



Taste of the Lakelands

International Food Festival

Marquee at St. Mary's Hall,
Lanesborough, Co. Longford
6-8th October 2017

www.tasteofthelakelands.ie





Meet our master
chefs and bakers

Discover the food
of the Lakeland

Welcome to the

Taste of the Lakelands

Check out the
programme of events

Photo credit: Bridgid Mullooly.



On behalf of the organising committee of Taste of the Lakelands food festival, it's a great pleasure for me to extend a warm welcome and CÉAD MÍLE Fáilte to all of you who are interested in coming along to experience the mouth-watering spectacle of our 2017 Show.

This year we have expanded our programme to two days – in response to your feedback from the very successful inaugural show in 2016. We have more food producers, more LIVE cooking demonstrations, culinary treats, special features on safety and lots of attractions for all the family.

Taste of the Lakelands is not just a food festival. It's now a top class destination marketing brand for the Midlands – home of some of the finest food producers on the island of Ireland and we are delighted to be launching our new website and social media campaign this year.

I also welcome the adjudicators from the Bank of Ireland National Enterprising Town Awards to our community and hope you are impressed by what you see.

Above all, we hope you enjoy your visit to Lanesborough – and Ballyleague, urge you to stay safe and ask you to support all our producers and exhibitors at the show.

We thank all of the agencies and sponsors who have made this possible and we look ahead to even greater days ahead.

Onwards and upwards!

Alan Horohoe

Alan Horohoe



Meet our master chefs and bakers

Gary O'Hanlon is an award-winning chef, broadcaster and columnist. He is also the proud ambassador of Taste of the Lakelands.

Gary O'Hanlon

A favourite of the nation on this season's Operation Transformation, Gary has been head chef at Viewmount House since 2008 and has been instrumental in ensuring the restaurant is ever present in the McKenna Guide Top 100 places to Stay and Eat since 2009.





Rachel Allen

Rachel studied at the world-famous Ballymaloe Cookery School where she still teaches, as well as being a busy TV chef, author, journalist and mother. Rachel's style of cooking is above all practical – simple but delicious food, ideal for family and friends. Rachel is appearing at the festival on Sunday October 8th thanks to the support of Casserly's SPAR, Applegreen, Lanesborough, and Bank of Ireland.



Kevin Dundon

Kevin needs no introduction. One of Ireland's best-loved chefs, he has family recipes for every occasion; everything from the perfect steak to the perfect Sunday lunch. And when Kevin is not helping us out here at Taste of the Lakelands, you'll find him busy in the kitchens at Dunbrody Country House, the renowned Wexford Hotel and Cookery School he owns with his wife. Sponsored by SuperValu, Lanesborough.



Adrian Gill

Adrian Gill and his family have operated a successful home baking commercial enterprise from the hinterland of Sliabh Bawn in the heart of the Taste of the Lakelands region for many years. During his demonstration, Adrian will pass on some of the family's best baking tips – direct from Gills Kitchen in Scramogue, Co. Roscommon.



Stephen Dowd

Vastly experienced Chef and local favourite with a track record in good food in Longford, Leitrim, Roscommon and around the country over the last 3 decades.



Dean Diplock

Dean Diplock is a newcomer to the festival from the Radisson Blu Hotel, Athlone but well known around the country for his regular appearances on TV3's Saturday & Sunday AM show. Dean has cooked for dignitaries and celebrities including Nelson Mandela, the Prince of Bahrain and even Arnold Schwarzenegger.



Matthew Luca

Matthew is passionate about Italian food and Mediterranean flavours. Executive Chef at The White Horse Hotel and TuTu Tango Tapas Restaurant in Cootehill Co. Cavan. His recipe blog "Everybody Loves an Italian" was recently listed in the Top 50 Italian food blogs in the world.



Fiona Egan

Cloughan Farm & Cookery School is run by Fiona Egan alongside her husband, Michael Farrell. Their cookery school is located on their working farm and provides hands on and demo & dine classes for both adults & kids of all abilities. Fiona and Michael are passionate about food and farming and reconnecting with the land. www.fionaegan.com



Margaret Sexton

Margaret Sexton, a nurse, a mum and a passionate home baker. Margaret won the National Brown Bread Baking Competition in 2016, which saw her winning loaf sold in Aldi stores, nationwide. Margaret now imparts her skill and knowledge to the younger generation and she believes that the skill and art of home baking should be cherished and preserved.



Special Treats at this year's festival

Creative Ireland at the Festival

Taste of the Lakelands is supported by Roscommon County Council and the Creative Ireland Programme, an all-of-government five year initiative, from 2017 to 2022, which places creativity at the centre of public policy. Further information from creativeireland.ie and ireland.ie

In the run up to this year's festival, artist, Therese Whelan Tierney, will visit local national schools where she will meet with the children for an art workshop. Each child will receive a blank A3 poster and Therese will share with them some new skills and also brainstorm some ideas to get their creativity flowing for the big competition. The children's work will be on display at the festival. Our winners will be announced live at the exhibition marquee on Sunday October 8th.



**Live music at the Bandstand
by Camillus Egerton and his
band on Sun 8th Oct, 2–4pm**

Special FREE features Saturday and Sunday

The HB Ice-Cream Party

HB will be handing out free wafers of your favourite ice-cream, compliments of Unilever Ireland / Dolan Foods, Lanesborough.

Goodfella's Pizza

Gather round for a FREE slice of Goodfellas finest Pizza.

Lyons Tea (Free tea ALL day!)

Compliments of Unilever Ireland. Donations for every cup of tea will go to Pieta House, Athlone.

Craft Village (7th/8th Oct, 10am–6pm)

Where: St Mary's Parish Hall, Lanesborough
This is Taste of the Lakelands' first year to host a Craft Village. Call in and discover a variety of local craftspeople with a selection of affordable handmade crafts.
Admission FREE.

Kidzone

Keep the little ones entertained with a Mini funfair, bouncy castles, FAI soccer zone and much more!

Taste of the Lakelands Junior Masterchef 2017

(7th/8th Oct, 10am–12pm)

Proudly sponsored by Cloughan Farm Cookery School. Local students will be selected to take part in our first ever prestigious cook-off. Arrive early to see two schools go head to head for the title of TOTL Junior Masterchef.

Mid Roscommon Vintage Group

Located at the Harbour/Duckpond
Come and see a variety of vintage cars and tractors.

Taste of the Lakelands Dog Show (7th Oct, 3pm)

Located at the Harbour/Duckpond
Hosted by the lovely Emma and Kieran of Kodys Doghouse. Full details can be found on our Facebook page.

RSA Interactive Shuttle and Roll over Simulator

(7th Oct, 10am–4pm)

Located at the Harbour/Duckpond
Come along and participate in this highly educational showcase by the RSA.

Programme of events

Fri 6th October

10am–2pm

Pizza & Pasta Workshop

FREE pizza and pasta making workshop for primary school children hosted by Chef, Matthew Luca. Children will be shown the art of making pizza and pasta from scratch. Booking essential. To reserve a place: email tasteofthelakelands@gmail.com / Tel 043 33 21734

8pm

Festival Function

Details to be confirmed on Facebook.

**FREE Goodfella's
Pizza**

**FREE tea from our
friends at LYONS**



**FREE HB ice-cream
throughout the day**

Special thanks to our sponsors...



Programme of events

Sat 7th October

10am

Food Festival Begins

FREE cookery demonstrations by local and Celebrity chefs will take place in the marquee behind St Mary's Hall, Lanesborough. Live cooking demos by top chefs in the Kenneth Maguire kitchen. FREE ADMISSION

10am

Taste of the Lakelands Junior Masterchef, 2017

Taste of the Lakelands Junior Masterchef 2017
School 1 V School 2. Sponsored by Cloughan Farm Cookery School

11am

Taste of the Lakelands Junior Masterchef, 2017

Taste of the Lakelands Junior Masterchef 2017
School 3 V School 4. Sponsored by Cloughan Farm Cookery School

FREE Goodfella's
Pizza

FREE tea from our
friends at LYONS

12pm

Gary O'Hanlon

Viewmount House, Co. Longford.

1pm

Fiona Egan

Cloughan Farm Cookery School, Abbeyshrule.

2pm

Dean Diplock

Head Chef, Radisson Blu Athlone.

3pm

Kevin Dundon

Courtesy of SuperValu, Lanesborough.

4pm

Stephen Dowd

Our own local Master Chef.

5pm

"Coole" cocktails

Cocktail masterclass from Coole Swan, Ireland's Superior Cream Liqueur.

**FREE HB ice-cream
throughout the day**

Programme of events

Sun 8th October

10am

Taste of the Lakelands Junior Masterchef, 2017

FINAL of Taste of the Lakelands Junior Masterchef 2017
Sponsored by Cloughan Farm Cookery School

11am

Stephen Dowd

Our own local Master Chef

12pm

Adrian Gill

Owner of Gills Bakery

1pm

Fiona Egan

Cloughan Farm Cookery School, Abbeyshrute

**FREE Goodfella's
Pizza**

**FREE tea from our
friends at LYONS**

2pm

Dean Diplock

Head Chef, Radisson Blu Athlone.

3pm

Rachel Allen

Celebrity Chef and Author.

4pm

Chilli Eating Contest

Taste of the Lakelands CHILLI eating Competition! Watch these brave hopefuls battle it out to win €300.

Email: tasteofthelakelands@gmail.com to enter

Sponsored by Convent Guesthouse, Lanesborough

5pm

Margaret Sexton

Brown Bread maker of the year 2016.

7pm

Ceili by "Rise the Dust"

Dance the night away! Admission €10. Pay at the door.

**FREE HB ice-cream
throughout the day**

Green your Festival

Green your Festival is an initiative of participating local authorities in Ireland's Local Authority Prevention Network (LAPN). LAPN is one of many resource efficiency programmes being implemented by the Environmental Protection Agency (EPA) as part of the National Waste Prevention Programme (NWPP). NWPP operates under the Be Green (Preventing Waste and Saving Money) umbrella.

Longford County Council is happy to support the Taste of the Lakelands Festival again this year. This will involve working with the festival committee using their media, Facebook, Twitter and the festival's website to encourage visitors to think more environmentally when at the festival. The programme will also focus on minimising the amount of waste produced from vendors and the festival goes by replacing disposable cups, cutlery and sample pots with reusable or compostable ones. The programme will also provide refill stations throughout the festival area to refill water bottles and segregated bins for waste recycling will be set up throughout the festival site. All unnecessary use of electricity will be discouraged and generators will be turned off when not in use. Energy efficient lighting will be used where possible throughout the festival.

A separate recycling station will be set up on site to cater for all the packaging waste from vendors and they will also be encouraged to use reusable containers where possible to carry goods and minimise waste on site. The use of local suppliers will also be encouraged to help reduce food miles and the use of ethical/green fair trade products will also be encouraged.

It is hoped that by greening the Taste of the Lakeland's Festival that thousands of Euros will be saved in waste disposal, energy, water and transport costs as well as giving vendors and visitors to the festival a happy and environmentally sustainable experience that they can take home with them.

Reducing our carbon footprint

All food waste from the festival is composted

Encouraging visitors to think more environmentally

Minimising the amount of waste produced

Photo credit: Bridgid Mullooly



It's Enterprise Day

Welcome To the Adjudicators in the Bank of Ireland National Enterprising Town Awards 2017. The annual 'Taste of the Lakelands Food Festival' is all about promoting LOCAL food producers, encouraging enterprise and giving a GIANT shop window to some of the top up-and-coming small businesses in the Shannonside region.

This weekend, in association with Roscommon, Westmeath & Longford Local Enterprise Offices and Bank of Ireland, we are staging two events on the theme of enterprise at the festival:

The Foodies Enter the 'Lough Ree Monster Den'

When: Saturday Morning September 7th. 10am.

Where: St Mary's Hall, Lanesborough – beside the Food Festival Marquee & the bridge

3 local food producers from the Lough Ree District go under the spotlight of our adjudicators in a 60 minute local version of the Dragon's Den. We look at their marketing, R & D and business plans for the future, offer them advice and assistance and taste out their skills in all sorts of areas.

IT'S SHOWTIME

When: Saturday Morning September 7th. 11am.

Where: St Mary's Hall, Lanesborough – beside the Food Festival Marquee & the bridge

The local committee of the 2017 Lanesborough-Ballyleague Enterprising Town competition meet the national adjudicators and make their 30 minute presentation pitch for national honours for this year. This Bank of Ireland competition seeks information on the extent and range of business activity/business groups, local enterprise initiatives/ events/promotions/marketing, innovation and much much more within the local town. Come along and watch the presentation and meet the judges!!

For more information email: shannonsiderenewal@gmail.com

Special thanks to our funders...

