



## Cork chef **Denise** to feature on Neven Maguire's TV show

### Echo Reporter

CORK chef **Denise** O'Callaghan will guest star in Neven Maguire's *Healthy Home Chef* programme on RTÉ 1 tonight.

Denise, founder of Denise's **Delicious Gluten-Free Bakery** in Little Island, will show viewers how to make **delicious** French classic, Quiche Lorraine, using her special **gluten-free** flour blend. Ireland has a very high rate of Coeliac disease affecting one in every 100. This, combined with a growing number of people making a lifestyle choice to eat **gluten-free**, has seen demand soar for good **gluten-free** products.

A former investment banker, **Denise** was inspired by her dad, Michael O' Callaghan, who is a Coeliac to set up her bakery.

What began as a home-cooking passion to support him, prompted Denise to open Ireland's first **gluten-free** artisan bakery in 2008. The bakery, a family business, has grown substantially now employing a team of 13 at its base in Little Island.

With Sonia O' Sullivan also featuring in the series first episode, Cork is well represented in this new TV series with a focus on healthy eating.

■ *Healthy Home Chef* featuring **Denise** will broadcast tonight at 7.30pm on RTÉ 1 and is sponsored by Bord Bia.



Neven Maguire's 'Healthy Home Chef' programme on RTÉ1 will tonight feature Little Island-based **gluten-free** baker **Denise** O'Callaghan of Denise's **Delicious Gluten-Free Bakery**; she will show how to make a **gluten-free** Quiche Lorraine.