

***Truly Tasty* wins Best Health & Nutrition Book Award**

Truly Tasty: Over 100 special recipes created by Ireland's top chefs for adults living with kidney disease has won the Best Health and Nutrition Book in Ireland Award from the Gourmand World Cookbook Awards. *Truly Tasty* will now compete against winners in the same category in other countries for The Best in the World. The results will be announced on March 3, 2010

- ISBN 978-185594-214-1, Hardback, €19.95 £17.95, 260 x 198mm, 332pp, all royalties from the sale of *Truly Tasty* go to the Irish Kidney Association.

Truly Tasty is a unique cookery book in that all the recipes have been created by Ireland's top chefs for adults living with kidney disease in Ireland. The book is the brainchild of Valerie Twomey, herself a kidney transplant recipient, who has spent over a year compiling it.

"Eating well and enjoying eating is one of life's great pleasures but is not quite such an easy task for those with long term kidney problems where diet is an important aspect of care. Knowing "what is in that dish" is not something that comes easily. Preparation of a meal suitable for adults with kidney disease is one step; preparation of a kidney friendly meal that's also delicious may be a considerably harder step to master. Valerie Twomey has assembled some mouth watering recipes from Ireland's top chefs, each recipe has been expertly analysed by renal dietitians to ensure that they can be easily incorporated into a renal diet. Of course one size does not fit all and it's important to fit these recipes into the overall diet and before using the book kidney patients are advised to discuss recipes with their dietitian. The chefs in this book have proven that you can enjoy great food whilst on a renal diet." -Donal O'Donoghue (Renal Tsar for England)

The book contains stunning food photography by Hugh McElveen and tempting recipes such as Melon and raspberries with cinnamon jelly and basil from Ross Lewis, Chargrilled fillet of beef with ratatouille from Derry Clarke, Tarragon plaice en papillote with julienne vegetables and chive mash from Clodagh McKenna and Pavlova with passion fruit and kiwi from Rachel Allen. There are over 100 recipes in the book from 30 top chefs who have also been interviewed in the book by journalist Brian Moore.

Truly Tasty is perfect for entertaining or for planning that special family meal for adults living with chronic kidney disease (CKD) and those on dialysis, who can now sit down with their family and friends and savour a *Truly Tasty* meal that is suitable for all to enjoy!

Valerie Twomey had a successful kidney transplant in 2006.

Further details: www.corkuniversitypress.com

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