



## Denise's tasty hints on gluten-free goodies

**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 Maguire: Healthy Home Chef* on RTE1 on Wednesday at 7.30pm is **Denise** O'Callaghan from the **Delicious Gluten Free Bakery** in Cork.

She gives Neven 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.



RECIPES: Denise O'Callaghan and Neven Maguire