

Sunday Independent Life Magazine

10 December 2006

BRENDAN BITES

In which our hero discovers a way to satisfy both his brown-rice principles and the need for sticky rice when it comes to Thai food.

As with any fashionable growth industry, there are a lot of messers in the food industry, a lot of chancers who smell a quick buck. So it's nice to see a good product coming from people who genuinely care about food. Eveleen and Pamela Coyle have a background in writing and publishing food books, and their latest product is both a natural progression from this and also has a whiff of quality to it.

Fabulous Food Trails are one-to-five-day excursions centred around food where you stay in the best country houses and meet producers, farmers, growers and creators of food. You can even meet beekeepers who will tell you about the lifecycle of the bee and give you general tips about honey production.

I really like the sound of the Thai Trail around Dublin conducted by Taweesak Trakoolwattan (Tao, for short), the chef at Saba on Clarendon Street, which is surely Dublin's hottest and most popular restaurant right now. Tao's Thai food at Saba is fantastic, so the opportunity to go shopping with him at the Asian Market – where he will decipher what everything is for you – is not to be missed. There's a cooking demonstration too, and of course a bit of eating. A great present for the foodies in your life. Go to www.fabulousfoodtrails.ie for info on prices and dates and stuff.

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