

# ENTERTAINMENT GUIDE

## ➔ Mayo Day 30 April



We have a real treat for you this Mayo Day, Saturday 30 April, at The Mayfly, with Sean Nos dancing by the incredible Tommy Stenson and traditional

Irish music by Buille Beo. All welcome, we'd love to give Tommy and the gang a warm welcome to Foxford.

## ➔ Matt Keane 1st & 15th May



Matt Keane is a member of the famous Irish musical family and is brother to Sean and Dolores Keane. Matt will appear at The Mayfly on Sunday 1st May. He will be joined

on the night by the super-talented musician Colm Naughton. It promises to be a great night of lively music, so make sure you bring your dancing shoes!

Matt will be back with us again on 15 May to celebrate the Goat Fair weekend.

## ➔ AugusTale 8th & 20th May



Back by popular demand! Their refreshing blend of folk and Irish music is perfect for any night out.

**DID YOU KNOW?**

*Traditional Irish Music is at the heart of The Mayfly and impromptu sessions are always welcome. So bring your instruments and let's have a session!*

## ➔ Shop Local



**EVERY EXTRA EURO SPENT IN A LOCALLY OWNED BUSINESS RESULTS IN AN INJECTION OF €2.50 INTO THE LOCAL ECONOMY!**



# The Mayfly Times

Welcome to the first edition of The Mayfly Times. Our aim is to bring you a round-up of current and recent local news, tips from our talented chefs and of course an update of what we have in store for you at The Mayfly. We will also bring you some special offers and coupons, so keep a look out!

To get started we'd like to congratulate all involved in the recent charity race, Run For Boylo. An impressive 363 participants crossed the finish line, with John Byrne finishing the 10k in 33:47 and Michael Canty completing the 5k in 16:02. The Boyle family and all the organisers did a wonderful job, with proceeds going to worthy local charities.

We're looking forward to a busy season here in Foxford, and want to extend a warm welcome to the new and returning tourists and anglers. There are great reports already that a number of fish are being caught and that the river is in good condition.

We'd love to get your feedback on our new newsletter, so pop in for a coffee and a chat anytime!

Yours truly,

*Veronica, John & everyone at The Mayfly*

## COOKING TIPS

### ➔ How To Cook The Perfect Steak



Start by selecting a quality cut of meat from your local butcher. Our chefs recommend a nice juicy sirloin for the ultimate steak experience.

#### Step One

Oil your steak using high burning-temperature vegetable oil like rapeseed oil.

#### Step Two

Don't season too early – salt will draw moisture from the meat. We suggest sprinkling black pepper and sea salt onto a plate, then pressing the meat into the seasoning moments before placing it into the pan.

#### Step Three

We recommend the following cooking times for a 3.5cm thick fillet steak:

**Rare:** About 2¼ mins each side

**Medium-rare:** About 3¼ mins each side

**Medium:** About 4½ mins each side

**Well Done:** 5-6 minutes each side, depending on thickness.

#### Step Four

Leave it to rest. A cooked steak should rest at room temperature for at least five minutes – it will stay warm for anything up to 10 minutes.

#### Step Five

Serve and enjoy.

#### Steak Temperature Guide

**Rare:** Dark red in colour with some juice flowing. It will feel soft and spongy with slight resistance.

**Medium-rare:** A more pink colour with a little pink juice flowing. It will be a bit soft and spongy and slightly springy.

**Medium:** Pale pink in the middle with hardly any juice flowing. It will feel firm and springy.

**Well-done:** Only a trace of pink colour but not dry. It will feel spongy and soft and slightly springy.

#### Wine Pairing

A good steak deserves a good wine. Match it with a nice Cabernet Sauvignon or Merlot. The classic Bordeaux grape used to create these wines complements the steak's flavors. If red wine is not for you but you're having steak, a nice bottle of Pinot Grigio will be a good choice.

#### If all else fails....

Get yourself down to The Mayfly for a perfectly cooked steak and glass of vino.

## LOCAL NEWS

### ➔ Foxford Alzheimers Host Tea Day



Foxford Alzheimer's Tea Day Thursday 5th May, 2016. The Day Centre will be open from 10am onwards. The Tea Day

is the main national fundraising campaign of the Alzheimer Society of Ireland. All funds raised will be used to continue to provide services for people and families who are living with Dementia in our community. This is a great cause and your support would be greatly appreciated.

### ➔ Local Artist 's Exhibition Opens



Mayo County Council Arts Office, Library Service and the Jackie Clarke Collection in Ballina are delighted to announce the official launch of the artistic

outcomes of the Artist in Residence to commemorate 1916. The official launch will take place on Saturday 7th May at 3pm at Ballina Civic Offices Exhibition Space. Artist Katie Moore is a talented emerging artist based in Foxford, and was selected via an open competition which attracted large numbers of established excellent artists.

### ➔ Canadian Hero & Ambassador to Ireland visits



We were honoured to host Kevin Vickers for breakfast as he made his way to the 1916 celebrations in Ballina last week.

Kevin Vickers was hailed a hero after shooting a gunman who killed a soldier at the Canadian House of Commons in Ottawa. After the incident, he received a standing ovation in parliament. Mr Vickers was appointed as Ambassador to Ireland early last year. Annie's breakfast is famous far and wide and her hospitality and cooking are second to none!



### ➔ Sunday Lunch

To celebrate the launch of our newsletter, we're giving you a 10% discount off your food bill when you present this flyer between 12 & 3pm on Sundays.

Valid until 29 May 2016.

Don't forget - unbeatable value:  
2 courses for €16.50 &  
3 courses for €19.50.

### ➔ New A la Carte Menu

Our Summer menu has just been launched. For a great selection of freshly cooked food - tender juicy meats, fresh fish, local produce - all cooked to perfection, you won't be disappointed with dinner at the Mayfly.

## HOTEL FACILITIES

➔ Communion & Confirmations Catered For

➔ Function Room with River Moy View

➔ Excellent B&B Rates