

FOOD BITES

IRELAND'S FAVOURITE BICCIES

Cup of tea, anyone? Here are Ireland's top 10 favourite biscuits:

1. Milk chocolate digestives
2. Chocolate chip cookies
3. Kit Kat 2 Finger
4. Oreo vanilla
5. Cadbury Snack shortcake biscuit
6. McVities digestives
7. Rich Tea
8. Tesco Value digestives
9. Bourbon creams
10. Jacobs Mikado

Research courtesy of dunnhumby, the world's leading customer science company, from a 52-week study on biscuit sales from Tesco Ireland.



ONE SMART SLOW COOKER

Anything that makes healthy cooking even easier is always a winner in the Easy Food kitchens, so we're big fans of the new Morphy Richards Supreme Precision 3-in-1 Slow Cooker. It has three cooking functions, which means you can brown meat, stew quickly and slow cook all in one. Available from Currys PCWorld and other leading electrical retailers nationwide.

RRP €99.95 www.morphyrichards.ie



COFFEE CHIC

Opt for a stylish start to your day with a barista-style coffee or tea from one of Tassimo's handy counter-top machines. We're especially fond of the Tassimo Vivy here; it makes the perfect cup of coffee in just minutes, and adds a nice "trendy tech" feel to the kitchen.

(Tassimo Vivy, RRP €119/€99.99)

www.tassimo.ie



GLUTEN-FREE GOODNESS

Coeliacs, rejoice! Family-owned Goodness Grains is making strides as the only company to hold two Gold Star Great Taste Awards for a gluten-free bread in Ireland and the UK. It also is one of the very few purpose-built gluten-free bakeries in Ireland, offering coeliacs peace of mind when it comes to cross-contamination issues. The entire product range – from bagels and bread to Danish pastries and brownies –

comes individually wrapped, and all of the bread products are gluten-, wheat-, egg- and dairy-free.

Goodness Grains products currently supplies to Tesco, Dunnes Stores, SuperValu, Starbucks, Butlers, Applegreen and SuperMacs.

www.goodnessgrains.com

Goodness Grains

@goodnessgrains

OOH LA LA!

We were lucky enough to travel to Normandy in north-western France, eating and cooking our way to a better understanding of Norman cuisine. As it is so geographically close to us, this area of France boasts similar gastronomic offerings to Ireland. French food can be misinterpreted as overly-complex haute cuisine, but we learned that the real foundations of French cooking are the rustic farmhouse meals that have been made in home kitchens around France for centuries.

Rich dairy is a staple ingredient, from soft farmhouse cheeses to crème fraîche and velvety butter, as are fresh bread and crisp apples (this is the home of Calvados, the apple brandy, after all!). Check out our feature on no-nonsense, flavour-packed French cooking that any home-cook can master, p.90. And if you want to retrace our steps through Normandy, be sure to check out some of our favourites from the trip:



Wilde Kitchen

THE WILDE KITCHEN

Dublin-born Sinéad Wilde Allart has called Normandy home for the past 23 years. She now runs the most charming bed and breakfast and cookery school from her home, located in the Cotentin Peninsula, only 20km from the ferry port of Cherbourg. Guests can sign up for one- to six-day courses, covering the basics of French home cooking, all while soaking in the

surrounding French countryside and Sinéad's infectious joie de vivre (flip to p.93 to try Sinéad's legendary apple tart yourself). It's the best of Irish hospitality and French cuisine in one!

www.wildekitchen.net



HÔTEL LA CHENEVIÈRE

A former mansion and farm, this 18th century château is a luxurious escape steeped in history. Situated only 3km from the D-Day beaches, the château was occupied by the Germans during World War II, and then by Americans after the D-Day landings. It was fully restored in 1988 to become the lush hotel-restaurant that it is today. Its restaurant includes a gorgeous gourmet menu, and even the continental breakfast is a pleasure for any foodie.

www.lacheneviere.com

Want to take this foodie trip yourself? Contact The Normandy Tourism Board for more information or for a detailed itinerary (www.normandy-tourism.org); or RyanAir for flights from Dublin to Paris-Beauvais (www.ryanair.com).



Queuing up for quinoa

WE ❤️ THIS

Full of protein and nutrient-rich, quinoa has become a familiar staple in health-conscious kitchen cupboards and we're digging Hale & Hearty's range of quinoa-based products. One of the most innovative is the Penne Pasta, made from a mixture of quinoa and corn to create a gluten-free alternative that will keep you fuller for longer than its traditional wheat-based counterpart. Also be sure to check out Honey Bee Cereal – a mixture of quinoa, rice and corn – and the organic Pancake Mix. Available from www.natreco.com.

HANDY AND HEALTHY SWEET POTATO FRIES

We love when we see sweet potato fries on menus, but replicating that perfectly crisp exterior in home ovens has proved tricky. That's why we're such fans of Strong Root's oven-baked sweet potato fries from Irish start-up Handy Food. Naturally gluten-free, low in saturated fat and salt, and nice and crispy from the oven in just 25 minutes...we loving getting back to these roots!

RRP €3.99 per 500g bag; available in SuperValu stores and select retailers nationwide.

www.strongroots.ie

