

energy by nature · harnessed by  **BORD GÁIS**
ENERGY SUPPLY

at home

with Bord Gáis Energy Supply

- Are you ready for winter?
- Services for the elderly and people with disabilities
- Your chance to win a weekend for 2 at Blarney Golf Resort
- Win tickets to 7UP Christmas on Ice
- Wonderful winter recipes from Kevin Dundon



Are you ready for winter?

Cold weather can be a problem for anyone but especially older people and people with a disability. If your home isn't properly insulated, it will be cold in winter – and it will cost you more to heat. There are other little things you can do to keep your home warm, night and day.

- Good curtains or blinds and box pelmets can cut your heating bills.
- Set your thermostat around 20°C and only heat the rooms you use during the day.
- Keep your living room warm during the day and heat up your bedroom before you go to bed.
- Several layers of thin clothes will trap body heat and help you keep warm. Slippers are also a good idea.
- When it's really cold, set your thermostat to come on earlier, rather than turning it up, so you won't be cold while you're waiting for your home to warm up.
- At night, keep your bedroom window closed.
- Use an electric blanket or hot water bottle – but not at the same time.
- Draught-proof around windows, external doors and letter box flaps to retain heat.

SEI Warmer Homes

If you have difficulties keeping your home warm or paying heating bills, you may be able to get some help under the Warmer Homes scheme, part-funded by Sustainable Energy Ireland (SEI), Ireland's National Energy Authority.

You can find out more about this scheme, and about energy-saving in general, at www.sei.ie

Register for your chance to win a weekend for two at Blarney Golf Resort

We're giving away three amazing weekends each week between now and 11th January 2009. Simply register online at www.bordgaisenergysupply.ie and you will be in with a chance to win a weekend for two, bed and breakfast, one evening meal and a round of golf in the luxurious Blarney Golf Resort*.

You'll need your account number from the top of your bill and your name exactly as it appears on your bill, including title, e.g. Mr/Mrs/Ms/Miss.

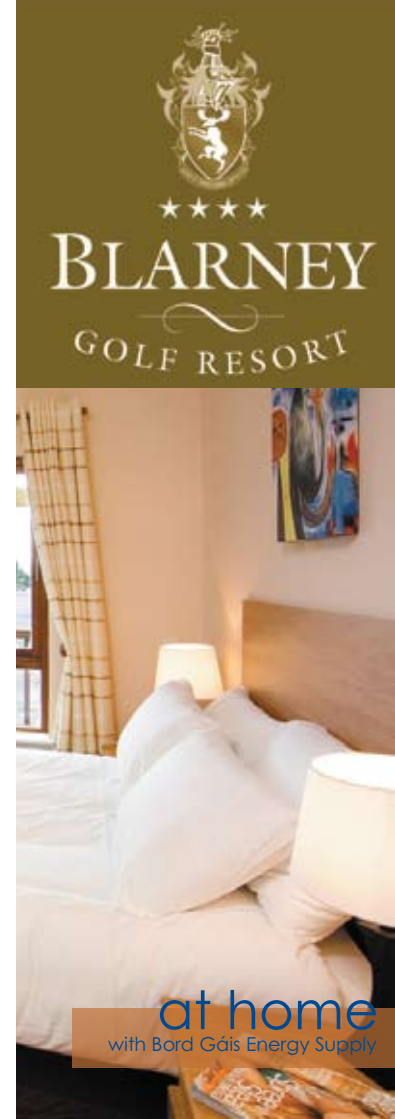
Staying in the Resort's four-star hotel, visitors can enjoy the stunning scenery of the Shournagh valley and a championship golf course co-designed by John Daly. Find out more about how you can indulge yourself at Blarney Golf Resort, Co. Cork, at www.blarneygolfresort.com

Simply log on to www.bordgaisenergysupply.ie to register and enter for your chance to win one of these great weekends.

When you register with us online at www.bordgaisenergysupply.ie you'll have access to a number of useful services, including:

- Check your account online.
- View and pay your bill online.
- Check when your next bill is due.
- Submit a meter reading.
- Sign up to Direct Debit.
- Book a boiler service.
- Manage multiple accounts.

* Terms & Conditions apply. Full Terms & Conditions and winners can be viewed online at www.bordgaisenergysupply.ie



OVEN-BAKED POUSSIN WITH SAGE AND ROASTED GARLIC

with Kevin Dundon

Winter is settling in around us, so it's more important than ever to keep warm and well-fed with 'Dundon's Delights' from Kevin Dundon. When you prepare these delicious recipes, you can also be sure of a lovely, cosy evening at home on a cold winter's night!



Poussins are the smallest chickens available to buy. I like them because they are very tender and quick to cook. Each one is a perfect portion size, making them great for dinner parties.

SERVES 4

12 spring onions, trimmed
4 oven ready poussins
8 fresh sage leaves, plus extra to garnish
225g/8oz Swiss chard, thick stalk removed
and roughly chopped
coarse sea salt and freshly ground black pepper

2 tbsp olive oil
75g/3oz butter (at room temperature)
2 garlic cloves, thinly sliced

Preheat the oven to 180°C/350°F/Gas 4. Arrange the spring onions in a roasting tin. Season generously and toss in half the olive oil until evenly coated.

Loosen the skin around the neck of each poussin and push under a little of the butter until evenly spread over the breast, then push a sage leaf down each side so that they are clearly visible.

Arrange the poussins on the bed of spring onions and scatter over the garlic. Drizzle over the remaining olive oil and season to taste. Roast for 35 minutes until the poussins are completely tender and golden brown. Leave to rest in a warm place for at least 10 minutes.

To serve, heat the remaining knob of butter in a pan and quickly sauté the chard for a minute or two until wilted. Season to taste and divide among warmed serving plates. Add some of the roasted spring onions to each one and sit a poussin on top. Scatter over the sage leaves to garnish and serve with creamy mashed potato.

BREAD AND BUTTER PUDDING

with Kevin Dundon

This is a pudding that can be made in so many different ways. I personally prefer this classic soft set with its wonderful buttery top. It is also fabulous made with day-old brioche or croissants instead of the traditional white sliced pan.

SERVES 4

75g/3oz butter, at room temperature	12 slices medium-sliced white bread
50g/2oz raisins	300ml/1/2 pint cream
300ml/1/2 pint milk	4 egg yolks
75g/3oz caster sugar	2 eggs
butterscotch sauce and custard, to serve	

Generously butter an ovenproof dish. Remove the crusts from the bread and using the remaining butter, butter both sides, then cut each slice into triangles.

Arrange a single layer of the bread triangles, slightly overlapping, in the bottom of the buttered dish. Scatter over some of the raisins and place another layer of the bread triangles on top and scatter over the remaining raisins. Press down gently with a fish slice or spatula.

To make the custard, heat the cream and milk in a pan until it almost comes to the boil. Remove from the heat. Meanwhile, whisk together the egg yolks and sugar in a large heatproof bowl set over a pan of simmering water until thickened and the whisk leaves a trail in the mixture. Remove from the heat and beat in the cream mixture until well combined.

Pour two-thirds of the custard over the layered-up bread triangles and leave to stand for about 30 minutes or until the bread has soaked up all of the custard.

Preheat the oven to 180°C/350°F/Gas 4. Pour the remaining custard over the soaked bread and butter triangles and arrange the rest of the bread triangles on top. Press down firmly with a fish slice so that the custard comes halfway up the bread triangles. Bake for 30-35 minutes until the custard is just set and the top is golden brown.

To serve, bring the bread and butter pudding straight to the table and have separate jugs of the butterscotch sauce and custard to hand around so that everyone can help themselves.





Services for the elderly and people with disabilities

At Bord Gáis Energy Supply, we have developed a voluntary, confidential Special Services Register for residential customers. You qualify if you are elderly (66 years or older and living alone or with other elderly people or with minors) or if you have a mobility, hearing or sight impairment.

Services for blind or partially-sighted customers include:

Bills in braille or talking bills, terms and conditions of gas supply, customer charter and codes of practice on CD or audio cassette.

Services for customers with hearing difficulties include:

A text phone service using Minicom equipment in the home - to use this service please call **1850 630 630**.

Qualifying elderly customers registered with us will not have their natural gas supply disconnected between 1st November and 31st March. Customers registered with us may also choose to nominate a relative or carer to help look after their bills. Bills and correspondence can be sent to this carer and we will also contact this carer if we need to get in touch.

For more information or to obtain a copy of our Special Services Register code of practice and application form, visit our website www.bordgaisenergysupply.ie or call us on **1850 632 632**.

Alternatively you can email us on info@bordgais.ie or send us a fax on **1850 631 631**.

Tear
Here

Moisten & Seal

Fold
Here

Win tickets to 7UP Christmas on Ice

2 tickets to be won daily when you update your details with us

We're always looking for ways to make sure we are giving you the best possible service. We would now like to make sure that we have correct, up-to-date contact telephone number and email details for you, which will help us to give you the best possible service we can. You'll be in with a chance to win a pair of tickets every day between 3rd November 2008 and 5th January 2009 for 7UP Christmas on Ice when you update your telephone details.

Use one of these convenient ways to send your information;

- **Call 1850 634 634 and speak to one of our customer service teams or;**
- **Complete and sign the enclosed return slip and send it back to us.**

All you need to tell us (where applicable) is;

- Your home phone number
 - Your mobile phone number
 - Your email address
- and whether you would like to be contacted by us about offers and promotions by email

We will need your name, address and account number for security purposes so that we can verify your details. You'll be helping us to continue giving you the best service we can and you could win a trip for two to 7UP Christmas on Ice, the ultimate winter fun experience!

Daily draws will take place from 3rd November until 5th January. Tickets are valid from 14th November 2008 until 11th January 2009.

Terms & conditions apply. Terms & conditions and winners can be viewed online at www.bordgaisenergysupply.ie

Moisten & Seal

Tear
Here

Fold
Here



RDS Dublin

Liffey Valley
SHOPPING CENTRE

Letterkenny

**FROM
14 NOVEMBER
UNTIL
11th JANUARY**



in conjunction with

BORD GÁIS
ENERGY SUPPLY

Update your contact details

Tel: Home

Mobile

Email:

Please tick here if you would like to receive details of offers or promotions from us by email

For account verification and security purposes

Name:

Address:

Account No.:

Signature:



**WIN TICKETS TO 7UP
CHRISTMAS ON ICE**



No stamp
required if
posted in the
Republic of
Ireland

Bord Gáis Energy Supply Competition
PO Box 10943
Freeport
Dublin 1

For repairs, don't look any further

A regularly serviced boiler runs more efficiently and safely and uses less energy, so it's better for your natural gas bill as well as the environment.

What to do in the event of a breakdown?

If your central heating boiler or fire is not working, then do not hesitate to call us on **1850 632 632** for an appointment. We'll arrange for one of our Service Engineers to call, diagnose the problem and complete the repair. If the appliance hasn't been serviced that year he can also do that for you on the day.

Safety first

All our engineers are Registered Gas Installers (RGI) and the work they carry out is in accordance with Irish Standards 813:2002 as laid down by the National Standards Authority of Ireland for Domestic Gas Installations. There is a 60 day warranty on the work undertaken and a 12 month warranty on spare parts if they are required to repair your appliance.

No need for cash upfront

When the work is completed the charges will be applied to your next appliance servicing bill. For more information about repairs and servicing, visit our website at www.bordgaisenergysupply.ie or telephone us on **1850 632 632**.

