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## Fried Rice Tip

When you are making fried rice, here's a great tip. Make a hole in the centre of the rice and pour in one or two beaten eggs. Stir until the egg is two thirds cooked - then fold into the rice. That saves you having to cook the eggs in another pan.

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**GREATFOOD.IE – WHY EAT FOOD THAT'S NOT GREAT?**

Bringing you the best of Irish food, recipes, advice, tips, wine knowledge, food producer news and an informed opinion on food. (Why not make greatfood.ie your homepage?).

**HOW TO POACH AN EGG**

Our guest teacher for this exercise is Martin Dwyer, Euro-Toques Ireland Commissioner General and a seasoned chef. Once you know how to poach an egg, you will never go hungry. Our picture shows Martin and his wife at the cooker in his early chef days.

**LEARN ITALIAN!**

Italian food is still the most popular food to cook at home – and to eat at restaurants – in Ireland. If you want to be more adventurous, or to update your Italian cooking skills, why not do a course? They are great fun, you get to eat what you make and to meet other people who are at the same stage as yourself. Marcello Musilli runs the [Italian School of Cooking in Dublin](#) – they've just moved to new premises at Rathmines Park (Rear of) 175A Rathgar Road, Dublin 6. (As an added bonus you get to meet the handsome Marcello, a pleasure that we're saving up for a dull day!)



Marcello Musilli, chef, in his kitchen in Dublin (1970)

**BEST BARISTAS!**

Congratulations to Alicja Kuziel of the Kylemore in Drogheda who was the winner of the Java Republic National Barista Competition. The runners up are: Tomasz Sochazj (Quiznos, St James), Philip Cleary (Chapter One) and Dawid Kulon (Coffee Cuisine, Liffey Valley).

Baristas are judged under two categories: sensory/creativity (which covers taste and visual appeal) and technical ability (which covers consistency, waste, use of crockery, cleanliness to name but a few criteria). In an espresso, the judges look for a good colour, good crema and great taste. In a cappuccino, outside of technical correctness, the judges look at whether the Barista has achieved the right foam. No chocolate is allowed to be sprinkled on the top of the cappuccino to camouflage any error in technical consistency. Each finalist had to create 4 espressos, 4 cappuccinos and 4 signature drinks within 15 minutes.

**THE FUTURE OF FOOD**

If you missed the documentary *The Future of Food* which showed on RTE on Sunday, you can buy it on Amazon. This film explores alternatives to large-scale industrial agribusiness, placing organic and sustainable agriculture as solutions to the global farm crisis. If you spend any time worrying about what you give your family to eat, then it's worthwhile viewing.

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**How to...**

A useful guide to some of the basic techniques of cooking, some which even seasoned cook's need to be reminded of.



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