



Women & Agriculture Spring Series 2012

In association with **FIBID**



Springfort Hall, Mallow, Cork

- Tuesday, 3rd April

Galway Bay Hotel, Galway

- Wednesday, 11th April

Mount Wolseley, Carlow

- Thursday, 26th April

In association with:

FIBID

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Women & Agriculture

Spring Series 2012

7.00pm Registration

7.30pm Official welcome
by Mairead Lavery, Editor,
Irish Country Living

7.40pm Paula Mee,
Independent Nutritionist

Looking for a healthier and happier 'you' this spring? Paula will have great advice on eating better and losing weight. And she'll also dispel some of those nutritional myths that simply aren't true.

8.20pm Peter Young,
Irish Country Living's
Money Mentor

You work hard, pay all your bills but still feel that there is not enough money to make ends meet. Help is at hand. Our Money Mentor has top advice on sorting out your accounts and maximising your disposable income!

8.50pm FBD Customers

From a devastating fire affecting a great food business to the importance of safety on the farm, FBD presents two inspiring customers who have faced disaster and came back fighting, with the help of their insurance company behind them.

9.10pm Break

9.40pm Neven Maguire,
Celebrity chef and
Irish Country Living's
Culinary Contributor

Get the ovens fired up as one of the nation's favourite chefs, Neven Maguire is set to entertain. On the menu for tonight's cookery demonstration is succulent Irish spring lamb as well as the most delicious chocolate and fruit desert.

10.30pm Finish

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FBD – Our policy is you

Last year marked the inaugural FBD Women in Agriculture Awards. Our goal in supporting these awards was to recognise the very often, unseen work done by so many farm women who are setting the standard as excellent role models for our next generation.

It is now our great pleasure to sponsor the inaugural Spring Series of Women and Agriculture events across the country. Our commitment to Irish agricultural enterprise goes back 40 years and we remain loyal in our efforts to strengthen and support the farming community in all its endeavours.

After all, farming is what our country has always done best and there's never been a better time to build from this strong base.

In our long history of working with farmers to ensure they have the appropriate covers in place, we have grown to understand the significant contribution women make to farming. Not only are they the backbone of the Irish agricultural sector, they show immense innovation and resilience in the development of farming, agri-business, and high quality food production. Indeed, it is this technical excellence, on-farm diversification and can-do attitude that our country needs to develop further.

Challenges are nothing new for farm families and over the generations farmers have had to adapt to the economic, environmental,



Andrew Langford,
Chief Executive
of FBD

policy and technological twists and turns facing them. However, behind every surviving and thriving farm has been a solid yet flexible woman with the ability to support the farm and household while continuing to ensure every opportunity for growth is seized.

Certain to inspire and educate, we believe these conferences will serve as a valuable learning experience for all involved. To complement this series, we have invited inspiring individuals to share their experiences so you can learn from their bravery, innovation, resilience and initiative.

On behalf of FBD, I wish all those who are participating in any way in this programme of events, every success.



Winners of the FBD Women and Agriculture Awards 2011, Ann Moore of Glencash Farm, Ballyspillane, Co. Cork and Valerie Kingston of Glenilen Farm pictured here with Matt Dempsey, Editor and Chief Executive Irish Farmers Journal, Andrew Langford, Chief Executive, FBD and John Bryan, IFA President.

A Spring series for all

The evenings are getting longer, the flowers are blooming and there is a real sense of spring in the air. So we are delighted to welcome you to our Spring Series of Women & Agriculture events. Since 2008, Irish Country Living has staged a Women & Agriculture conference every October. They've taken place in Kilkenny and Athlone and this year we're heading to Mullingar.

Unfortunately, these venues don't suit everyone and each year we get calls from all parts of the country asking us to bring the conference to other counties. So that gave us the idea of running these evening events in Carlow, Cork and Galway.

We've a packed evening in store for you with lots of useful information, advice and entertainment. In Irish Country Living, we always try to be solution driven. Irish Farmers Journal writer Peter Young and his Operation Cashflow project is a perfect example of this.

Peter is a fully qualified personal financial adviser and you'd have seen him as one of the two mentors on RTE's Higher Ground. So when we started to receive letters from farm families saying there never seemed to be enough money to make ends meet, he came up with



Mairead Lavery,
Editor, *Irish Country Living*

a way of helping those and other families in the same situation.

Over 380 farm families are now involved in Peter's Operation Cashflow which amongst other things provides essential advice on managing household budgets. And he will share that advice with everyone at this Spring Series of events.

Independent dietician Paula Mee is another person who talks plenty of common sense. She spoke at our main conference last year and the audience really appreciated what she had to say. Whether it's working towards a healthy diet or keeping off the pounds you've lost since January, Paula is worth listening to.

We're also really delighted to have top chef Neven Maguire on board with us. The past two months have been a rollercoaster ride for himself and his wife Amelda. They had the birth of their twins Lucia and Connor in early February and that joyous event was followed by Amelda being very unwell over a period of several weeks. Thankfully, that is all behind them now.

Neven is wonderfully engaging and his cookery demonstrations are great fun and you'll learn loads – spring lamb as well as a delicious chocolate and fruit dessert are just a taster of what's on the menu.

It's thanks to the sponsorship of FBD we are able to bring you this great night out.

And that brings us to Farm Safety, something we are all concerned about. We will be joined by dry stock farmer Peter Gohery and Siobhan Lawless of the Foods of Athenry who will tell their stories of coping with traumatic events.

Thank you for coming and we really hope you enjoy the evening.

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With FBD,
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night out

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Meet your Chairs



MARTINA O'DONOGHUE,
Cork

Since 2007 Martina O'Donoghue has been the Drivetime presenter on Cork's radio station C103, with a listenership in the region of 20,000 people. Traditionally seen as the county station, alongside its city-based sister station 96FM, it has a studio in both Bandon and Mallow and broadcasts across the city and county.

Drivetime sees an almost equal spread of male and female listenership although Martina has noticed that women tend to be more interactive, with an eagerness to be involved in competitions and discussions. Martina was head-hunted from youth station RedFM, where she worked for five years, while in the past she also hit the airwaves with her own shows on 96FM and the now defunct RTE Radio Cork. She has an impressive television CV, having co-presented RTE consumer programme Streetwise for three years, along with reports and presentations on Nationwide and Herbal Infusion, narration on The Healthy Village and Animal Rescue and continuity announcing on RTE 2. Her most recent television

A country girl at heart, Martina grew up on a farm in Bantry,

stint was in 2009 on Channel South where she presented an evening lifestyle and chat show, South Tonight, from various locations across Munster, transmitted on Chorus/NTL. This busy woman is also a social columnist for the Evening Echo newspaper and she is passing on her knowledge to the next generation as a part-time lecturer in Griffith College Cork's journalism courses.

A country girl at heart, Martina grew up on a farm in Bantry, where she fostered a life-long love of animals and an appreciation for fresh air and open spaces!

Don't miss Martina O'Donoghue's Drivetime Show on Cork's 103 every weekday evening from 4pm to 7pm.



KEITH FINNEGAN,
Galway

Keith Finnegan is best known for being the voice of Galway. For the last twenty years, he has hosted the station's only current affairs show, as well as being the Chief Executive of the company. He prides himself on being an ordinary guy with two great jobs. Keith is well respected as a broadcaster and is known for his fair but firm interviewing technique, getting to the core of the issues that

matter to the people of Galway. His daily programme on Galway Bay FM, 'Galway Talks' commands one of the largest audiences in local radio in Ireland.

Keith believes that keeping the programme professional and local is the secret to its success. Galway City and County is a very large area to cover and it's important to ensure there is a balance of content from all areas of the county, which isn't always easy. The current affairs show has brought him to many interesting places around the world from the poverty-stricken Nairobi to the Whitehouse in Washington with An Taoiseach, Enda Kenny.

Keith has been married to his childhood sweetheart Joan for the last twenty five years and they have two grown up children Katie and Aidan. Outside of work, Keith enjoys spending time with his family and spends every weekend outdoors, helping his uncle on his farm. Keith loves to travel, and soak up the culture of new and exciting places and hopes one day to spend a month living in Italy.

Catch Keith Finnegan Current Affairs Show every weekday morning from 9am to 11.30am on Galway Bay FM.



SUE NUNN,
Carlow

Sue Nunn presents the Sue Nunn Show, KCLR96fm's morning talk show every weekday morning from

Carlow Kilkenny's strong agricultural hinterland is the source of much of the content on the Sue Nunn Show and a place where rural women can give voice to their concerns.

nine until noon, broadcasting in the counties of Kilkenny and Carlow. Sue has been broadcasting for over twenty years, almost all of that time on local radio.

Sue has been a radio producer, Head of News and Programmes but is best known for her morning show. She has also written for the Irish Examiner, the Irish Times and the Farmers Journal.

More recently Sue taught Media at the BA Course at Carlow College and is now on behalf of KCLR, collaborating with IT Carlow on the delivery of a Media Certificate Course. Sue's late mother Maeve Curtis, who for many years was the women's Editor of the Cork Examiner, is her inspiration. Maeve was deeply involved in adult education in rural Ireland and was at one time Vice President of the ICA.

Carlow Kilkenny's strong agricultural hinterland is the source of much of the content on the Sue Nunn Show and a place where rural women can give voice to their concerns.

From covering crucial developments at Glanbia, the demise of the sugar industry, the price of milk, alternative enterprise and pensions for farmers wives- a vast range of issues are covered on the show.

Ballyduff Mill, an eighteenth century Mill is home to Sue and her husband Clive, a furniture designer and maker. They have three grown up children Naoise, Alice and Hannah. Sue is a BA graduate of UCC.

Listen to Sue Nunn on KCLR FM every weekday morning from 9am to 12pm.

It's all about your views, your topics, your concerns and your opinions.

Losing the weight and keeping it off

PAULA MEE

Health Nutritionist, Writer and Broadcaster

Paula runs a dietetic and weight management clinic in Medfit, Blackrock, Co Dublin. She has also worked with educational, pharmaceutical and food organisations in the health and wellness arena since she set up her own consultancy practice in 2004.

Paula was previously the Nutrition Manager for Superquinn. Prior to that, she worked as a Senior Nutritionist in the National Dairy Council. You might also recognise her as she was one of the presenters on RTE TV's Health Squad programme and regularly appeared on RTE's The Afternoon Show.

Paula is continually passionate that the consumer's voice is heard on many nutrition and health issues and has a comprehensive and informative nutrition website for practical family nutrition at www.paulamee.com

PRESENTATION

Losing the weight and keeping it off.....My old dietetic manager used to joke 'Your waistline is like your character- it's much easier kept than recovered.'

I used to believe in her underlying assumption that we should

Paula is one of the presenters on RTE TV's Health Squad programme and regularly appeared on RTE's The Afternoon Show.

all have the moral fibre to just get on with it- simply eat and drink the right things! Now I realise how simple and flawed that notion really is.

The mind, as we know, can come up with any number of excuses to procrastinate, avoid or deny that weighty bulge under our belts.

You may feel that those inches you lost in the New Year are beginning to make an unwanted come back. You console yourself with the thought that most people pile the weight back on again, so why not you? A client of mine once said he found it hard to dig deep - unless he was peering at his favourite dessert. The spoon, unquestionably, is the fattiest thing you could put into a Baileys marble cheesecake!

How to keep the momentum going, having lost some but not all the weight, is an on-going challenge for many. But if you feed the mind, your body will follow. After all - what you focus on grows - so nurture an optimistic mind set. Begin by recapping on your achievements to date, no matter how small. Acknowledge them regularly.

A client of mine, let's call her Aine, was feeling very discouraged with her progress. The weight was slow to come off. She was down only two of the five stone she wanted to lose. She felt it hugely helped her to put pen to paper and answer the



following question – is life better after weight loss, even if it was only two stone? She listed great positives like better energy levels, less dark moods, more confidence when she socialised, less back pain and more motivation to walk than before. She noticed helpful changes she made to her thoughts around food – and instead of resenting and blaming her husband's for sabotaging her efforts - his penchant was chocolate biscuits which he ate most evenings - she enlisted his help. He became one of her greatest supporters and reduced his own cholesterol, by cutting down on the treats and sweets.

Staying on track was easier for Aine when she identified the cues that drove her to over-eat. She became aware of non-hunger drivers. She learnt to manage internal cues

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Is life better after weight loss, even if it is only two stone?

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like anxiety, boredom and negative emotions. External cues like the visibility of healthy foods in her kitchen helped, as did positioning her walking shoes and iPod just inside the front door to consistently remind her of exercise.

Aine switched from mindless to mindful eating; bringing her full attention and intention to anything she was eating. She really slowed down and savoured her food. This one change, even if it was the only one you commit to make this year, can immensely enable you to ENJOY your food more, no matter what it is – a fresh fruit salad or a chocolate bar. People who lose weight and successfully keep it off usually find it helps to plan a weight range to keep within. This is more helpful than trying to stay at an exact weight, as it allows for natural day to day and week to week fluctuations. A typical weight range might be 5lbs, so you might expect to move between 11st and 11st 5lb for example.

You know then to take action if you notice a steady increase towards the upper range over a period of time. Keeping a diary can help you pinpoint changes like bigger portion sizes, picking and skipping meals, being less active, not planning ahead, using food rewards, eating more sweets and so on.

In my presentation, I'll be focusing on the weight loss and weight maintenance journey, your motivation and stick-with-it ability, how to boost your metabolism and what you can learn from your skinny friends.

And of course not everyone is battling with their weight. And we are all much more than our weight. More on that too.



women & agriculture

Images from the Women & Agriculture Conferen
Among those pictured are Mairead Lavery, Edit
Minister for Agriculture and Zoë Kavanagh, Nati



re 2011

Conference 2011 which was held in Kilkenny
ry, Editor Irish Country Living; Simon Coveney,
gh, National Dairy Council Chief Executive



PETER YOUNG

Journalist and Financial Adviser

Probably best known for his On & Off Farm innovation pages in the Irish Farmers Journal, Peter Young has also co-presented the primetime RTE show Higher Ground. A qualified financial adviser, Peter writes the Money Mentor column for Irish Country Living. This confidential and free service offers practical and professional advice to farm families who are experiencing financial difficulties. It also tackles key issues such as succession planning. Recently Peter has launched Operation Cashflow to help people manage their family finances. Over 300 farm families are now involved and Peter will discuss some of the real life cases he has tackled during his presentation.

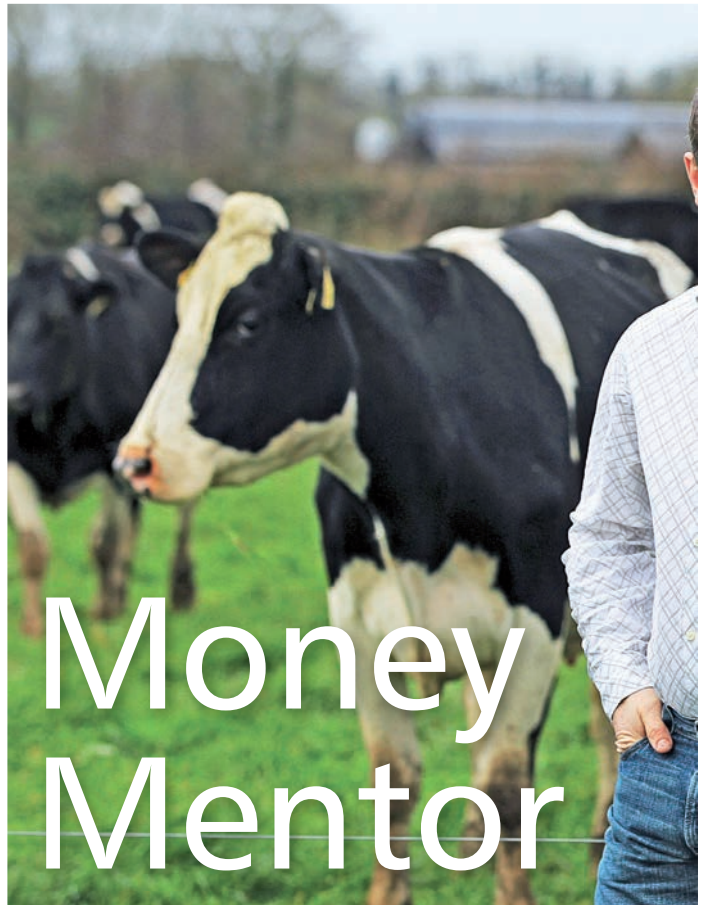
PRESENTATION

“Our money never seems to go far enough. We always managed up to now but bills are starting to go unpaid.”

“We really need help on which way to go and how to manage our money. It just seems to go out on the farm and things are slowly getting tighter.”

As Money Mentor in Irish Country Living, these are just some of the comments I received in letters from readers. And so in January of this year, we decided to launch Operation Cashflow to help people manage their family finances better.

Operation Cashflow works closely with five families in very different situations (see below). The only link they all have is that they own land. I have visited each of the five families



and since then, they have developed household budgets and started to record what they are spending. This amount ranges from €600 to €1,000 a week. The next step is to develop individual financial plans to help them set financial targets and reach them.

The five families I am working with as part of Operation Cashflow include:

- A family living on a large dairy farm milking 160 cows. The wife works off farm and the couple



have two children. **Biggest issue:** Too busy to plan.

- A large suckler and tillage farm family with no off farm income. They have four children. **Biggest issue:** Increased output/ha.
- A family in which the husband has lost his off farm work. The wife is working. **Biggest issue:** Developing the farm to increase income.
- A family in which both the husband and wife have off farm jobs. They also have three

Peter Young is a qualified financial adviser and a member of the Insurance Institute of Ireland and LIA, the Professional Association of Financial Service.

children. **Biggest issue:** Farm is losing money

- A divorced man. **Biggest issue:** Starting afresh.

YOUR FINANCIAL HEALTH

In the conference I will look closely at each of the situations and spell out the messages that have been uncovered so far.

For many setting up a household budget has really helped. It sets out simply what money comes in and goes out. It can be done weekly, fortnightly or monthly whatever you prefer. People always ask for the target or average figures that they should be spending but it is something that each family has to do for themselves. Family budgeting is a very personal thing and no two situations are the same.

I will also talk about how some families were shocked when they discovered what they were really spending in some aspects of their life and the changes they are now making to improve their financial health.

We also help many others by showing them the steps to take to check their own financial health. So far over 300 people have signed up for Operation Cashflow by clicking on the Irish Farmers Journal website, www.farmersjournal.ie and you can too.

By signing up for the free service, you'll have access to a wide range of resources that can help you manage your money better. You will also receive a monthly email of financial tips from the Money Mentor. It will act as a reminder for you over the year to check up on your finances and it'll help ensure that you end 2012 in better financial health.

Speakers

SIOBHAN LAWLESS, Foods of Athenry

With a presence throughout the country, from local shops to major outlets, the dynamic Lawless family has really bounced back from the brink of disaster since their bakery went on fire last summer.

Siobhan Lawless still insists, however, that their constant innovation and resilience comes from their farming roots.

In her inspiring show of bravery and determination, Siobhan shares her experience of diversifying the farming business into baking, thinking outside the box, and capturing a growing market.

She will also describe how the family pulled together, along with FBD, to get their business back on track in the days after the fire destroyed their livelihood.

“Within half an hour of the fire outbreak, I rang Tommy Kelly from FBD Athenry and he was with us within the hour.

FBD gave us our first payment within a week of the fire happening and that got us back on track, re-ordering machinery and re-building our lives.

Within two months, we had received 90% of the policy money and were able to proceed towards getting back into production and meeting our orders nationwide.

That payment was a show of support from FBD.

They put their money where their mouth was...they were saying, we support you, we won't drag this out, we'll make sure you're looked after.”



PETER GOHERY, Dry stock farmer, Galway

FACT

90% of fatal and serious farm accidents could be prevented by managing health and safety on the farm.

Every year in Ireland, farmers lose limbs and lives in preventable PTO shaft, machinery and tractor accidents. In this inspiring story, Galway dry stock farmer Peter Gohery talks about the day he was severely injured and almost died when he became entangled on an unguarded PTO shaft.

In many ways and for many of us, when we do the same things day in and day out things become routine for us.

However, Peter's story emphasises that by taking a fresh look at different aspects of health and safety on the farm, efficiency can be increased and needless life and limb loss can be spared.

FACT

Risk of injury or death involving a PTO is ZERO if properly guarded.

A TIME FOR ACTION

FBD urges all farmers to think safety first and make it a priority in 2012. Sadly, 22 people were killed in farming accidents in 2011. The sadness and pain that accompanies each fatality and serious injury is heartbreaking, and our sympathy goes out to all the families who have lost loved ones.

Therefore, it is essential that farmers take a more pro-active role in promoting farm safety and put health and safety issues at the top of their agenda.

Always Think Safety First!

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Within two months, we had received 90% of the policy money

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Peter's story emphasises the importance of safety on the farm



NEVEN MAGUIRE

Celebrity Chef and Irish Country
Living Culinary Contributor

From a very young age, one of Neven's favourite pastimes was to shadow his mother in the kitchen, watching her cook. His pastime soon became his passion, as he began experimenting with ingredients in the home kitchen at the tender age of ten.

No one was surprised in 1992 when Neven enrolled in Fermanagh College, Enniskillen to study catering, where he received the prestigious Student of the Year Award. Even then, his vision was clear - to share his love and passion for food with as many people as possible.

Neven trained in some of the highest profile restaurants in the world including Roscoff, Belfast (Michelin Star winner), Grand Hotel Berlin (Michelin Star winner), The Lea Linster Luxembourg (where he cooked for Lady Diana and Tony Blair) and Arzak, San Sebastian.

In 2001, Neven took over the family business, and turned a local restaurant into a national phenomenon. Located in the rural village of Blacklion in Co. Cavan, MacNean House and Restaurant has become one of the most talked about and frequented restaurants in the country.

Neven came on board with the Irish Country Living team four years ago to start his own weekly column in the paper.

Since then, he has given readers recipes for sensational starters, delicious desserts and everything in between, including some excellent Christmas dinners.

**SMOKED BACON & GARLIC MUSHROOM VOL AU VENTS**

Serves 6

1 tbsp oil
1 onion, diced
3 garlic cloves, crushed
450g/1lb btn mushrooms, quartered
200g smoked bacon diced
250ml/½ pint cream
250ml/½ pint milk
2 tbsp water
2 tsp corn flour
6 vol au vent cases

Fry the onion, garlic and smoked bacon in the oil for four to five minutes, until soft. Add the mushrooms and mix well. Leave to cook for about six to eight minutes, until the mushrooms have cooked through.

Next, add the milk and cream and bring to the boil. Mix the water with the cornflour, and add to the sauce to thicken. Bring back to the boil. Reduce heat and simmer for about five minutes to let the flavours mingle. Cook the vol au vents in a hot oven from frozen, as per packet instructions.

To serve, place each vol au vent on a plate, spoon some mixture inside and let some overflow. Put the lids on the cases and serve with a green salad.

Recipes

LAMB BURGERS WITH YOGURT AND MINT DIP

Serves 4

450g lean lamb mince

1 small onion, peeled and diced

1 garlic clove, crushed

3 tablespoon chopped mint

1 tablespoon chopped oregano

1 teaspoon ground coriander

1 tbsp sweet chilli sauce

½ small cucumber

5oz natural yoghurt

1 garlic clove, crushed

1 lemon, cut into wedges

4 burger buns or small rolls

Salt and pepper

Salad leaves e.g. rocket

Mix together the lamb, onion, garlic, two tablespoons of mint, the oregano, ground coriander, sweet chilli sauce and season. Divide the mixture into four portions and squeeze and shape into about 1.5cm thick burgers. BBQ the lamb burgers for 10-15 minutes, turning occasionally, until well browned and cooked through.

For the dip, grate the cucumber and squeeze out excess liquid with your hands, mix in the yoghurt, garlic and the rest of the mint. Add some salt and a squeeze of lemon juice. Warm the burger buns under the grill, turning once. Serve the lamb burgers in warm bread rolls with salad, mint leaves and yoghurt and mint dip. Serve with lemon wedges.

SPICY LAMB CUTLETS WITH GUACAMOLE AND TOMATO SALSA

12 lamb cutlets, well trimmed

2 tbsp olive oil

Spice mixture



Serve the lamb burgers in warm bread rolls with salad

1 tsp cumin, ground

1 tsp coriander, ground

2 tsp paprika

Salt and black pepper

Drizzle the olive oil over the cutlets. Combine the spice mixture ingredients. Dip the cutlets in the mixture.

Shake off the excess. Grill for four to five minutes on each side.

Guacamole (for four): Peel, stone and mash two ripe avocados. Add the juice and rind of two limes; half a red onion, peeled and finely diced; one tablespoon of sweet chilli sauce; two tomatoes, skinned,



seeded and chopped; one garlic clove, peeled and crushed; and two tablespoons of fresh chopped coriander. Mix well and season to taste.

Tomato salsa: Heat one tablespoon of oil in a pan. Add one onion, peeled and diced; one garlic clove, peeled and crushed; and one tablespoon of sweet chilli sauce.

Fry for three to five minutes. Add one 400g can of chopped tomatoes, ¼ teaspoon sugar and a pinch of chilli powder. Simmer for 15 minutes.

Place in a bowl and stir in three tablespoons of fresh chopped coriander. Season to taste.

Serve the crispy cutlets with the salsa and guacamole on the side and with a toasted ciabatta.

CARMELISED BANANAS WITH CHOCOLATE MOUSSE & ORANGE CARAMEL SLICE

4 bananas
1oz butter
Orange Carmel
8oz caster sugar
100ml water
¼ pint pure orange juice
1 tbsp rum
1 vanilla pod, seeds

Place the sugar and water in a saucepan, bring to the boil and cook until golden brown. Stir in the rum, vanilla and orange juice. Stir well and leave to cool.

Cut the bananas in half. Cook in a hot pan with butter for two minutes, then place one tablespoon of orange caramel over the bananas in the pan.

Place in the oven at 180°C/Gas 5 for five to ten minutes, until golden brown.

CHOCOLATE MOUSSE

Serves 6

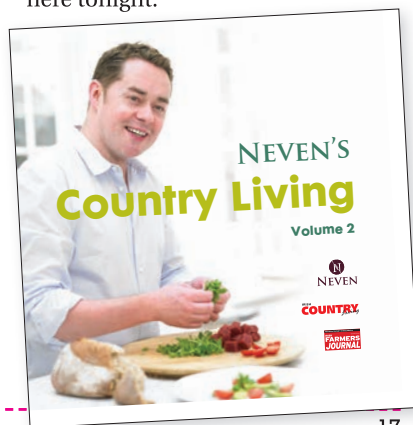
8oz good-quality dark chocolate (55% cocoa solids)
3 full eggs
1 tbsp Bailey's
½ pint whipped cream
Raspberries and mint leaves, to garnish

Melt the chocolate in a bowl over simmering water. Whisk the cream. Whisk the eggs with the Bailey's in a bowl over simmering water until they double in size. It is very important to ensure that the water does not boil, or it will cook the eggs. Fold the melted chocolate into the eggs. Cool for five minutes. Fold in the whipped cream. Whisk well and refrigerate for two to three hours or overnight.

To serve, arrange a banana on the centre of each plate. Drizzle caramel over and serve with two scoops of chocolate mousse. Drizzle the orange caramel sauce around the mousse. Garnish with raspberries and mint.

All these recipes and much much more feature in Neven's Country Living Cookbook Volume 2, on sale here tonight.

In the past two years, Neven has released two 'Irish Country Living Cook Book's', one of which is on sale tonight.





8:15am



6:55pm

Irish Country Magazine, the new magazine
that reflects both sides of your life.

Next issue out in June!

www.irishcountrymagazine.ie



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