

News

Brother Hurt's book should take the pain out of cooking

Patricia Feehily

FOOD for thought or what? Brother Anselm Hurt, the monk who manages the kitchen in Glenstal Abbey has just published his first cookery book - an appetising collection of recipes from everywhere, including the monastery kitchen. But even more appetising is the foreword by his famous brother, the Hollywood star, John Hurt.

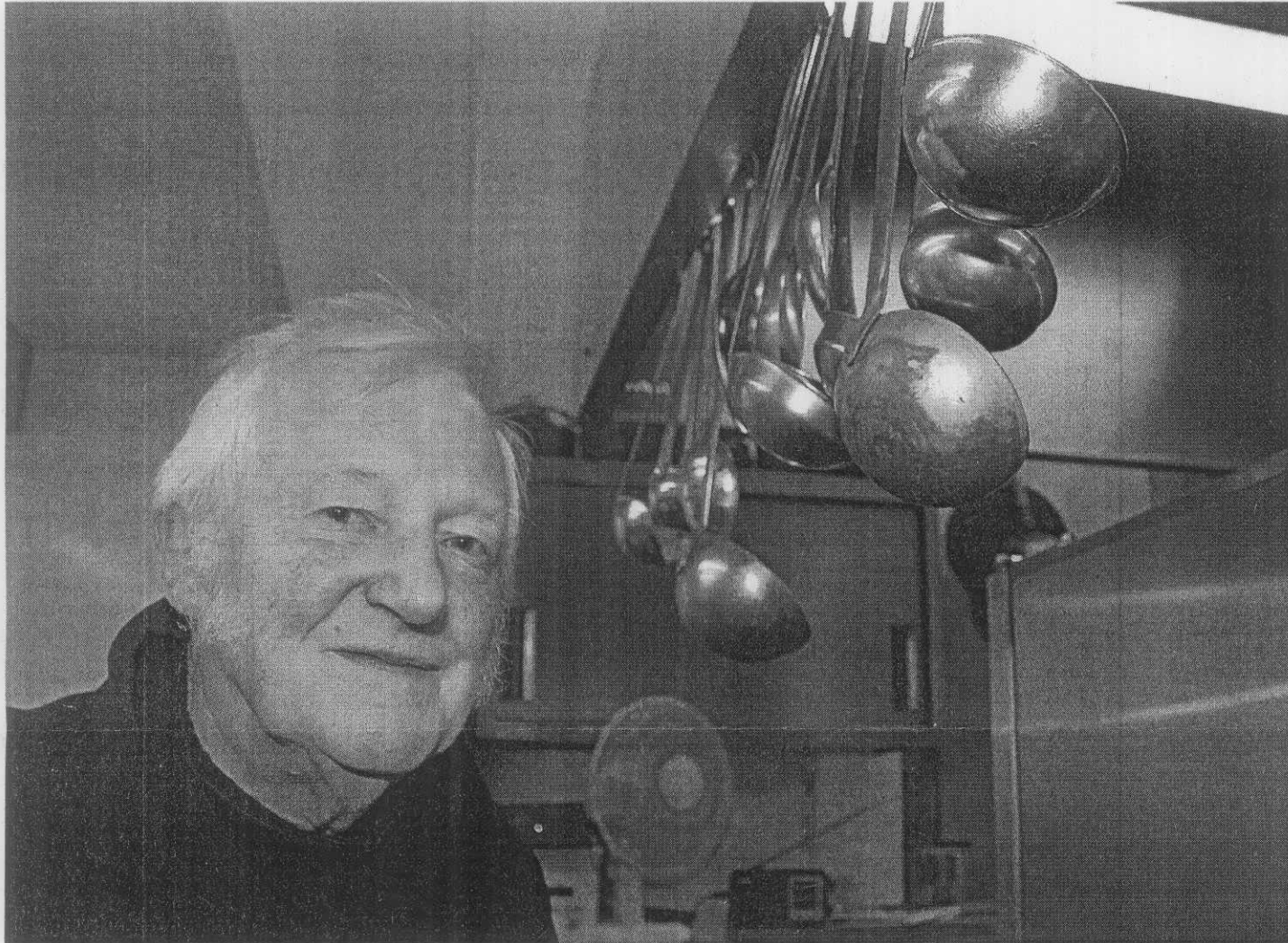
What Mr Hurt thinks of Brother Anselm's cooking will be disclosed when the pair appear together on this Friday night's 'Late Late Show' with Ryan Tubridy, but Anselm remembers making 'Spotted Dick' for him when they were young and he seemed to relish it.

But if you've ever wondered what the monks of Glenstal have for supper in the monastery refectory, your curiosity, as well as your appetite, should soon be satisfied.

"I've been running the kitchen for the past 12 years. We have a cook, but I cook the supper myself most days, and yes, some of those recipes are in the book," Brother Anselm said.

His philosophy as a cook is to avoid repetition. "I first got interested in cooking when I had to cook for my own family in times gone by. I only repeated a dish every eight weeks back then - except for Sundays of course. There weren't eight types of meat available for roasting."

Brother Anselm, a former teacher of Maths and English, who was involved in adult education for 18 years and ran a chess club in Glenstal Abbey school,



Brother Anselm Hurt, whose own brother is the renowned actor John Hurt, will get the chance to plug his cook book on the Late Late this Friday

PICTURE: MICHAEL COWHEY

was a late comer to the community. But he has been there now for 13 years.

"I was looking around for a Monastery. I wanted to be involved with the monastic life and had looked at one or two in England which were not satisfactory. I came over here because a friend of mine had built a new house in Clare overlooking

the estuary and had asked me to help with the garden. One wet Friday when there was nothing else we could do, we travelled to Glenstal, and the very minute I arrived here I just got the feeling that this was it."

He was prevailed upon to produce the cookery book. "Some guests who stayed here in our guest-house from time to time

would say to me "could we have the recipe for that? Then lots of people were telling me to go and bring out a cookery book."

The book, published by Columba Press, is due out this week and Brother Anselm will be doing a signing in Dublin at the Veritas bookshop this Friday. His own favourite is Cassoulette, Gascoigne from South West France,

made from Haricot beans, pork, sausage and garlic. "I often do it for supper here," he said.

So what's it like then having a film star brother? "I think that he is a great character actor. The first time I saw him perform was in 'A Man for All Seasons' where he played Richard Rich. He has done a lot of very good films since, but for a long time

he wasn't convinced that he was any good. I think he has realised by now that he does have something."

"I am about seven years older than John," he said. "But years ago when I was home for holidays from boarding school, I would have played with him a lot. I made up the games of course, but he kept me young."

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Road to the future uncovers a treasure-laden path to the past

Patricia Feehily

THE construction of the new M7 motorway from Limerick to Nenagh has thrown up a whole array of important archaeological finds, including Bronze Age cremation burials and Bronze Age cooking sites, known as Fulachtaí fia, examples of which were found in the Castleconnell townlands of Gardenhill, Gorthalagh and Richill.

Evidence of ancient human activity was found throughout the landscape and included houses from the Bronze Age (c.2,400-600BC).

Annaholty bog also yielded important finds, such as an Iron Age timber road found near Trehreen

tianity to Ireland.

"One such enclosure was excavated at Richill in Limerick. It was a bivallate enclosure meaning that it was enclosed by two banks and ditches and this would normally indicate that it was a high status site," said Paul O'Keeffe of the NRA.

A public seminar on the archaeological discoveries on the M7 road scheme will be held on October 10, in the Abbey Court Hotel, Nenagh.

Representatives from all four companies who carried out excavations on the scheme on behalf of Limerick County Council - Aegis Archaeology, Headland Archaeology, TVAS Ireland and UCC - will present



Corn drying kiln unearthed on the route of the new M7 motorway under construction near Carrigatoher



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