

Taste of Malta in Limerick man's YouTube series

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ONE PALLASKENRY man is a long way from the farm at home as he explores Malta in a new YouTube series, aptly called 'Munching Malta'.

Twenty-year-old food and fitness vlogger Eoin Sheehan is reviewing restaurants abroad, as well as filming his own cooking and travelling vlogs, through his online channel 'TheFitKitchen'.

"Right now, I have restaurants booked to film in Malta, Italy and Sicily. I'll be traveling through Europe, and making a quick visit to Dubai in August, so the plan is to taste and learn as much about food and its culture from all different parts of the world," said Eoin.

His love of weight training was born out of his teenage rugby playing.



Eoin Sheehan, from Pallaskenry, speaking at StartUp Weekend Malta, where he described what he does online and how he battled obesity

"I went on to compete at a national bodybuilding, placing second in Ireland at U-18," he

said.

Eoin soon found his passion for food and cookery.

"Being overweight for majority of my teens, then losing weight and essentially changing the way I looked changed everything. Bodybuilding was such a disciplined sport that my nutrition had to be on point, which meant preparing a lot of my own meals, and essentially being self-taught in cooking and nutrition.

"It also taught me consistency, patience and a self confidence that plays over to so many other aspects of my life now," he added.

Although still training several times per week, food is now Eoin's main focus.

The third year Chemical and Biochemical Engineering student is in Malta for an internship, and is using the opportunity to share some of Europe's culinary hidden gems. He has also spoken at StartUp

Weekend Malta, and progressed in a competition to a European event on social issues where he spoke about his own battle with obesity to more than 200.

"With the weight loss and fitness, social media became a platform for me to show my progress, to hold myself accountable and also to show what was actually achievable. Getting asked regularly what I ate, it was easier to just show people exactly through video, which is where Youtube came in, and TheFitKitchen began.

"Now it's a platform for me to show how to cook healthy nutritious meals from the kitchen, my travels through Europe, fancy food and my weekend adventures.

"I love the idea of being able to look back in three, five, or 10 years time and relive all these memories," said Eoin.

1 small red onion, finely diced
1 tablespoons of olive oil
Flatbreads, to serve

Heat oven to 160°C/140°C fan. In a bowl, mix the honey and balsamic vinegar with the cumin, lemon juice, olive oil and garlic. Scatter the onion over a deep roasting tin. Place the lamb on top of the onions. Pour the glaze over the lamb and pour 200ml of water around the lamb.

Cover the dish with a large piece of foil. Roast the lamb, undisturbed, for 3 hours, then remove the foil and continue to roast for 30 minutes to give the lamb colour. Once cooked, pour off the juices, remove as much fat as possible then pour the juices back over the lamb.

Just before serving, simply toss all the salad ingredients together. Serve the lamb with its sauce, the salad and some warmed flatbreads.

Carrot and Orange Salad

An equally delicious salad for the lamb: Using a peeler, slice four carrots into ribbons and into a bowl. Dress them with the juice of half an orange, a glug of extra virgin olive oil, a splash of red wine vinegar, mint leaves and a pinch of salt and pepper, then toss and serve.

Contact Gingergirl

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Gingergirl aka Helen Keown is an artisan food producer who produces a range of handmade luxury jams, preserves and chutneys made from local, seasonal or organic ingredients. Helen's produce is available nationwide from independent food emporiums and is also available at selected food delis across Europe.

Letters to 'gingergirl' c/o The Limerick Leader, 54 O'Connell St. Limerick.

You can follow gingergirl's on Twitter - under gingergirlfood or on Facebook - under 'gingergirl'.

The Arts Interview

By John Rainsford

MY father is from Dublin, and worked as a vet in a rural practice that straddled the Co Tyrone border, however, the family moved to Limerick during the 'Troubles'.

For my education, I spent four years with the Salesian Sisters in Fernbank which was a very special place to start your schooling. Later, I attended the John F. Kennedy Memorial School and St Clement's Redemptorist College. Growing-up our house was full of books, mostly belonging to my grandfather, and I always loved reading, but in truth with my head in a book, I was somewhat of a 'black sheep'. Like many Limerick families there was a lot of rugby talk around our dinner table.

Today, there are two sources of inspiration in my life, namely, Christian faith and family.

With lots of small people around, there isn't much spare time, but when I can, I pick-up the fiddle and knock out a tune or two. I am, also, associated with 'Focolare', an international movement founded in the wake of World War II by a young Italian student, Chiara Lubich. The movement, though

grounded in the Catholic Church, is open to those of all faiths and none.

The Limerick Diocesan Archives are rooted in the history of the city and diocese of Limerick.

The Fourteenth Century 'Black Book of Limerick', which is housed in the archive, includes copies of documents that take us all the way back to the Twelfth Century. Even today, the pages speak to you. The book is extraordinary in an Irish context and one of the greatest treasures in the city. The best part of the collection, however, dates from the end of the Nineteenth Century. My role is to preserve the historic papers of the diocese and to catalogue the resulting collections.

I came to be an archivist in a roundabout way - it was not something that I always wanted to do. I studied in Maynooth University and St Patrick's College, receiving a BA in History and French, followed by Theology, respectively.

Finally, I was ordained a priest for Limerick (2002), serving in St

David Bracken

Limerick Diocesan Archivist who fuels our desire to uncover the past



Nicholas' parish in Corbally-Athlunkard. St Nicholas' was a great 'school of life'. I had wonderful teachers in the parishioners, the staff and students in Scoil Óile, and especially in the parish priest, Fr John Daly. While life has taken me in a very different direction, being now married with four children, I still carry that time always in my heart. A chance conversation led me back to the History Department in Maynooth to undertake an MA in Historical Archives (2012). This was followed by a work placement in the Limerick Diocesan Archives where I still remain.

Very little work had been done on the historic archives of the

diocese and practically nothing published in terms of catalogues or other finding aids.

Initially, I have concentrated on some of our earlier collections, including the papers of two late eighteenth-century bishops of Limerick, Dr Denis Conway, (1722-96), and Dr John Young, (1746-1813). Both catalogues have recently been published in 'Archivum Hibernicum', with a forthcoming introductory piece on the history of the Limerick diocesan collections. More generally, as part of the diocesan contribution to the 1916 centenary celebrations, I edited a short volume on the leaders of the Rising entitled, 'The End of

All Things Earthly: Faith Profiles of the 1916 Leaders'. Many archivists working with Irish church archives contributed to this work.

Today, I am a member of the Association for Church Archives of Ireland and am constantly inspired by the work of fellow members, many of them quite elderly volunteers.

Dublin Diocesan Archives, under the astute management of archivist, Noelle Dowling, are particularly impressive and its collections are widely accessed by historians. For anyone, with an interest in local history, there is no shortage of research avenues and points of contact, in

Limerick. Limerick Museum and Archives is an invaluable resource. For example, the series of publications celebrating the industrial heritage of the city, including the most recent volume, 'Pigtown', and the history of Mount St Lawrence, itself the result of a collaboration with Mary Immaculate College (MIC). The Local Studies facility in the Granary, under Mike Maguire, has been supporting researchers for as long as I can remember. It has, also, made a rich body of material available online. Thomond Archaeological Society and dynamic local historians, like Sharon Slater, are brilliant.

For archivists there is plenty of room for introspection while working quietly on a collection.

By way of contrast, lots of researchers with a passion for their subject, come knocking on our door. In recent years, particularly with regard to certain historical legacy issues that have arisen in Ireland, the work of the archivist has become crucial. For example, in creating an archival culture where records are properly cared for, preserved



The O'Connell Monument, circa 1910 from the Hewson Collection, Limerick Diocesan Archives

and catalogued. Indeed, organisations must know what records they hold, allowing them to respond to research requests. This enables the researchers, in turn, to find answers. Archival work is slow but it teaches you that progress in all things is incremental. It is all the better for that!

The Diocese of Limerick, in partnership with MIC's History Department, is organising a conference entitled; 'The World of Edward Thomas O'Dwyer of Limerick (1886-1917)', to mark the centenary of Bishop O'Dwyer's death, on October 13. For more information please contact: david@ldo.ie

EX: LIMERICK LEADER

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PAGE 2 (LEADER 2)