

1977

## The Ballymaloe Cookbook

Myrtle Allen

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



Part of the Arts and Humanities Commons

---

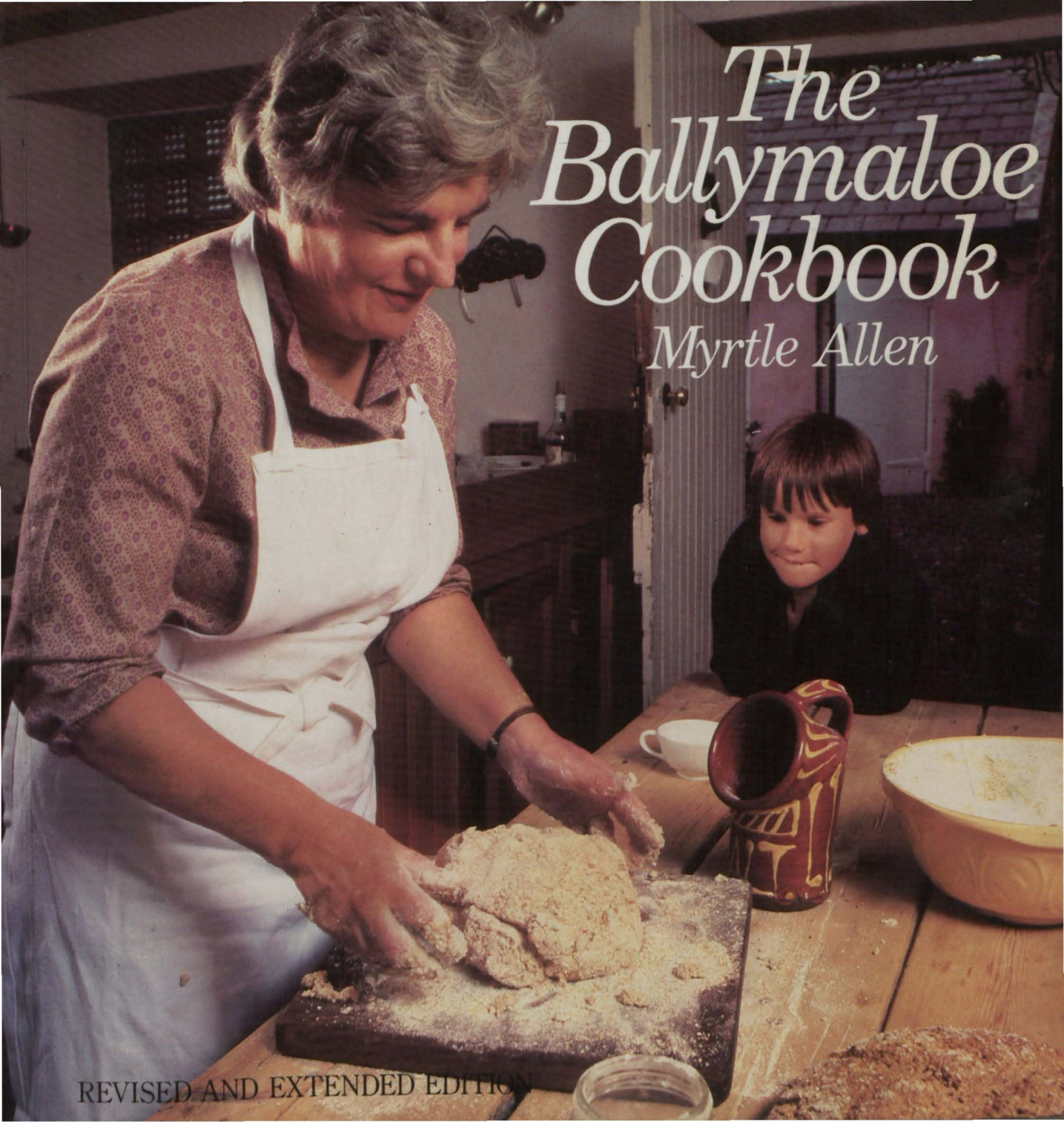
### Recommended Citation

Allen, Myrtle, "The Ballymaloe Cookbook" (1977). *Cookery Books*. 110.  
<https://arrow.tudublin.ie/irckbooks/110>

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](mailto:arrow.admin@tudublin.ie), [aisling.coyne@tudublin.ie](mailto:aisling.coyne@tudublin.ie).



This work is licensed under a [Creative Commons Attribution-Noncommercial-Share Alike 4.0 License](https://creativecommons.org/licenses/by-nc-sa/4.0/)



# *The Ballymaloe Cookbook*

*Myrtle Allen*

REVISED AND EXTENDED EDITION

5.95

*The  
Ballymaloe  
Cook  
Book*

MYRTLE ALLEN

Gill and Macmillan

*Myrtle Allen*

---

Introduction by  
LEN DEIGHTON

Drawings by  
MEL CALMAN



Published in Ireland by  
Gill and Macmillan Ltd  
Goldenbridge  
Dublin 8

with associated companies in  
Auckland, Dallas, Delhi, Hong Kong,  
Johannesburg, Lagos, London, Manzini,  
Melbourne, Nairobi, New York, Singapore,  
Tokyo, Washington

© Myrtle Allen, 1977, 1984

© Introduction, Len Deighton, 1977

© Drawings, Mel Calman, 1977

0 7171 1339 6

Print origination in Ireland by  
Keywrite Limited, Dublin

Printed by  
Mount Salus Press Limited, Dublin

All rights reserved. No part of this publication may be copied,  
reproduced or transmitted in any form or by  
any means, without permission of the publishers.

# Contents

Page	4	Forewords, Introduction and Acknowledgments
	7	Basic Information
	9	Soups and Starters
	27	Sauces
	37	Fish and Shellfish
	67	Poultry
	81	Meat
	105	Vegetables
	121	Sweets and Ices
	157	Tarts, Bread and Cakes
	187	Pâtés, Cheese and Eggs
	197	Some Drinks
	202	Index