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Food file

Compiled by: **MARIE-CLAIRE DIGBY**

Book of the week

Truly Tasty, by Valerie Twomey, published by Atrium/Cork University Press, €9.95



From Left-Catherine Fulvio, Dr. Liam Plant & Valerie Twomey

We're bringing this cookbook to your attention again as it has just been awarded the Miriam Polunin award for work on healthy eating, as judged by members of the UK Guild of Food Writers. The author, Valerie Twomey, had a kidney transplant in 2000, and her winning book features recipes from more than 30 Irish chefs, who each designed a three-course menu from a list of ingredients drawn up by renal dieticians, and wrote short accounts of how they came up with their menus. The book beat off stiff competition from *Sugar and the Soda Tax*, an episode of *The Food Programme* on BBC Radio 4, and *An Edible Adventure*, by the writer and TV presenter Stefan Gates