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**ÉAMONN
Ó CATHÁIN**



**THE HARD TIMES
COOKBOOK**

**GOOD FOOD
ON A BUDGET**

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THE HARD TIMES
COOKBOOK

ÉAMONN
Ó CATHÁIN



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With the Celtic Tiger a distant memory, people are quickly getting back to basics – particularly when it comes to food. They are growing their own fruit and vegetables, learning to live more frugally and, in particular, rediscovering the lost art of home cooking.

In this exciting and accessible cookbook, renowned chef and former restaurateur Éamonn Ó Catháin offers advice to all those looking to cook on a budget without skimping on taste or quality. He takes the reader on a tour of the world's cuisines, with straightforward recipes for classic French, Spanish, North African – and, of course, Irish – dishes. Through it all runs the theme that we can eat better for less by buying local, seasonal produce, cooking it simply, and adapting classic European and North African dishes to local tastes and ingredients.

This indispensable guide, which contains more than a hundred recipes, will help you reconnect with food in these changed times – and save money in the process.

Éamonn Ó Catháin, the former proprietor of legendary Dublin restaurant Shay Beano, is a renowned chef who can be found regularly parading his encyclopedic knowledge of food (and music) on TV and radio, and in newspapers and magazines. He is a regular on RTÉ's *The Afternoon Show* and the linchpin of TG4's food-based programming. He lives in Belfast.

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