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Funky food cookery book

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TITLE:

Funky food cookery book

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Child Care Service**

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"I am one of those people who has been cooking from a young age. I began cooking with my mother in the restaurant of what was then my parent's, MacNeane Bistro, at the age of 12 and have loved cooking, tasting and creating new recipes ever since. Being able to cook is a very important and enjoyable skill, allowing us to eat healthily, enjoy cooking and food and treat our friends and family with our culinary delights! I would like to

congratulate Trine Kelly and her team at the Residential Child Care Services in HSE Dublin North East on the launch of 'Funky Food'. This book is a great introduction to cooking with lots of healthy, nutritious and tasty recipes and practical cooking tips throughout. I always say that as a Chef, I am only as good as the produce I use and 90% of the food used in MacNean Restaurant is locally sourced, organic ingredients. My parents were passionately interested in good quality ingredients cooked properly so from an early age I learned to appreciate taste and know about the ingredients and nutritional values of food. Today many young people skip breakfast and then fill up with all the wrong foods. 'Funky Food' gives all the recipes and practical guidelines needed to prepare and create wholesome and nutritious meals from breakfast to lunch, dinner, snacks and deserts. I believe that if young people are taught to cook, the interest will stay for life and I hope this fantastic new book will help you create good, nourishing meals everyday. Happy Cooking!" [Forward by Nevin Macguire]

KEYWORDS:

FOOD AND NUTRITION; FOOD HYGIENE

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