

Welcome to our 6th annual Food Festival..



A Taste of West Cork Food Festival started in 2004 and it has grown and grown ever since - not just in terms of numbers of visitors, exhibitors and events, but also in terms of its reputation throughout the region and country. The word is spreading and the food festival has attracted people from all over Ireland, the UK and further afield.

Our purpose has remained the same: we are celebrating the quality and diversity of our local restaurants, our talented and innovative chefs, the superb independent food producers and the many artisans that abound in West Cork. What you will find here is an abundance of real food sold by people who are really passionate about what they are doing. Luckily for us this wonderful food produce can be found not only in our markets but also in our Restaurants, supermarkets, hotels and guest houses.

And - you'll also find that our festival is great fun. There's a brilliant atmosphere throughout the weekend that you won't forget. There really is something for everyone, it's an event not to be missed. Once you've visited once you'll come to Skibbereen again and again!

Thanks to all the hard working committee for putting this extensive programme of events together, to West Cork Development Partnership for their continued support and funding, to all our sponsors, Skibbereen Town Council and to everyone who has supported the food festival since 2004.

We hope you have a great time in Skibbereen and enjoy everything on offer throughout the week.

Eilís Cohalan, Chairperson.
www.atasteofwestcork.com

VOLUNTEERS WANTED!

If you have a hour or so to spare and would like to get into the spirit of the festival and lend a hand we would love to hear from you please contact Eilís on 086 2223531.

PROGRAMME OF EVENTS

thursday | 10TH SEPTEMBER

EVENT: LET FOOD BE YOUR MEDICINE
Naturopathic Nutritionists, Ann Darcy and Majella O'Neill will give a presentation on how certain foods can be utilised to prevent and treat disease. Followed by delicious & healthy Tapas at the Riverside Café
Presentation €5.00 | Presentation & Tapas €25.00

Venue • *Riverside Café, North Street*
Time • *6.30pm*
For Bookings • *028 40090*

friday | 11TH SEPTEMBER

EVENT: DINNER AT SADLIER'S RESTAURANT
Enjoy a 3 course meal and guess what? you pay what you feel the meal is worth.

Venue • *Sadlier's Restaurant, North St,*
Time • *5pm - 10pm*
Cost • *What every you feel the meal is worth (drinks not included)*
Contact • *Tracey or Johnathon 028 23488*

monday | 14TH SEPTEMBER

EVENT: EXHIBITION OF OLD & VINTAGE COOKERY BOOKS

Venue • *Skibbereen Library, North St*
Time • *Monday to Saturday 10am - 5.30pm*
Contact • *Michael Plaiice 028 22400*

EVENT: MASTERCLASS WITH WILLIAM WALSH

Learn more about the traditional art of the craft butcher with your host, well known food writer and broadcaster, Dianne Curtin. The evening includes butchery visit and demonstrations by local butcher, William Walsh of Tom Walsh Butchers, Bridge St. Learn about hanging meat for best flavour and get tips on the most economical cuts for family eating. The evening will end with a convivial gathering at Annie May's Bar afterwards, where we will enjoy a meat tasting and glass of wine and Dianne will dispense tips on cooking the various meats and cuts. Numbers limited so booking essential. More details available on request.
Venue • *Tom Walsh Butchers, Bridge Street*
Time • *7pm*
Cost • *€20 per person.*
Contact • *Dianne Curtin 086 00676249*

tuesday | 15TH SEPTEMBER

EVENT: LAUNCH OF PHOTO EXHIBITION THE MINIHANE FAMILY - 'MAGICAL MEMORIES THROUGH THE LENS'. SPONSORED BY MARIAN CREEDON-HEGARTY, TOP IMAGE TAN LTD.

Michael, Denis and Anne Minihane, live their lives through the lens of the camera. For over 50 years, Skibbereen native, Michael Minihane, recorded the life and times of this area. An employee, of the then called Cork Examiner, every week Michael's photo's appeared in the paper. Two of his children now carry on the tradition. Award winning photographer Denis works with the Irish Examiner and Anne, is based in Skibbereen where she is a free lance photographer. This exhibition features works from their most memorable moments, capturing history as it happened and invoking a sense of timelessness which will enable future generations to delve into a past that may well be forgotten but for these wonderful photographic records. The Photo Exhibition will run for the duration of the Food Festival at The West Cork Hotel. It will be officially launched by Mr Ted Crosbie, retired Chairman, Examiner publications and vice-chairman of Thomas Crosbie Holdings.

Venue • *The West Cork Hotel, Ilen Street 028 21277*
Time • *6.30pm*

EVENT: COOKERY DEMONSTRATION WITH NEVEN MAGUIRE

Still in his thirties, award-winning chef Neven Maguire began cooking at 12 years of age in the kitchen of the family restaurant, MacNear's in Blacklion, Co. Cavan. Neven recently appeared on RTE with his new series of 'Neven's Food from the Sun'. Neven contributes a regular feature to RTE Radio 1's Marian Finucane show and writes a weekly column and recipe feature in the Irish Farmers Journal.
www.macnearrestaurant.com
Venue • *The West Cork Hotel, Ilen St*
Time • *8.30pm*
Cost • *Tickets €20.00 available from The West Cork Hotel 028 21277 info@westcorkhotel.com*

Contact • *Eilís Cohalan 086 2223531*

wednesday | 16TH SEPTEMBER

EVENT: FINAL OF SCHOOLS COOKERY COMPETITION. SPONSORED BY NEVEN MAGUIRE & T. O'DRISCOLL & SONS ELECTRICAL & FURNITURE, CORK ROAD, SKIBBEREEN

The aim of this competition is to give students at secondary school level the opportunity to showcase their culinary skills and also make them aware of the wonderful variety of food produce that is available throughout West Cork. Celebrity and award winning chef, Neven Maguire, will judge the competition again this year along with local award winning food producer, Sally Barnes and Francois Conradie, proprietor and head chef of Over The Moon Restaurant, Skibbereen. The lucky winners and their teacher will enjoy 2 days at Neven Maguire's Restaurant and Guest House - MacNear House and Restaurant, Co Cavan.
www.macnearrestaurant.com

Venue • *Mercy Heights Secondary School*
Time • *11am - 1pm*
Contact • *Clare Gallagher 087 0692360 - 028 21987*

EVENT: WINE TASTING EVENING

Enjoy a tutored and informative Wine Tasting Evening at Seats on Market St, with Michael Kane of Curious Wines, Bypass Business Park, Bandon. www.curiouswines.ie Sample a variety of wines in a relaxed, informal atmosphere and learn about different grapes and countries of origin.

Venue • *Seats on Market St,*
Time • *7pm - 8.30pm*
Cost • *€10.00 includes finger food*
Contact • *Eilís Cohalan 086 2223531*

EVENT: FUN TABLE QUIZ

Come along and enjoy a fun evening at Baby Hannah's Bar. There will be a variety of questions to suit all tastes. Quiz master on the night is Cian O' Mahony. Great prizes to be won.
Venue • *Baby Hannah's Bar, Bridge St.*
Time • *9pm*
Cost • *€40.00 per table, teams of 4*
Contact • *Margaret McInerney 086 3623709*

thursday | 17TH SEPTEMBER

EVENT: SUSHI DEMONSTRATION AT APPLE BETTY'S CAFE

A first for the Food Festival! Enjoy a 'make and taste' session with Mamiko who will demonstrate how to make Sushi.
Venue • *Apple Betty's Cafe, The Square*
Time • *5pm - 6pm*
Cost • *Free*
Contact • *Celine or Liz 028 51833*

EVENT: A TASTE OF WEST CORK BANQUET

Sample the delights of West Cork food produce prepared and presented by the innovative and talented chefs of Skibbereen Restaurants in the newly refurbished and magnificent surroundings of The Church Restaurant. This is an event not to be missed. Music by Soul Driven.
Venue • *The Church Restaurant, Bridge St*
Time • *Drinks reception 7.30pm*
Cost • *€50.00 (This event is fully booked - sorry!)*
Contact • *Jennifer Conradie 028 22100*

friday | 18TH SEPTEMBER

EVENT: SKIBBEREEN COUNTRY MARKET

Visit the Country Market and sample the delights and pure goodness of locally grown and home cooked fare. Come along and enjoy free demonstrations plus lots of samplings. Lunches available from a selection of the best of home made soups, quiches, salads and cakes.
Venue • *Abbeystrewry Church Hall*
Time • *12noon - 2pm*
Contact • *Breda Grinsell 086 1963687*

EVENT: INSTORE FOOD TASTINGS

Drinagh Co-Op Supermarket and Field's Supervalu Supermarket will host in store food tastings, demonstrations Friday and Saturday. See stores for details.
Venue • *Drinagh Co- Op, Market St - 028 21699*
Venue • *Field's Supermarket, Main St, - 028 21400*

EVENT: HEALTHY FOOD FOR SCHOOL CHILDREN PRESENTATION BY MAUREEN HERNON, FOOD COACH

Venue • *Abbeystrewry Church Hall*
Time • *12.30pm*
Contact • *Maureen Hernon 086 8035686 www.foodforyou.ie*

EVENT: PRE BRIAN KENNEDY CONCERT DINNER

Enjoy a pre concert dinner or early bird meal at the following restaurants
Annie May's Restaurant, Bridge St, 028 22930
Kalbo's Café, North Street, 028 21515

