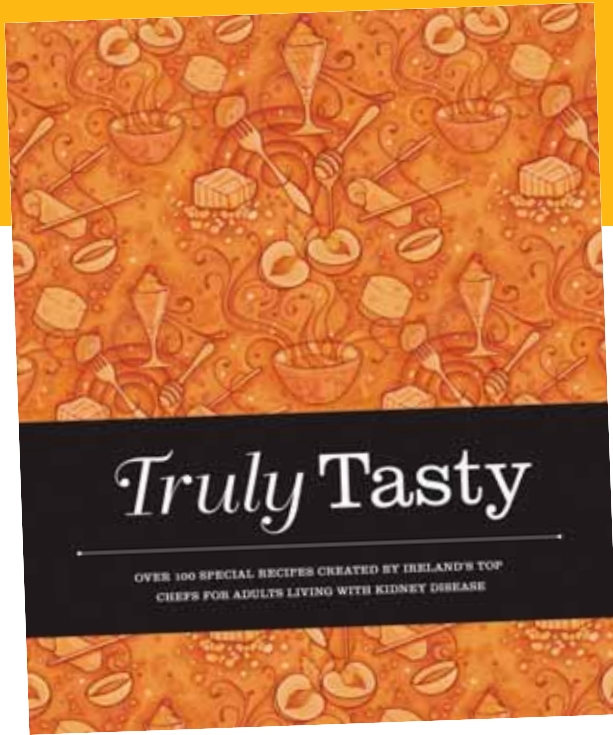


# Truly Tasty

## Recipes



*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. Over the last year and more, Val has asked Ireland's best chefs to create recipes for the book. The recipes then went through a vigorous process of analysis by the Irish Nutrition & Dietetic Institute who used a coding system based on the Irish diet sheet and the Irish method of educating adults with chronic kidney disease (CKD) and those on dialysis.

The result is a mouth-watering cookbook with 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. The book also includes wonderfully colourful interviews with each chef conducted by journalist Brian Moore.

There are over 100 recipes in the book from 30 chefs that are suitable to enjoy within the renal diet guidelines but the book must only be used carefully as part of an overall diet plan.

As each person is unique, all those on a renal diet must check their dietary allowances to make sure they have enough, for each individual recipe they choose, from *Truly Tasty*. Any specific queries should be directed to the person's dietitian.

### ***A word from the dietitians:***

"The Irish Nutrition and Dietetic Institute (INDI) is delighted that *Truly Tasty* has finally come to fruition. It is a triumph to all those involved in bringing this fantastic cookbook together. Good nutrition is vital for all of us to keep healthy and for someone with kidney disease the renal diet is a core factor in keeping well. *Truly Tasty* will allow people with kidney disease to plan that special meal with ease and confidence. Enjoy!"

*Truly Tasty* could not have been produced without the support of the title sponsor Abbott Ireland, together with Bosch, National Lottery, Shire Pharmaceuticals Ireland Ltd, Amgen Ireland Ltd and Shamrock Foods Ltd. All profits from the sale of *Truly Tasty* go to the Irish Kidney Association.

*Truly Tasty* will be available in all good bookshops from April 13th 2010 and online from [www.corkuniversitypress.com](http://www.corkuniversitypress.com)

# Why not join us



We are delighted to present a series of regional cookery demonstrations. Chefs will prepare recipes from *Truly Tasty*, that have been specially created for adults with kidney disease living in Ireland. Demonstrations will be held at the following venues, starting at 7.00pm:

## WEDNESDAY APRIL 21ST

Red Cow Moran Hotel, Dublin. Telephone: 01-4593650

## TUESDAY APRIL 27TH

Clarion Hotel, Sligo. Telephone: 071-9119003

## THURSDAY MAY 6TH

Rochestown Park Hotel, Cork. Telephone: 021-4890800

## THURSDAY MAY 20TH

Bosch (Origo) Citywest Business Park, Dublin.  
Telephone: 01-4666701.

To book your place, please contact: Ashling Hand at the IKA. Places are limited, so book early to avoid disappointment. IKA, Donor House, Block 43A, Park West, Dublin 12. Lo-Call: 1890-543639. Email: [ashling@ika.ie](mailto:ashling@ika.ie)

