



## “Fishwives” bring home World Cookbook Awards

*Irish fish cookbook wins two global honours in the cookbook Oscars –  
the prestigious Gourmand World Cook Awards*

Three Fishwives from Kilkenny travelled to China to attend the Gourmand World Cookbook Awards last week and little did they think that they would bring home two global titles for the Irish cookbook “Fishwives”.

Mag Kirwan of Goatsbridge Trout Farm is the brainchild behind the cookbook says “it was an honour for “Fishwives” to be nominated in two categories at the Gourmand World Awards, but never in a million years did we think we would bag two global titles for “Best Fish and Seafood book” in the world and “Best Charity-Africa”.

The Gourmand Awards, founded 22 years ago by Edouard Cointreau, honours the best food and wine books in the world. Books from 205 countries participate, and 13,698 entries this year, it’s the only international competition of its type with “Fishwives” beating some major competition worldwide in China. Kirwan added “we were up against some serious chefs and cookbooks from Australia, American, Bahamas, Denmark, Portugal and Lithuania in the Fish category and we won! I think it was the story behind the project that caught the attention of the judges and the honesty and integrity of the book. Fishwives is a very unique cookbook and the world gourmets at the Gourmand Awards seem to agree.”



The book “Fishwives” was created in less than six months after Mag Kirwan came up with the idea to write a cook book in aid of charity Hospice Africa Uganda. Goatsbridge, self-published the book to celebrate trout, Ireland’s so-called “forgotten fish”, with proceeds going to Hospice Africa Uganda (HAU), a charity that is helping thousands of sick and dying in Africa have a pain-free, dignified death. Kirwan is pleased to say that “no costs are being kept for the publication or printing of the book, every cent that the consumer spends on the book will be go to Hospice Uganda. After visiting Uganda with my husband Ger and seeing first hand the plight of the people, we agreed that it was vital for no costs or return to be taken.” She added “to be highlighting the merits of trout and supporting this amazing charity at the same time is humbling.”

The idea for Fishwives came from Kirwan who was frustrated at the fact that so many fish cookery books don’t include trout recipes - “I decided it was time to do something about the lack of trout recipes in cookery books once and for all. As the idea evolved I thought why not celebrate trout and women. I did a callout to women from all walks of life for their favourite fish recipes and Fishwives was born, with Denise Walsh project managing “Fishwives” every step of the way.”



This exquisite book contains 78 recipes – 70 featuring trout. Contributors include well known chefs, food writers and bloggers Darina Allen, Clodagh McKenna, Suzanne Campbell, Lucinda O’Sullivan, Sally McKenna, Georgina Campbell, Clodagh McKenna, Caroline Hennessy, Aoife Ryan and Sofie Skehan, wife of celebrity chef Donal Skehan.

Other contributors are: Former Tanaiste and Progressive Democrats leader, Mary Harney, much loved ex-RTE star Bibi Baskin, Presenter of the RTE One TV “Ear to the Ground” Programme Helen Carroll, newly appointed Chief Executive of Bord Bia Tara McCarthy, Julie Calder Potts of Highbank Orchards, and Mary Morrissey and Helen King, also of Bord Bia.

Recipes in the book, which are beautifully produced by Slater Design in Dublin, range from trout caviar cocktails to fish curries, pies and salads. Kirwan’s four sisters, Miriam, Louise, Joanne and Cathy as well as her sister in law Siobhan Donohoe, have all contributed recipes. Miriam (Donohoe) volunteered with Hospice Africa Uganda in Kampala for eight months last year.

Kirwan has spent the last 25 years fighting the cause for trout. “There is still a false perception that trout is somewhat inferior to other fish such as salmon and cod. We have worked tirelessly to educate and promote

what I believe is an amazing product.”

She added: “I hope that users of this exciting new book will appreciate what a versatile, affordable and delicious fish trout is. And to know that Ireland is a great place to produce this fish because of our high quality waters and temperate weather conditions.”

Goatsbridge Trout Farm produces trout caviar and high-quality rainbow trout products including cold smoked and hot smoked trout, which sells under the ‘Eat Trout’ brand.

Hospice Africa Uganda was founded by the inspirational 81-year-old Nobel Peace Prize nominee Dr. Anne Merriman, in 1991. It has helped make a difference at end-of-life to almost 30,000 seriously ill and dying patients since its foundation.

Dr Merriman said the charity is delighted that Fishwives has been nominated for this prestigious award.

“Irish people have been hugely supportive of our charity over the years. We are striving to ensure that no one in Africa dies in pain and discomfort, and we cannot do it without the generosity and support of donors. I hope this book is a sell out. Winning these awards is so well deserved and it will help spread the message of what we do on a world stage also.”

“Fishwives” is available to buy on [goatsbridgetrout.ie](http://goatsbridgetrout.ie)