



Gold class gourmet tour of Ireland and IFHE Council:

A pre-council tour of Ireland prior to the Sligo IFHE Council Meeting

Details to be confirmed – last update 20 October 2009

8-25 July 2010

Cost: AUS \$5,500 (15 nights)

For those Home Economics Victoria members who have been to IFHE events previously, this is a gourmet focussed tour incorporating top-end luxury accommodation and some of the finest food experiences and cooking schools in the country. The tour has been put together with the assistance of Miriam O'Donoghue, IFHE Ireland. Please contact Carol Warren carol@hev.com.au for more details. Please note that due to variations in foreign exchange rates, prices may fluctuate.

PART A: Gold Class Gourmet

Thursday 8 July: Our gourmet extravaganza begins a short distance from Dublin city centre overlooking the beautiful south east coast. Meet and greet over a relaxed dinner where you will also spend some time with the sightseeing tour group. Take the opportunity to get some rest before the week ahead of boutique luxury accommodation combined with food experiences not to be forgotten.

Overnight: Royal Marine Hotel and spa, Dun Laoghaire www.royalmarine.ie

Friday 9 July: Today we head off to the centre of Dublin to do a **Fabulous Food Trail** http://www.fabulousfoodtrails.ie/fab_trail_walk.asp and to soak in the history and culture; enjoy delicious foods in historic neighbourhoods within a stone's throw of the city centre. Meet the people whose family have traded in one spot for generations, and those who have introduced new products to reflect the modern Irish table. Our walk takes a gentle 2½ hours, and is led by an experienced and knowledgeable guide with a food background. Along the way you will hear about good places for lunch or dinner, for a cup of coffee or a pint, or indeed anything else you might like to know. We visit food halls, fruit and flower stalls, cheesemongers, fishmongers, butchers and bakers and lots more besides. No need for lunch after this walk, tastings are frequent and generous! Enjoy an afternoon of leisure and your choice for dinner (own arrangements) in Dublin or at one of Dun Laoghaire's many restaurants.

Overnight: Royal Marine Hotel and spa, Dun Laoghaire www.royalmarine.ie

Saturday 10 July: This morning is spent at the **Cooks Academy** www.cooksacademy.com in Dun Laoghaire for an Irish flavoured masterclass demonstration tailored just for our group. Once again, no

need for lunch with the opportunity to enjoy the spoils from the morning. After lunch we start our bus journey and head south for a couple of hours drive down to County Wexford. Enjoy the beautiful scenery along the coast before arriving at Arthurstown. Dinner tonight is onsite with a visiting chef from Wexford.

Overnight: Glendine Country House www.glendinehouse.com

Sunday 11 July: Prepare yourself for a fun morning and bring out your competitive side as we walk across to the **Dunbrody Country House Hotel** to participate in a cook-off. Designed by Masterchef Kevin Dundon, this package is a fantastic way to show your creativity. Everyone receives a personalised signed copy of *Full on Irish* along with their own chef whites to get you into the cooking mood and come up with some ideas. You will be split into two smaller groups with each group assigned a chef. Groups are briefed together so each has the same information before one group goes to the cookery school kitchen and the other to the main hotel kitchen with your respective chefs. You are all given access to a larder, the Dunbrody kitchen gardens, herb garden, orchard and hens and also given a mystery basket of seasonal ingredients. You must design the dish, the recipe and cook off against the other group within a given time-frame. Each dish will be judged by Kevin Dundon and awarded points based on creativity, flavour and presentation.

In the afternoon we board our bus again for a short drive into County Cork for our overnight stay. Tonight's dinner is a spectacular buffet at Ballymaloe House.

Overnight: Ballymaloe House www.ballymaloe.ie

Monday 12 July: This morning we enjoy a relaxed start with time to explore the Ballymaloe gift shop beside Ballymaloe House. There is time to visit Stephen Pearse pottery and have a light lunch before arriving at the world-renowned Ballymaloe Cookery School www.cookingisfun.ie run by Darina Allen, Ireland's best known chef. Classes are conducted by Darina, her daughter-in-law Rachel Allen (who appears on BBC TV) and visiting chefs. Upon arrival you are greeted with a glass of Ballymaloe elderflower cordial and given a recipe pack in preparation for your afternoon cookery demonstration. You will also have a guided tour of the herb, vegetable, orchard and pleasure gardens and enjoy tastings at the end of the demonstration. You will just have time for a short snooze on the bus before arriving at our next destination where we stay for two nights at the luxurious Longueville House. Dinner (a tasting menu) is served at 8pm by William, chef and patron who trained under Raymond Blanc (Le Manoir aux Quat'Saisons). His priceless experience is allied to a firm belief in same-day freshness. That's why your vegetables, fruit and herbs come straight from the two-acre walled garden with the lamb and salmon coming direct from the Longueville farm and the Blackwater River that runs through the estate. Dinner tonight includes a glass of wine and a pre-dinner Kir Royale (using the house liqueur/cassis)

Overnight: Longueville House Hotel www.longuevillehouse.ie

Tuesday 13 July: Today is spent entirely on the Longueville Estate where you will meet the chef, have a demonstration and hear about the liqueurs made onsite before a visit from the bee-keeper (yes, they even have their own honey). You will have time to relax today and perhaps take in one of the many hiking trails close by (to work off some of that food) or maybe a massage is more your style. A different tasting menu is on offer tonight with a glass of wine and a Longueville Apple Brandy served straight or in coffee (like Irish coffee) after dinner.

Overnight: Longueville House Hotel www.longuevillehouse.ie

Wednesday 14 July: We say farewell to Longueville House as we make our way to Glenlo Abbey, Galway's only 5-star hotel and included in Ireland's Blue Book for elegant accommodation and fine

dining. Along the way we stop in Galway for lunch and an afternoon at leisure to take in some shopping. We leave you to your own devices for dinner tonight before arriving at Glenlo.

Overnight: Glenlo Abbey www.glenlo.com

Thursday 15 July: Today we take a ferry ride to Inis Mor, the largest of the **Aran Islands** www.aranislands.ie Our host for the day is home economist Maureen Cummins who will do an oyster demo at one of the schools on the island. You will have the opportunity to purchase a signed copy of her award-winning book. A picnic lunch will be provided and you will have time to enjoy the limestone rock landscape and cliffs, and the relaxed lifestyle of the island. Today the island features the Aran jumper and Celtic arts such as basket weaving. You can still hear the Gaelic language spoken and find a horse and trap. After a day of fresh island air, we return to Glenlo for our evening meal (included).

Overnight: Glenlo Abbey www.glenlo.com

Friday 16 July: Enjoy a leisurely breakfast before we drive to Sligo via Connemara national park www.connemaranationalpark.ie with a visit to Kylemore Abbey. Our gourmet experience comes to an end as we arrive in Sligo for your IFHE experience and a week spent with international colleagues.

TOUR PART B: IFHE Council and activities

Overnight Friday 16 July: Glasshouse Hotel Sligo www.theglasshouse.ie

Saturday 17 July: After a relaxing evening in Sligo and settling into your accommodation for the next week, you may like to choose an optional tour today including a Yeats Country Tour or Ancient Ireland Tour.

Sunday 18 July: Today we take it easy and you have a whole day to do your own thing. Perhaps spend a leisurely day winding down from the hectic travel of the past 10 days.

Monday 19 July: This morning you have the opportunity to sit-in on the IFHE council meeting (additional cost applies) so for those of you volunteering in 2012, this would be a good opportunity to learn all about the workings of IFHE. You may like to put your walking shoes on for the afternoon and walk around Sligo with a guide who will bring to life North West Ireland's history from 150 years ago to the present day (walking tour not included). You can learn about Sligo's famous sons and daughters such as WB Yeats and Countess Markievicz and about the town's many literary and artistic connections. The two cathedrals, Sligo Abbey, the Yeats building and Market Cross, Castle Street, will all be visited before you finish up at Connolly's pub, a place where time has passed by, for well-earned refreshments.

Tuesday 20 July: Today we spend a full day at St Angela's College, on beautiful Lough Gill attending the conference day. The theme *Vision 2020 Home Economics Changing Perspectives in a Changing Environment* has three conference session themes focussing on sustainability, globalisation and interculturalism. On the day there will be an opportunity for you to choose from a number of concurrent sessions. Lunch is provided and in the evening you will attend the Gala Dinner with the opportunity to mix with your IFHE colleagues from around the globe.

Wednesday 21 July: Enjoy a morning of leisure in Sligo town before spending the afternoon participating in the IFHE technical excursion. The half-day tour to the Organic Centre at Rossinver provides a guided tour through the 19 acres including demonstration gardens, growing tunnels illustrating organic methods of food production, a wetland sewage disposal system, display gardens including a children's garden, a taste garden, a heritage garden, an unusual vegetables and salads

garden, a display of composting techniques, a willow sculpture, an orchard and soft fruit area and last but not least, a cafe!

Thursday 22 July: This morning we head out once again to St Angela's College to attend the IFHE Pacific Region meeting. Then it's back to school at the St. Angela's Food Technology Centre (optional). The centre is situated in the heart of the campus and was established in 1998 in response to the needs of the North West. Nowadays it also serves the wider national community providing research and development right across the food industry. This side-by-side existence of St. Angela's College and St. Angela's Food Technology Centre provides a valuable liaison between education and industry. You can visit the sensory analysis laboratory, a purpose built, state-of-the-art, computerised laboratory built to ISO 8589 standard. We bid farewell to our IFHE colleagues as we head back into Sligo for an afternoon of leisure (and to pack the suitcase). We have one final dinner together tonight (included) in Sligo Town.

Friday 23 July: (tour details to be confirmed) For our final day as we make our way across to Dublin airport, we take in some last minute sights and one more food experience to top off a great couple of weeks. Our first stop comes just over the border in County Fermanagh, Northern Ireland at Belleek Pottery www.belleek.ie for a tour of the factory (and some shopping time). En route after lunch we stop briefly at Enniskillen at the Sheelin Antique Irish Lace Museum which is bursting with approximately 700 exhibits, illustrating all the five main types of lace made in Ireland: Irish crochet lace, Youghal needlelace, Inishmacsaint needlelace, Carrickmacross lace and Limerick lace. If you have any more room for purchases, there will be time to buy a unique item of antique lace and linen with most items made between 1850 and 1900. Tonight we bid Ireland farewell as we board our flight home.

TOUR PART A:

Gold class gourmet includes:

- 8 nights first-class (4 and 5 star accommodation)
- 8 full Irish breakfasts
- 6 dinners (including speciality gourmet meals and degustation/tasting menus)
- 4 lunches (three provided as part of food trail/cooking demos)
- Dublin fabulous food trail
- Cook's Academy Masterclass
- Cook-off at Dunbrody House (with chef whites, signed cookbook)
- Cooking demonstration and garden tour, Ballymaloe House
- Longueville House demonstrations and tour
- Full-day Aran Islands including oyster demonstration
- Transportation and guided sightseeing on route

TOUR PART B:

IFHE Council and activities includes:

- 7 nights accommodation
- 7 full Irish breakfasts
- 1 lunch
- 2 dinners (including IFHE gala dinner)
- IFHE welcome reception
- Half-day technical excursion (living craft tour or organic centre tour)
- Full-day IFHE conference
- Final day tour with transportation to Dublin airport