

2001

A Little History of Irish Food

Regina Sexton

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



Part of the [Arts and Humanities Commons](#)

Recommended Citation

Sexton, Regina, "A Little History of Irish Food" (2001). *Cookery Books*. 100.
<https://arrow.tudublin.ie/irckbooks/100>

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 arrow.admin@tudublin.ie, aisling.coyne@tudublin.ie, vera.kilshaw@tudublin.ie.

A Little History of Irish Food



■ ■ ■
REGINA SEXTON

RTÉ

A Little History of
IRISH FOOD

REGINA SEXTON

HOLLAND AND MACMILLAN

In association with

A Little History of
IRISH FOOD

REGINA SEXTON



D.I.T. CATHAL BRUGHA STREET LIBRARY

GILL AND MACMILLAN

in association with

RTÉ

To Alan Davidson –
an inspiration, a guide and a friend

ACKNOWLEDGMENTS

I would like to offer a special word of thanks to all those people who assisted with the preparation of this book, particularly my parents, Olly and Brigid. Thanks too to Myrtle Allen, for her ice cream recipe; to Barnaby Blacker; to Simon and Patrick O'Flynn and Vincent Osborne. Thanks also to Ina Buckley, Denis Hyland, Rory Lehane and Molly Mannix. More thanks to Kyle Cathie and especially to Kate Oldfield who edited the text with everlasting patience. But the biggest thanks of all must go to my husband Shane who is, as always, good enough to eat.

This edition first published 2001 by
Gill and Macmillan
Park West, Dublin 12
in association with
RTÉ Commercial Enterprises
Donnybrook
Dublin 4

First published in Great Britain in 1998 by
Kyle Cathie Limited

ISBN 0 7171 3378 8

All rights reserved. No reproduction, copy or transmission of this publication may be made without written permission of the publishers.


Text © 1998 Regina Sexton
Illustrations © 1997 Hannah Firmin
Photography © 1996 Jean Cazals

Designed by Prue Bucknall
Food economy by Marie Ange Lapierre
Edited by David Grant and Kate Oldfield

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

Printed and bound in Singapore by Kyodo Printing Co Pte Ltd

CONTENTS



| | |
|----------------------|-----|
| PREFACE | 6 |
| SOUPS & BROTHS | 8 |
| FISH & SHELLFISH | 14 |
| BEEF | 26 |
| LAMB & MUTTON | 36 |
| PORK | 44 |
| POULTRY & GAME | 52 |
| FRUIT & VEGETABLES | 62 |
| POTATOES | 70 |
| CEREALS | 84 |
| EGGS & DAIRY PRODUCE | 94 |
| SEAWEEDS | 104 |
| WILD FOODS | 112 |
| SWEETS | 118 |
| REFERENCES | 124 |
| FURTHER READING | 128 |
| LIST OF RECIPES | 128 |