**A cluttered kitchen

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**The Kitchen Zone**

The Kitchen Zone … Where the Secret Ingredient is Love!

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**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 followus!

**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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