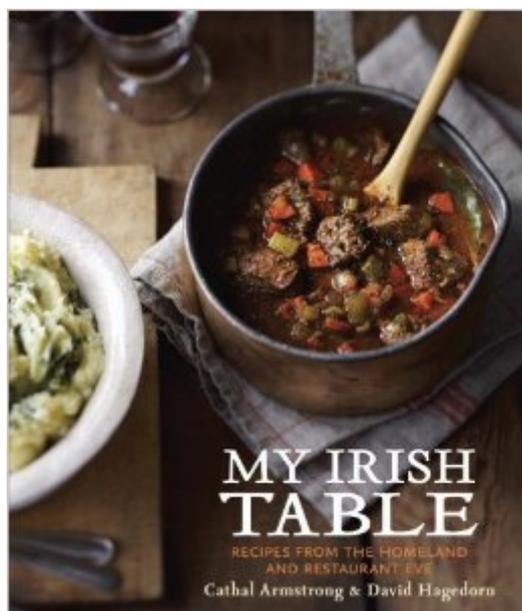


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# My Irish Table: Recipes From The Homeland And Restaurant Eve



## Synopsis

The debut cookbook from Cathal Armstrong featuring 130 recipes showcasing modern Irish fare, along with stories about Armstrong's journey from Dublin to Washington, DC, and becoming an internationally recognized four-star chef, the owner of seven successful food and drink establishments, and a leader in the sustainable-food movement. With its moderate climate and amazing natural resources, Ireland is a modern-day Eden, boasting lush, bountiful produce, world-renowned dairy, plentiful seafood, and grass-fed meats. In *My Irish Table*, sustainable food movement leader and four-star chef Cathal Armstrong celebrates the food of his homeland and chronicles his culinary journey from Dublin to Washington DC, where he runs seven beloved and critically lauded restaurants. Featuring 130 delicious recipes from Kerrygold Butter-Poached Lobster with Parsnips to Irish Stew, Shepherd's Pie, and Mamá's Apple Pie *My Irish Table* draws on Armstrong's Irish upbringing as well as his professional experience and French culinary training. In his hands, Irish food is comforting yet elegant, rustic yet skillful, and *My Irish Table* invites you into his kitchen to explore the vibrant traditions and rich culinary landscape of the Emerald Isle.

## Book Information

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## Customer Reviews

I read quite a few food related books. With a small direct market farm, I like to have books that I can refer people to and make the most from their food dollar. Some books are informative, but dry - much like a textbook. Others are instructional, but hard to get through. Then there's books like this. A

joy to read, learning tips and tricks and dishes AND it's not boring! I previewed my copy on NetGalley, in full disclosure, but this is a book I want in my kitchen. Not on the bookshelf - in the kitchen. USE it. I loved the stories behind the recipes, and the personal touches in the book. Food is emotional. This book captures some of that - after all when was the last time you took a bite and pondered "oh this tastes so....efficient". Food choices are something we're obviously big on, but it's nice to see the treatment of fresh produce and meats without becoming a lecture...how refreshing! There's not condemnation of those who choose something else, but definitely encouragement on many fronts. There's simple dishes and more challenging ones within the pages of the book. This book is like a good meal - read to satisfy the hunger then savor it. Go back to it for more. Well done - thoroughly enjoyed it. Love the 'translation' of US to Irish traditional and comparisons of both. This is a book I can happily recommend to friends and customers - always encouraging to find those!

Thirteen years ago, I swore off new cookbooks for lack of space, if not for lack of interest in cooking. One week ago, I caved and bought My Irish Table. What a treat! I've already run out of bookmarks to designate all the recipes I plan to try -- from hearty peasant fare to upscale esoterica. I love the resource feature, pointing the adventurous cook to websites offering otherwise hard to find ingredients and utensils (like sausage making gear). The photography is first-rate, from both an instructional and esthetic viewpoint. And the text is endearing for its amusing, often self-deprecating snippets from Armstrong family history and its insights into Irish culture. Comhghairdeas! I'll find the space somewhere...

The main author, Cathal Armstrong, is a Dublin, Ireland native. This book describes his journey from his Da's vegetable garden to owning his own restaurant in Virginia and all the steps in between. Armstrong fondly reminisces about his childhood and the work ethic and love of food his parents instilled in him. He doesn't shy away from mentioning his own mistakes. He has come a long way but he isn't haughty or entitled about it. This book is the work of a street smart, Irish lad with common sense and humility. The recipes in this book range from the incredibly simple, basic staples of Irish food to the fancy, decadent dishes served in a fancy restaurant. As you read through the book there are stories and anecdotes about all of Cathal's family. You get a real sense of who he is and for me that makes trying his recipes all the more fun. The recipes in this book cover all the Irish basics including fish & chips, beef stew, shepherds pie, rack of lamb, scones and a wide array of potato dishes. I haven't tried all of the recipes in here but what I have tried has been delicious. Each recipe includes detailed instructions. There are recipes for people of all skill levels. Every recipe

uses ingredients that are readily available. You may have to stop at more than one store but you should be able to find most everything you need if you live in a decent sized town. You will need to track down a butcher for some things like sheep kidneys for steak & kidney pie and a few of the rarer ingredients have websites listed where you can look for things you may need as well. If you like traditional Irish food or want a really well written recipe for something a little fancier you should check out this book. If you want a mix of the two then this is definitely a book you should get your hands on! This cookbook will be staying in my kitchen for years to come. I received this book from blogging for books in exchange for an honest review.

I have a dear friend that now lives in Ireland, so I'm always excited to see an Irish cookbook come across my desk. I love the "down home" feel of their food, from something as simple (and divine!) as "Cheese on Toast" to the deep flavors of their stews to a lovely "Bakewell Tart". I needed a main dish to take to potluck at church on Sunday, so Saturday I decided to make "Beef Stew". I had most of the ingredients on hand, and everyone knows it's better the second day. After a quick trip to the store for carrots and celery, I started cooking. I proceeded to drive myself and my family crazy for the rest of the evening with the amazing smells! I cooled and stored it, and the next morning I popped it in my slow cooker so it could simmer during church. Wow!! Heaven in a bowl! It was odd to me that a beef stew, especially from Ireland of all places, didn't have any potatoes in it (I even re-checked the recipe to make sure I didn't just overlook them!), but once you were eating it, you really didn't miss them. The meat just melted in your mouth, and the flavor was amazing. I've never seen a slow cooker empty so quickly, and I now have several people wanting my recipe! If you buy this book, you HAVE to make this stew!! This is a lovely cookbook and, while there aren't photos for every recipe, there are many great, full-color photos throughout the book. Ingredients and directions are well laid out, and the bits of history over each recipe and scattered throughout are interesting. My only caveat with this cookbook, is the author comes across--especially in the introduction--as a bit of a braggart and a name-dropper, which can be annoying. Skip the introduction if that's something you don't enjoy. Otherwise, I thoroughly recommend this book!

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