Eat Well Kitchen Schedule

BORD BIA
IRISH FOOD BOARD

hi Healthy Ireland

Thursday 2nd June

11.00 - 11.30
Niamh Arthurs, Dietitian and Researcher
'Happy Vegetables, Friendly Fruits, and Healthy Tummies'

11.30 - 12.00
Niamh Arthurs, Dietitian and Researcher
'Happy Vegetables, Friendly Fruits, and Healthy Tummies'

12.00 - 12.30
Niamh Arthurs, Dietitian and Researcher
'Happy Vegetables, Friendly Fruits, and Healthy Tummies'

13.00 - 13.30
Mark Murphy - Dingle Cookery School
'Cauliflower, Spinach and Potato Soup'

14.00 - 14.30
Erica Drum
'Quick and Easy Cheesecake with Pan-fried Strawberries'

14.30 - 15.00
Mark Murphy - Dingle Cookery School
'Kale and Chorizo Soup'

17.00 - 17.30
Dr. Máirtín Mac Con Iomaire
'The Potato in Irish History and Culture- with poetry and song'

17.30 - 18.00
Pádraic Óg Gallagher
'The Potato in Irish Cuisine - demonstrating classic Irish potato dishes'

18.00 - 18.30
Dr. Máirtín Mac Con Iomaire
'The Potato in Irish History and Culture- with poetry and song'

18.30 - 19.00
Pádraic Óg Gallagher
'The Potato in Irish Cuisine - demonstrating classic Irish potato dishes'

Friday 3rd June

11.00 - 11.30
Brid Torrades - Osta Cafe and Wine Bar
'Cauliflower, Spinach and Potato Curry'

11.30 - 12.00
Mark Murphy - Dingle Cookery School
'Kale and Chorizo Soup'

12.00 - 12.30
Brid Torrades - Osta Cafe and Wine Bar
'Strawberry and Rhubarb Marscapone Trifle'

13.00 - 13.30
Erica Drum
'Quick and Easy Cheesecake with Pan-fried Strawberries'

14.00 - 14.30
Brid Torrades - Osta Cafe and Wine Bar
'Green Summer Soup'

14.30 - 15.00
Jeeny Maltese
'Jeeny's Strawberry Crepe Cake'

15.00 - 15.30
Tom Flavin - Chef and Food Consultant
'Goats Cheese, Purple Sprouting Broccoli and Beetroot Pickle Salad'

15.30 - 16.00
Tom Flavin - Chef and Food Consultant
'Cauliflower, Spinach and Potato Curry'

Saturday 4th June

11.00 - 11.30
Deirdre Doyle, Cool Food School
'Kids in the kitchen - What and how to cook with kids'

11.30 - 12.00
Tom Flavin - Chef and Food Consultant
'Goats Cheese, Purple Sprouting Broccoli and Beetroot Pickle Salad'

12.00 - 12.30
Tom Flavin - Chef and Food Consultant
'Kale and Chorizo Soup'

13.00 - 13.30
Alain Raymond
'Pan-fried Strawberries with Orange'

14.00 - 14.30
Jeeny Maltese
'Jeeny's Strawberry Crepe Cake'

14.30 - 15.00
Alain Raymond
'Mushroom and French Tarragon on Toast'

15.00 - 15.30
Jeeny Maltese
'Jeeny's Strawberry Crepe Cake'

15.30 - 16.00
Alain Raymond
'Bee keeping and gardening for bees'

Sunday 5th June

11.00 - 11.30
Alain Raymond
'Mushroom and French Tarragon on Toast'

11.30 - 12.00
Alain Raymond
'Pan-fried Strawberries with Orange'

12.00 - 12.30
Kwanghi Chan - Chef and Restaurateur
'Stir fried Irish mushroom on sourdough toast, tomato & soya eggs'

13.00 - 13.30
Kwanghi Chan - Chef and Restaurateur
'Spice Bag Tempura of Cauliflower & Irish Potato'

14.00 - 14.30
Kwanghi Chan - Chef and Restaurateur
'Strawberry & Rhubarb Fritters served with strawberry ice-cream'

14.30 - 15.00
Niall Sabongi - Chef and Restaurateur
'South Coast Red Mullet, Smoked Drummond House garlic Aioli, Mushrooms & Chard'

15.00 - 15.30
Alain Raymond
'Bee keeping and gardening for bees'

15.30 - 16.00
Kwanghi Chan - Chef and Restaurateur
'Stir fried Irish mushroom on sourdough toast, tomato & soya eggs'

Monday 6th June

11.00 - 11.30
Alain Raymond
'Pan- fried Strawberries with Orange'

11.30 - 12.00
'Potting and Planting with Agri Aware's Incredible Edibles'

12.00 - 12.30
Alain Raymond
'Mushroom and French Tarragon on Toast'

13.00 - 13.30
Niall Sabongi - Chef and Restaurateur
'South Coast Red Mullet, Smoked Drummond House garlic Aioli, Mushrooms & Chard'

14.00 - 14.30
Niamh Arthurs, Dietitian and Researcher
'Fruit and Vegetables as part of a healthy diet'

14.30 - 15.00
Alain Raymond
'Bee keeping and gardening for bees'

15.00 - 15.30
'Potting and Planting with Agri Aware's Incredible Edibles'