

# Tina Dunne



## Ditch the salt - be generous with garlic

Garlic was traditionally advocated by the Native North Americans, the Romans and the ancient Egyptians as remedies for various ills, ranging from colds, bronchitis and throat problems to arthritis and gout.

**G**ARLIC IS particularly high in Potassium. It also contains calcium and relatively high concentrations of the amino acid Tryptophan which aids concentration. As the weather changes many of you may experience sinus problems or throat challenges. As a home remedy, crush a garlic clove, mix with a dessertspoonful of honey and a squeeze of lemon juice dissolved in a cup of hot water. Take three times a day. The best way to eat this powerful bulb is to ensure you buy good quality organic varieties. The best grown organic varieties hail from China, France and the USA. They yield a vital compound - allicin - which is best released by crushing but may be destroyed by cooking at high temperatures. For best results eat raw. For those of you cannot think of eating it in this form, here are some tasty dishes that will get the garlic in.

### GARLIC POTATOES WITH OLIVES

Serves 4

900g potatoes sliced  
2 onions, sliced  
2 tbsp. olive oil  
4 cloves crushed garlic  
1 tbsp. fresh rosemary  
2 tbsp. fresh chopped parsley  
Salt and pepper  
12 pitted black olives, halved  
300ml double cream  
125g grated Gruyere cheese

Preheat the oven to 200 degrees C or Gas 6. Boil the potatoes for about 10 minutes. Sauté the onions and garlic in a pan. Add



the seasoning and herbs. Remove the pan from the heat and add the cream and cheese. Layer the par-cooked potatoes with the garlic creamy sauce.

Bake for 40 minutes.

Serve immediately with a meat or fish dish of your choice.

### ROASTED ROOT VEGETABLES

Serves 4

2 carrots, peeled cut in half lengthways  
2 parsnips, peeled, cut in half lengthways  
1 baby fennel cut into 2cm thick slices  
2 tbsp. olive oil  
2 tbsp. honey  
1 tbsp. wholegrain mustard  
1 tbsp. boiling water  
4 garlic cloves, peeled  
1 bunch fresh coriander leaves

1. Pre-heat oven to 200degrees C. Cut carrots and parsnips into 10cm lengths. Place into a greased roasting dish with the fennel.

2. Combine olive oil, honey, whole-grain mustard and water. Pour over the root vegetables and ensure they are well coated. Sprinkle over the coriander leaves and whole garlic cloves.

3. Roast for 35-40 minutes, tossing every 15 minutes until golden brown. Serve with a piece of oven baked fish or chicken.

### PESTO

200g fresh basil leaves  
50g pine nuts  
2 garlic cloves

150 ml olive oil  
Pepper to taste

Blend all the ingredients in a blender. Season generously with pepper. Drizzle over Buckwheat pasta or serve with a selection of spelt and herb breads.

### SUNFLOWER PATE

100g g sunflower seeds  
1 tablespoon soy sauce  
2 cloves crushed garlic  
2 tablespoon extra virgin olive oil  
1 shallot, finely chopped  
200g cooked green lentils  
1-2 tablespoon lemon juice  
1 teaspoon ground coriander  
1/2 teaspoon black pepper  
Salt to taste

"Toast" the sunflower seeds in a dry frying pan.

When they begin to pop and brown, turn off the heat and add the soy sauce and crushed garlic.

Stir well, then put in a mortar or food processor and grind to a coarse powder.

Put the oil in the frying pan, add the chopped shallot and soften for a few minutes over a low heat.

Put the ground sunflower seeds and cooled shallot in a food processor with the other ingredients and blend to a smooth consistency.

Serve with naan bread or oat crackers. It makes a really tasty snack!

**Until next time - Live a lot and have a laugh**



## NOTE BOOK

PENCIL THE 19th October 2006 in your diary.

I will be hosting a lifestyle evening in the Talbot Hotel, Wexford. Action packed, informative and goodie filled. That is my promise to you. I will give more details next week.

### Fancy a makeover?

A new fresh look, a stylish and smart new you.

Perhaps you have just had a baby. Turned 40 years - and feel that you look 60 years.

Fancy a new person and would like to get with the loving feeling.

Want to get the job, have an interview to go to.

Spread a little over the last few months. Or parts of you are heading south.

Feel flat, lifeless or wrung out?

Well, this is your golden opportunity to go for it. This makeover will include wardrobe styling by a very well-known and gifted stylist. Our team will give your overall look, from make up, hair, and skin care, a jizz up.

If you would like to be for this fantastic treat, email your details to me [info@tinadunne.com](mailto:info@tinadunne.com)

Where possible send a current photo and let me know why you are the one. Females and males are welcome

**MORE DETAILS OVER THE NEXT TWO WEEKS**

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