

1986

Wild & Free: Cooking from Nature: One Hundred Recipes and Folklore of Nature's Harvest

Cyril Ó Ceirin

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WILD & FREE

COOKING FROM NATURE
CYRIL & KITÓ CÉIRÍN



'a fascinating adventure into the world of nature cooking
... a lovely and useful book' *Limerick Leader*

WILD AND FREE

Cooking from Nature

This book is not only a practical handbook but a fascinating adventure into the largely undiscovered world of nature cooking.

SAVE MONEY

The hedgerow foods of nature are free for the taking — it is for us to harvest them. Most of these foods are left on the trees to wither each year.

Wild and Free concentrates on the kitchen larder and the wine cellar and describes the therapeutic, educational and reflective aspects of this great natural adventure.

100 RECIPES

Using 22 of the more common (and easy to find) wild herbs, plants and fruits, the authors describe how these plants can be used throughout the year in 100 recipes—jams, syrups, wines, desserts, soups, salads, stews, liqueurs and porridges.

There is a no-nonsense guide to preserving, fermenting and drying, using household utensils. There is a season by season description of nature, with month-by-month hints and tips for collecting.

THE AUTHORS

Cyril and Kit Ó Céirín have written this book together after many years of cooking, brewing and gathering, and experimenting with nature's harvest. Cyril has written two books in Irish and has translated another into English, and is an award-winning Irish-language poet.

Kit, his wife, has for years cooked with natural foods and she has inherited many traditional recipes.

'a fascinating book about nature's harvest'

Talkabout London

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20 VICTORIA ROAD RATHGAR DUBLIN 6.

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WE WOULD ASK OUR READERS TO BEHAVE VERY RESPONSIBLY WHEN THEY ARE PICKING WILD PLANTS. DO NOT OVERPICK - ALLOW ENOUGH SEED FOR THE PLANT TO REGENERATE ITSELF. SOME PLANTS WILL BE RARER IN SOME AREAS THAN OTHERS - TAKE NOTE OF RARE SPECIES IN YOUR AREA AND DO NOT DEplete THE STOCK OF ANY RARE SPECIES.

ALL THE PLANTS RECOMMENDED IN THIS BOOK ARE COMMON BUT IN THE NORTH OF IRELAND THE COWSLIP IS A PROTECTED SPECIES AND MAY NOT BE PICKED, UPROOTED OR DESTROYED, AND THE PRIMROSE MAY BE PICKED, BUT NOT UPROOTED OR DESTROYED.

£4.95

Wild and Free

Cooking from Nature

*100 Recipes & Folklore
of
Nature's Harvest*

Cyril and Kit Ó Céirín

Illustrated by
CYRIL Ó CÉIRÍN



THE O'BRIEN PRESS
DUBLIN

PART FOUR
*The Wild Foods
and
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Trees of apples, huge and magic,
great its graces;
Crop in fistfuls from clustered hazel,
green and branching.

Sparkling wells and water-torrents,
best for drinking,
green privet there and bird-cherry
and yew-berries . . .

Eggs in clutches and God gives mast,
honey, heath-pease;
sweet the apples and the berries
of bog and heather.

A cup of mead from noble hazel,
swift the service;
acorns brown, bramble tresses
and their berries.

Then in summer pleasant mantle
of tasty savour;
marjoram, earth-nuts, and the tresses
of the streamlet

*From 7th century hermit poem,
translated by James Carney*

To our good friends,
Peter and Hilary O'Farrelly,
who assisted us not only with their
encouragement, knowledge and suggestions
but also by reading the manuscript.
Go méadaí Dia a stór.

