



Regina Sexton is a food historian, food writer, broadcaster and cook. She has been researching and publishing in the area of Irish food and culinary history since 1993. Her research interests include food and identity, food and tradition and food and the Irish country house. She has published widely at academic and popular levels. Her publications include *A Little History of Irish Food* (Gill & Macmillan, 1998) and *Ireland's Traditional Foods* (Teagasc, 1997). Regina holds a post-graduate degree from the Department of History, University College, Cork and a Certificate in Food and Wine from the Ballymaloe Cookery School (2002). Between 1995 and 2008, she wrote a weekly food column with the *Irish Examiner*; and in 1997, for work therein, she was short-listed for the Glenfiddich Regional Writer of the Year Award. She was joint winner of the Sophie Coe Memorial Prize in Food History, 1995 presented at St Antony's College, University

of Oxford, for the paper "I'd ate it like chocolate": the disappearing offal food traditions of Cork city'. She was also winner of the Sophie Coe memorial Prize in Food History, Special Award, 1999, presented at St. Antony's College, University of Oxford, for the paper 'Porridge, gruels and breads: the cereal foodstuffs of early historic Ireland'. In 1999, she won the Jeremy Round Award, for the most promising first time author for *A Little History of Irish food*, presented by the British Guild of Food Writers. Following the success of this publication, Raidió Teilifís Éireann (RTÉ) commissioned Regina to research, write and present an eight-part television documentary, also called *A Little History of Irish Food*. Most recently, Regina has contributed to the award winning *Atlas of the Great Irish Famine* published by Cork University Press in 2012. Regina has worked as food history consultant with Bord Bia, Teagasc, Fáilte Ireland, RTÉ and the Irish Heritage Trust. She has worked as historical food stylist for a number of television productions including 'The Big House', a Big Mountain Production for TV 3, 2013.

At University College Cork, she lectures in the area of food history with the School of History, the Food Industry Training Unit and Adult Continuing Education. At Adult Continuing Education, Regina co-ordinates the University's short course programme with responsibility for course development. Amongst the courses she has developed are a wide range of cultural history programmes such as *Cooking the Books: An Introduction to the History of Food, Cookery and Recipes*, *The Culture of the Big House*, *A History of Gardening*, *Jane Austen at Fota House* and *A Little History of Irish Food*. She is also the co-ordinator of the Food Writing module for the MA in Creative Writing with the School of English, UCC.

Regina is secretary of the Agricultural History Society of Ireland. She is a member of the editorial board of *Petits Propos Culinaires* and she is also a member of the judging panel for *Food & Wine* magazine's annual food and wine awards.

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