

Irish Independent Saturday Magazine

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Fashion & fury
Leading players show their style on and off the pitch
Magazine & Sports Weekend

D.I.V.O.R.C.E.
A new series on divorce in Ireland 20 years after we voted for it
Weekend Review



Snowy grey soil
Weekend may hit minus 7

A winter's end, Co. Mayo's grey soil is a sign of winter's end. The weather is cold, but the sun is shining. The birds are singing. The snow is melting. The weather is cold, but the sun is shining. The birds are singing. The snow is melting.



Photograph: P. H. H. H.

THE IRISH TIMES MAGAZINE 7 day TV & Radio
17.01.2015

Dressing room
Irish rugby players talk style, suits and skinny jeans



On point
Behind the scenes at the Moscow City Ballet

A year of healthy eating
Domini Kemp's fresh focus on 'eating clean' and cooking more food at home

The Beauty Report
A new beauty column from Laura Kennedy and Kathleen Harris

FOOD

TEA AS A TONIC

Some of us are spending January sipping a variety of non-alcoholic, healthy drinks, and the new organic matcha with gingering from Lily's Tea is an interesting option. Lily Chen is a tea enthusiast and entrepreneur who sources her tea personally in China, dealing directly with local suppliers. She is originally from the Fujian province in the south east of the country, and now lives in Termonfeikin, Co. Louth with her husband and business partner Dominic McGroddy. The couple sells top-quality loose leaf tea, leaf tea pyramids and organic matcha. The latest, a combination of gingering and matcha, which is some ground green tea, (€21.99 for 30g), is available with all their teas. From their website lilystea.ie and will be in health food shops and SuperValu stores.



FOOD FILE MARIE-CLAIRE DIGBY



QUARTER OF A CENTURY OF ITALIAN FOOD IN KILKENNY

Antonio and Marion Cavaliere celebrate 25 years in business at Rinecint, their Italian restaurant in Kilkenny city on February 3rd with a special tasting menu with wines from the Campagna vineyard of Alfredo Fallone, who will present his wines on the night, beginning with a dry sparkling reception. Antonio came to Ireland from Lazio aged 15 and served his apprenticeship with Bernardino Gentile at Quo Vadis in Dublin in the 1960s. The couple moved to Kilkenny when they spotted a premises available in front of the castle. They

have four adult children, including Riccardo, who manages the business. Creativity runs in the family - Riccardo's son Cameron has just been accepted to study at Central St Martins in London, having succeeded in having his Transition Year project T-shirts worn by both Rihanna and Lady Gaga. The celebratory night menu will include a Kilmere Quay seafood starter, ravioli with Gorgonzola, scallops of beef filled with Fontina, and a dessert plate. It costs €60, with wine pairing for each course. Bookings at 056-776375.

FOOD OPPORTUNITY

Love food, want to work towards a Masters in marketing or business sustainability while representing Ireland abroad? Applications are now open for the Bord Bia marketing fellowship programme and the Origin Green business sustainability programme at the UCD Michael Smurfit Graduate Business School in Dublin. Successful applicants will work overseas on behalf of Irish food and drink companies and will receive a bursary of €22,000 plus their fees paid. More than 150 participants have taken part in the programme, completing 600 business development projects while working towards a Master. Applications close on March 5th; see www.fishschool.ie/bordbia.

JANUARY TREATS THAT ARE LIGHT ON THE CALORIES . . . AND YOUR POCKET

If you're watching the calories, and the euro, this month, but still want to have an occasional treat here are a few January bargains that won't break the bank or blow the calorie count. Susan Jane White (pictured right), author of one of last year's most successful healthy eating books, *The Extra Virgin Kitchen*, has teamed up with Camille Thai Kitchen takeaways in Dublin to offer a super-food satay stir fry with Asian greens

that will be available until the end of February. Bok choy, spring onions, fava beans, broccoli and soya beans are served with satay sauce flavoured with tamar and ginger, topped with goji berries and served with wild and leaven rice. The dish is available from all seven Camille branches and costs €14.95. It can also be ordered with Irish music. 056-476616. See camille.ie. Opium restaurant and

cocktail bar at 26 Westford Street, Dublin 2, has devised a fun, seasonal live and line cocktail, that contains just 122 calories and costs €9 (two for one) on Mondays in January). Milano pizza restaurants in Dublin, Cork, Galway, Limerick, Kilkenny and Ennis have five pizza options on their menu that weigh in under 500 calories, and a three-course meal for 580 calories that

comprises a superfood salad, gamberetti piccante and lemon sorbet. Ely is celebrating its three Dublin premises being voted first, second and third best wine bars in Ireland - for the second year in a row - by offering 20 per cent off a selection of wines in January. You can also get 10 per cent off your food bill and collect double points when using a loyalty card. See elywinebar.ie.



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