



# 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
- Autumn 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 September 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 2019, 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](mailto: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.

© Kitchen Zone. All rights reserved.