



PRESS RELEASE

17th JANUARY 2012

**MIELE IRELAND LAUNCH SCHEDULE OF COOKING DEMONSTRATIONS
AT AVOCA RATHCOOLE**

Miele Ireland, are delighted to announce the return of their collaboration with Avoca to launch a new schedule of Cooking Demonstrations every Wednesday in the Egg Café at Avoca Rathcoole from Wednesday 18th January – Wednesday 15th February 2012.

Monique McQuaid will host the first demonstration focusing on low gluten and healthy eating recipes with Louise Smyth, nutritional therapist on Wednesday 18th January 2012.

Award winning chef, Sunil Ghai of Ananda Restaurant will demonstrate his most popular signature dishes and share the secrets to successful Indian cooking, on Wednesday 25th January 2012.

Mark McGillicuddy, Head Chef at Salt, Avoca's new restaurant in Monkstown will share his favourite seasonal Spring recipes on Wednesday 1st February.

On Wednesday 8th February, Peter Merrigan, Head Chef at The Egg Café in Avoca, Rathcoole will demonstrate a variety of romantic inspired dishes in advance of Valentine's Day.

For the final demonstration on, Wednesday 15th February, Leslie Hayes, Avoca Executive Head Chef will share a selection of seasonal healthy eating recipes.

Customers and keen foodies are invited to Avoca Rathcoole to discover exciting new seasonal and healthy eating recipes, learn expert tips on how to recreate signature dishes as well as seeing a range of Miele appliances in action.

Classes commence at 09.45am each morning in The Egg Café, Avoca Rathcoole with a booking fee of €10. Booking is essential, please call 01 274 6900 to secure your place.

For further information please contact Sandra Morris at Kennedy PR

01 4762000 / smorris@kennedypr.ie

AVOCA
Cookery
Demonstrations

**What's cooking in
The Egg?**

Wednesday, 18th January
Join Monique McQuaid & Louise Smyth (nutritional therapist)
for a morning of top tips on low gluten and healthy eating recipes

Wednesday, 25th January
Join Sunil from Ananda in Dundrum with some signature dishes
from his award-winning restaurant

Wednesday, 1st February
Join Mark McGillicuddy, Head Chef of our new restaurant,
Salt in Monkstown for some of his favourites

Wednesday, 8th February
Join Peter Merrigan, Head Chef from The Egg Café Rathcoole
with a few romantic dishes in anticipation of Valentine's day

Wednesday, 15th February
Join Leylie Hayes, Avoca Executive Head Chef
for a selection of healthy recipes for 2012

Classes begin at 9.45am each morning
in The Egg Café, Avoca Rathcoole
Cost €10
Booking is essential, please call 01 274 6900

in association with

Miele