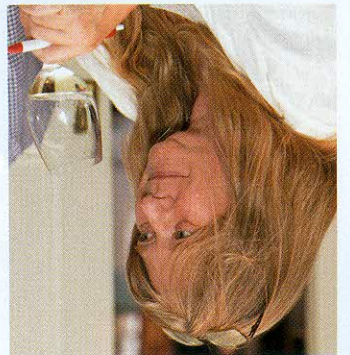


Trail Killkenny offers a range of walking, cycling, food and craft trails for local residents and visitors to the black and amber county. Killkenny's food trail features 34 members from award-winning restaurants like Campagne and Zuni to producers such as Helen Finnegan of Knockdrinna Cheese and The Truffle Fairy. www.trailkillkenny.ie

Meet the Trail Killkenny team

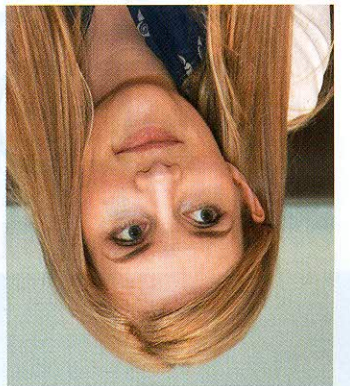
WINE

Julie is director of Killkenny's organic Highbank Orchards, where they produce apple juices and ciders as well as the critically acclaimed Highbank Orchard Syrup, recipient of The Irish Food Writers' Guild Good Food Award 2013. Their cider range includes Highbank Proper Cider, which was released in May with the first Irish Cider Run up to Wicklow's Strawberry Tree organic restaurant at Macreddin Village, and a new Highbank Medieval Cider. Besides enjoying a good cider, Julie appreciates ginger beer and wine, leaning to Claret-style blends of Malbec and Cabernet Franc. And she loves Champagne with small bubbles. Julie loves to cook every day, particularly with home-grown ingredients such as gem squash and haricot bean stew with a fresh leaf salad and, for pudding, a fresh fig from the garden.



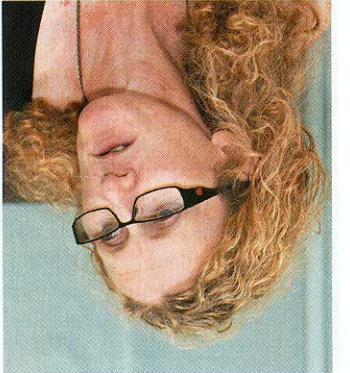
Julie Calder-Potts

Marketing manager at Knockdrinna Farmhouse Cheese, Ailish is busy promoting their 'Cheese-making for beginners' courses. She enjoys white wines such as Torres Vina Esmeralda ('great for tapas nights with the girls'), but likes 'nothing better than winding down with a freshly tapped glass of Stonewell Irish Cider in the beer garden' of Killkenny's new craft beer bar, The Brewery Corner. A keen cook, Ailish wows people with her lapin à la moutarde, cooked with whole rabbits from the farmer's butchers at Cillín Hill in Killkenny: "If you take your time cooking it, the meat soaks up the mustard and falls off the bone perfectly"; she would love to dine at Chapter One (hance, take note!) but loves the 'simple, tasty French food, great wine selection and consistently great service' at 'Gueuleton.



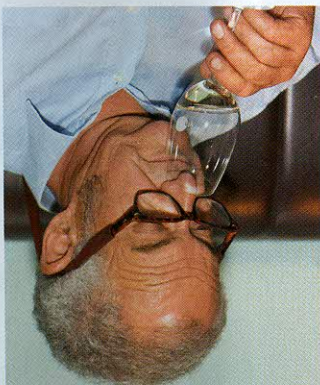
Ailish Durkin

Mag describes her occupation as that of 'fish wife' but she is better known as director of Killkenny's Goatsbridge Trout Farm. She likes wine, both red and white, and where possible tries to buy in local wine shops in order to get good advice, spending about €12 per bottle. Mag enjoys eating out in casual restaurants that use local produce ('food always tastes 1,000 miles better'). She loves cooking too, picking up recipes and ideas from her four sisters ('all amazing cooks'), many chef friends and various food blogs, which she enjoys following. Her advice on cooking fish is 'keep it simple especially but make sure it is fresh', and suggests Goatsbridge Trout filets with almond and mayonnaise as a 'very quick, versatile and tasty dish that is a great one to convert kids to fish'.



Mag Kirwan

Rod is Julie's partner in the Highbank Apple Farm enterprises. Besides a taste for 'proper' dry cider, Rod enjoys classic French wines such as Bordeaux blends, Côte du Rhone and Burgundy. He tends to look out for special supermarket offers, though the couple also like to buy direct. Rod also loves his food, and enjoys preparing meals daily with Julie. One of his fondest memories is of eating ripe peaches on the banks of the Umzimvubu River in South Africa as a small boy. Today, salads are his forte ('every salad is different and very healthy') and he likes to add that healthy touch to the simplest of meals, recommending throwing a handful of fruit into the oats before you microwave your porridge' in the morning.



Rod Calder-Potts

Rural recreation officer for County Killkenny, Eoin has been busy organising the Harvest Picnic, a gathering of all Killkenny trails taking place at Highbank Organic Orchards on Sunday, 29 September, and featuring an artisan food and craft market and lots of family fun. He is a fan of Irish craft beer and of Riesling, sourced from The Wine Centre in Killkenny. Eoin cooks most evenings, picking up ideas from food blogs, Saturday's *Guardian* or *The Observer's* food supplement and shopping in Shortis Wong food store in Killkenny. "I regularly call in with the name of an ingredient that I can't even pronounce from some obscure food blog and Chris finds it in his shop for me." His favourite recipe to cook is a béchamel-free lasagna from The Silver Spoon cookbook, with layers of cooked eggs and mozzarella.



Eoin Hogan

We asked our Guinea Figs to rate each wine out of 20, according to the following guidelines:

Rates

18-20	Unmissable
15-17	Stylish wine, some excitement
9-10	You may like it, we didn't
8 or less	Don't say we didn't warn you!

If you and your workmates or local team would like to volunteer as Guinea Figs, please give us a call on +353 (0)1 240 5332 or email carriyg@gmail.com. We'd love to hear from you.