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## A Little History of Irish Food

Regina Sexton

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# 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**

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REGINA SEXTON



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

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# 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