



The Kitchen Zone

The Kitchen Zone ... Where the Secret Ingredient is Love!

Inside this issue

- Message from the Kitchen Zone
- What's Cooking?
 - News from us
 - News from you
- Spring Workshops
- This Month's Recipe: Vegetarian Stew

Message from the Kitchen Zone

Hi everybody! I'm delighted to bring you the latest edition of our newsletter, *Kitchen Zone*.

It's Autumn already. We're all well-rested from our Summer vacations, and ready for a new season of cookery clubs, courses and events. Read on! You will find that so much has happened since the last edition.

What's Cooking?

News from us

Twitter

Love it or loathe it, **social networking** is here to stay. And we *love* it! Hence we are now on Twitter! Please follow us!

Wine tasting

Justin, who runs our Wednesday evening classes, is thinking of holding a **wine tasting**. He promises to prepare some *petit fours* (whatever they are – we assume they’re French) to accompany *le vin* (also French). Let us know if you’d be interested in attending.

Pregnant

Marie, who helps Justin run the Wednesday evening classes, is either **pregnant** or very full of *petit fours*. She’ll be going on maternity leave in November. We wish her well.

News from you

Graduation success

We’re delighted to learn that one of our former students has won an **internship** at an international restaurant in Tralee. Barry Cade completed a course with us in Summer 2021, and he starts at *McDonald’s* next month. Well done, Barry.

TV dinners

Mrs Barb Dwyer of Ballincollig wrote to tell us of a fun **event**. She and her friends planned a week of dinners at each others’ houses – a kind of do-it-yourself version of the TV series *Come Dine With Me*. What a great idea! Unfortunately, the dinners were abandoned mid-week when all four friends contracted *Salmonella enterocolitis* from undercooked quail eggs.

Autumn Workshops

How to book: email kz@kitchenzone.ie. Prices and times are below.

Day	Time	Junior Chefs	Adult Cooks		OAPs
			Members	Non-members	
Wed	6-8 pm	€100	€200	€400	€150
Thu	10-12 am		€180	€380	
	6-8 pm		€200	€400	

You must pay in advance.

This Month’s Recipe: Vegetarian Stew

This month's recipe has been sent in by Colonel Ray Ling from Clonmel. He writes: "This was a great favourite among the boys of my command when we were stationed in the foothills of the Transdanubian Mountains in Hungary. The locals refer to it as *pörkölt*, but we just called it stew. It's deliciously warming and only 500 calories." It sounds great, Ray! Ye all let us know how you get on with it.

Ingredients

- Two fresh vegetarians. Plump ones are best, but if you can't get plump, use three skinny ones instead.
- A cushion.
- Three litres of *Zwack*.

Instructions

1. Skin the vegetarians. Muffle any screams with the cushion.
2. Marinade as follows:
 1. Fill a bucket with *Zwack*;
 2. Dice the vegetarians into the bucket;
 3. Leave overnight, somewhere away from the cat.
3. Heat down your pants for 40 minutes.

Serving suggestion

Serve with potatoes or rice and a colourful vegetable such as a bright pink cauliflower.

Garnish with a sprig of something spriggy and a little grated badger.

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