



## **A Bit About Me**

*"I love food and the effect it has on people. It has the power to heal, the power to transform and the power to bring people together. My favourite times are those spent with family and friends around the table, eating great food that is both emotionally as well as physically sustaining.*

*My ethos is fresh, healthy, delicious and easy to cook food which is locally sourced and in season wherever possible. I believe in balance, it's the habits that are repeated on a daily basis that do the most good and the most harm. I love the excitement that comes with looking forward to a particular food when you start to eat food in season. Then your memories will always be of the best food, with the best taste and with the perfect amount of ripeness.*

*My food, enjoyment of ingredients and cookery book obsession have fed an insatiable knowledge for good food for over 25 years now, but I still always return to simple, easy to cook and fresh food. The interest I have and have studied for many years in healthy food is always accompanied by the desire to eat and cook food that is delicious. For me there is no reason to eat healthy food if it does not make all your taste buds zing. Every recipe included here will always be easy to cook, and will make the most of the myriad of healthy and enjoyable ingredients we are lucky enough to have readily available to us.*

*My personal journey living with food allergies has resulted in extensive research into dairy, wheat and sugar alternatives in everyday cooking. Many of my recipes show how 'cooking without' can be easy without ever missing out on taste and variety."*

### **Dorcas Barry**

BA (Hons), SAC Dip

Dorcas has a first degree in Home Economics & Resource Management from Southbank University in London and a diploma in Clinical Nutrition. She is a Local Champion of GIY Kilkenny and a food writer – she has written on food for Image Magazine, The Sunday Tribune, Superquinn magazine and the Kilkenny People. Dorcas teaches cookery classes with a focus on healthy food and is trained as a detox coach on the Jane Scrivner Detox programme. Dorcas has completed various courses on raw food and continues to learn about raw, vegan and vegetarian food and how they can contribute to a healthy diet, she combines her

love and knowledge of food, ingredients, diet and health to teach about delicious food for people who love to eat.