

2004

Around Ireland with a Pan : Food, Tales and Recipes

Éamonn Ó Catháin

Follow this and additional works at: <https://arrow.tudublin.ie/irckbooks>



Part of the Arts and Humanities Commons

Recommended Citation

Ó Catháin, Éamonn, "Around Ireland with a Pan : Food, Tales and Recipes" (2004). *Cookery Books*. 99.
<https://arrow.tudublin.ie/irckbooks/99>

This Book is brought to you for free and open access by the Publications at ARROW@TU Dublin. It has been accepted for inclusion in Cookery Books by an authorized administrator of ARROW@TU Dublin. For more information, please contact yvonne.desmond@tudublin.ie, arrow.admin@tudublin.ie, brian.widdis@tudublin.ie.

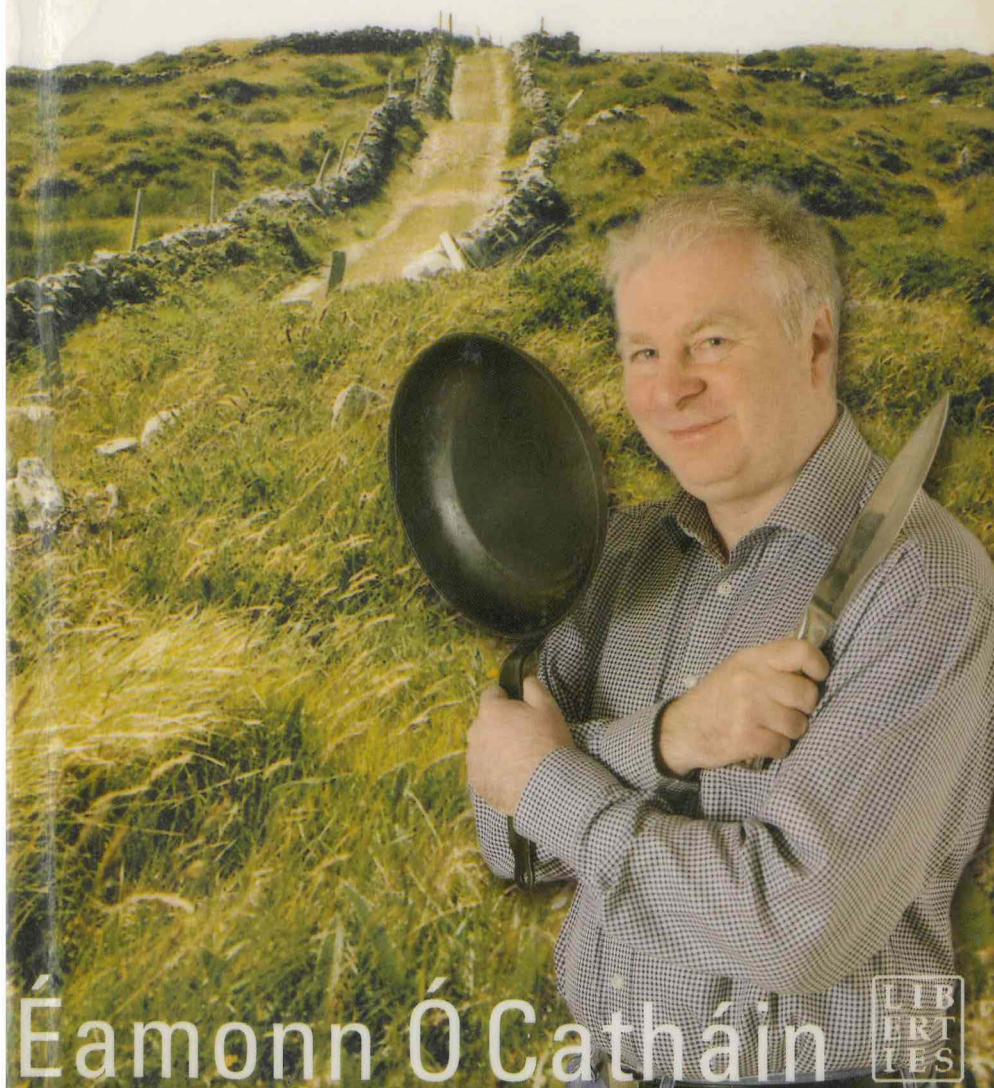


This work is licensed under a [Creative Commons Attribution-Noncommercial-Share Alike 3.0 License](https://creativecommons.org/licenses/by-nc-sa/3.0/)

Foreword by Paul Rankin

Around Ireland with a pan

Food, Tales and Recipes



Éamonn Ó Catháin

LIBERTIES

First published in 2004 by Liberties Press
51 Stephens Road | Inchicore | Dublin 8 | Ireland
www.libertiespress.com | info@libertiespress.com
Editorial: +353 (1) 402 0805 | sean@libertiespress.com
Sales and marketing: +353 (1) 453 4363 | peter@libertiespress.com

Trade enquiries to CMD Distribution
55A Spruce Avenue | Stillorgan Industrial Park | Blackrock | County Dublin
Tel: +353 (1) 294 2560
Fax: +353 (1) 294 2564

Copyright Éamonn Ó Catháin, 2004

ISBN 0-9545335-3-4

2 4 6 8 10 9 7 5 3 1

A CIP record for this title is available from the British Library

Cover design by Liam Furlong at space.ie
Author photographs by Peter Houlihan
Landscape photograph by Harry Weir Photography
Illustrations by Dermot Hall

Printed in Ireland by Colour Books
Unit 105 | Baldoyle Industrial Estate | Dublin 13

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, resold, hired out or otherwise circulated, without the publisher's prior consent, in any form other than that in which it is published and without a similar condition including this condition being imposed on the subsequent publisher

No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or storage in any information or retrieval system, without the prior permission of the publisher in writing

12048422

AROUND IRELAND WITH A PAN
FOOD, TALES AND RECIPES

ÉAMONN Ó CATHÁIN

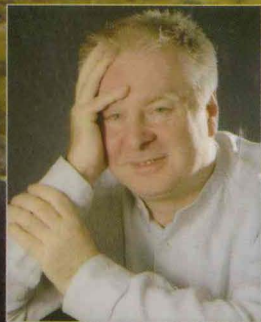


D.I.T. CATHAL BRUGHA STREET LIBRARY

With famous offerings such as Kerry lamb and lesser-known ones like Armagh boar and artisan cheeses from west Cork, Ireland is becoming increasingly well known around the world for its vibrant food scene.

From Belfast and Dublin in the east, to Donegal and Galway in the west, and all points in between, this island offers superb seafood and wonderful organic meats, fruits and vegetables, craft-produced cheeses and beers, and distinctive whiskeys.

In *Around Ireland with a Pan: Food, Tales and Recipes*, chef and broadcaster Éamonn Ó Catháin looks at how food is produced, prepared, sold and eaten in Ireland, north and south, and how tastes - and standards - in food have changed over the years. He also discusses many of the outstanding chefs, restaurants, markets and food shops to be found in Ireland, recounts his own love of food and his experiences of running a restaurant, and speculates on what the future holds for Irish food. Each chapter is accompanied by recipes for both traditional dishes and ones that bring a modern twist to the best local ingredients.

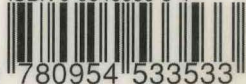


Éamonn Ó Catháin was born in Belfast and starting eating shortly thereafter, only pausing to collect records. He began cooking potato crisps at the age of five and, despite a long innings in the cheffing game, still manages to burn toast every time and leave a trail of destruction in his wake. He opened a restaurant in Dublin in the eighties but quickly realised that he was only really interested in feeding himself, not others, and now contents himself with having been 'ahead of his time', an excuse he frequently dines out on. These days, he can be seen pontificating about food on his TV series for TG4, *Bia's Bóthar*, while spinning his favourite obscure discs on RTÉ Radio 1, BBC Radio Ulster and Raidió na Gaeltachta.



A LIBERTIES PRESS
BOOK
Non-fiction

ISBN 0-9545335-3-4



9 780954 533533

Price: €14.95

Cover image: Harry Weir Photography
Cover design by Liam Furlong at space.ie