

# WEST FORK MAGAZINE (THE SOUTHERN STAR)

## Winter 2012

### *Purely-natural Irish Atlantic Sea Salt ideal for soups and stews*

**IRISH Atlantic Sea Salt is as pure as it comes, extracted from the waters lapping on to the Beara Peninsula. Literally, outside their back door, Michael and Aileen O'Neill produce this natural, Irish gourmet sea salt, having been encouraged to do so by Michael's father, Bernie, who thought of the idea back in 2009. They are proud of the fact that Irish Atlantic Salt does not include any additives, preservatives or anti-caking agents and is 100% natural and pure.**

Due to the natural and slow production process, Irish Atlantic Salt contains naturally-occurring trace elements that are essential for your wellbeing. It is unique in that it is the only Irish salt being produced on the island of Ireland.

Irish Atlantic Salt can be used in cooking; the beautiful flakes will bring out the unique flavours in any

dish. This winter, use it when making hearty soups and stews, when roasting Irish potatoes and even when satisfying your sweet tooth (salty-sweet is a fantastic mix).

It has a distinct taste and is easily crumbled by hand; it can also be used as a table salt. Irish Atlantic Sea Salt is available in selected SuperValu and Superquin stores, independent, speciality and health food outlets nationwide.

