

# Feedback

Your views expressed...

## STAR LETTER

Normandy pork casserole



### DEAR EDITOR,

I picked up my copy of F&W as soon as it came out, as always, delighted to have the pick-me-up midway through a busy work week.

At the end of a busy day (which began with the 6am train from Cork to Dublin for all day meetings), I grabbed my F&W copy from Easons at Heuston Station, and settled into the return train journey ready for the culinary treats this month and wishing for a 'peppered strawberry margarita' featured in the drink section.

I am a regular food reader and dedicated foodie and this means it can be a challenge to find a publication with inspirational recipes I have not come across. But wow! So many amazing recipes that I was marking page after page of dishes to try out. My journey flew by as I enjoyed the great feature on pork 'From top to tail' (and have since made the Normandy pork casserole, which was every bit as amazing as the pictures implied), Hugo Arnold's 'Come what May' suggestion of saffron-roasted chicken legs are on this week's menu as both quick and tasty, as are the pork neck fillets with sage and Darina Allen's jam pudding is a definite for treat night next Friday.

I watch the Eating out section for recommendations and also updates on new and exciting restaurant venues for the special occasions, and love the section on travel – one of the worst nightmares for a foodie is taking a holiday where you can't find good food.

I am busy planning a trip to Ballymaloe House and dream of a trip to Vila Vita Parc in Portugal with its country wine estate and organic farm as well as two-star Michelin cuisine and five star opulence. Meanwhile, back to reality with the GIY section – time to fork over those outdoor beds for May.

FOOD&WINE – you are amazing. Thank you for a fantastic read every month and a growing database of FOOD&WINE info.

Best regards,

MARY O'BRIEN

PS. Tonight the family enjoyed saffron-roasted chicken legs – not only were they gorgeous, the house smells amazing from the cinnamon, ginger and honey roasting in the oven.

*ED – there's nothing quite like a good read on a long train journey, so we're glad you chose us as your reading material. We hope it didn't make you hungry though! Thanks for the kind words.*

### DEAR ED,

I have an amazing recipe I have devised using butternut squash, quinoa, feta, beans, and a dressing based on pomegranate molasses. I'd like to submit it as a reader recipe if you are interested.

GRAINNE PARKER

Serves 2

110g quinoa  
1 butternut squash, sliced and deseeded  
2 tablespoon rapeseed oil  
2 pinches sumac (specialist stores)  
1 red onion, sliced  
3 tablespoon flat leaf parsley, chopped  
200g feta, chopped  
1 x 400g tin mixed beans or chickpeas, drained and rinsed

### For the dressing

60ml extra virgin olive oil  
30ml white wine vinegar  
1 tablespoon pomegranate molasses  
1 teaspoon caster sugar  
Salt and pepper



**1** Preheat the oven to 200°C/gas mark 6.

**2** Soak the quinoa for 15 minutes in 600ml water, then bring to the boil and simmer until absorbed and cooked.

**3** Toss the sliced butternut squash in the oil, sprinkle the pinches of sumac over the squash and cook in the oven until tender.

**4** After 15 minutes, add the red onion till the end of cooking time.

**5** Combine all of the ingredients for the dressing and mix well. Add the dressing and flat leaf parsley to the cooked quinoa and season well.

**6** Add the feta and beans and assemble the salad as pictured.

*ED – there are some really interesting and exciting ingredients out there but it doesn't always mean the recipes have to be complicated so thanks for this combination of flavours and textures.*

### DEAR EDITOR,

Having lived my childhood on the shores of Lough Erne, County Fermanagh, on a farm and brought up in the 1970s, as a child I ate what was put in front of me. There was no question of 'I don't like that'. We grew all our own vegetables and had a lovely supply of fresh fish, which was usually baked, boiled or fried and served with cabbage and potato. I was thrilled with the recent article 'Reeling them in'. We live on such a small island with such amazing supplies of fresh fish on our doorstep, it seems a pity we don't eat more fish. Your article has given a new lease of life to fish – what great recipes – so quick, simple and very impressive for any lunch or dinner party. It certainly was my catch of the day. Keep up the good work.

JOYCE IN DONNYBROOK

*ED – we are big fans of seafood here too so it was no chore to do all the work for that shoot. Indeed you'll be doubly delighted to see part two of that very same fish feature on page 19. A Caviston is well worth a visit to*

## This month's top tweets

Julie O'Neill @julieon Just bought @foodandwinemag for first time in ages. Great read. How could I have been missing this?

Sandra O'Callaghan @sandraocall @Pat Whelan so enjoyed yours & Ruth's pork tips. Will def make Normandy pork and don't get me started on oozing rashers!



Had a good time, had a bad time... let us know at [foodandwine@harmonia.ie](mailto:foodandwine@harmonia.ie). All opinions expressed in this letters page are submitted by our readers. They do not necessarily reflect the views of FOOD&WINE Magazine editorial staff or the sponsor.

This month's star letter receives a case of Joseph Drouhin wine from Gleeson Wines