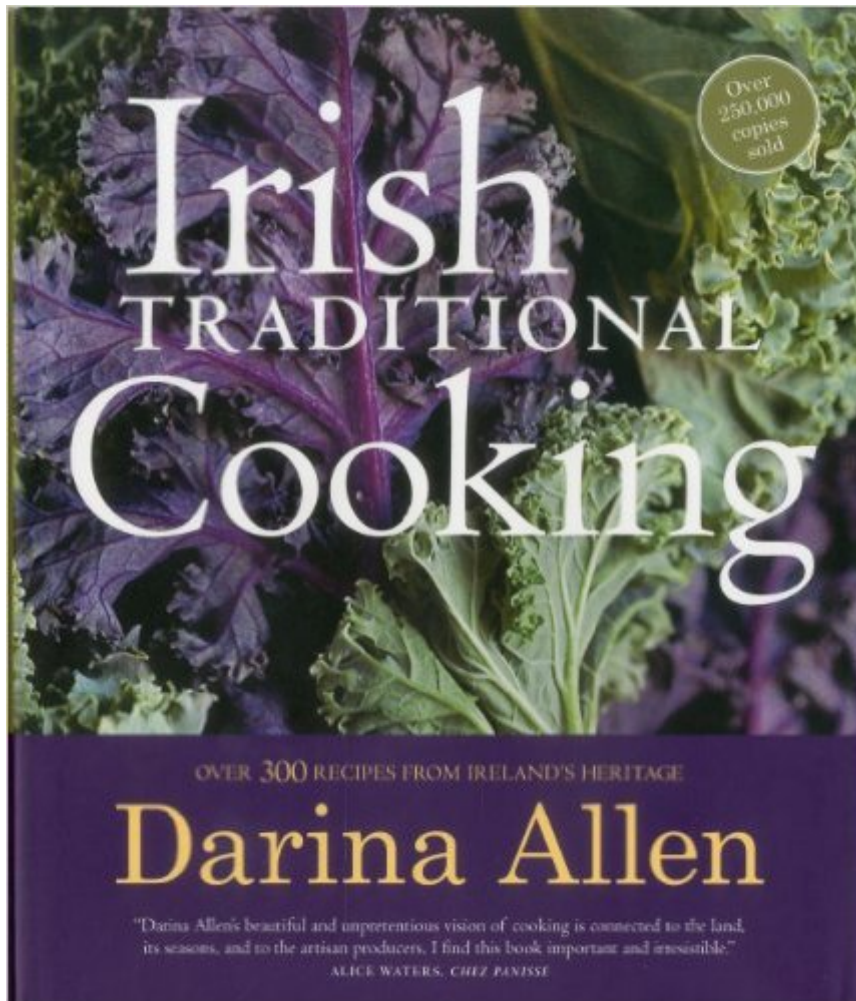


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# Irish Traditional Cooking: Over 300 Recipes From Ireland's Heritage



## 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

'Irish Traditional Cooking' by leading Irish cooking school owner, Darina Allen is the fourth Irish-centric book I have reviewed and the second which warrants attention as a sound source for genuine Irish recipes. The other worthy book on this subject is 'the Irish Heritage Cookbook' by Irish-American high school teacher and culinary writer, Margaret M. Johnson. Of the two, Allen's book is the more scholarly in that it endeavors to give a relatively complete and authoritative view of the cuisine of all Ireland. While Ms. Johnson's book is very good, it is a much more personal view of both Irish and 'Irish-American' cooking. One area covered by Ms. Allen which are not covered by Ms. Johnson is the native Irish pantry with items such as homemade sausage, homemade vinegar,

homemade marmalade, and the like. It's interesting that the two books take very similar approaches to Irish cooking. Unlike the classic Italian cookbook, neither proceeds by course, but primarily by principle raw ingredient. And, unlike Ms. Allen's great 'ballymaloe cooking school cookbook', this book is totally Irish. Ms. Allen's chapter subjects are Broths & Soups, Eggs, Fish, Game, Poultry, Lamb, Beef, Pork, Offal, Potatoes, Vegetables, Food from the Wild, Desserts, Pancakes, Breads, Oatmeal & Other Grains, Cakes & Biscuits, and The Irish Pantry. In addition to all the recipes, and there are certainly a goodly number for the price, there is an excellent historical foreword by Irish culinary historian, Regina Sexton. There are also numerous heading sections on groups of recipes such as nettles, herrings, eels, and many others.

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