

MEDIA NOTICE

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***Zest!* – a new cookbook for Christmas.**

October 6th is the launch date for the Irish Hospice Foundation (IHF) cookery book called ***Zest!*** which features 186 recipes from 62 of Ireland's leading restaurants.

The ideal Christmas present, ***Zest!*** brings people, of all culinary skill levels, on a gourmet trail of Ireland without having to leave their own kitchen.

With over 260 pages, ***Zest!*** retails at €20 which means that people are only paying about 10 cents per recipe. ***Zest!*** can be purchased online through the website www.zestcookbook.ie or from bookstores and participating restaurants countrywide.

Celebrated restaurant critic and former chef, Paolo Tullio, was involved as the culinary advisor for the project.

The funds raised from the sale of ***Zest!*** will be used to support the work of the IHF which is the national charity which promotes the hospice philosophy and supports the development of hospice and palliative care in all settings including the home, hospitals and hospices. Its vision is that no one should face death or bereavement without the appropriate care and support.