

Cheese Up Your Life with Ireland's Winning Recipes



29th May 2017: Did you know that it is **National Cheese Week 5th – 9th June 2017**. To celebrate, The National Dairy Council is delighted to announce the six finalists in our Cheese up your Life recipe competition.

We received a huge volume of entries across two categories and we are delighted to announce that Hanna Mathe who is studying Culinary Arts at Waterford Institute of Technology won first prize in the Culinary Student category for her delicious **Blue Cheese, Kale and Pecan Tart**. Whilst amateur chef Róisín Gallagher won first prize in the Passionate Cooks and Foodies category with her innovative take on a classic lasagne, the **Cheesy Bean Lasagne** really impressed the judges as a tasty and nutritious every day dish for all the family. The three judges for the competition included Irish Chef and writer Clodagh McKenna, Former Irish Olympian and Fit Foodie Derval O'Rourke and Vanessa Greenwood of Cooks Academy.

Derval said

"The standard of the recipe entries for this competition were extremely impressive and it made our jobs as judges even more difficult. It was really great to see amateur cooks creating delicious recipes using a wide range of Irish and European cheeses and really demonstrating the diverse versatility and great taste of cheese".

The other four finalists were also really innovative with their recipes, Donna Hennessey, a food writer and blogger from Cork created a delicious snack of **Haloumi Fries** served with a spicy

yoghurt dressing and fresh pomegranates, Elke O'Mahony also from Cork created a delicious and unique ***Cauliflower Cheddar & Walnut Tart***. A delicious ***Irish Farmhouse Mac and Cheese*** packed a punch using three different types of farmhouse cheese from Kristen Jensen based in Louth. Finally, sisters Gráinne and Shauna Moggan from Dublin brought fish and cheese in harmony with their scrumptious ***Cheesy Fish Smokies***.

The competition forms part of an EU wide programme with the aim of promoting and creating awareness of the taste, versatility and convenience of cheese in everyday life.

The Finalist's six recipes are available to download at www.cheeseupyourlife.ie and videos of the recipes will be available soon on our You Tube Channel.

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