

# No. 1's Newsletter



## As we ease into Spring

**email** [patricia@oneperysquare.com](mailto:patricia@oneperysquare.com)

Our most exciting development this year, was the creation of our kitchen garden by horticulturist, Val O'Connor. Val gives us a brief update in this issue.

We are delighted to receive a Certificate of Excellence from Trip Advisor for been ranked number 1 hotel in Limerick for the past 18 months. We have also recieved 12th in Trip Advisors Top 25 Small Hotel.



**Competition Question:** Name the only hotel in Limerick that has it own kitchen Garden?

Prize: A bottle of processco

E-mail answers to [patricia@oneperysqaure.com](mailto:patricia@oneperysqaure.com).

### IN THIS ISSUE



Valetines Menu @ Brassiere One  
Our Artisan Shop  
Staff Profile  
[page 2](#)

Beef Bourguignon  
The Spa  
[Page 3](#)

Upcoming Events  
[Page 4](#)

## New Spring Menu @ Brasserie One

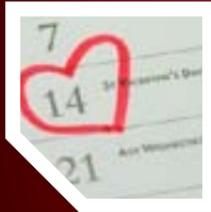
Spring is finally here and to celebrate we are launching our new Spring menu. Of course the favourites are still there but we have updated a few and added some new starters and main courses. Our Market Set Menu is €25





## Valentine's DAY

Ignite your night with your passion for food



Dine for two on our Valentines menu for €50

### Valetines Menu @ Brassiere One

Whether it's myth or science, certain foods are almost guaranteed to raise the romance level. Brassiere one Valetines Menu is a combination of several senses that create these aphrodisiac qualities. Our menu include foods such as chocolate, honey, oysters, and figs.

#### STARTERS

OYSTER "ROCKEFELLER" - Baked oyster with garlic braised mustard greens and basil infused hollandaise  
 FENNEL AND LEEK SOUP - Creamy fennel and leek soup with nutmeg and carrot oil

#### MAIN COURSE

"STEAK DINNER" - Flank steak wrapped asparagus with a saffron potato foam  
 CRUSTED SALMON - Pine nut crusted salmon served over a creamy shrimp risotto with grilled broccoli rabe and a tarragon vinaigrette  
 FARFALLE PASTA - House made farfalle pasta tossed with wilted arugala, roasted cherry tomatoes and a sweet garlic sauce

#### DESERT

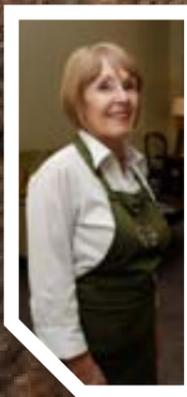
PINEAPPLE UPSIDE CAKE - With honey gelato, raspberry sauce, figs and candied pistachios



## No Artisan Shop

Opening before Christmas, our Artisan has proven very popular. Many of our produce is prepared in our Kitchens..

The shop stocks great wines, champagnes and ports, No. 1 food items such as chutneys, pestos, dressings, puddings and much more. We also have a range of handcrafted decorations, quirky interior gifts, handcrafted cards and lots of spa and beauty products.



## Staff Profile

Kathleen O'Carroll our reservations manager studied Front Office and Business Management in GMIT. She joined the Flannery's Hotel team in 1999 as a receptionist where she gained extensive experience in all areas of front office operations. In 2001 Michelle moved to the Merriman Hotel in Kinvara where she worked as Front Office and Accounts Manager before returning to us once again in 2003 when she became involved in setting up our Reservations Office. She now oversees all our hotel bookings and also has responsibility

PHOTO BY NAME SURNAME

## Beef Bourguignon



Hearty, tender beef in a sumptuous red wine sauce. This is an easy and tasty dish. Definitely not the normal casserole.

#### Ingredients

- |                                  |                                     |
|----------------------------------|-------------------------------------|
| 1/4 cup all-purpose flour        | 2 carrots, chopped                  |
| 1 teaspoon salt                  | 1 clove garlic, minced              |
| 1/2 teaspoon ground black pepper | 2 cups red wine                     |
| 2 pounds cubed stew meat         | 1 bay leaf                          |
| 4 tablespoons butter             | 3 tablespoons chopped fresh parsley |
| 1 onion, chopped                 | 1/2 teaspoon dried thyme            |
|                                  | 1 (6 ounce) can sliced mushrooms    |
|                                  | 1 (16 ounce) can canned onions      |

#### Method

- In a small bowl, combine the flour, salt and ground black pepper. Coat the beef cubes with this mixture.
- Melt the butter or margarine in a large skillet over medium high heat. Add the meat and brown well on all sides. Pour this into a 2 quart casserole dish.
- Return the skillet to the heat and add the onion, carrots and garlic to it. Saute for 5 to 10 minutes, or until onion is tender. add the wine, bay leaf, parsley, thyme, and liquid from the mushrooms. Pour over meat.
- Bake, covered, at 350 degrees F (175 degrees C) for 2 1/2 hours. Remove cover, add canned onions and mushroom crowns, and bake for 30 more minutes.



## The Spa

email: [spa@oneperysquare.com](mailto:spa@oneperysquare.com)  
 phone: +353 61 402 414

**PAYOT:** Take some time to look over these incredible savings. Buy promotional sets or our duo combinations is a great savings over buying products individually. All of the Payot range is on sale for the month of February



#### FEBRUARY SPECIAL:

1hr Thermal Suite  
 Voya Marine Eye Treatment  
 Total Voyager Massage  
 Time: 2hrs 15mins €99 Save €41



#### MENS SPECIAL:

1hr Thermal Suite  
 Hot Towel Shave  
 Hot Oil Back Massage  
 or Foot Ritual  
 Time: 2hrs 15mins €99 Save €41





# upcoming events

More info [info@oneperysquare.com](mailto:info@oneperysquare.com)

Limerick Georgian Quarter  
**CHRISTMAS MARKET**  
sit, [www.limerickgeorgianmarket.com](http://www.limerickgeorgianmarket.com)

**Christmas Market:** Set overlooking the tree lined "People's park" in Limerick's historic Georgian quarter, No. 1 Pery Square is an iconic luxury, intimate boutique townhouse Hotel & Spa. No. 1 boasts 20 bedrooms, delicious food & wine at Brasserie

**Wine Classes:** Set overlooking the tree lined "People's park" in Limerick's historic Georgian quarter, No. 1 Pery Square is an iconic luxury, intimate boutique townhouse Hotel & Spa. No. 1 boasts 20 bedrooms, delicious food & wine at Brasserie One,

**8 Course Tasting Menu Evening:** For a more spontaneous dining experience, we have a 8 course tasting evening on the 10th March. €65 including a complimentary glass of wine. More information, call Patricia/Bernie on 061 402 402

**WINE 101** with William Leonard-Lee  
Tuesday, October 5  
6:30-8:30pm  
\$45

**Christmas Market:** Set overlooking the tree lined "People's park" in Limerick's historic Georgian quarter, No. 1 Pery Square is an iconic luxury, intimate boutique townhouse Hotel & Spa. No. 1 boasts 20 bedrooms, delicious food & wine at Brasserie