

2010

## Truly Tasty

Valerie Twomey

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



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

---

### Recommended Citation

Twomey, Valerie, "Truly Tasty" (2010). *Cookery Books*. 107.  
<https://arrow.tudublin.ie/irckbooks/107>

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](mailto:arrow.admin@tudublin.ie), [aisling.coyne@tudublin.ie](mailto:aisling.coyne@tudublin.ie), [vera.kilshaw@tudublin.ie](mailto:vera.kilshaw@tudublin.ie).



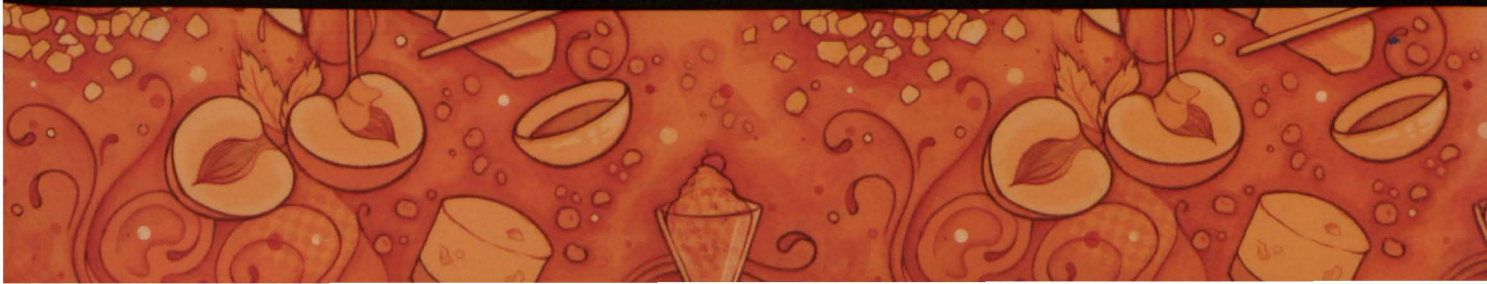
# *Truly Tasty*

---

OVER 100 SPECIAL RECIPES CREATED BY IRELAND'S TOP  
CHEFS FOR ADULTS LIVING WITH KIDNEY DISEASE

---

Compiled by Valerie Twomey





# Truly Tasty

This cookery book is unique in that all the recipes have been created by Ireland's top chefs for adults with kidney disease living in Ireland. The book is the brainchild of Valerie Twomey, herself a kidney transplant recipient, who has spent over a year compiling it. Every recipe has been expertly analysed by dietitians from the Irish Nutrition & Dietetic Institute, ensuring that each one can be easily incorporated into the renal diet.

*Truly Tasty* is perfect for entertaining or for planning that special family meal for adults living with chronic kidney disease (CKD) and those on dialysis, who can now sit down with their family and friends and savour a Truly Tasty meal that is suitable for all to enjoy!

All royalties of *Truly Tasty* go to the Irish Kidney Association

'The Irish Nutrition & Dietetic Institute (INDI) is delighted that *Truly Tasty* has finally come to fruition. It is a triumph to all those involved in bringing this fantastic cookbook together. Good nutrition is vital for all of us to keep healthy and for someone with kidney disease the renal diet is a core factor in keeping well. *Truly Tasty* will allow people with kidney disease to plan that special meal with ease and confidence. Enjoy!'

- The Irish Nutrition & Dietetic Institute

Mary Keogh  
Batterini Lyster  
David McEann  
Liz Moore  
Rachel Atherton  
Louise Dennox  
Clodagh McKenna xx  
Neville Maguire  
Dorcas O'Rourke  
Roy Finn Connel  
Allison  
Mary Keogh  
Batterini Lyster  
Liz Moore  
Rachel Atherton  
Louise Dennox  
Neville Maguire  
Clodagh McKenna



First published in 2010 by Atrium  
Atrium is an imprint of Cork University Press  
Youngline Industrial Estate, Pouladuff Road, Togher, Cork, Ireland

© Text Valerie Twomey 2010

All rights reserved. No part of this book may be reprinted or reproduced or utilised in any electronic, mechanical, or other means, now known or hereafter invented, including photocopying or recording or otherwise, without either the prior written permission of the Publishers or a licence permitting restricted copying in Ireland issued by the Irish Copyright Licensing Agency Ltd,  
25 Denzille Lane, Dublin 2.

The author has asserted her moral rights in this work.

British Library Cataloguing in Publication Data

A CIP catalogue record for this book is available from the British Library.

ISBN 978-185594-214-1

Editor: **Lizzie Gore-Grimes**

© recipes: **The Chefs**

© chef interviewing: **Brian Moore**

© Illustrations: **Orlagh Murphy**

© photography: **Hugh McElveen**

Additional photography: © Orla Keeshan p. 262; © Eva Power p. 274;

© Donagh Glavin p. 288; © Brian Moore p. 180; © RTÉ p. 260; © Ronnie Norton p. 114.

© Irish Nutrition and Dietetic Institute p. xx-xxiii, p. 216-217, p. 282-285 and Coding System.

Book design and typesetting: Anú Design, Tara  
Printed in Malta by Gutenberg Press  
For all Atrium books visit [www.corkuniversitypress.com](http://www.corkuniversitypress.com)

All dietetic contributions and nutritional analysis by the Irish Nutrition and Dietetic Institute (INDI) are for general informational purposes only. Whilst every effort has been made to conduct nutritional analysis according to up-to-date dietetic research as of January 2009, readers and users should review information contained herein carefully and should only utilise information contained herein in conjunction with the advice of a qualified dietitian or medical practitioner. Readers and users must also be aware that the content may be updated from time to time and accordingly are advised to consult the most recent publication of this book.

Please note that information contained in this book is not in any way intended to replace medical or professional dietetic advice and readers and users are at all times advised to seek professional medical advice in relation to any changes to their diet.

Although every effort has been made by INDI to ensure the accuracy of the information and material contained in this book, errors or omissions may occur in the content. The author(s) and INDI and its publishers do not accept any liability whatsoever for the consequences of any actions taken, legal or otherwise, on the basis of the information or opinion or statement provided in this publication.

b 310017221

# *Truly* **Tasty**

OVER 100 SPECIAL RECIPES CREATED BY IRELAND'S TOP  
CHEFS FOR ADULTS LIVING WITH KIDNEY DISEASE

DIT Library Cathal Brugha Street

Editor: Lizzie Gore-Grimes

Photography: Hugh McElveen

ATRIUM





Acknowledgements	ix
Introductions	xi
<b>A Guide to Using this Book</b>	<b>xx</b>
Summary of Dietary Allowances	xxv

## CHEFS

Brian Fallon	2	Neven Maguire	114
Catherine Fulvio	10	Noel McMeel	124
Catherine Leyden	18	Oliver Dunne	132
Claire Nash	32	Patrick McLarnon	140
Clodagh McKenna	40	Paul Flynn	148
David McCann	48	Paula McIntyre	156
Derry Clarke	56	Paula Mee	164
Domini Kemp	64	Peter Merrigan	172
Eugene McSweeney	72	Rachel Allen	180
Georgina Campbell	80	Richie Wilson	188
Kevin Dundon	88	Rory O'Connell	198
Leylie Hayes	98	Ross Lewis	206
Liz Moore	106		





## VEGETARIAN CHEFS

<b>A Guide to Using the Vegetarian Recipes</b>	<b>216</b>
Denis Cotter	<b>218</b>
Lorraine Fitzmaurice	<b>232</b>
Deirdre McCafferty and Tony Keogh	<b>242</b>

## THE RESTAURANT CHEFS

Introduction	<b>261</b>
David Workowich	<b>262</b>
Stephen McAllister	<b>268</b>
Louise Lennox	<b>274</b>

Weights and Conversions	<b>281</b>
Cooking Potatoes	<b>282</b>
A Note for Fellow Dietitians	<b>283</b>
Growing Your Own Herbs	<b>287</b>
Index	<b>291</b>

### KEY TO ICONS



CHEF'S NOTE



DIETITIAN'S NOTE



LOW FAT

### ABBREVIATIONS USED IN THIS BOOK

1 tsp	1 teaspoon
1 tbsp	1 tablespoon
ml	millilitre
lt	litre
pt	pint
g	gram
oz	ounce
lb	pound