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**GREATFOOD.IE – IRISH FOOD WEBSITE WITH EASY IRISH FOOD, EASY RECIPES, NEWS OF FOOD PRODUCERS, WINE NEWS, BOOK REVIEWS, COOKWARE, HINTS AND TIPS ON COOKING. (SEE OUR ONLINE FOOD SHOP AT GREATFOOD2BUY.COM.)**



### Greatfood.ie and Greatfood2buy Exclusive Artisan Gourmet Evening with the Italian School of Cooking

If you are a Greatfood.ie newsletter subscriber, you have just received an email from us inviting you to a **Greatfood.ie Exclusive Reader evening** at the Italian School of Cooking.

We have just 25 tickets for this wonderful evening next Tuesday at the School, where Marco Roccasalvo, chef owner at one of Ireland's finest restaurants, Campo De Fiori will cook using artisan Italian food. David Tiernan from Glebe Brethan cheese will do a tasting and we will have artisan wines, mostardas and olive oil tastings too. Tickets are €30 per person but hurry! We have

only 25 places. [More details and booking here!](#)

### HAPPY VALENTINE'S DAY!

Thanks to our friend Harry Weir for this Valentine's Day photograph (he made the cake too!)

**CHEF'S TABLE:** Mark Doe from Just Cooking, the Kerry cookery school, writes about chocolate, shares his recollections of working with chocolate in professional kitchens and offers his favourite Valentine's Day Recipe, [Cupid's melting chocolate fondant](#).



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*If you need a recipe, just type any ingredient into the search box and Greatfood.ie will deliver it!*



### PAULA MEE ON GREATFOOD.IE

– [Read Paula Mee's Detox and Cleansing Plan to create a new you!](#)

– **Paula Mee's Favourite Smoothie Recipes:** Boost your daily fruit intake and still have a sweet treat. Try [Paula Mee's recipes for her favourite smoothies](#).

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## Yogurt and cream

Add some plain good quality yogurt (Greek yogurt is great) to whipped cream to give it an extra tang. You can also use low-fat yogurt if you wish, to reduce the calories. Serve with home-made cake or berries.

[See more tips!](#)

## Recipes

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