

The Irish Farmers' Market Cookbook



Clodagh McKenna

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Market Cookbook

Аннотация

Both a cookbook and a culinary tour of Ireland, celebrating the diversity and quality of local food and showing how the experience of shopping at farmers' markets can transform your everyday cooking. Over 100 recipes range from new takes on traditional Irish favourites to dishes with more Mediterranean flavours, always emphasising seasonality, local produce and fresh ingredients – the return to slow food. Includes a guide to the best farmers' markets in each region of Ireland, with profiles of some of the farmers and producers bringing their food sensations to market. As well as using ingredients available at the market, recipes also recreate some of the breads, cakes, chutneys available, like Gallic Kitchen's organic steak pies and Giana Ferguson's baked cheese with winter herbs – so even if you can't visit the markets you can still enjoy a taste of Ireland. Recipes for everyday cooking – Fried mackerel, Cork Beef Stew – as well as more unusual offerings that reflect the wider range of produce available at farmers' markets, such as Roast Pheasant with Apple and Sweet Geranium Stew.

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