



## JP McMahon demonstrates Fermentation techniques

In June, Chef JP McMahon from Aniar (1\*), Cava Bodega ant the EatGalway group, came to our Demonstration Kitchen to talk about fermentation and demonstration some of the techniques he uses in his restaurants. In front of a room packed to the brim, he discussed fermenting meat, fish, grain, vegetables and fruits and cooked two dishes using the latter. The audience got a taste the dishes and each individual ingredients, in order to appreciate the combination of foods.

See pictures below:



Following JP's presentation, La Rousse Wines' Fionnuala Synnott presented two naturally fermented wines from South Africa and France: South African LAM Pinotage red wine, the palate is very delicate and the tannins extremely fine and elegant. And a French white Matassa wine from the Roussillon region, the palate is ripe and full with lovely freshness and minerality. The audience tasted both while the flavours and fermentation techniques were being described.

