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link, with The Menu particularly excited about the new Pinxtos bar. [www.eatgalway.ie](http://www.eatgalway.ie)

### TV focus on culinary heroine Myrtle Allen

If ever The Menu were called upon to list his heroes, Myrtle Allen would be right up there at the very top, for truly she rises above all when it comes to delineating the history of modern Irish food, so he'll be fiddling mightily with the rabbit ears next Tuesday (Sept 3) trying to tune in the old goggle box to watch *Myrtle Allen: A Life in Food* (RTÉ). As the international renown of our exceptional produce grows with each passing year, it behoves the reader to remember it was Allen who bucked all prevailing culinary trends when she began what would become a Michelin-starred restaurant in her living room at Ballymaloe House and birthed the notion of the primacy of fine Irish produce as being utterly essential to the creation of a good dish on any Irish menu.

### Today's special

A regular and deeply committed sinner, The Menu appreciates full well the value of occasional atonement, particularly when sins are of an edible nature. So healthy and beneficial is Dermot Twomey's Sesame Seaweed Salad, its consumption is the culinary equivalent of having the pope himself rattle out a few novenas for one's penitential soul, rarely has absolution felt so good: a sweet, nutty crunch, a massive umami hit and the merest hint of salty sea. Why, this could near cause a body to turn his back on sin entirely!

[www.seaweedsalads.ie](http://www.seaweedsalads.ie)

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## BEER OF THE WEEK

**Black's Kinsale Pale Ale** — 330ml, 5.0% ABV — €2.49

**Stockists:** 1601 Kinsale, Galvins, Bradleys, M... ..

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Tomato Raita

thinly sliced

opped