

Food news

YOUR WEEKLY ROUND-UP OF FOODIE TIPS AND NEWS

PERCY'S NEW YEAR

It's the Chinese Year of the Pig, to celebrate M&S has created limited edition Percy Phizzy Pig Tails. Priced at €2.50 per pack they are in store now.



Subs away

The Subway Savers menu is back, with three subs from just €3 each that are available all day, every day. You can choose from the Nacho Chicken Salsa, Meat Feast and Cheese and Onion. Great for a savvy lunch.

ON EDGE

Food symposium Food on the Edge has just announced the dates for its fifth outing in Galway city. Taking place on October 20 and 21 this year's theme is migration. They have already confirmed a number of top chefs as speakers at the event with more details to be announced. With discussions, masterclasses, food village and more this is a must-visit for any chefs, or foodies interested in the future of our food. See www.foodontheedge.ie for more details



THE GARDEN OF EDEN

Eating well just got a little easier thanks to new veggie and vegan food brand, Eden. An Irish company, they use fresh veg, steamed rather than fried, to create the range. Priced from €3 they are available now in SuperValu, Dunnes, Tesco and selected independents nationwide. See www.edenfoods.ie for more information

Kitchen lust list

We want this Moordale measuring jug (€25) from designist



CHIN GIN

Morgan Ging is a farmer turned distiller who set up the Ballykeefe Distillery just 15 minutes outside Kilkenny. A newcomer to the scene, it produces gin, vodka and there's an upcoming whiskey - which is set for release in 2020. Its ethos is a unique one, it operates in an eco friendly way, growing the barley to make its whiskey, and feeding distillation by-products to its livestock. Priced at €49 for the gin and vodka, they are available at selected stores nationwide. Find out more by visiting www.ballykeefedistillery.ie



TRIED & TESTED...

Broughgammon Farm meat box

We don't have a culture of consuming goat meat in Ireland. However, it's actually the most widely eaten meat in the world and is prized for its flavour. Recent studies suggest it's one of the world's most sustainable animals to farm, having less environmental impact than raising other kinds of livestock.

While the goat dairy industry is flourishing, male goats are usually put down after birth. Because of this in 2011 Broughgammon Farm in Co Antrim began raising these goats.

I've eaten goat before, but always in a restaurant, it's not something I'd ever considered cooking. With Broughgammon's meat box that was about to change. Ordered online it arrives to your door and mine contained a selection of cuts of cabrito (the name for kid goat meat) such as chops, pieces, ribs and even goat bacon. What does it taste like? It's not as gamey as I imagined, instead more like a milder tasting lamb but less fatty. However, there is a definite flavour to it that adds a depth to dishes, a richness. I did curries, roasts, bacon butties, even a lasagne and everything was delicious. I'd absolutely buy this again. Broughgammon's tagline is "forward thinking farming" which is a good description. In times when sustainability and environmental impact are more important than ever, the future of meat could be distinctly goaty. Broughgammon Farm meat boxes are priced from €56.60. See www.broughgammon.com