



## What's on TV tonight

**Neven Maguire: Healthy Home Chef, RTE1, 7.30pm**

**Gluten-free** food was unheard of a decade or so ago, but is now a food industry in its own right. The next guest in Neven's series tonight is **Denise** O'Callaghan from the **Delicious Gluten** Free Bakery in Cork.

She gives him tips on **gluten-free** baking and shows him how to blend **gluten** free flours to make the pastry for a wholesome bacon quiche. Also, Neven shares more healthy recipes and shows us how to make Irish hake with an Asian twist, and a red Thai pork curry.

■ In *Après Match Presents Election '82* on RTE1 at 10.35pm, the team are taking a shot at the good the bad and the totally ridiculous of Irish politics across 1982.

