

FUNDING OPTIONS FOR 3RD LEVEL

We believe in education & that the successful future of our community & our country lies with the students of today. We are committed to offering education loans at a low interest rate, in order for as many students as possible to reach 3rd level education.

At this expensive stage in life, you'll find that St. Canice's Credit Union is here to help members with a low cost Student Loan option

- > Very competitive variable rate
- > Loans are insured by the CU's Loan Protection Policy
- > No hidden fees or transaction charges
- > Flexible repayment terms
- > Interest is charged on your reducing loan balance
- > The amount you can borrow is not based on the value of shares held in the linked student account
- > This loan offering is available for those starting or returning to third level education

INTERESTED? HERE IS HOW TO GET STARTED

- > call us on (056) 772 2042 to make a phone loan application
 - > drop into any of our branches
 - > email loans@stcanicescu.ie
- If you're not already a member, just get in touch and we'll take it from there.

Loans are subject to approval. Terms and conditions apply. If you do not meet the repayments on your loan, your account will go into arrears. This may affect your credit rating which may limit your ability to access credit in the future.

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YOUR CHANCE TO WIN A SCHOLARSHIP FOR 3RD LEVEL

Enter the St. Canice's Credit Union Student Scholarship Draw and you could win €3,000!

We are delighted to announce that we have created a Scholarship Fund to assist you in your quest for further education and we're awarding FIVE SCHOLARSHIPS to the value of €3,000 each. Yes, that's €15,000 worth of scholarships!

Our scholarships are exclusive to St. Canice's Credit Union members and applications are invited from you, if you are currently attending or commencing a full time training or educational course. As the draw is not academically based, all entries have a fair chance of winning.

You are eligible to enter our Student Scholarship Draw if you:

- > Are a member of St. Canice's Credit Union.
- > Are over 16 years of age and completed your Leaving Cert.
- > Are attending or commencing a full time course of at least two years duration with an education body that is recognised by the Department of Education and Skills.
- > Complete a Scholarship Draw Application Form and either email it to info@stcanicescu.ie or drop it into any one of our branches between 1st July and before close of business on 30th September each year.

St. Canice's Kilkenny Credit Union Limited is regulated by the Central Bank of Ireland.

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WE AIM TO MAKE OUR COMMUNITY A BETTER PLACE

St. Canice's Credit Union is a community based co-operative that exists only for the good of its members. As well as contributing to the financial health of members through savings and loans, the Credit Union is also involved in a huge range of community organisations and events.



Main Branch 78 High Street, Kilkenny

Enquiries to any St. Canice's branch

Email loans@stcanicescu.ie

Tel (056) 772 2042

Website www.stcanicescu.ie

Open 6 days a week

St. Canice's Credit Union Branches:

Bagenalstown, Ballingarry, Ballyragget, Callan, Dunnamaggin, Durrow, Graignamanagh, High Street in Kilkenny, MacDonagh Junction Shopping Centre in Kilkenny, Mountrath and Rathdowney.

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WHAT TO COOK STUDENT STYLE



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Her website is www.kilkennytastingtours.com

Ryeland House Cookery School Kilkenny Tasting Tours
Anne is one of the most respected chefs on the south-east cooking circuit & is well known all over the country through her successful Ryeland House Cookery School, broadcast appearances, food columns in the media and Savour Kilkenny Festival of Food. Anne is now taking bookings for her walking food tours: which delivers tastings & the history of the foods sampled.

ANNE NEARY



"Food and healthy life style is my passion in life... I love to share it with as many as possible as it's the key to our health. We are what we eat" Helen Costelloe creates a dining experience with a difference. With food as delicious as it is healthy, you can eat out at Helen Costelloe's without feeling a single pang of guilt! There are now many ways to indulge in Helen's super tasty and oh-so-healthy creations at her new retail outlet " The Cutting Vegge" in Unit 4, Ormonde St., Kilkenny

HELEN COSTELLOE



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FRANCES WALSH

The Honest Project is a treasure trove of vegetarian friendly recipes that are easy to make and taste good. Frances Walsh created the site (www.thehonestproject.com) in 2015 and things grew from there. The Honest Project is for anyone looking to add more vegetable focused recipes to their diet. Most of the dishes are student friendly and inexpensive to make. For Frances, being a vegetarian means focusing more on wholefoods and fresh vegetables and less on processed meat alternatives. Follow the Honest Project on Instagram (@thehonestproject) for lots of mini cooking tutorials and tips on how to incorporate more vegetables into your everyday meals.



Edward Hayden is a well-known chef and food writer/blogger and is very familiar to radio and television audiences from his weekly cookery slots on Virgin Media One Ireland AM and regular appearances on KCLR 96FM. Edward works as a culinary lecturer at Waterford Institute of Technology and also regularly lectures in An Grianán, the Irish Countrywomen's Association Adult Education Centre. He has also done a nationwide culinary tour of Ireland giving cookery demonstrations at a variety of locations.

EDWARD HAYDEN



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MINTED MEATBALLS

Recipe by Anne Neary

The minted yoghurt relish combines wonderfully with the meat balls to create a dish reminiscent of a Greek holiday resort.

700g lean minced beef
1 egg
2 onions finely chopped
75g bread crumbs
2tbsp fresh mint chopped (optional)
2 cloves garlic crushed
1/4tsp cumin
salt & Pepper
oil for frying

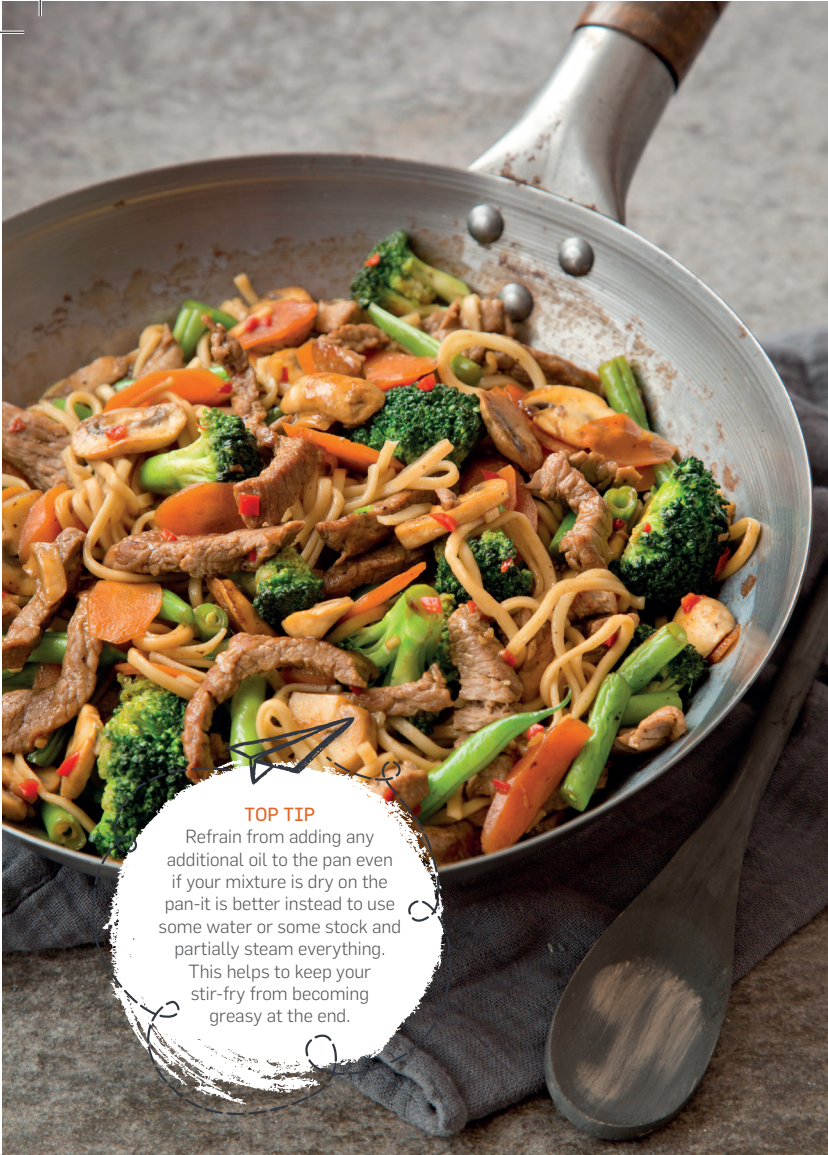
For the Minted yoghurt (optional)

1 clove garlic, crushed

Combine all ingredients except oil and make about 40 balls with wet hands. Heat some oil in a large frying pan. When good and hot add the meatballs and fry turning constantly. Cook for approx 8-10 minutes. Drain on kitchen paper and serve with minted yoghurt.

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TOP TIP

Refrain from adding any additional oil to the pan even if your mixture is dry on the pan-it is better instead to use some water or some stock and partially steam everything. This helps to keep your stir-fry from becoming greasy at the end.

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BEEF & VEGETABLE NOODLE STIR FRY

Recipe by Edward Hayden

This recipe is delicious and is really suitable for family and friends alike. The stir fry part of this recipe is also suitable for pork, duck or chicken.

7oz/200g medium egg noodles
1 red chilli-chopped very finely
2 cloves of garlic-chopped
1 ½ lb/700g stir fry beef (cut into very thin strips)
1 ½ mixed peppers (sliced thinly)
1 medium onion (red or white-sliced thinly)
3oz/75g maungetout
5-6 mushrooms-sliced
½ teaspoon of ground cumin
4 tablespoons sweet chilli sauce
4 tablespoons soy sauce

Blanch and refresh the noodles by cooking them according to the packet instructions and then strain them into a sieve and leave them under cold running water until they have completely cooled down. Store in the fridge until required. Heat a large saucepan or wok. Have all of the ingredients prepared in advance because you do need to stand over this dish. Add a little oil to the wok together with the chilli, garlic and sliced beef.

Allow the beef to seal off quite quickly. Next add in all of the sliced vegetables (peppers, mushrooms, onions, maungetout) allow these to cook quickly for approximately 2-3 minutes on a high heat. (See TOP TIP)
Mix together the sweet chilli sauce and the soy sauce. When the beef and vegetables are almost fully cooked, add in the blanched and refreshed noodles and the sweet chilli sauce and soy mixture and allow to cook for a further 2-3 minutes. Sprinkle in the ground cumin at this stage also.

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HELEN'S VEGAN LASAGNE & MORE

Recipe by Helen Costelloe (The Cutting Vedge)

2 medium onions peeled & diced
4 carrots peeled & grated
2 cloves garlic
2 tablespoons mixed herbs

Lightly Fry off all of the above in a small amount of oil
add 2 cups red lentils & 1 cup of water

Add 1 jar of passata or 2 tins of tomatoes
Cook on the stove for 20 mins on a low heat.

White sauce

In a pot add ½ pint of soya milk, blended with 2 dessert spoons of flour,
½ teaspoon salt & pepper.
Heat gently until thick, taste & re-season if necessary.

Spread a layer of the sauce on the bottom of a lasagne tray or oven proof dish. Next, add a single layer of pasta sheets. Then, add a layer of white sauce, followed by another single layer of pasta sheets. Carry on alternating the sauce, lasagne sheets and white sauce.

Your final layer is pasta, pour your white sauce on top.
You can add vegan cheese or your own choice of cheese.

This recipe can also become a Shepherd's Pie by putting the sauce in an oven proof dish & putting mashed potato on top.

Alternatively, it can be served with rice or pasta. To make it a Chilli; add a ¼ teaspoon of chilli powder at frying off stage.

Enjoy...

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PITTA PIZZAS

Recipe by Edward Hayden

Homemade pizza can be quite demanding on peoples time, so I've devised this 'cheats' version which is quick and easy to prepare if time is precious.

8 mini pitta breads
5oz/150g tomato passata
6-8 mushrooms, sliced
3oz/75g sliced chorizo, sliced
3oz/75g bacon lardons
1 small red onion, sliced
5oz/150g grated cheddar/mozzarella cheese

Preheat the oven to 200C/400F/Gas Mark 6

Line a flat baking tray with baking parchment.

Place the pitta breads onto the baking tray and spread with the tomato passata.

Divide the topping ingredients between the pittas and scatter with the grated cheese on top.

Transfer to the oven and bake for a further 10-15 minutes until the cheese is bubbling and everything is well cooked through.

Serve immediately.



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ROAST CAULIFLOWER & CANNELLINI BEAN SOUP

Recipe by Frances Walsh (The Honest Project)

1 head cauliflower, cut into small florets
1 400g tin cannellini beans, drained and rinsed
1 white onion, peeled and finely chopped
1 stalk celery, finely chopped
2 garlic cloves, minced
4 small knobs of butter
1 tbsp olive oil
1.5 litres vegetable stock
Small bunch fresh basil
2 tbsp chilli oil
2 tbsp shaved parmesan
Black pepper
Sea salt

Preheat the oven to Gas 5/190 C. Place the cauliflower florets on a large baking sheet. Drizzle with 2 tbsp melted butter and season with a pinch of sea salt. Roast in the oven for 30 minutes or until golden brown.

Heat a tbsp olive oil and a knob of butter over a low to medium heat in a large soup pot. Add the onion and celery and cook for five minutes. Add the garlic and cook for a further 2 minutes.

Next add the roasted cauliflower florets, the stock and the cannellini beans. Bring to a boil and reduce the heat and simmer for 10 minutes. Remove from the heat and add 1 tbsp of parmesan shavings. Blend using an immersion blender (that's one of those handheld ones :)). Taste, season with sea salt and black pepper and blend again.

Pour into soup bowls and top with a drizzle of chilli oil, freshly chopped basil and a shaving of parmesan.

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