

Truly Tasty

Recipe book invites adults with kidney disease to the table



Celebrity Irish chefs Rachel Allen, Derry Clark, Clodagh McKenna, Neven Maguire, Catherine Fulvio and Kevin Dundon, to name only a few, have joined forces with Valerie Twomey to produce a glossy new cookbook entitled *Truly Tasty*. This is an Irish publication with a true difference, written specifically for adults with chronic kidney disease and those on dialysis. The catalyst for this book was provided by Valerie who received a kidney transplant in 2006 following a number of years on dialysis. *"This gave me a second chance at life so to honour my donor I decided on this project"*.

People with kidney disease must face not only the challenge of treatment but also a dramatic change in lifestyle. Adhering to the renal diet is one of these challenges. Hospital dietitians often struggle to create new and interesting recipes thus Valerie decided to make a wider range of modern dishes available and present them in a glossy lifestyle cookery book that will look at home on any coffee table or kitchen shelf.

1. Justine Greer-Origo (Bosch Distributor), sponsor, and Denis Cotter (Chef/Proprietor, Cafe Paradiso, Cork).
2. Melissa Sheridan (Abbott Ireland Ltd.) and Dr. George Mellott.
3. Patricia May, National Chairman, Dr. Liam Plant, Director of the National Renal Office of the HSE and Valerie Twomey.
4. Catherine Leyden, Odlums.
5. Renal dietitians who meticulously analysed all the recipes: Maria Sheahan (CUH), Barbara Gillman (Mater) and Fiona Byrne (CUH).
6. Eileen Phelan, CNM2, Haemodialysis Cork University Hospital, Phil O'Driscoll, Renal Nurse Specialist, CUH and Eva Long, Senior Renal Register, CUH.
7. Rory O'Connell, Ballymaloe Cookery School.





Richie Wilson (Executive Chef, Morrison Hotel), Craig Skelton (General Manager, Abbott Ireland Ltd. – main sponsor), Melissa Sheridan (Senior Product Manager, Abbott Ireland Ltd.), Mary Harney, Minister for Health and Children, Valerie Twomey, Mark Murphy, CE, IKA, Brian Moore and Ann Jenkins (Dietitian, Mount Carmel Hospital).





With her passion for her project and determination she inspired many of Ireland's top chefs who gave of their time and expertise on a free basis creating over 100 delicious recipes. *Truly Tasty* was launched in Fallon and Byrne Dublin on April 13th and the Maryborough House Hotel, Cork on April 15th. This was followed nationwide by a number of cookery demonstrations.

This publication is unique as all recipes are created especially for Irish adults on a renal diet and have been meticulously analysed by the Irish Nutrition & Dietetic Institute (INDI). *Truly Tasty* provides recipes for special occasions with friends and that special weekend treat. Valerie also wishes to fortify organ donor awareness by including an organ donor card into each copy.

The idea behind this publication has been supported by Dr. Liam Plant, Director of the National Renal Office of the HSE. The project however would not have become a reality without the support of main sponsor Abbott Ireland as well as support from the INDI, Bosch, Shire, National Lottery, Amgen Ireland, Shamrock Foods and finally the Irish Kidney Association.

It is hoped that it will also serve as a reference book for nutritionists, dietitians, GPs and practice nurses. Main sponsor Abbott said "Our support of Val Twomey's project is in keeping with the Abbott promise of turning science into caring. *Truly Tasty* achieves this at all levels".

All royalties from *Truly Tasty* will go to the IKA and it will be on sale in bookshops nationwide. 2,000 copies of the book have been sold to-date.

Leading Irish Food Writer Tom Doorly commenting on *Truly Tasty* stated:

"This is a remarkable book. Remarkable also in the way that it underlines how dietary restrictions can amount to an exciting challenge rather than a negative hurdle"

"The forensic detail involved in producing this accurate Renal Diet Book is invisible to the naked eye. This book has achieved something that I would have said was the impossible. It has succeeded in making the Renal Patient Diet attractive."

Mark Murphy, IKA

1. Dr. Elizabeth Dunphy and Dr. Mary Dunphy.
2. Dr. Pdraigin Cooney and Chris Brownlow.
3. Derry Clarke, Richie Wilson, Eugene McSweeney and Leylie Hayes. The chicken is our own Colin White, at the Egg & Spoon race in St. Stephen's Green at Easter.
4. Tara Rafferty (Beaumont), Edel Woods (Abbott Ireland), Halog Mellott (AMNCH) and Oonagh Deeney (Beaumont).
5. Peter Merrigan (Head Chef, Avoca Group); Valerie Twomey, Leylie Hayes (Executive Chef, Avoca Group) and Philip Geraghty (Sales Director, Origo – sponsor).
6. Brian Moore (journalist); Richie Wilson (Executive Chef, the Morrison Hotel, Dublin); Catherine Fulvio (Chef/Proprietor, Ballyknocken Cookery School) and John McKenna (Food Critic & Writer).
7. Simon Pratt (Director, Avoca Handweavers); Donal Moulton (Marketing Manager, Origo (Bosch Distributors, sponsors); and Philip Geraghty (Sales Director, Origo, Bosch Distributors, sponsors).



Andy Dunne and Kevin Cummins

LIVING PROOF

Corkman Andy Dunne received a kidney transplant in 2001 and has since had a lot to sing (and write) about. *Living Proof*, a new 5 track EP containing four of Andy's own songs, is a bit of a musical journey through his time on dialysis and since his transplant.



Living Proof is being used to promote organ donor awareness and all profits go to the Irish Kidney Association. The launch took place, to a full house, on Thursday 22nd April at 9pm in Clancy's Bar, Marlborough Street, Cork. Guests on the night included Galleon.

For more information go to www.andydunne.com or email info@andydunne.com

