctic cookbook, from ten countries for the Arctic Council, in English. Several ambassadors are expected to come for this event. We usually have dozens of representatives from Embassies at our events.

As the President of the Gourmand Awards, what are the challenges you face when organizing such a huge event and how do you overcome them?

For all events worldwide, guests register later and later. There is a big surge in the last weeks. The pressure increases. The success of the event is in the details, and maintaining good communication with the guests. Last year I averaged personally sixteen emails with each of the guests. Of course there are guests which are more difficult, which require high maintenance, generally because of their lack of international experience, or because they did not read the documents they receive.

On the positive side, it has been surprisingly easy to have events in China. It works if you accept their logic with a can do attitude, similar to America, and more open than Europe. There is huge talent in the younger educated Chinese. They work very hard.

For the long term, the question always is where do we go next year? Will we continue moving from country to country? Or will we settle down?

Will you be reading a copy of Go Wild when it is published?

Yes, of course. In fact reading is a necessity and a pleasure for me. Writing and reading are physical pleasures for me. My parents and children have the same passion for reading.

Is there anything else you would like to add?

For many reasons we have looked several times at bringing our event to Ireland, with a serious effort in Cork many years ago. Today, Dublin is another option. The Irish food and drink industry are now world powers, and need to extend their reach across the continents. Ireland is a food and drink paradise that more tourists should discover, with great potential for instance with the Chinese.

Galway Hooker

The story behind Galway's most iconic craft beer

By Jessica Thompson

When you think of 'Galway Hooker', there are a number of things that spring to mind: the iconic sails of the traditional Galway Hooker fishing boats; the well-known sculpture that commands attention in Eyre Square – things that are at the heart of Galway's culture.

And over the past decade, another Galway Hooker has not only burst onto the Galway scene, but carved a niche for itself and claimed the name 'Galway Hooker' for its own.

When cousins Aidan Murphy and Ronan Brennan started up the Galway Hooker brewery in 2005/2006, craft brewing was in its infancy and people didn't really understand the concept.

"Are you crazy? Just buy a house if you want to make money," said the nay-sayers when they heard of the plans.

But more than a decade later, Galway Hooker is one of the most well-known craft beers on the Wild Atlantic Way – with a great reputation and delicious taste to boot. And to top it all off, it has one of the most iconic names in the craft beer industry.

"People never asked how we would make the beer, or what style of beer we would produce, or where we would make it," Aidan explains.

"All they wanted to know was 'What are you going to call it?'. And no matter what name we came up with, the person we were talking to thought the name was rubbish but that they had a much better name, which they would swiftly share

with us."

So Aidan and Ronan decided that, since everybody had so many great ideas about what the beer should be called, why not let them name it?

"We duly set up a website (before the age of social media) and invited the public to log in and suggest a name for the beer. Galway Hooker is what they chose. Blame them!"

Since then, the Galway Hooker brewery have developed four core beers – the most popular of which is the Irish Pale Ale.

"We were the first brewery in the country to produce this style of beer, which is now by far the most popular style of craft beer in Ireland. I think a lot of people consider it a benchmark beer because of that," says Aidan.

The brewery also produces an Amber Lager, an Irish Stout and an India Pale Ale – all of which are very different and designed to appeal to a diverse range of palates, meaning there's something to suit a variety of tastes.

"I'm also proud to say that we are the only brewery to have won a gold medal for three consecutive years at the Irish Food Awards (Blas na hÉireann)," Aidan recalls.

And with three gold medals under their belts, it makes you wonder: what is it that makes Galway Hooker so popular, and so worthy of such high praise?

"First and foremost it's all about the flavour. When



Addresses: Galway Hooker Brewery,
Deerpark, Oranmore,
Co. Galway, Ireland

Contact: Tel: +353 (0) 87 7762823
Email: aidan@galwayhooker.ie
www.galwayhooker.ie



you distil everything down, that's what really matters. If the beer doesn't taste great there's nothing you can do to make it popular," Aidan explains.

"We pride ourselves on making really flavoursome but accessible beers. We don't have an elitist attitude and believe that great craft beer is for everybody, not just hipsters! The other important key to success is consistency and I believe this is something Galway Hooker is known for."

The most important thing for craft beers in general is the quality and the taste. Mass-produced beers, according to Aidan, are "a drab and soulless affair".

"Craft beer is an exciting adventure into uncharted waters. People want authenticity and they want to be able to connect with their environment. Drinking beer that was produced by an independent brewery a few miles away allows you to do that. Does a multinational brand tick that box?"

Fortunately for Aidan, multinational brands do not tick that box, making craft beers even more unique. And with a craft beer as unique as Galway Hooker, it's not likely the brand will lose popularity any time soon – especially when craft beers are so sought after at the moment.

"It's extraordinary how much things have changed. We are only 12 years old and are the third oldest independent brewery in the country! There are now nearly 100 brewing companies in Ireland and most of these have set up in the past five years.

"The result is an explosion in variety and choice, which is fantastic news for everybody with an interest in the industry," Aidan concluded.

The Process: How the iconic beer is made

What's in it?

"We only use four ingredients to produce all our beers: malt, hops, yeast and water," Aidan explains.

"The yeast we can grow (propagate) ourselves and we use a local water supply. All of our malt is sourced from Irish suppliers. Unfortunately, our climate is not ideal for hop-growing so there are no Irish commercial hop farmers in Ireland. We therefore source our hops from all around the world, but primarily Europe and the US."

How is it done?

"Brewing is fundamentally a very simple process. We marry traditional brewing techniques with one of the most high-tech craft breweries in the country to ensure that we always produce high quality and consistent products. We believe in producing natural beers and therefore do not add any preservatives to our beers."

How long does it take?

It depends on the style of beer but usually it takes about one month to produce a batch 'from grain to glass'."

So, if you're looking for a little taste of Galway, pull up a stool and order a Galway Hooker. Once you taste it, you'll be hooked.

For more information, see www.galwayhooker.ie.

Taste the Kingdom

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 incredible, 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.

The Kerry Food and Drink Experience is more than a listing of quality food businesses and establishments in the area – it aims to highlight the journey your food takes from farm to fork. And it's about the experience as much as the taste, allowing you to get some real hands-on experience with numerous 'food adventures' along the way.

There's something to suit everyone's tastes in the beautiful, scenic county, but if you're not sure where to start, tastekerry.ie is a good bet. With a range of tips, advice and recommendations, you're bound to have your meals planned well in advance. There's even a Taste Kerry app, so you can access the best information while on the go.

Taste Kerry is passionate about promoting food and drink in the Kingdom. While promoting food tourism and encouraging new visitors to the area, Taste Kerry also adopts a distinctively original approach by bringing together all aspects of the food industry to encourage inter-county trade and promotion



of food tourism across the county.

In fact, Taste Kerry is becoming recognised as the local authority for setting quality standards on the present state and future direction of speciality foods. Through its food tourism development plan, Taste Kerry seeks to ensure that authentic tastes of place become a significant economic driver for communities and regions, while also playing a primary role in enhancing the tourist experience in Kerry.

There's plenty of experiences around the ring of Kerry and in the many towns that are peppered around the county. Whether it's breakfast, lunch or dinner you're after, or a farmer's market to pick up some local produce, or the freshest, most delicious seafood, you can guarantee you'll find it in county Kerry.

Where to stop when you're in Kerry

Get the app



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 delicious meal: McMunn's of Ballybunion

Restaurant Association of Ireland's Gastro Pub of the Year in 2018 in Kerry, McMunn's is a traditional gastro pub, located on the main street of Ballybunion, serving only the finest food, wines and whiskeys. With breathtaking views of the Atlantic and the famous cliffs of Ballybunion, McMunn's is the perfect location for a fabulous meal and relaxing drink.

McMunn's also offers a warm, inviting place to stay, with ten beautiful en-suite rooms, perfect for the traveller who would appreciate staying above a traditional Irish pub, with an open peat fire and live music from local traditional musicians.

Telephone: 068 28845
Email: una@mcmunns.com
Website: www.mcmunns.com



For a local experience: Tralee Farmers Market

There's no better way to get a feel for the locals than to go to one of the many local farmers markets - and no better farmers market than the one in Tralee. With a beautiful selection of fresh foods, produce and crafts, you're bound to pick up something, while getting a proper taste of what Kerry is all about.

Address: Princes' Quay, Tralee
Day/Time: Saturday 10am - 2.30pm
Facebook: Tralee Farmers Market



For festival fever: Dingle Food Festival

There's a reason that Dingle won Foodie Town of the Year 2014: the fantastic atmosphere that you'll experience at the Dingle Food and Wine Festival. This is a fantastic representation of the various festivals on offer in Kerry, and it's something not to be missed. Come for the chef cookery demonstrations, food markets, wine tastings, foraging, food workshops, the Taste Trail, and the craft beer... and stay for the craic!

Address: Dingle
Website: www.dinglefood.com
Facebook: Dingle Food Festival

For something sweet: Skellig Chocolate Factory

Located on one of Lonely Planet's Top 10 Regions to visit in 2017 (The Skellig Ring), Skellig Chocolate Factory overlooks the UNESCO World Heritage site of Skellig Michael. Visitors are welcomed from February to December, where they can see how this award-winning chocolates are made. You'll also get to taste the freshly made treats and learn all about chocolate - as if you didn't know enough already!

Telephone: 066 947 9119
Email: info@skelligschocolate.com
Website: www.skelligschocolate.com



The Boathouse Redcastle

Recipe by Emmett Dean

The vision for the Boathouse emerged quite simply out of the very views currently enjoyed from its windows. And what a view! The ever-changing Lough Foyle never ceases to inspire and captivate the onlooker.

When it comes to food, the Boathouse's philosophy is simple: quality, fresh ingredients. When in season and at their best, these, transformed into a tasty meal, are one of life's great pleasures. The Boathouse staff want their customers to celebrate the joys of eating and sharing good food in a relaxed, laid-back surrounding.

Go Wild caught up with Head Chef, Emmett Dean, to see exactly what makes a restaurant like this tick.

What does your role as Head Chef entail?

In my role as Head Chef in The Boathouse kitchen, my main function is to 'lead my team', and ensure that only the best of plated-up food gets delivered to our customers' tables. Through constant discussion and feedback from both our Boathouse team and our customers, I aim to present a Menu of dishes that is both signature to the area, with extensive use of local produce, whilst also being kind to our customer's pocket!

What distinguishes 'The Boathouse Bar & Restaurant' from other restaurants?

Here at The Boathouse, we have something that every eatery in the world desires – a view to die for! Our restaurant sits right on the edge of the waters of Lough Foyle, the starting point for many journeys along the Wild Atlantic Way. The ever-changing

GoWild
Signature
Chef



Head Chef, Emmett Dean

picture that the view presents, is the inspiration behind many of the dishes produced by our kitchen. Greencastle Fishing Port is right on our doorstep, so fresh daily landed fish and seafood comprise much of our menu.

Why do you think 'The Boathouse' is becoming such a popular culinary destination?

Donegal is fast becoming the jewel in the crown of the Wild Atlantic Way, and is attracting much attention, and nowhere more so, than the Inishowen Peninsula. New eating establishments are springing up throughout the area. The Boathouse is embarking on its second year of business, with growing success, and to rave reviews. We are ideally situated on the border with Derry, and are attracting much cross-border custom, as well as locals and tourists. We are providing a much-valued service for those seeking a relaxing tasty meal, in cosy, comfortable surroundings, whilst gazing out over the waters of Lough Foyle.

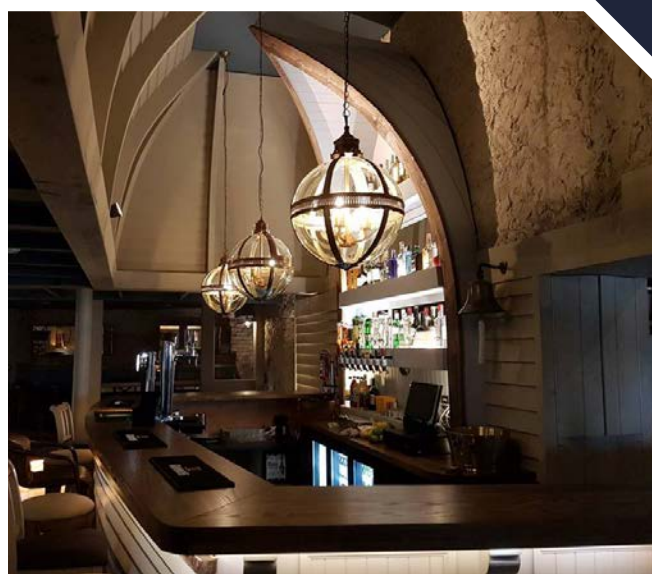
What makes your Restaurant unique?

Easy...! The setting, the view and the fresh fish!!



Address: The Boathouse,
Redcastle, Moville,
Co. Donegal

Contact: Tel: 074 9385455
www.theboathouseredcastle.ie



The Boathouse Signature 'Flourless Double Chocolate Cake'



Ingredients:

7 Egg Whites
7 Egg Yolks
75g Caster Sugar
100g Butter
250g Chocolate

Method

1. Whip up the egg whites and sugar until they form soft peaks
2. Melt the butter and chocolate together
3. Add in your yolks to this chocolate/butter mixture
4. Fold together and mix well
5. Bake in oven for 50 minutes, at 100°C

The Owenmore Restaurant

Ballynahinch Castle

Recipe by Chef Pete Durkan

The kitchens of Ballynahinch Castle, under the careful stewardship of Head Chef Pete Durkan, have been delighting both visitors and local diners for years. The Owenmore restaurant offers elegant yet unpretentious dining in a stunning location.

Using only the finest and freshest ingredients, Pete and his team take advantage of the wealth of fresh fish, and game available on the West Coast, to produce wonderfully balanced yet creative dishes. Dinner in the Owenmore Restaurant is one of the highlights of any trip to Ballynahinch Castle.

Head Chef Pete Durkan

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

I came to cooking quite late. I retrained at 29, so have been cooking for seven years, lucky to have worked with some great kitchen teams, and threw myself into learning as much as possible in the quickest time. I was always interested in good food and wanted to explore that as a career. The chefs that guided me have inspired me along the way, with their creativity, consistency, work ethic. I carry these core elements with me daily.

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

I moved to Ballynahinch Castle in March 2016, as sous chef. I helped develop the culinary ethos and standards of the kitchen team. I relished the chance to



work on daily changing menus and use some of the best ingredients that the west of Ireland has to offer. The Kitchen team went from strength to strength.

In November of 2016, I took the reigns as Head chef in Ballynahinch Castle. The brigade has really responded to me as head of the team. We were awarded 2 AA rosettes for culinary excellence in early 2017.

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

Irish produce, in my opinion, is second to none on a global scale. We have some of the best beef and lamb in the world. It is up to us as chefs to highlight and tweak these fantastic prime ingredients in to something special and delicious for our diners.

What advice would you give to aspiring young chefs?

Being a chef is not an easy career choice, but ultimately can be extremely rewarding. The key is to stay focused and learn as much as possible. Everyone, regardless of position in the kitchen, will have something to teach you. Focus on flavour; at each stage of the process, ask yourself 'how can I make this taste better?' And let common sense prevail; if your instincts are ringing alarms bells, listen to them. Learn to trust yourself.

What kind of food do you most enjoy working with?

I enjoy working with all types of food. At Ballynahinch castle, we like to use whatever produce is best in season, as it will be of the highest standard. Nature provides the inspiration. Whether it's wild salmon caught that day on the Owenmore River, or golden chanterelles, picked on the estate, or wood cock brought into the kitchen. We have daily changing menus; we can accommodate most things on our menus.

Read full interview on
www.gowildmagazine.com

Black Sole with carrots and mussels

Ingredients:

1 black sole on the bone
50g fresh mussels
4 large carrots
10 g pine nuts
10ml white wine
1 banana shallot
5g cumin powder
300ml carrot juice
10ml Irish rapeseed oil
For pickling liquid
1l white wine vinegar
250ml water
500g caster sugar
5-star anise
2 cloves
1 cinnamon stick
2 tablespoons white peppercorns

To make the pickled carrots

Boil all the ingredients for the pickling liquid in a saucepan for 5 minutes.

Set aside to cool down.

Peel, top and tail one carrot, cut into ribbons and discs using a potato peeler.

Once cooled down put the carrots into the pickling liquid and seal in a kilner jar. These carrots will last weeks and add great acidity to many dishes. You can also try different vegetables.

SERVES 4



To make the carrot puree

Slice the banana shallot, and then sweat off in a saucepan with the cumin, over a low heat, until translucent.

Peel 2 more carrots and slice thinly. Add to pan and sweat until the texture of carrots has softened.

Add 200ml of carrot juice and cover, cook until soft.

Blend in food processor until a smooth and silky consistency appears.

For the braised carrot.

Peel one carrot split down the middle.

Cover the carrot with remaining carrot juice and cook until softened.

Toast the pine nuts in a dry pan until golden.

For the mussels

Open the mussels in the white wine under a medium heat.

Take off the heat as soon as the shells open.

For the sole

Pan fry the sole in the rapeseed oil, presentation side down until a nice even golden colour is achieved, flip to other side and finish cooking.

Assemble the dish.



Michelin Kitchens to Strandhill Sligo

Lee Mastin, The Draft House Gastro Pub, Strandhill

Working as head chef of a gastro pub on the Wild Atlantic Way probably wasn't in Lee Mastin's mind as he worked in London's Michelin starred restaurants. However he wouldn't swap life in Sligo and The Draft House in the seaside village of Strandhill for those hectic, heady days.



Head Chef, Lee Mastin

His story begins in the historic, maritime town of Portsmouth on England's southern coast. Lee always had aspirations to make a career as a chef and went straight into formal training at the tender age of 16. After three years in college, he headed for the bright lights of London and began a period of intense learning in some seriously impressive kitchens.

His first job was in the Mayfair Intercontinental Hotel which he describes as a wonderful chance for a young chef. The hotel kitchen system allowed him to work his way around the different sections, learning as he went. His appetite well whetted he moved on to work with celebrity chef Gary Rhodes in City Rhodes which at that time had one Michelin star.

Lee also spent two and a half years working with

Raymond Blanc's protégé Steven Bulmer, in his Soho restaurant Atelier where he earned a Michelin Bib Gourmand and 3 AA rosettes along with probably the best experience a young chef could gain.

It's interesting to hear Lee's views on working in a Michelin kitchen. Although it is tremendously challenging and demanding, it can be repetitive as the menus are necessarily short. He is grateful for the skills he learned, but much prefers the less rigid structure of a different type of kitchen. Ten years ago, Lee and his Sligo born wife moved to Ireland. After spells in Cromlech Lodge and gastro pub The Oarsman in Carrick-on-Shannon, Lee has settled in The Draft House.

Lee is zealous about tracking down top quality local producers – whether it's eggs, cheese or vegetables. He is on a constant look out for good regular suppliers and is evangelical in encouraging new producers. This dedication is obvious from the ever changing Draft House menu with its focus on seasonality.

The decor on both floors is eclectic and appealing as well as comfortable. Regular live acoustic music adds to the welcoming atmosphere and the service is both efficient and relaxed. Original touches include showers for hungry surfers and warm kennels for the dog walker's best friend.

Quirky and engaging, The Draft House gastropub lives up to its confident slogan 'We don't do ordinary' and they have certainly reinvented the rulebook when it comes to eating out in the northwest. Locals and visitors love the ingredients-led food, extensive range of craft drinks and laid-back vibe.

The Draft House was a worthy winner of the Bord Bia 'Just Ask' award and Best Casual Dining Experience at the Gold Medal Awards. Recommendations include Georgina Campbell's Ireland Guide and the McKenna Guide.



Address: The Draft House
Gastro Pub
Sea Shore,
Strandhill, Co. Sligo

Contact: Email: info@thedrafthouse.ie
Phone: +353 071 9122222

EALA BHÁN

Proprietor Anthony Gray talks Sligo, seafood and hospitality

For the jewel in the crown of Sligo, look no further than Eala Bhán Restaurant in the heart of Sligo Town. The restaurant is situated on the Garavogue River, where patrons of this contemporary eatery can often see the namesake white swans passing by.

For proprietor Anthony Gray, the beautiful Sligo setting is just one part of the puzzle.

"I'm a Sligo man who is very proud of our beautiful scenery and our poetry as well as our local food. My true love is showcasing local and seasonal produce in an artistic environment," he said.

Anthony Gray is a mighty champion of his native Sligo, and is powering the local food revolution. First and foremost, he is a restaurateur, in his benchmark Eala Bhán restaurant, as well as the new Hooked, on Tobergal Lane.

But just running excellent restaurants isn't enough for this champion of Sligo, so Mr Gray is also chairman of the Sligo Food Trail, which has been energetically and effectively putting the dynamic food culture of this beautiful city on the culinary map of Ireland.

Best of all, Mr Gray puts the tastes of Sligo and the North West of Ireland right there on your plate, sourcing superb artisan ingredients to complete his picture of a proud, self-contained and ambitious food world.

Eala Bhán cooking is lush, rich, soulful and imaginative, with the genius of the place captured and artfully arranged on your plate: black and white pudding lasagne; beetroot carpaccio with goat's cheese fritters; 8-hour braised Sligo pork belly with orange and star anise; pan-seared lemon buttered scallops or rack of Tubbercurry of Sligo lamb with shallot mash; Mullaghmore lobster linguini – and there is a smart, city-like room in which to enjoy the kitchen's modern riffs on great classic dishes.



Smart children's menus make Eala Bhán a great choice for families, but the room feels right whatever the occasion that brings you in the door.

Eala Bhán was born in 2011 and has won many accolades including best restaurant 6 years running with the RAI. Anthony said he always had a love of food, but he discovered his love for looking after people while working in his Fathers butcher shop.

"What I really do believe in is giving people the wow factor when they come in the door of Hooked or Eala Bhán. My presence is important too, that I'm

always there to greet them and talk to our guests. I'm also Wild Atlantic Way Champion and I work closely with Fáilte Ireland," he said.

"Fresh fish is very important in Sligo. I often go fishing and put on catch of the day and whatever I can catch and source locally goes on the menu, from Mullaghmore to Easky and all the surrounding areas," he said.

Other highlights on the carefully curated menu include crispy sticky Thai beef stir fry, with Sherlock's of Tubbercurry marinated strips of beef in a crispy batter tossed in lime; or trio of duck and Cashel blue cheese ice cream.

Eala Bhán

Head Chef Marcin Szczodrowski

Eala Bhán is located in the heart of Sligo Town on a beautiful stretch of the Garavogue River. The décor here 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 food is classic with a contemporary twist and offers everything you could possibly want. All of the local seafood is hand-selected and artistically prepared to perfection. All of the steak cuts stand tall with the superb flavour of aged beef that is cooked to your liking. Produce is organic whenever possible, sourced from local suppliers and direct from local producers.

Head Chef Marcin Szczodrowski took some time out of his busy work schedule to speak to Go Wild...

How long have you been working as a chef?

I have been working professionally for 11 years now. My inspiration came from a young age when I was first introduced to cooking. It wasn't always my ambition to be a chef. I didn't know what I wanted to be. I just always knew I was creative and developing new dishes was always the driving force behind me. When I was introduced to cooking, I was never bothered by the long hours that were involved. It became by passion and I am delighted I chose it as my career.



What does your role involve?

My role as Executive Chef is to ensure quality culinary dishes are produced and all staff are assigned appropriate duties in line with their skillset, such as food preparation, line positions and tasks. I use only the finest local produce available in Sligo, organic where possible, while also keeping the kitchen clean and safe at all times.



Head Chef, Marcin Szczodrowski

What brought you to Sligo and Eala Bhán?

I decided to take a more positive career move in 2014 based on the high quality food that Eala Bhán restaurant was consistently producing. Since I joined Eala Bhán, my cooking has been raised to a new level, and we have won multiple awards for producing the highest standard of local gourmet cuisine.

Who is the most famous person you have ever cooked for?

We at Eala Bhán are delighted to say we have cooked for many celebrities in the public eye and the music industry. Without a doubt, it was a great honour to cook for President na hÉireann, Michael D Higgins in 2014.



Read more online at
www.gowildmagazine.com

Eala Bhán

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Co. Sligo

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

Hooked

One of the most important things about Hooked in Sligo is the fact that it buys local, supporting local producers and providing its customers with the very best of ingredients. This ethos, perhaps, comes from the fact that proprietor, Anthony Gray worked with his father, Joe Gray, in his butcher shop, established on Teeling Street.



Photos: Donal Hackett (photocreation.ie)

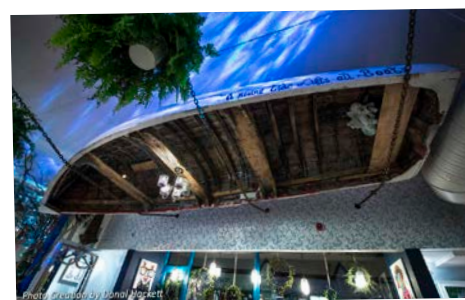
Anthony's father provided Sligo with handmade, award-winning sausages, black and white pudding, cured hams and much more. With such high-quality local produce tied so closely to the family, it's no wonder Anthony is so passionate about keeping things local.

Anthony wants to incorporate a piece of his family history into the menu and share it with everyone. He believes that Sligo and the North West of Ireland produce some of the best ingredients in the world, with great artisan produce, shellfish, fantastic dairy and a stunning location on the Wild Atlantic Way, the area has so much to offer.

If the passion for local produce isn't enough to hook you in, you'll love the beautiful décor of this stunning Sligo

establishment. There's a wooden boat on the ceiling, a punning mural along one wall and a Father Jack snug for the Fr Ted lovers. Add to that the stunning view of the gurgling Garavogue River, which runs through the heart of Sligo and what more could you possibly want?

That's right - a delicious menu! Hooked does breakfast from Thursday to Sunday and Brunch and Dinner all week long. With extensive menus, the restaurant will tickle everyone's taste buds - carnivores and vegetarians alike.



Stand-out dishes on the menu include delicious southern fried pork cheeks, cooked in Orchard Thieves cider; sumptuous confit of duck potato rosti with a free range poached egg; the delicious Joe McBurger in a brioche bun, with smoked cheddar, a white hag onion, bacon jam and truffle mayo; the satisfying chicken Kiev, filled with chorizo and a leek and lentil ragu; not to mention the 8oz rib eye steak - cooked perfectly to your liking.

There are plenty of tasty vegetarian options too, making use of the most spectacular ingredients to provide a delicious taste sensation.

But what would a restaurant like Hooked be without seafood? The restaurant is on its way to becoming one of the top seafood joints in Sligo, with its delicious beer-battered newspaper crispy fish and chips, or its savoury smoked Killybegs salmon.

Whatever your tastes, you'll find something delicious to feast on at Hooked in Sligo. And, with the gorgeous views and the welcoming atmosphere, you might just become 'hooked' yourself.

What we have in this country is just great, natural beauty

Minister for Rural & Community Development Michael Ring TD

by Jessica Thompson

01

When Minister for Rural and Community Development Michael Ring last spoke to Go Wild, he was full of praise for Erris and County Mayo. His love for his home county certainly hasn't changed, but the effect of that article, he said, was huge on Erris - as was the magazine in general along the Wild Atlantic Way.

"What's happening now since we did that magazine and some of the people saw that article is there have been a lot more visitors to the area," he said. "Erris also won the best place to Go Wild. It was an Irish Times competition that they won. And from that, more and more people are now discovering it."

When the Minister was given the job of promoting the Wild Atlantic Way a number of years ago, people just thought it was something to keep him and the West of Ireland happy. Nobody

"This greenway is going along the canal from Dublin, the whole way down along the river Shannon and into Longford and they hope to connect that to the great western greenway. So eventually we'll all be connected from Mayo to Dublin"

knew what would come of it, and the impact it had on Ireland has far surpassed the country's expectations.

But the Wild Atlantic Way has really taken off over the past few years and has, in fact, become one of the country's most important routes for increasing tourism numbers. In fact, the popular west of Ireland route was a huge help in bringing a whopping 8.74 million tourists to the country in 2016. That was a 31% increase on tourism numbers just three years earlier. Incredible.

"People didn't think it was going to have the impact that it had," Minister Ring explained. "But the infrastructure was there - the scenery, the

beauty - nothing has changed in that. What we did was a bit of marketing, a bit of signage and a few signature points around the place and people started to go and actually look and see what we have in this country.

"And what we have in this country is just great, natural beauty. People just love it.

And more and more foreign visitors are coming now. And not alone the foreign visitors, but Irish visitors are now beginning to appreciate what we're doing."

The Minister has yet to travel the whole Wild Atlantic Way from bottom to top, or top to bottom, but says it's something he would absolutely love to do. And, as a huge fan of Kerry, chances are he'd start down that side of the country.

"I love Kerry," he said. "I love going down there. I love the Ring of Kerry. Whatever part of Kerry it is, when it's a nice day and the sun is shining, or it's not raining, or even if it is raining, there's still something beautiful about Kerry. I love Kerry, and whatever part you decide to go to is just fabulous."

IMAGE: MICHAEL MCLAUGHLIN



02

01. Michael pictured at Clew Bay, Co Mayo.

02. Claggen Beach, Belmullet, Erris, Co Mayo.

03. Croagh Patrick, Co Mayo.

04. Cliffs in Co Kerry.

05. Dún Briste (Broken Fort) & Downpatrick Head, Co Mayo.



IMAGE: FÁILTE IRELAND

03



IMAGE: RAYMOND FOGARTY

04



IMAGE: RAYMOND FOGARTY



One thing Minister Ring is very quick to point out is the sheer number of little tea shops and businesses that have popped up around the place as a result of the Wild Atlantic Way. And God, he added, wasn't it such a simple thing that was done to make this happen?

"The infrastructure was already there. We didn't bring in the view. We didn't bring in the sea. We didn't bring in the scenery. That was all there," he pointed out.

"What we did was we put up a bit of signage. We improved some roads. We brought the walks along the the way with the walk scheme, the Greenways. And that all helped to show off the infrastructure that we have."

A simple thing indeed. That was all it took, he said, for communities to start seeing the potential that tourism could bring to their area.

"What I have seen is that communities themselves have bought into the Wild Atlantic Way. They have a pride of their place. And now they see they have lots of visitors, they're looking at ways they can improve that.

"In this country, we didn't think tourism was as important as any other job. But it's more important. If you were in Spain in the tourism industry, that's the most

important industry to be in, because people have jobs on a full-time basis. People are beginning to realise that the tourist season isn't just 12 weeks of the year, but 52 weeks!"

And, he added, activity tourism is becoming more and more popular, with bike hire businesses and tours springing up all over the country. In fact, as Minister for Rural and Community Development, Minister Ring is in charge of the Rural Recreation Scheme, which has seen a number of beautiful walkways and greenways open up across the country - with some particularly gorgeous ones being worked on along the west coast.

"Now we're building on the Wild Atlantic Way because we have the Greenways from Westport to Newport to Mullranny, into Achill. We're after doing a deal with Coillte in relation to land, so eventually those walks will go

into Ballycroy. They'll go to Bangor, they'll connect into Ballycastle. It'll be a fantastic walk when it's all completed," he said.

Most recently, the Minister has been working with midlands areas like Longford and Leitrim. In February, he opened a Greenway in Mosstown, Longford, which he says is a great addition to the local community there and, in fact, to the rest of the country, as it will eventually link the Wild Atlantic Way to Ireland's Ancient East.

"This greenway is going along the canal from Dublin, the whole way down along the river Shannon and into Longford and they hope to connect that to the great western greenway. So eventually we'll all be connected from Mayo to Dublin," he said.

There is great opportunity in these greenways, according to the Minister, whose enthusiasm for the project is hard to match. And, he said, great credit should go to those who have helped along every step of the way - not least the farmers.

"We're dealing with the farmers who make their land available and we have to compliment them on that," he said. "This wouldn't happen but for the cooperation from the farmers. We have a great walk scheme here. We're trying to promote that this year and what they provide for their country, for their county and for their area is just unbelievable.

"And they'll see now the benefit for their community and the benefit for their country."

Eithna's By The Sea



Recipes by 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 distance in the shadow of the glorious Benbulbin, it's impossible to miss Eithna's By The Sea seafood restaurant with its dramatically painted sea mural overlooking the harbour.

Built on years of experience, Eithna creates and serves her own tasty dishes using only the very best, locally sourced fish and organic vegetables.

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 cracked crab claws. Our lobsters are sourced from the nearby Mullaghmore Sea Farm and fished sustainably by small inshore fishing boats from Donegal and Sligo coastline. Lobster Thermidor is one of our most popular, signature dishes. Our Wild 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 innovative flavour has been the driving force behind the restaurant since the very beginning. The food on offer is unpretentious and casual in an outstanding location. And it's not just the seafood lovers and culinary adventurers who adore Eithna's as there is plenty to offer in the non-seafood, vegetarian and gluten-free varieties.

Winning Georgina Campbell's "Ireland's Seafood Restaurant of the Year 2014", and Irish Restaurant Association's award for "Best Casual Dining Experience in Connacht" has spread the word even further. And it's more than 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 fine food and casual dining.

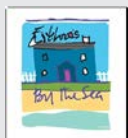
How do you use the seaweed that is so plentiful along the shore in your dishes?

Seaweed and sea vegetables are a feature of our menu, in breads and desserts, and in a wide range of our homemade Wild Atlantic seaweed pestos and preserves. I incorporate seaweed into some of my dishes to provide new palate sensations such as Baked Hake with Seaweed Pesto and Land and Sea Spaghetti with Lobster. I have even revitalised classics like the simple scone with a sweet and salty seaweed version.

Those curious to learn more about seaweed can join me and Prannie Rhatigan, author of the Irish Seaweed Kitchen on our Sligo Seaweed Days. These days include a coastal walk where you will learn how to harvest, store and use seaweeds in your own cooking, followed by a mouth-watering seafood buffet eaten at my restaurant.

Eithna's is a seasonal kitchen, with opening times from February to the end of October. Open only on weekends during low season, and five days a week during peak season.

Check www.eithnasrestaurant.com for our opening hours.



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



EITHNA'S BY THE SEA

THE HARBOUR, MULLAGHMORE, CO. SLIGO

TEL +353 (0)86 851 5607



eithnasbythesea



www.bythesea.ie

PRANNIE RHATIGAN



Sligo is synonymous with Seaweeds and a seaweed Identification walk at the shore with the Irish Seaweed Kitchen is a not to be missed experience.

The cookery book, laminated guide to edible seaweeds, cards, pots of dried seaweed and poster are all available from the website.



For information and dates: www.irishseaweedkitchen.ie

The Ice House Hotel, Ballina

Recipes by Chef Anthony Holland

Head Chef Anthony Holland brings a wealth of talent and experience to the Ice House Hotel having worked with some of Ireland's very best hotels including Ashford Castle, Mulranny Park Hotel and Kinnitty Castle. Put that together with his well travelled sense of adventure that brings a fusion of flavors to everything from our casual lunch menus to our evening fine dining, and you're guaranteed dishes to delight.



Executive Chef Anthony Holland

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

I have been working in this industry for nearly 20 years, working in kitchens since I was 16 years old. My inspiration came from where I was reared — Achill Island off the west coast of Ireland. Growing up on the island, I used to fish as well as foraging for periwinkles, blackshells and cockles on the seashore. I would experiment with them at home, cooking them in different ways. Watching cooking programs when I was a kid also had an influence on me and made me want to progress to becoming a chef.

What distinguishes The Ice House Restaurant from other restaurants?

The Ice House Restaurant has two main distinguishing features — the aesthetic of the building the restaurant is set in, and the food presented to our guests each evening. The food I produce at the restaurant is local and I always try to use local and regional food in the menu where I can. Food is bought in each day, prepared and served in the restaurant each evening. The restaurant is set in one of the original caverns of an ice house dating back as far as the 1800s, where salmon was stored after being caught in the River Moy.

What kind of food do you most like working with?

Fish is what I most enjoy working with which is reflected in my menus. It brings me back to my childhood and growing up on Achill where fish featured heavily, both as a recreational hobby and as part of the food we eat growing up. Over the last 20 years, fish has featured prominently on all the menus I have produced. I love its freshness and the way that simple preparation can produce some wonderful exciting dishes. I always use the best of what local fish there is on offer.

Can you source good produce locally?

The beauty of living and having a restaurant in Mayo is that there is an abundance of renowned local suppliers in the region. Being a native of Achill Island, I have grown up with some of these suppliers in the area and in my career, I have built up a great working relationship with the suppliers in the region. Local suppliers that feature on our menus include Kelly's from Newport for their renowned black pudding and sausages, Calvey Butchers from Achill for the best Mayo lamb, Garvin's for fish and Enniscoe House Organic Gardens for vegetables and salads.

Read more online at
www.gowildmagazine.com



Serves four

Seafood Tagliatelle

Monkfish/ Squid/ Pink Prawns/ Mussels

Ingredients:

100g Fresh Basil (Chopped)
100g Fresh Rocket
500g Tagliatelle (Blanched & Refreshed)
100g Parmesan (Shaved)
1 Lemon (Zested & Juiced)

Tomato Sauce

1 red Onion
3 Cloves of Garlic
25g Ginger
1 Punnet Cherry Tomatoes
5 Large Tomatoes
20ml Vinegar
20g Sugar
20g Thyme

Seafood

200g Monkfish (Sliced)
2 Squid Tubes (Sliced)
20 Pink Prawns
24 Fresh Mussels

Preparation:

To make the tomato sauce, roughly cut all the tomatoes and roast them for 20 mins in a preheated oven at 170°C. Then simply sweat off the onion, garlic, ginger and thyme in a pot and once it has started to brown nicely, add the sugar and vinegar. Finally, add the roasted tomatoes to the pot, simmer, blitz and pass.

Method

Heat two two-litre pots with a touch of oil – each pot will serve two portions of the dish. Once heated add the Monkfish and Prawns equally into the two pots and sweat them off. Next add equal amounts of the Squid, Mussels, Tomato Sauce and shaved parmesan into both pots. Once the Mussels start to open drop your pre-blanching pasta into hot water, strain and add in equal measure to your two pots. Add the chopped Basil, Rocket, Lemon zest and juice and stir altogether gently. Finally season to taste and serve.

The Merriman Hotel

Recipe by David Gouman

At the Thatch Bar in the Merriman Hotel, you can enjoy tasty, fresh bar food and the Best Pint in the West, all served with a smile! With live music every weekend and all the major sport fixtures on large flat screens, there's entertainment to suit everyone.

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

What inspired you to get into the food industry?

I have been working as chef for 17 years. My mum and grandmother's cooking have been my inspiration. I always wanted to be a chef from a very young age, I was always helping my mother when I was young.

What does your role as Executive Chef entail?

I oversee all of the hotels in the Wild Atlantic Group and liaise with other chefs coordinating menus and costs. I have been working at the Merriman Hotel for two years and enjoy working in the beautiful countryside around Kinvara and the Burren region.

What distinguishes the Merriman Hotel from other restaurants?

At the Merriman, we cook all dishes from scratch using local produce and suppliers... we have a diverse menu with a large nod to seafood as we are beside Galway Bay and the Wild Atlantic Ocean! Our clients both local and international seem to enjoy our food because they keep coming back which is a lovely compliment to all of us here at the hotel.

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

Irish food has changed dramatically for the better... there is much more choice and a wide variety of cooking styles now available throughout Ireland. The quality of the ingredients is top class and everything is fresh and perfectly ripe. We seem to follow the seasons now more than ever and customers expect a higher standard which

we strive to deliver every day. Having said that, one of the best-selling dishes in the Merriman is Bacon and Cabbage. In fairness, it is a classic Irish dish...



Executive Chef, David Gouman

Can you source good produce locally?

Yes we can source many good products around the hotel: oysters (Flaggy Shore), meat, mussels, fish, vegetables etc. from my producers in County Clare and County Galway.

What do you think the future holds for the Irish food industry?

The future for the Irish Food Industry is very exciting. The industry is a huge employer in Ireland and so many livelihoods depend on it, hence people take it very seriously and work very hard to make it safe, sustainable and innovative. The produce from Ireland is considered of the highest standard and just last week China approved Irish Beef to be imported – the first country in the world to get such a license.

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

Food in Ireland in 2018 is very good and very classy compared to five to ten years ago... but we still have room for more changes. The food we produce here on the island of Ireland is deemed to be very safe, clean and green, with little use of chemicals and an ethical approach to rearing animals in particular. The consistent quality across the industry is obvious in the taste with each plate of food a taste sensation... each pint of Guinness a religious experience!

What advice would you give to aspiring young chefs?

I would say to young chefs to go work in a good establishment with a good name to start with the right base, for at least five years, then they can decide exactly what direction they really want.



Marinated sea bass with tuna, crab and coriander

Ingredients:

300g fillet of sea bass
200g tuna loin
120g crab (white meat)

For the sea bass marinade

30g salt
20g sugar
1 lime
Bunch of coriander
1 star anise
1/4 scotch bonnet chilli

For the crab

1 Lime
Olive oil 1 tsp
Guernsey salt
White pepper
Coriander 1/2 bunch

Serves four

Method

First you need to marinate the sea bass. Blend all the ingredients for the marinade to the food processor. Spread the marinade in a plate, then add your sea bass on the top and add more marinade to the top of the sea bass. Fold cling film on the top of the sea bass and leave in the fridge for four hours. Then rinse, dry and put in freezer for 45 minutes to firm up.

Cut the sea bass in thin slices with a sharp knife and tuna also, then alternate in a circle.

Mix the crab with coriander, oil, salt and pepper... then place it in the middle of the plate.

Garnish with julienne or carrots and blanched leeks, then light French vinaigrette if you like.

If you have any questions I would be delighted to hear from you... enjoy the taste of the Wild Atlantic Way! Regards, avid Philippe, Head Chef, Merriman Hotel, Kinvara, Co Galway.

Food for Thought:



Celebrity Chef Gary O'Hanlon on what it takes to become a successful chef

There are no personalities in Ireland quite like Gary O'Hanlon. From the hairstyle to the passionate swearing, he comes across as ambitious, with an ego justified by the hard work he's put in to get to where he is now.

And right now he's one of the top chefs in Ireland, with ten years in Viewmount House, more awards than he can count – including a Gourmand World Cookbook Award – and a number of appearances in national media under his belt.

Now, in his new role as Culinary Director at Baxter Storey Ireland, he's continuing to change the food industry for the better, with a strong team of people by his side.

But he didn't just land on his feet, and he'll be the first to tell you that it was a long, hard graft to get to the top.

"You have to love what you're doing," he told Go Wild in his unmistakable Donegal accent.

"You can't paint a picture if you're just grumpy" he continued, talking with his hands to emphasise the words. "Or you can, but it'll be a grumpy picture. And if you wanna paint grumpy pictures, that's grand. But with food? No. It's craftsmanship. And if you don't wanna do it and you're not really into it, it's a long and lonely day."

In fact, listening to Gary's life story, you'd be forgiven for thinking the days are long and lonely regardless of whether you love it or not... especially when you're in a job that takes you away from your wife and kids for most of the week.

"I never paint a pretty picture of my career. You're in these kitchens – especially in fine dining – with high pressure and noise," he openly admitted.

"And I know TV glamorises it, but unless you're cooking at the top, it's a horrible job. Yes, there's the beauty of the job and the beauty of the cooking and there are a lot of chefs out there that will say that it's amazing and they love it and they're so passionate.

"Listen: you have to be passionate to get to the top and you have to have it in you. But anyone that tells you that

they don't go through periods of weeks on end or maybe a month of doubt is lying.

"I would have confidence coming out my ears, but there are times where inside I'm dying - where inside I'm worried about not being good enough, worried about relevance. And that shows in your menu."

And Gary knew that from the start: there were no romantic notions of what the job would be. It took hard work and a lot of effort to even get a foothold into the beginning of a career.

As a Donegal man, seafood has always been a big part of Gary's life. When he was a child, his family ate a lot of fish and his father worked with wild oysters which, he says, were so high end at the time.

"Wild oysters coming from Lough Swilly were in the best restaurants in France and beyond. They would've gone across the world to Japan and all these other places. There would've been guys across the world that bought them off Daddy. So since I was four or five, we were out on the shores. It used to drive us crazy," Gary recalled.

"But when I think back now, as a chef, I was immersed in the best of foods in wild Irish oysters. Now a wild oyster could cost you anything up to three or four quid, whereas your rock oyster - your farm-grown oyster - you're looking at 50 or 60 cent. So there's a real significant difference in price.

"Seafood was what got us through school and paid the bills and paid the mortgages - everything for our whole lives. And periwinkles, mussels, all of it - it was all wild."

Gary started his career as a chef at the age of 15, scrubbing pots in the Rosapenna Hotel in Downings, Donegal, before spending two years preparing lobsters for free - just so that he'd be next in line for the job when the chef on that shift decided to move on.

By the time he went to college in Killybegs, he had a good grounding in culinary skills and a fair idea of how pressurised a busy kitchen could become and, when he graduated, he was well on his way to forging a colourful and successful career as a chef that others could look up to and admire.

But even Gary had to have an idol or two as a youngster. Gary Rhodes and his "mad hair dos" certainly had a strong influence on a young Gary O'Hanlon, but the man who stood out the most was Conrad Gallagher.



So, when Gary was asked to appear on Conrad's show, 'Head Chef', it was one of the only times in his career that Gary was sick to his stomach with nerves.

"I'm not joking you: I didn't sleep for two or three days," he recalled.

"Without sounding egotistical, I was being touted as one of the next big chefs and my career was really just on a crest at that point. I don't ever feel inferior beside any chef - and I mean any chef - about knowledge, about my ability. I reckon there's an awful amount of brilliant chefs that are brilliant in their way.

"In my mind, they're not better than me. But they're brilliant. I don't ever, ever for a second think that I'm a lesser being to any of those chefs - and I mean anybody. But when it came to that day, going to work with Conrad Gallagher, I was sick."

Nowadays, Conrad and Gary are good friends and, despite the negative press surrounding Conrad of late, Gary won't hear a word against him.

"I never, ever, ever allowed anyone to engage in negative comments about Conrad Gallagher. The only thing he ever did to me was inspire me. Yes, I've moved on to

another level and yeah, he's done some things wrong. But to me he was still the master of his time."

As Gary's career has progressed, though, he's stopped idolising other chefs – any chef that he sees as better than himself is a mere challenge for self-improvement.

"You need to be able to recognise when you're not as good as somebody," he explained.

"They're doing that better than you – good for them. Don't hate them for it. Thank them for it. All they've done is given you an opportunity now to say 'alright, I'm gonna reciprocate that and throw it back at you; now can you go another level?' And you hope that they do, and then you come back. And d'you know what? The only thing that happens when that happens is everybody gets better."

Gary is most known for his time as head chef in Viewmount House, where he won a number of awards and built a fantastic reputation for the Longford fine dining restaurant, together with his fantastic team of chefs. The ten years Gary spent there were very special to him and, if he was ever going to leave, it would have to be for something amazing.

Enter Baxter Storey Ireland and a man called Andrew Noonan, who is the Managing Director of the company.

"Andrew approached me last year to become Culinary Director at Baxter Storey. We provide high-end hospitality to large companies and high end fine dining hospitality as well. So it's basically fine dining in the corporate world," said Gary.

"Andrew is a real visionary. Just a guy that I met and impressed me – not that I needed to be convinced. I was talking to Andrew for two or three minutes and I knew right away in my hearts of hearts..."

"Because it was going to take something really special to make me leave Viewmount House. I loved it there. So I said if I'm gonna go, now is the time. This is a new industry for me – with really exciting projects coming up and an awful lot happening."

Gary has been working in his new role for a few months

now and said he couldn't be happier with the move. As a chef, he found himself working incredibly unsocial hours, with late nights and long days keeping him away from his family. But, in this new role, he's working Monday to Friday, and only some weekends, leaving him with plenty of time to spend with his kids and his wife, Annette.

While Gary was working at Viewmount, the minding of the couple's two kids, Cora and Ollie, frequently fell onto Annette's schedule, which Gary said was quite hard on her, as she herself works full time as a teacher.

"I'm not gonna be all romantic about it; it's hard. Life is hard and work is hard and kids – it's tough. If children actually slept all night, it'd be easy," he said.

"The one thing I will say about Annette: she never, ever, ever held the job against me, she had bad days, obviously; we all did about me not being there or not being there enough. There was always that. But she never, ever told me to leave it. Ever. Which to me was everything – whether she knows it or not.

"Netty's gorgeous. She's brilliant, she really is. She's top drawer."

There have been plenty of ups and downs in Gary's career to date, but there's no denying it's been a fulfilling one, with more successes than failures. And, in his new role with Baxter Storey Ireland, Gary is excited to see where this next step will take him.

"I'm utterly immersed in Baxter Storey Ireland now and bringing them to a whole new level and, as far as I'm concerned, in the next five years, everyone in that industry will be looking up at Baxter Storey Ireland as how it should be done.

"It might sound bold, but if I'm not that ambitious, my development team aren't that ambitious, and all my head chefs aren't that ambitious and all our operations managers aren't going to be that ambitious.

"So that's the way it is and that's the way it's gonna be. I'm gonna immerse myself in it."

Creed announces Food Wise High Level Innovation Team



The Minister for Agriculture Food & Marine, Michael Creed TD recently announced the appointment of a High Level Innovation team as part of the Food Wise 2025 strategy. The announcement was made at the 15th meeting of the Food Wise High Level Implementation Committee (HLIC), which discussed the topics of innovation, farm safety, the seafood sector and Brexit which is a standing agenda item.

The Food Wise strategy includes a recommendation that a high level team be established to review current agri-food sector innovation capacity and the utilisation of this capacity, and to better market the Irish agri-food sector's innovation capabilities.

"I am delighted to announce today the composition of this team: Paul Finnerty, Frank Roche and Mella Frewen, who are all experts in their own fields," Minister Creed said at the meeting in early May.

"This high level innovation team, supported by a secretariat from Enterprise Ireland and my own Department, will drive insight for the food industry on the benefits of investing

in innovation. I hope that the team will also provide advice on the future vision for innovation, a key theme of Food Wise, across the sector."

The Health & Safety Authority reported to the meeting on their activities in the area of Farm Safety promotion and policy development. Representatives from the seafood sector also engaged with the High Level Implementation Committee on the sector's potential for future sustainable growth, albeit with potentially significant exposure to Brexit impacts.

Paul Finnerty is the Co-Founder and Managing Partner at the Yield Lab Ireland Accelerator, which launched in early 2017 and is based in Dublin.

Mella Frewen has been the Director General of Food Drink Europe since July 2007, representing Europe's Food & Drinks sector.

Dr Frank Roche currently holds the Berber Family Chair of Entrepreneurship at the UCD Michael Smurfit School of Business and is the Director of Entrepreneurial Strategy for UCD.

The Silver Room

Restaurant, Limerick By Jessica Thompson



The Silver Room Restaurant is the new kid on the block in Limerick, having opened its doors just over a year ago. But it's certainly carved out a name for itself on the Wild Atlantic Way coast, with customers returning again and again to enjoy the delicious food, beautiful atmosphere and excellent service.

Go Wild caught up with the owners Wojtek and Maciej, to find out exactly how the Silver Room Restaurant became the popular eatery it is today.

How long have you been working professionally at The Silver Room Restaurant?

We founded The Silver Room Restaurant in February 2017. We have known each other for over two decades and both started our hospitality careers in Poland, before moving to Ireland and graduating from Hospitality and Culinary College in 2000.

Prior to opening The Silver Room Restaurant, both Maciej and I perfected our skills managing The Woodlands House Hotel, with a combined 20 years of experience. Since opening just over a year ago, The Silver Room Restaurant has expanded into a family restaurant.

Where do you source your ingredients?

At The Silver Room Restaurant we know that our customers value fresh food. We know that by buying local produce, our dishes will be bursting with flavour. We strive to make the best recipes with local produce.

All our pork products are from Brian Wilmott. Our steaks, lamb and beef come from Toddy McMahon

in Abbeyfeale. Fruits and vegetables come from Fenit Fruit and Veg from Fenit, Tralee, Co. Kerry. We get our fish from Daly's Seafood in Cahersiveen, Co. Kerry and Star Seafood, Co. Kerry.

Cahill's Farm Cheeses from Newcastle West supply us with our delicious cheeses, while our Tournafulla black pudding is made by the Brouder family-run business.

What dining options does The Silver Room Restaurant offer?

The Silver Room Restaurant is open from Tuesday to Sunday, 12.30pm until 9pm, serving lunch and dinner. For dinner, we offer a set menu of three courses, or a delicious à la carte menu. We also offer a kids' menu with some delicious options for the little ones, so a visit to The Silver Room Restaurant will be a great dining experience for the whole family.

Tell us a little bit about your wine menu.

The wines on our list were chosen by Ron Forrestal from Forrestal Wine Merchant, Ardagh, Co. Limerick, who has over 20 years of experience in the wine business. His expertly-chosen wines serve as the perfect accompaniment to the various dishes on our menu.

What brings customers back to The Silver Room Restaurant again and again?

Here at The Silver Room Restaurant, we have a deep-seated passion for the hospitality industry and strive to continue to satisfy customers, using local produce and creative recipes.



Smuggler's Café

Portmagee

Portmagee shot onto the international map after Skellig Michael was featured in the latest Star Wars movies. And, with tourists paying visits to the beautiful island all year round, it's come as no surprise that the village itself is starting to cater for the extra tourists.

Enter the Smuggler's Café. Run by Henry Hunt of the Smuggler's Inn and his partner Lorraine, a native of Portmagee, just across the mountain in Waterville, the Smugglers Café is the perfect spot to stop for a bite to eat while visiting the picturesque village, or returning from a morning trip to the Skelligs. And with the finest seafood in Portmagee, you'll be sure to pay a return visit.

Serving breakfast and lunch, the Smuggler's Café prides itself on the deliciously fresh produce, sourced locally. Fish is freshly caught by fishermen in Portmagee; fresh meat, chicken and eggs are supplied by local farms; pheasants are brought in by local shooters; and vegetables are grown in the Smuggler's garden, so you know you're getting them fresh.

The lunch menu has plenty to offer, with a delicious goat's cheese ciabatta; a super healthy superfood salad; deliciously tender lamb; tasty seafood tagliatelle; sumptuous avocado melt ciabatta; not to



mention the Smugglers Fish 'n' Chips, complete with tartar sauce. Delicious.

Or, if you're heading out on a morning boat, you can grab a delicious cooked breakfast, a fruit platter or a good hearty bowl of porridge. If that doesn't prepare you for the steep walk up the steps of Skellig Michael, we don't know what will.

The Smuggler's Café takes bookings for groups of up to 10 people, but groups and individuals alike are welcome to just pop in for delicious coffee, a meal or a light bite.

Opening times:

Mon-Sun (June-Sept) 08:30 to 17:00

Mon- Fri (March, Oct, Nov) 11:00-17:00;

Sat-Sunday (March, Oct, Nov) 09:30 17:00



Read more online at
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www.smugglerscafe.ie

• W A T E R V I L L E •



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Serving gourmet food amidst panoramic views of Ballinskelligs Bay the beautifully restored 180 years old Smugglers Inn offers a unique and authentic Irish experience. Hugging 2km of unspoilt sandy beaches and next to the world class Waterville Golf Links come for the food and stay for the craic.

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A New Street Food Concept



From an Irish chef who is based in Spain and proudly flying the Irish flag



Peter Fisher has built a sterling Gastronomy reputation over 15 years in business in Spain and his culinary creations are simply to die for.

He currently owns the Fish Bowl restaurant in Campoamor along with the Street food Gourmet burger restaurant in Cabo Roig.

This new concept, which only recently launched, will prove a huge success for Irish tourists visiting Cabo Roig as it really is a meaty burger and well worth trying.

Hot tip: Try the Hot Mexicano burger, I really wanted two of them because the first was so delicious but I resisted and wish that I hadn't!!!

Continued success to this entrepreneurial Irish Chef and his darling wife Jenna who is the real boss. Pop into the Fish Bowl in Campoamor and say hi when you are there.



Chef Gert Maes reflects on 42 years at Gaby's Restaurant

There's something special about Gaby's in Killarney. Originally founded by Gabrielle and Ireen Maes from Belgium, the restaurant was taken over by their son, Gert, who is quite the character and has an accent that would fool anyone into thinking he was originally from the depths of county Kerry. And, with 42 years as a chef under his belt, he's certainly got a story to tell...

"I'm originally Flemish. I came to Ireland in 1966 with my parents and grew up in Dingle. I had to learn to speak Irish and English. The only reason I got involved in the fish business is my father came over to manage a fish farm...

"At the moment, the issues we're facing are trying to get produce. All our fish is being exported. But we're lucky in Kerry and I have a couple of suppliers who are superb and they do their best to get the best of quality for me. But trying to keep up my standards is the hardest thing to do. That's a challenge every day... If the quality isn't there, I'm not going to serve it...

"I did a lot of culinary competitions throughout the world with the World Master Chef Society. They were great days. I did 12 years of touring the

world with competition work, four different weeks of the year. I learned a lot and made a lot of friends and, believe it or not, it's a great education to get. It shows you how to make sure everything is 100% perfect, because it can be very, very strict...

"And my biggest highlight in my culinary career was winning a gold medal in London Olympia. That was a very hard one to get. It took me eight years to get it. That was the highlight of my career...

"We have some great chefs in this country and we're very, very lucky. I personally think we're the culinary capital of Europe. Everybody tries, and there's no such thing as getting a bad meal anymore. Those days are gone and we can be very proud of that in this country...

"I have a tip for young chefs: work hard. I'm still doing 80 or 90 hours a week when it's necessary. And I'm a good age now. I'm nearly 60 years of age. But I still have to put in the hours. I still have to put in the effort...

"I'll probably be hanging up my boots fairly soon now - or my apron, should I say? You never know what might be around the corner. I'm looking at going into



Chef Gert Maes

lecturing and stuff like that. Because I'm still a hands-on chef, you see. I'm the old stock. I'd love to pass on some of my knowledge - more so in the fish side of it.

"Because I've learned a lot over the years. And I'm still learning, believe you me..."

Address: 27 High Street, Killarney
Contact: 064 663 2519
info@gabys.ie

What's Trending in the Food Industry for 2018?

Like everything else in this world, the Irish food industry has its own trends and fashions and there are some interesting – and some crazy – trends happening in 2018.

Vegetables Transformed:

Vegetables are still hogging the limelight and this year it's all about fermenting. Watch too as high flavoured fresh vegetables such as celeriac, parsnips and kohlrabi will grab attention in restaurant kitchens possibly replacing the humble potato; and even vegetable flavoured yogurts such as tomato and beetroot are set to debut.

Technology is Trending:

Technology continues to change the way our food industry works. More establishments are experimenting with tablets and apps, front and back of house and customers can reserve tables, order meals and pay with their smartphones, so forget putting phones away at dinner. There are even phone food apps for customising hamburgers and



retina scanning technology to see how long your eyes will linger on each item and help you choose the perfect food combinations.

Alcohol Wizardry:

Not only are craft beers and ciders continuing to make their mark throughout Ireland (and the

world), there is a lot of excitement around the new whiskeys, gins and vodkas making their way onto the retail shelves and our favourite drinks menus. Expect more food matching and visitor attractions to meet the makers.

Health Kick:

There's been a rise in popularity of eating clean, wholesome foods and the trend is only growing but the trend for 2018 is eating while on the go. 'Food to go' options are extremely popular – especially if they incorporate all those veggies, fruit, nuts, seeds and whole grains that you'll want as part of a healthy diet. Know too that bee pollen is the new Manuka honey and ancient grains like amaranth and freekah will rise in popularity.



Non-Wheat Flours:

As a result of the rise in popularity of gluten-free products the new craze is to use alternative flours like almond, hazelnut, coconut, chickpea and fava bean which should lead to some new menu options to choose from.

Going Up in Smoke:

Smoking is already big news in the food world, with everything from butter to vegetables getting the fire treatment. You will notice that some healthy recipes are using smoked spices as a way to add depth of flavour and meatiness to dishes – so look out for even more smoked flavours to emerge into favourite foods, menus and supermarkets.

Close and Personal:

Inspired by the Airbnb travel guide model, watch out for new online platforms that will give travellers the opportunity to book unique food experiences directly with local farmers, artisan producers, supper clubs, home cooks, craft brewers or passionate foodies who are happy to share their local knowledge.

Insect Protein Bars:

Want a super-healthy diet? Believe it or not, insects are the way to go. Hugely rich in protein, word is that they will start to appear in exercise bars and as edible snacks on the go. Chocolate coated crickets anyone?





Food & Drink Exports Increase by 13% to Reach Record High of €12.6 billion

Last year was a great year for the Irish food industry. Early this year, Minister for Agriculture, Food and the Marine, Mr Michael Creed TD announced that the value of Irish food, drink and horticulture exports increased by 13% in 2017, to reach €12.6 billion for the first time. The figure increases to €13.5 billion when non-edible products such as forestry are included.

Speaking at the launch of Bord Bia's Export Performance and Prospects 2017-2018 report, the Minister said: "last year marked the 8th successive year of growth for total Irish agri-food exports, to reach a record of €13.5 billion. Bord Bia's report provides valuable insights into the sectors and markets behind the very welcome 13% increase in the value of food and drinks exports to €12.6 billion.

"Industry, in line with my Department's market prioritisation strategy, is continuing to diversify, with exports to international markets reaching €4 billion for the first time. Trade with the UK, which remains our most valuable market, has grown in overall terms, despite the difficulty presented by Brexit and a weaker sterling.

"I am pleased that the significant additional resources provided by my Department to Bord Bia as a key part of our Brexit response has helped to support Irish food and drink company's export performance in 2017, as evidenced by these results, and will continue to do so into the future," added Minister Creed.

According to the Bord Bia report, last year's export performance was driven by a surge in dairy exports to over €4bn (+19%), now one third of all food and drink exports, as well as continued buoyant sales of Irish beef, up 5%, which represents a fifth of all exports at almost €2.5bn. Notable growth was also recorded for prepared foods (+17% to €2.2bn) and beverages (+8% to €1.5bn).

Speaking at the launch, Bord Bia CEO, Tara McCarthy, emphasised how increased volume in our key export sectors, combined with strong market returns, helped boost trade throughout 2017.

"In terms of yearly growth rates, the dairy sector grew by almost 20% to reach €4.02bn, confirming its position as the number one exporting sector. Within the dairy sector, the value of Ireland's butter exports rose by a remarkable 60 percent this year alone, to reach €879mn," she said.

"This growth accounted for over half of the total increase in dairy exports. Notwithstanding its impact on the overall export figures, it is worth noting that increased export volumes recorded for both beef and dairy also played a pivotal role in this year's export performance. Pigmeat and sheepmeat also recorded increased volumes, at 3 and 14 percent respectively."

On a more cautionary note, Ms McCarthy also highlighted the currency risk that remains for all sectors especially those such as horticulture

and prepared consumer foods that are hugely dependent on the UK market.

"Sterling volatility, combined with slower economic growth, food inflation and lower wage forecasts, will put further pressure on the UK market as an export destination. While the UK remains our most important market, these prospects provide an additional incentive for Irish exporters to explore new markets within the EU and beyond," she said.

To that end, in recent months, Bord Bia, supported by the Department of Agriculture, Food and the Marine, has collaborated with the agri-food industry to develop a more data-led, strategic approach to export diversification and market prioritisation.

"Trading in the international marketplace has been a strengthening component of our industry over the last decade. However, Brexit has, of course, placed a new urgency around diversification for many exporters," Ms McCarthy explained.

"We believe we are starting a new chapter in the development of Ireland's largest indigenous industry and we recognise that Irish exporters require higher levels of consumer insight, market information and understanding to successfully enter, and more importantly grow, in any international market. The longer-term outlook is positive and Bord Bia's focus now is to put the infrastructure in place to ensure Ireland's agri-food industry is best informed, best positioned and



best prepared to avail of all possible opportunities that will arise.”

Overview of Irish Food & Drink Exports

In addition to the dairy surge, pigmeat, seafood and beef all recorded strong results, with 14%, 16% and 5% growth respectively. At a lower level in absolute terms, live animal exports also registered a big lift in sales for the year, while prepared foods (+17%) and beverages (+8%) also performed well. Edible horticulture and poultry had the lowest levels of uplift – constrained by price sensitivity and volume.

The UK remains Ireland’s key export market, however the percentage share of exports to the UK declined by two points to 35% of total exports. This reduction disguises the fact that sales still increased for the year by 7% to over €4.5bn.

Exports to other EU countries have risen by 16% to over €4bn accelerating last year’s growth, mainly driven by strong dairy exports, which rose by over 40% to €1.2bn, as well as enhanced growth for seafood and pigmeat sales, and a continued strong presence of beverages and prepared foods.

Meanwhile shipments of Irish food and drink to international markets grew by 17% to exceed €4bn for the first time. These are driven by strong sales of dairy products in North America, Africa and Asia, and beverages which performed well in North America. Dairy accounts for some 45% of all sales to international markets, while beverages represent some 19% of total international exports. Further expansion was recorded in the Middle East, Asia and Africa, while the United States which recorded robust growth levels to exceed €1bn for the first time.

Elsewhere, exports to China, driven principally by dairy and pigmeat, grew by 5 percent for the year to €700mln.

Looking Ahead to 2018

Bord Bia CEO, Tara McCarthy, remains optimistic about the industry’s prospects for the year ahead: “While Brexit remains the great unknown, we still expect 2018 to be another year of growth, albeit at lower levels. Our key export categories, dairy and beef, remain stable with further volume growth anticipated. This coupled with the significant opportunities evident in beverages, in particular Irish whiskey, provide further reasoning for the positive outlook.”

€12.6bn

Irish food and drink exports are valued at €12.6bn, an increase of 13%

↑13%

Growth of c.60% since 2010 or €4.7bn

↑60% growth



8th

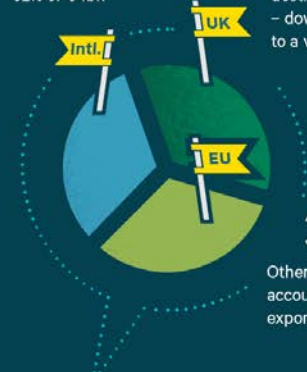
The 8th consecutive year of export growth in 2017

32%

International markets account for 32% or €4bn

35%

35% of Irish food and drink exports are destined for the UK – down from 37% – to a value of €4.5bn



33%

Other EU markets account for 33% of exports or €4.1bn



180

Irish food and drink is sold in 180 markets worldwide



↑ €4bn

Shipments of Irish food and drink to international markets grew by some 17 percent to €4bn.



↑ €4bn

Export performance driven by a surge in dairy sales to over €4bn – comprising one third of all food and drink exports



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Nestled in the heart of Letterkenny along the rugged coastline of the Wild Atlantic Way, Diners are treated to classic dishes, well executed and built around the passion to source local and sustainable produce. This ethos is evident from fork to glass, from the local garden herbs and vegetables to the selection of Donegal brewed beers. The philosophy at The Lemon Tree is simple: contemporary Irish cooking using Donegal produce wherever possible.

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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





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 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.

ON THE TRAIL OF GREAT FOOD



Ireland has no shortage of food or drink trails. From seafood to gin, foraging to farming, we've got it all. If we were to list all of the great seafood trails along the Wild Atlantic Way, we'd be here all week, so we've chosen a select few that you might like to try.

DONEGAL

Donegal Good Food Taverns

If it's a tippie you're after, then this is the trail for you. Collectively, the Good Food Taverns, aim to bring you a genuine taste of Donegal by obtaining the very best fresh, local ingredients and serving them with lashings of pride. And you'll enjoy plenty of great seafood, meat and homegrown vegetables to boot. That's all before we even mention the fantastic live music you'll hear and local attractions you'll see. See www.donegalfoodtaverns.ie for more information.

SLIGO

Sligo Food Trail

The Sligo Food Trail will treat your palate to an abundance of culinary treasures. There's plenty to

see and do - and, most importantly, plenty to taste. And, because you can map out your own route to choose the cuisine that you love best, this trail is foodie heaven! With plenty to learn about the local culture and history, as well as a variety of restaurants to try, you'll find plenty to satisfy your appetite. For more information, see www.sligofoodrail.ie.

MAYO

Gourmet Greenway Food Trail

This food trail is provided by the Mulranny Park Hotel, in association with Mayo food producers, to showcase the wonderful artisan food in the vicinities of Mulranny, Newport, Westport and Achill. You'll learn all about the delicious products that are created in the area. When trying these products, you're not only experiencing some of the best artisan products in the country, but you're also being brought back in history to feel a part of the ancient landscape. For more information, see www.mulrannyparkhotel.ie.

GALWAY

DK Connemara Oysters Farm Tour

Ballinakill Bay in Connemara, Co. Galway, is the perfect location to grow rich, tasty oysters and, on this tour, you'll get an experience that will appeal to all the senses. You'll see the farm crew working to grow the most perfect meaty oysters, and even get to shuck your own oyster. Don't worry - you'll get to taste them too! See www.dkconnemaraoysters.com for more information.

CLARE

Wild Kitchen Wild Food Walks on Land and Seashore

On this tour, you'll take a scenic walk along the seashore and various other lands, where you'll discover many edible types of seaweed, plants, flowers, herbs, berries and fruit. You'll learn how to identify plants, what's in season when, what not to eat, while also receiving some delicious recipes and tasting wild bounty. See www.wildkitchen.ie for more information.

KERRY

Atlantic Irish Seaweed Tour

Down at Derrynane, Caherdaniel, on the Ring of Kerry, you'll get the chance to experience a real seafood tour. Workshops and tastings are customised for individuals and groups and include a tasty introduction and a walk, walk and taste session. For more information, see www.atlanticirishseaweed.com.

CORK


Flavour.ie - Walking Food Tour of Clonakilty

Clonakilty in West Cork is full of great food experiences and, on this walking tour, you'll get to learn about the stories behind the artisan food producers in Clonakilty. From chocolate to butchers, fishmongers to bread and cheese-makers, there's something on this food trail that will interest everyone. For more information, see www.flavour.ie.



Dates for your Diary





Food Festivals have become extremely popular in Ireland over the past few years, with every region having its own foodie delights. With that in mind, we've put together a list of food festivals along the Wild Atlantic Way that you won't want to miss. Grab your calendar and get planning!

MAY 25TH - MAY 27TH

Baltimore Seafood Festival: Baltimore, Co. Cork.
www.baltimore.ie.

MAY 31ST - JUNE 4TH

Limerick International Food Festival: People's Park, Limerick City. www.limerick.ie.

JUNE 3RD

Seafood and Shanty Ballycotton Family Fun Day: Ballycotton, Co. Cork. www.ballycotton.ie.

JUNE 29TH - JULY 1ST

Westport Food Festival: Westport, Co. Mayo. www.westportfoodfestival.ie.

JULY 28TH - JULY 29TH

Behind the Orchard Bar, High Road, Letterkenny, Co. Donegal.
Admit €5 weekend pass. Kids go free

AUGUST 24TH - AUGUST 26TH

A Taste of Donegal Food Festival: Donegal Town, Co. Donegal. www.atasteofdonegal.com.

SEPTEMBER 7TH - SEPTEMBER 16TH

A Taste of West Cork Food Festival: West Cork.
www.atasteofwestcork.com.

SEPTEMBER 28TH - SEPTEMBER 30TH

Galway International Oyster Festival: Galway City.
www.galwayoysterfestival.com

OCTOBER 5TH - OCTOBER 7TH

Dingle Food Festival: Dingle, Co. Kerry. www.dinglefood.com.

OCTOBER 13TH - OCTOBER 14TH

Kinsale Gourmet Festival: Kinsale, Co. Cork. www.kinsalerestaurants.com.

OCTOBER 22ND - OCTOBER 23RD

Food on the Edge: Galway City. www.foodontheedge.ie.

NOVEMBER 8TH - NOVEMBER 12TH

Listowel Food Fair: Listowel Co. Kerry.
www.listowelfoodfair.ie.

Burren Bound

Slow Food Festival a huge success

A Taste of the Burren was showcased in the capital in March at the 2018 Burren Slow Food Festival launch in Dublin's Klaw Seafood Café hosted by festival chair Birgitta Hedin Curtin in collaboration with BIM and Fáilte Ireland Food Champion, Niall Sabongi.



This was the 14th year of the festival, which took place from Friday 11 May to Sunday 13 May in Co Clare with the theme 'Taste the Atlantic – A Seafood Journey' taking centre stage.

Highlighting a selection of events on the eclectic programme, which included a ferry ride from Doolin to indulge in a seafood supper on the smallest Aran Island, Inis Oírr, Birgitta Hedin Curtin described this year's festival as "boutique and busy".

"As chair of the 2018 Burren Slow Food Festival, it is always an exciting process to engage with partners across Ireland and beyond to curate an interesting and invigorating programme, which is aimed at attracting visitors to the beautiful Burren as well as piquing the interest of our local community," she added.

Richard Donnelly from BIM said: "BIM's Taste the Atlantic seafood trail developed in partnership with Fáilte Ireland is designed



to celebrate our many dedicated seafood producers on the Wild Atlantic Way and to educate people on how Irish seafood is caught and farmed.

"As a Taste the Atlantic producer and ambassador, Birgitta Hedin Curtin of the Burren Smokehouse produces exceptional Irish organic salmon products and understands the importance of supporting Irish seafood.

"Clare is a region renowned for its shellfish farming with €79 million worth of oysters and mussels produced last year. This event is all about embracing and promoting Irish food and we are delighted to see seafood producers at the heart of the festival this year."

In addition to the seafood supper, regular festival favourites returned this year, namely the food and craft market and cookery demonstrations by renowned chefs including seafood aficionado Niall Sabongi and award-winning cookbook author Trevis Gleason, who also hosted a thirst quenching whiskey workshop.

Other highlights were an interactive talk with Kevin Thornton, who is regarded as one of Ireland's best chefs and the great philosopher of Irish food. There was also a presentation by archaeologist Dr Bill Schindler, UCD visiting assistant professor, which delved into our culinary past and cooking habits.

Wild Atlantic Food at the Burren Food Fayre



It's a bit early to be thinking about the 2018 Burren Food Fayre yet, considering it won't take place until October. But it's never any harm to plan out your food calendar well in advance, and this festival is always worth a gander.

Welcoming hundreds of visitors from all corners of the world, the Burren Food Fayre came to a close on Sunday 29 October with the announcement of the Competition Winners of 2017:

Most Attractive Stall – Copper Pot Artisan Bakery
Best Taste of the Fayre – Copper Pot Artisan Bakery
Burren Bellini – Burren Free Range Pork

The Fayre kicked off on Saturday 28 October with the screening of the documentary film 'Atlantic' followed by an animated Q&A with director Richard O'Donnell; amongst the audience were local fisherman and community groups of county Clare. The screening raised €270 for the local branch of the RNLI.

On a sunny and fresh Sunday morning a Wild Foraging Walk took off from the Pavilion in Lisdoonvarna with 35 enthusiastic participants guided by the knowledgeable Oonagh O'Dwyer from Wild Kitchen, prior to the official opening at 12 noon by Richard O'Donnell.

At the opening, O'Donnell stated: "It is great to see community festivals like the Burren Food Fayre celebrating Food Sustainability at its best. My documentary film 'Atlantic' fits perfectly with the ideology of the Food Fayre.

"Food is precious and it should be appreciated. The aim of my film is not to create big political moves but to raise awareness amongst people to start thinking



where our food comes from; buying local produce creates a positive chain reaction in our local economy. It is beneficial to our community and our own health.

"When we buy produce in the big supermarket chains, we are only inflating the wealth of those large corporations, bringing no benefit at all to any other aspects of our lives. I am delighted to see so many fantastic food producers in the same room showcasing all the wonderful produce that The Burren has to offer."

The Fayre concluded at 5pm with the announcement of the competition and raffle winners.

The Burren Food Fayre 2018 takes place at the Pavilion in Lisdoonvarna on 27 and 28 October, so start planning your weekend in the Burren – it'll be a good one!



FLEXING SOME MUSSELS

Connemara Mussel Festival kicks off in May



Each year, the idyllic Killary harbour in Connemara produces up to 2,000 tonnes of meaty mussels. Nestled amidst Connemara's idyllic, breathtaking landscape, this flourishing industry provides an incredible amount of local employment that gives sustainable use of the natural marine resource. Taking place from the 4th to the 6th of May in Tullycross, Renvyle, Co. Galway, the annual Connemara Mussel festival celebrated these distinctive mussels in its 13th year of international success.

As well as some of the country's top celebrity chefs providing live cooking demonstrations, the festival marquee played host to a range of entertainment for the whole family. If that wasn't enough, there was a feast of mouth-watering maritime fayre at the festival.

The theme for this year's festival was 'A Taste of the Atlantic'. Jacinta Dalton, Fáilte Ireland Food Ambassador and Lecture at College of Tourism & Arts at GMIT, hosted a workshop for children and there were a series of walks and talks focusing on the coastal community off the beautiful Renvyle Peninsula, which offers spectacular views of the hills and coast



of Connemara in Galway. The Connemara Mussel Festival aims to highlight the wealth of top quality seafood available on our own shores and showcases some of the finest mussels as well as a tantalising selection of other fishy delights. Mussel farming started on Killary Harbour in the 1980s. As a natural fjord, it is ideally suited for growing rope mussels. Killary is the catchment bay for the surrounding valleys of Delphi, Maam and Erriff which give a continuous flow of freshwater into the bay. The resulting unique mix of fresh and salt water is said to give Killary mussels their distinctive sweet flavour. Mussels play a key role in aquatic environments and are considered to be "ecosystem engineers" because they modify aquatic habitat, making it more suitable for themselves and other organisms. Fishing has also been an important part of the Connemara Economy for thousands of years. The large numbers and the size of the middens found along the Connemara coast show that

its early hunter gatherer inhabitants included large amounts of shellfish and sea fish as a major part of their diet.

The Connemara Mussel Festival celebrates this high quality, local, natural food that is uniquely the Killary mussel. Locals have remarked on how the mussel festival brings a large additional amount of tourism to the area and has a hugely positive impact on the community as it "stretches the tourist season that little bit earlier every year".

Voted 'Best Food Festival' by the acclaimed McKennas' Guides in 2014, honouring the Killary mussels, this prestigious festival continues to go from strength to strength while still retaining its community atmosphere. Between concerts, a strong children's programme, invigorating walks and talks, cooking competitions and much more, there was something for everyone at the Connemara mussel festival.

For more information, see www.connemaramusselfestival.com.

56 CENTRAL GALWAY

Our Happy Places in Galway City.

56 Central was created with one main thing in mind - HAPPINESS. This stylish world above the streets of Galway City on Shop Street has, over the years, been a place of joy, content and positive vibes, hence the tagline #ourhappyplace. It is a place for everyone, families, friends and old acquaintances, to catch up and enjoy

each other's company. The menu has something for everyone from gourmet sandwiches, flat bread pizzas, roasts and burgers along with the most instagramable salads in the city

37 West is the smaller yet first born sister cafe in the urban get away of Newcastle, the original home of the famous chicken melt, where for 5 years the crew made 'healthy the new sexy' a word that fell off the tongues of the locals. From lush salads, to french toast and gourmet burgers you will be able to find a dish to suit your every need.



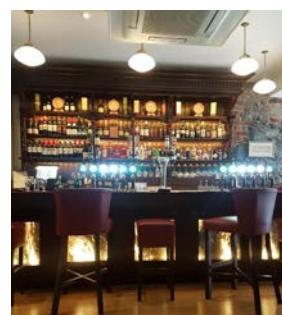
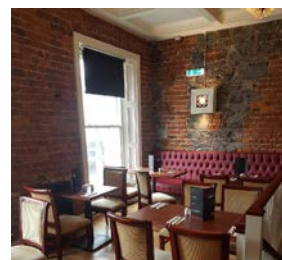
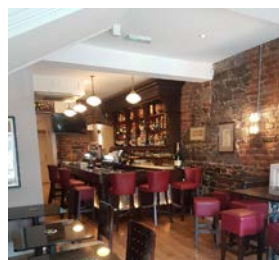
FLANAGAN'S TOWNHOUSE

The team at Flanagan's Townhouse on Thomas Street are delighted to announce that Flanagan's Townhouse on Thomas street is now open and will afford you a great welcome when you choose to visit.

A sister restaurant of Flanagan's in Ballina, Flanagan's townhouse promises to replicate the success of that they have achieved in Ballina and will offer the same high standards in food

and drink to make this a really welcome addition to the city.

Wishing the guys in Flanagan's Townhouse every success, pop in and say hi



AMICUS RESTAURANT

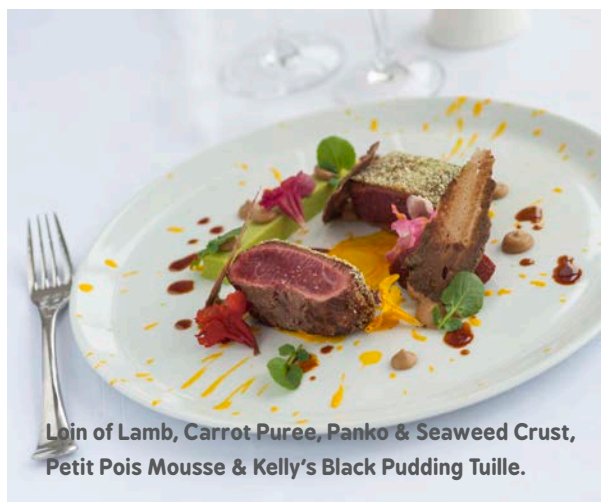
Located in the heart of Cork's Huguenot quarter Amicus is housed in a late 19th century listed warehouse with stone & brick walls, double height ground floor, two storey windows and exposed timber kingpost roof structure which lends itself ideally to a spectacular dining space. The contemporary light filled spacious setting creates an ideal dining ambience. Open 7 days a week serving breakfast to dinner and everything in-between. Fully licenced we have a well-chosen wine list, house infused cocktails and a selection of craft beers & ciders.



THE MULRANNY PARK HOTEL

The Wild Atlantic Way at our Front Door and the Great Western Greenway at our Back door

The Mulranny Park Hotel has an enviable location overlooking Clew Bay and the Majestic Croagh Patrick. This 4 star gem with old world charm and all the facilities you would expect in a modern hotel, with a full leisure centre, 2AA rosette restaurant, Bar and a variety of room options to suit all travellers. Famed for its wonderful cuisine in the Nephin Restaurant by Head Chef Chamila Manawatta, certainly worth a visit as you "Go Wild" – along the west coast. Visit www.mulrannyparkhotel.ie



Loin of Lamb, Carrot Puree, Panko & Seaweed Crust, Petit Pois Mousse & Kelly's Black Pudding Tuille.

CASTLEMARTYR RESORT THE LUXURY 5 STAR RESORT IN CORK

Located in County Cork, the luxury Castlemartyr Resort consists of a grand 17th Century country manor house that sits adjacent to the ruins of an 800-year-old-castle. The 5-star hotel includes a 10 treatment room Spa, a fitness studio, and a Ron Kirby designed golf course. The hotel offers 103 guest rooms, suites and self-catering accommodation. The spacious rooms feature free Wi-Fi, an en-suite bathroom, luxurious furniture, flat-screen TV, and stunning views of the

luxury 5-star hotel & grounds. The hotel offers four dining options: the Bell Tower Restaurant serving modern Irish cuisine with a twist, our Italian casual dining restaurant, Franchini's, the relaxed yet elegant Knights Bar, and our informal Clubhouse offering a lighter dining option.



Minister Creed and Bord Bia Targeting Sustainable Export Opportunities at Seafood Expo Global

The Minister for Agriculture Food and the Marine Michael Creed TD and Bord Bia CEO Tara McCarthy led 23 Irish seafood exporters at April's Seafood Expo Global (SEG) trade fair in Brussels, focused on building on the 9% export growth of the sector in 2017.



Irish seafood exports reached a value of €614 million last year with almost 61% coming from EU markets and strong results in China and the Far East underpinning much of the international market performance

Speaking in advance of the SEG event Minister Creed said: "The Irish seafood industry is building its reputation, size and product range with international food buyers here at SEG on the sustainable management of our fishing stocks, the environment and locality in which the seafood is processed.

"The industry's support for sustainability through the Department, Bord Bia and BIM programmes is paying dividends in attracting new business and ensuring the long term viability of the industry. This was very evident during the most recent EU quota negotiations which resulted in a total package worth €266 million for Irish fishermen for 2018, an important aspect of which was the emphasis on sustainability of stocks,

which saw a recovery the stocks of prawn, whitefish, cod and haddock following strategic conservation measures."

Bord Bia CEO Tara McCarthy said SEG, with more than 28,000 buyers, suppliers and seafood professionals, is a key event for targeting new customers and deepening Ireland's penetration in its established markets.

"Ireland is unsurpassed in our offering to food buyers who are increasingly looking for products that respond to their consumers' demands around sustainability and emerging food trends," she said.

"Sustainability is becoming a central part of the business strategies of leading supermarkets, foodservice customers and manufacturers but for many their targets cannot be achieved without the help of their suppliers. The producers certified under Origin Green, along with the market and consumer insight from Bord Bia's Thinking House, are enabling food buyers to respond to these consumer demands.

"While our established EU markets are performing well, accounting for 61% of our exports, international markets mainly in Africa, Asia and Southeast Asia are also playing a key role. Our recent Market Prioritisation Report has identified further opportunities such as demand for pelagic in China and Vietnam, live shellfish in South Korea and Vietnam and frozen shellfish in Japan.

"We have used SEG as an opportunity to target buyers from these markets and deepen our engagement with existing core customers; something which we will continue to do into the future."

Strategic Objectives

Bord Bia has three strategic objectives for the development of the seafood sector at home and in overseas markets:

- To increase exports in the growing emerging markets for seafood
- To assist the industry to secure higher added value business in its core markets
- To build a vibrant home market for a range of underutilised fish species

These objectives are backed up by consumer and market insight, route to market support for companies, lead generation, promotions in markets, market study visits, inward buyer visits, all underpinned by Origin Green, Ireland's sustainable food production programme.

The key Irish offerings during the three days of the show covered shellfish and crustacean species such as crab, mussels, prawns, scallop, oysters and lobster; pelagic species such as herring, mackerel, and horse mackerel; whitefish such as monk and pollock; and organic salmon.

Irish Quality Food and Drink Awards now open for entries

The Irish Quality Food and Drink Awards are now open for entry with awards designed to showcase and reward the best food, drink and people in the Irish food industry.



And there are certainly plenty of food and drink heroes along the Wild Atlantic Way who would be more than worthy of the recognition. Last year, some fantastic Irish produce from across the island was showcased.

Judging will take place over four weeks in June and July for the first time at the Limerick Institute of Technology and the results will be announced at a sumptuous gala dinner on October 18 at the Clayton Hotel, Burlington Road, Dublin.

"We are so excited to once again have the opportunity to work with the great and the good of the Irish food and drink

industry," said Helen Lyons, Publishing Director at Metropolis Business Media.

"We are looking forward to judging in Limerick this year, a first for us, and to even more entries than ever - the quality of the products and the amazing talent of people within this industry never ceases to amaze me and our team of respected expert judges."

Entries for the awards, which are once again headline sponsored by innovative packaging company, Graphic Packaging International, will be accepted until 18 May. Other sponsors include Reflex Labels and Invest Northern Ireland.

The Irish Good Choice! Quality Food Awards are working in partnership with the Coeliac Society of Ireland, who will play an important role during the stringent judging process of the awards, focusing on the healthier and Free From market.

Full category descriptions are detailed on the Irish Quality Food and Drink Awards website: irishqualityfoodawards.com.

Make sure you stay up to date with the latest news via the IQFA Facebook page at [@IrishQualityFoodAwards](https://www.facebook.com/IrishQualityFoodAwards) and on Twitter [@IrishQFAs](https://twitter.com/IrishQFAs).



Carrygerry Country House,

Carrygerry Country House was built around 1793 and was originally part of the Dromoland Estate, near Shannon, in the scenic County Clare in the West of Ireland. Due to the nature and location of our property overlooking the Shannon Estuary, we are unique to any other hotel in the area, as we can offer you the House completely private to you for your special day. We only cater for one wedding on any particular day, to ensure personal service and individual attention is at its best throughout your special day.



Awards – Recommended By:

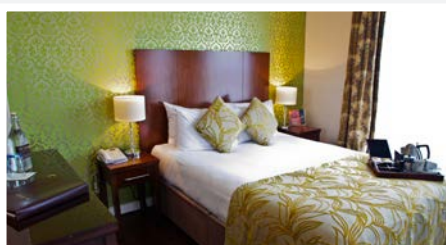
- Good Food Ireland
- Georgina Campbell Ireland
- Good Food Ireland Country House of the Year
- Tripadvisor: Certificate of Excellence 2012-2015
- Country House Honours for Breakfast
- Blas na hEireann National Irish Food Awards-
- Best in Clare 2016
- Gold for Seafood Chowder 2012, 2013, 2015, 2016
- Silver for Chicken Liver Pate 2012, Gold 2013 & Silver 2015
- Bronze for Field Mushroom & Walnut Pate 2013 & Silver 2014 & 2015
- Raspberry Jam Gold 2014 & Bronze 2015
- Three Fruit Marmalade Silver 2014
- "Business Diversification Award"
- 2015 Great Taste Gold Star for both our Chicken Liver Pate and our Field Mushroom & Walnut Pate
- 2016 Great Taste Gold Star for Chicken Liver Pate

The George Hotel

**Limerick is named Best Boutique Hotel of the Year
at the 2018 Irish Hotel Awards**



Ronan Branigan, Anne Branigan, Ruth Vaughan, Theresa O'Keefe, Petrina Hayes, Shreejana Paul, Katrina Lowry, Richard Lowry



The George Hotel, Limerick has been named 'Best Boutique Hotel of the Year in Ireland' at the 2018 Irish Hotel Awards which was held recently at The Heritage hotel in Laois.

Attended by renowned chefs, prominent hoteliers and restaurateurs, hospitality gurus and key media, the annual Irish Hotel Awards is a highlight in the industry calendar, recognising and rewarding the excellent services provided by the very best in the hospitality industry and one of the evening's most sought after accolade Boutique Hotel of the Year in Limerick was awarded to The George Hotel, Limerick.

Commenting on the award, General Manager Altaf Khan, The George Hotel, Limerick said it was a fantastic accolade for the hotel, 'We are very proud of the

offering at The George Hotel across our accommodation and dining with our talented restaurant team led by Vincenzo. General Manager Altaf Khan continued to say, 'This award is a testament to all our efforts and couldn't come at a better time as we also celebrated our 10th year in business late last year. Our dedicated team of staff ensure every one of our guests has the best possible experience while at The George Hotel, and we're delighted that it has been recognised at such a wonderful industry event.'

To celebrate their fantastic accolade The George Hotel, Limerick have a Celebratory Boutique Break in the City offer which includes an overnight stay in a deluxe bedroom, breakfast the following morning, a 3-course dinner in Da Vincenzos, a celebratory glass of bubbles and cupcakes in your room plus a late

check out of 1pm and costs from €99 per person sharing.

Experience a city break to The George Hotel, Limerick, the luxury 4-star hotel located in the heart of Limerick city on O'Connell Street. With stylish and fun interior inspired by leading boutique hotels from around the world, The George Hotel, Limerick is the perfect base from which to explore all that the vibrant Limerick city has to offer from shopping til' you drop, cultural tours and fantastic nightlife and entertainment, you'll enjoy every minute of your stay.

To find out more visit www.georgelimerick.com or call +353 61 460400 for further information on all the fantastic offers available at The George Hotel in Limerick.



Feasting by the Fireside
Since 1989



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Online Bookings | www.texassteakout.ie