

1994

Summer Collection: Delicious Dishes from the Food Advisory Centre

Bord Bia: Irish Food Board

Follow this and additional works at: <https://arrow.tudublin.ie/irckbooks>



Part of the [Arts and Humanities Commons](#)

Recommended Citation

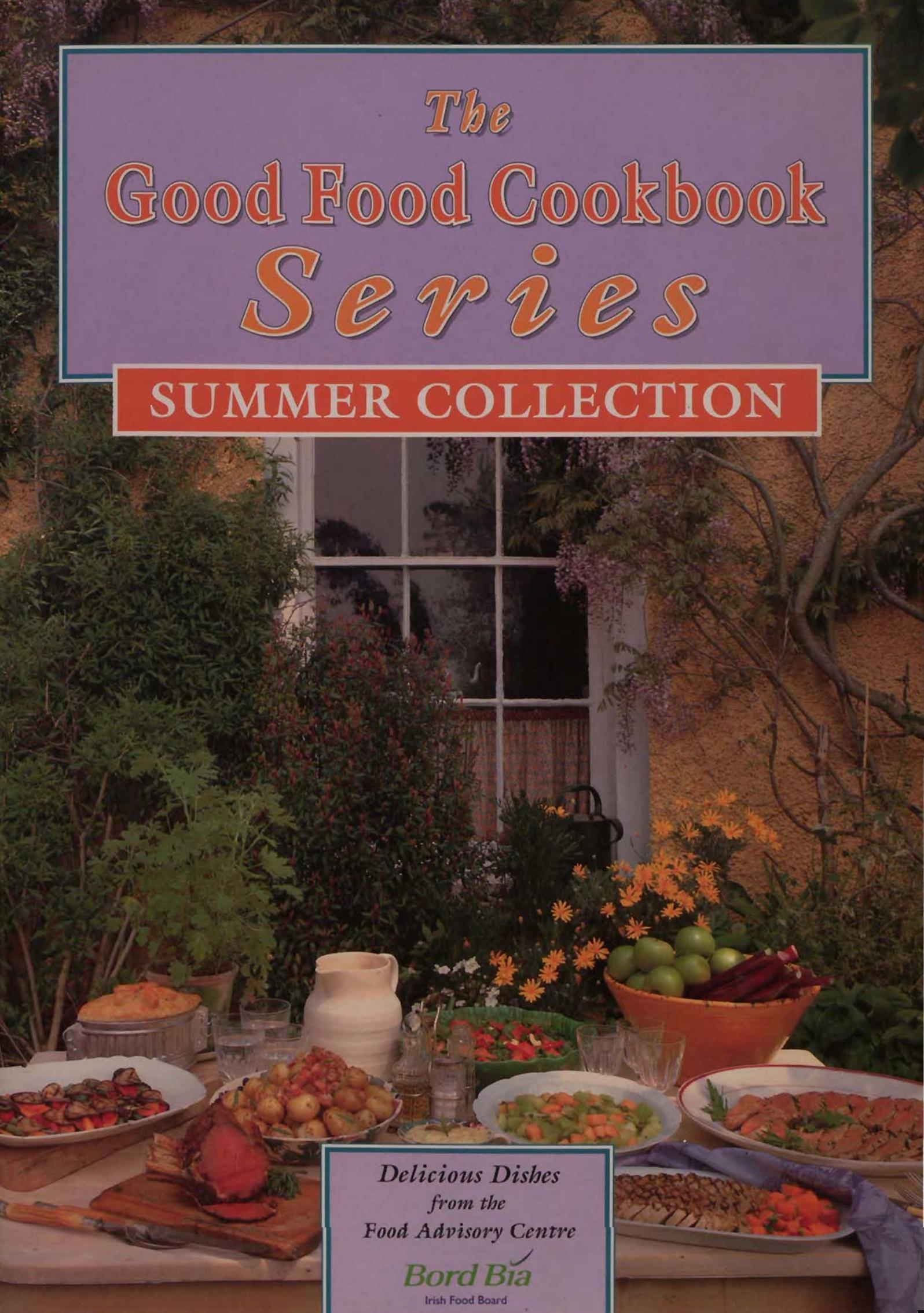
Bord Bia: Irish Food Board, "Summer Collection: Delicious Dishes from the Food Advisory Centre" (1994). *Cookery Books*. 19.

<https://arrow.tudublin.ie/irckbooks/19>

This Book is brought to you for free and open access by the Publications at ARROW@TU Dublin. It has been accepted for inclusion in Cookery Books by an authorized administrator of ARROW@TU Dublin. For more information, please contact arrow.admin@tudublin.ie, aisling.coyne@tudublin.ie.



This work is licensed under a [Creative Commons Attribution-NonCommercial-Share Alike 4.0 License](#)



The
Good Food Cookbook
Series

SUMMER COLLECTION

Delicious Dishes
from the
Food Advisory Centre

Bord Bia

Irish Food Board



Contents

Page 3
Starters & Summer Salads

Page 11
Dinner on the Table in 30 Minutes

Page 19
Summer Treats & Barbecue Days

Page 29
Cooking for a Crowd

Published by
Bord Bia
Irish Food Board
Clanwilliam Court
Lower Mount Street, Dublin 2

Copyright © 1994
Bord Bia - Irish Food Board

Designed by
Michael Regiev & Associates

Photography & props by
Walter Pfeiffer Studios Ltd

Food styling by
Georgina O'Sullivan
Bord Bia - Irish Food Board

Colour Separation by
Colour Repro Ltd

Printed by
Euroscreen Ltd

ISBN 0-4521965-0-5

The Good Food Cookbook Series

SUMMER COLLECTION

Welcome to the new Summer Collection of recipes from Bord Bia's Food Advisory Centre. This series is divided into 4 Chapters; 'Starters and Summer Salads', 'Dinner on the Table in 30 Minutes', 'Summer Treats and Barbecue Days' and 'Cooking for a Crowd'. Dishes here are our firm favourites, well tried and tested at the Centre.

There's really no better time to cook. With the abundance of fresh herbs, tender Lamb full of flavour, succulent Beef, Pork and the great range of fruit and vegetables, everyone is tempted to add a little sparkle and zest to their summer cooking. We hope these dishes will help you do just that. All the recipes are guaranteed to deliver maximum flavour and eating pleasure. The dietary guidelines from the Department of Health are also well observed, under the watchful eye of our dietician, Margaret Doyle.

The emphasis is on lean meat combined with high fibre fruit and vegetables, lots of fresh herbs for added flavour and much less dependence on high fat sauces or too much salt. We are also well aware that two thirds of Irish women consume less than the recommended intake of Iron - I.N.D.I. National Nutrition Survey 1990. This result led the Irish Nutrition and Dietetic Institute to recommend increased Iron intake for all females between 12 - 50 years. To achieve this they recommend this group eat more lean meat and whole grain cereals. Meat trimmed of visible fat is also a very low fat food, as low, in fact, as cottage cheese and similar to lean chicken.

So whether the time factor, the budget, healthy eating or just delicious meals are your concern, there's lots here for you to enjoy in the Summer Series.

GEORGINA O'SULLIVAN, BORD BIA - IRISH FOOD BOARD