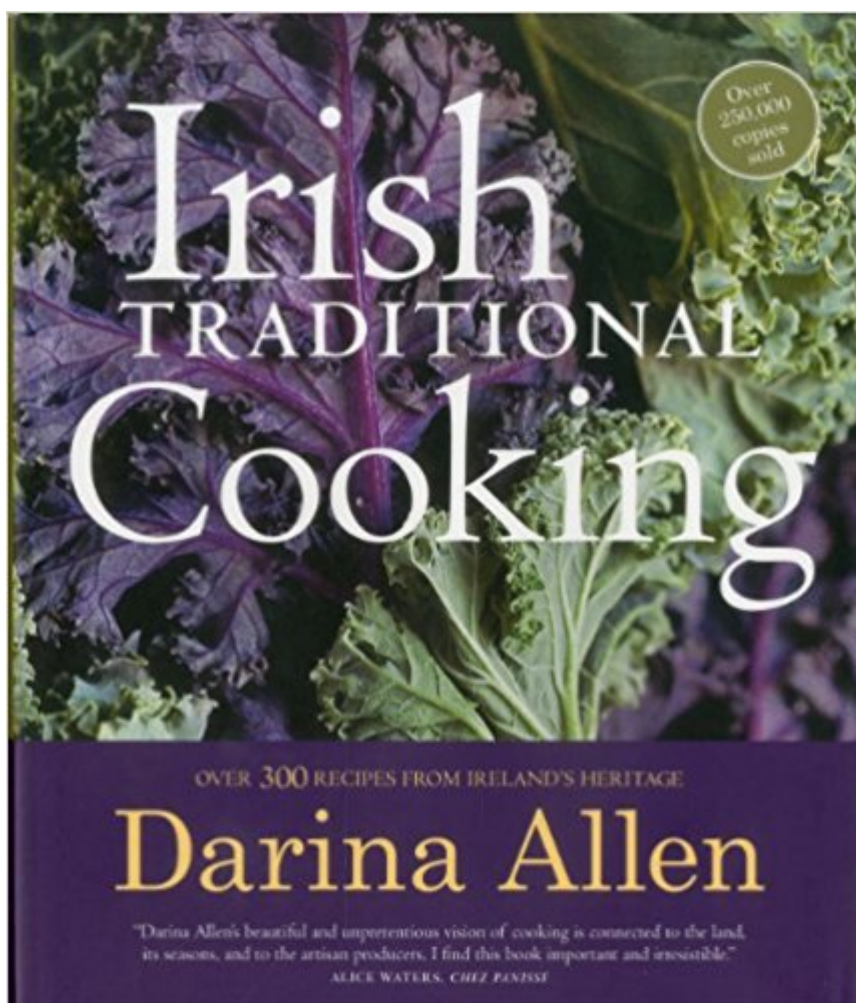


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# Irish Traditional Cooking: Over 300 Recipes From Ireland's Heritage



## Synopsis

Ireland's rich culinary heritage is brought to life in this new edition of Darina's bestselling Irish Traditional Cooking. With 300 traditional dishes, including 100 new recipes, this is the most comprehensive and entertaining tome on the subject. Each recipe is accompanied with tips, tales, historical insights and common Irish customs, many of which have been passed down from one generation to the next. Darina's fascination with Ireland's culinary heritage is illustrated with chapters on Broths & Soups, Fish, Game, Vegetables and Cakes & Biscuits. She uses the finest of Ireland's natural produce to give us recipes such as Sea Spinach Soup, Potted Ballycotton Shrimps with Melba Toast and Rhubarb Fool. First published nearly twenty years ago, and now extensively revised and updated, this new edition allows Darina Allen to share her enthusiasm for Ireland's fresh, wholesome, seasonal food with a new generation of cooks.

## Book Information

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## Customer Reviews

"Darina Allen's beautiful and unpretentious vision of cooking is connected to the land, its seasons, and to the artisan producers. I find this book important and irresistible." -- Alice Waters, Chez Panisse  
"One of the reasons Irish cooking is starting to become a serious topic is in large part to Allen, whose advocacy of traditions and slow food has made her Ireland's answer to Alice Waters." -- Huffington Post  
"Ms. Allen's stature as an educator and activist is on a par with that of Ms. (Alice) Waters, Julia Child and Jamie Oliver, all chefs whose ideas expanded far beyond the kitchen." -- The New York Times  
"Allen is the most enthusiastic ambassador of the greatness of Irish food..." -- Gourmet.com  
Darina Allen, founder of Ballymaloe Cookery School in East Cork, Ireland,

has written a good number of wonderful cookbooks. And now she's just revised and updated her classic "Irish Traditional Cooking," written 20 years ago when she was just beginning her career as teacher, author, TV cook -- and, interestingly, founder of the first farmers' markets in Ireland. About 15 years go, she writes in her introduction, she realized that "with the passing of one more generation, a whole culinary tradition, with all its fascinating regional variations, was in imminent danger of being lost. That was the starting point for this book. Writing it has been a labor of salvage as well as love." She explains that "while traditional Irish cooking stems, in the main, from simple farmers, it also embraces the more sophisticated food served in the grand houses of the Anglo-Irish gentry." I haven't had a chance to cook from the book yet, but I've picked out some recipes to try: Irish nettle soup for the nettles coming up in the garden after the rains, poached salmon with Irish butter sauce, Ballymaloe Irish stew, roast rib of beef with batter pudding, horseradish sauce and gravy, bacon and cabbage, and a recipe for steak and kidney pie that dates from 1907. There's a recipe for funeral ham -- i.e., cold ham to be served at the wake. I like the sound of potato and caraway seed cakes, too, and Irish apple cake. And of course, I'm going to try her recipe for Irish soda bread. (S. Irene Virbila Los Angeles Times, January 5, 2013)

Imbued with a passion to preserve the traditions of Irish cooking, Darina Allen has journeyed all over Ireland, researching and recording different recipes and regional dishes. From County Cork where she learnt from Joan Twomey how to cook apple cake in a bastible on an open fire, to Ballyheigue in County Kerry, where she collected bairneachs (limpets) off the rocks to make the traditional Good Friday Soup, to Granny Toye's vivid description of how to make the Boxyt pancakes of her youth, Irish Traditional Cooking is a rich record of Ireland's wealth of culinary history. Ireland's strong tradition of farming, home baking, simple good food was based on what was readily available, with broths and soups, fish, game, and potato dishes all an essential part of traditional Irish cooking.

--This text refers to an out of print or unavailable edition of this title.

This book is a lovely and informative cookbook and guide to traditional Irish cooking, and is as enjoyable to read through as it is to cook from. I am particularly thrilled about the variety of potato recipes - including what to do with "old," or past-their-prime, potatoes - the stews, and the different kinds of breads, including of course variations on soda bread. The book is, however, about \*much\* more than potatoes and soda bread. I did not know about the quantity and variety of seafood consumed in some parts of Ireland, nor about the ubiquity of eggs in traditional Irish fare, nor about many of the other recipes shared here. The recipes are usually given with context (for instance,

some recipes come out of wartime rationing and scarcity), and many very old recipes are shared along with their modern variations.

My family is from Ireland, so I've grown up listening to the stories of how my great-grandparents lived before emigrating from County Clare to the US. I spent two weeks there several years ago, and absolutely fell in love with the amazing food (and relatives!). I've purchased/borrowed many cookbooks of Irish cooking, but by far this is my most used and beloved one. The recipes are easy to follow and almost completely in Imperial measurements, so don't be turned off by thinking you will have to do metric-to-imperial conversions. Each step is well explained, and the photographs accompanying the entries not only make you hungry, but give enough definition as to what the final dish should look like. The author is head of the Ballymaloe Cookery School in Ireland, which after reading this cookbook, I now long to attend. She does use some ingredients that are either not easily available (nettles, wild game) or something that many of us would consider eating (blood pudding). This doesn't detract from the overall pleasure of selecting and crafting one of the many wonderful recipes in this book. Hard to find items often can be ordered over the internet, or with a little web surfing, a suitable replacement found. I've been successful in doing some of my own tweaking/substituting in recipes I've made a few times as well, too, so I like that her recipes are not 100% follow the directions or else failure will occur. This would make a great gift for the beginning cook to the adventurous foodie.

I first had Irish food (identified as such) two weeks ago at a local "imported" pub. It was wonderful, so I decided to explore further. I purchased this book because so many reviewers identified it as authentic. I can't speak to that, as I've never yet been to Ireland, but I can say it is well-organized, full of anecdotes, well-written, and bewitchingly charming. This weekend I cooked from it for Saturday's dinner. We had beef and Guinness stew, champ (similar to mashed potatoes, but with green onions), fluffy lemon pudding, and Gaelic coffee. HEAVEN. A bit of warning: a small percentage of the recipes are similar to those in older cookbooks in that the ingredients are embedded in the explanation. Also, there are some ingredients listed that I think may be hard to get. Still, there are plenty of recipes we can easily make here in the US, and what I have made so far is so amazingly good that I know I will pull this book out again and again.

This cookbook is not only wonderfully written and composed (it's well organized, includes little historical bits, and even some very old, original recipes) but it's also very user friendly (the recipe

instructions are easy to follow and anyone who knows their way around a kitchen will have no trouble). More importantly, the food is exactly like what I had in my travels around Ireland, and what I so desperately wanted to eat again upon returning home. A great book, I'd buy it again in a heartbeat.

For some time we have been looking for a good Irish cookbook. This one is it. Not only are there so many traditional recipes but also interesting comments about things Irish. This is a book that can be enjoyed over and over for a long time as different foods are prepared and enjoyed. It is reasonable priced and a fine addition to our cookbook shelf.

Going to Ireland in 3 weeks. I was glad to find this book on because it will serve as a souvenir for one and it is heavy. Not a book I'd like to lug around while traveling.

When I went to Ireland I fell in love with many of the traditional dishes. I have been holding off on buying any cookbooks because they didn't even come close to what I had eaten in Ireland. As soon as I saw this book I knew I had to have it. Its wonderful! It has hundreds of traditional, easy to follow recipes. So far, each one I have cooked tastes great and is just what I remember. The best part is the recipes are mixed with history and folklore of the country. Its amazing. I am even planning on giving them as gifts!

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