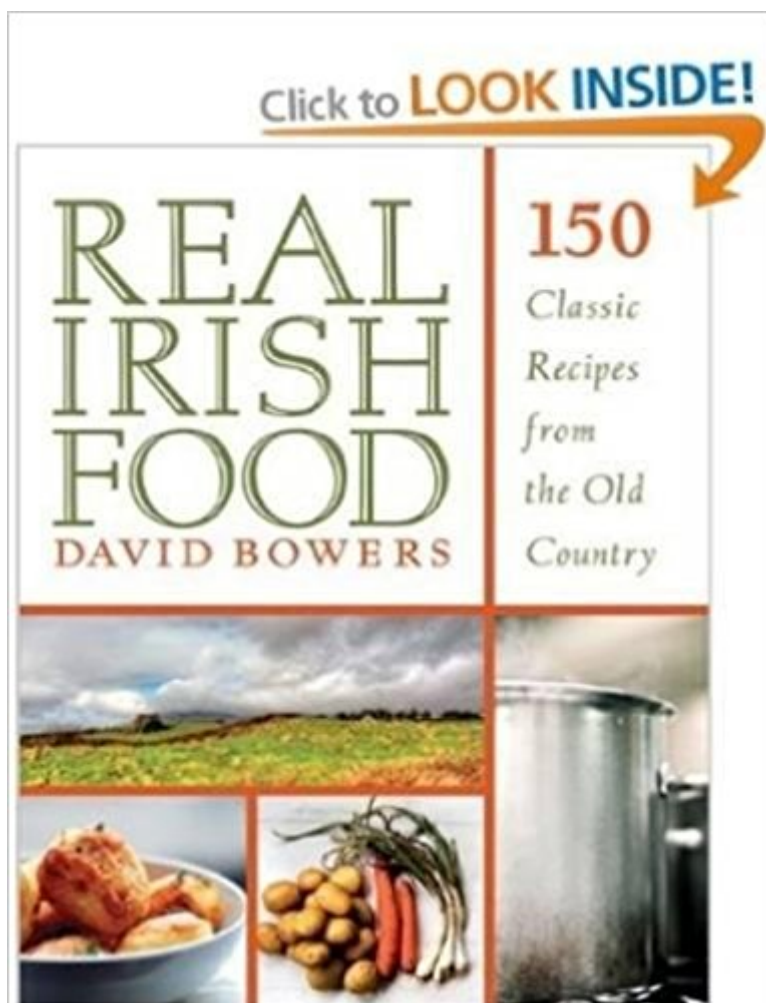


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Real Irish Food: 150 Classic Recipes From The Old Country



Synopsis

People in Ireland are sometimes mortified by what Americans think of as “Irish food.” That’s because the real thing is much subtler and more delicious than any platter of overcooked corned beef and mushy cabbage could ever be. Real Irish food is brown soda bread so moist it barely needs the yolk-yellow butter; fragrant apple tarts with tender, golden crusts; rich stews redolent of meaty gravy and sweet carrots; crisp-edged potato cakes flipped hot from a skillet directly onto the plate. Forget meatloaf or mac and cheese—this stuff is the original comfort food. Real Irish Food is the first comprehensive cookbook to bring classic Irish dishes to America with an eye for American kitchens and cooks, and with tips and tricks to help reproduce Irish results with American ingredients. Transform plain white fish by baking it with grated sharp cheese, mustard, and crumbs. Discover that celery takes on new life when sliced, simmered in chicken stock, and served in a lightly thickened sauce. •Homemade Irish Sausages •Potted Shrimp and Potted Salmon •Finglas Irish Stew with Dumplings •Whiskey Chicken and Roast Goose with Applesauce •Boxty, Cally, Champ, and Colcannon •Apple Snow, Almond Buns, and Summer Pudding •Elderflower Lemonade, Black Velvet, and Ginger Beer •Cherry Cake, Custard Tart, and Brandy Butter From hearty roasts to innovative vegetable dishes, from trays of fresh-baked scones to rich, eggy cakes, and from jams bursting with tart fruit to everything you can do with a potato, there’s no food so warm and welcoming, so homey and family-oriented, so truly mouthwatering as real Irish food. 200 color photographs Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We’ve been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

Book Information

Paperback: 320 pages

Publisher: Skyhorse Publishing (March 4, 2014)

Language: English

ISBN-10: 1435152115

ISBN-13: 978-1629143149

ASIN: 1629143146

Product Dimensions: 1 x 7.5 x 9.5 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 63 customer reviews

Best Sellers Rank: #185,804 in Books (See Top 100 in Books) #14 in Books > Cookbooks, Food & Wine > Regional & International > European > Irish #90 in Books > Cookbooks, Food & Wine > Baking > Biscuits, Muffins & Scones #2957 in Books > History > Europe

Customer Reviews

Starred Review Destroying long-held perceptions isn't necessarily the aim of today's cookbook author, yet that's exactly what transplanted Dublin chef Bowers does, along with some very seductive photographs of his own. Through his personal introduction and an enjoyable narrative in every chapter's upfront section, and every recipe's preface, we learn, for instance, that corned beef and cabbage is a poor representation of Irish cuisine (and fish and chips, for that matter). Instead, expressing the same sentiment as his counterparts throughout the world, he insists the best prepared native foodstuffs rely on locally sourced, seasonal ingredients that nod to special traditions. A hearty breakfast defines the Irish heritage; he goes a few steps further than the porridge and Irish sausage routine by featuring tailored-to-contemporary-tastes vegetarian fry. Every one of his dozen topics, in fact, melds the past and present of the best in Irish culinary lore, along with explanations galore (e.g., We're not so big on little fiddly sweets. We tend to like our sweets a bit more understated). Recipes aren't necessarily compact or time-compressed or calorie-conscious; the final dish, though, will more than meet eaters' satisfaction, regardless of nationality. --Barbara Jacobs --This text refers to the Hardcover edition.

147;To Read: Real Irish Food [will] set you up nicely for St. Patrick's Day and beyond . . . lavishly photographed [with] quite simple recipes for fish pies, mashed potato dishes, soda breads, scones and the like. • "The New York Times" If you're interested in learning about classic Irish cooking I recommend Real Irish Food by David Bowers. . . . [Bowers] is a New York food writer and photographer who knows that real Irish food is rich stews, fresh seafood and lovely baked tarts, scones and brown bread. The recipes are accompanied by charming anecdotes from his boyhood in Ireland, along with tips for getting Irish tastes with American ingredients." • "The Miami

Herald"Destroying long-held perceptions isn't necessarily the aim of today's cookbook author, yet that's exactly what transplanted Dublin chef Bowers does, along with some very seductive photographs of his own. Through his personal introduction and an enjoyable narrative in every chapter's upfront section, and every recipe's preface, we learn, for instance, that corned beef and cabbage is a poor representation of Irish cuisine (and fish and chips, for that matter). Instead, expressing the same sentiment as his counterparts throughout the world, he insists the best prepared 'native' foodstuffs rely on locally sourced, seasonal ingredients that nod to special traditions. A hearty breakfast defines the Irish heritage; he goes a few steps further than the porridge and Irish sausage routine by featuring tailored-to-contemporary-tastes vegetarian fry. Every one of his dozen topics, in fact, melds the past and present of the best in Irish culinary lore, along with explanations galore (e.g., 'We're not so big on little fiddly sweets . . . we tend to like our sweets a bit more understated'). Recipes aren't necessarily compact or time-compressed or calorie-conscious; the final dish, though, will more than meet eaters' satisfaction, regardless of nationality." â "Booklist (starred review)"Real Irish Food . . . upends long-held notions of Irish cooking." â "Today.com"Step away from green beer and overcooked cabbage. Instead, grab David Bowers' Real Irish Food: 150 Classic Recipes From the Old Country . . . New Yorker Bowers, born in County Galway and raised in Dublin, brings a knowledge of both kitchens to this volume." â "Chicago Tribune

I bought this book after reading carefully through other online reviews about this and other Irish cookbooks. I was sold on the fact that the author is Irish, that photos accompany the recipes, and that its recipes are decidedly authentic. If you're looking for authentic soda bread, colcannon, Guinness-based stews and desserts, and are a fan of casserole-like dishes or meals that come baked in pie crust, you'll enjoy this book.THE GOOD:I'm a pretty healthy eater, so it was fun to cook my way through recipes laden with butter, whole milk, and cream, and to justify the ten pounds I gained just while I was experimenting out of this cookbook. For many of the recipes, such as the buttermilk "rock cakes" (drop biscuits), stuffed porkchops, fish pie, and the leek and cheese pie, the tightened waistband is definitely worth the indulgence. I got a kick out of many of the anecdotal and historical notes that accompanied the recipes--such as memories of eating cauliflower cheese, his wife's misinterpretation of Irish coffee cake, and the historical value of oysters among the Irish poor. It's always fun to learn about the food you're eating.As others have stated, the pictures are phenomenal. Almost every single recipe has a photo that shows the final product, and there are several images of Irish landscapes and cityscapes that had me dreamily browsing expedia travel

deals. I had a tough time finding a lot of the ingredients in this book for recipes that I wanted to make because I live in the rural Midwest. Things like lamb kidneys, pigs blood, and even simple Irish sausage or smoked whitefish are next-to impossible to find. This means that a large number of the recipes I had to improvise or simply skip, which makes me sad as I would have really enjoyed the challenge of trying them out. If you live in a city with a large Irish population, like Boston, you might have a lot more fun with this book than a lady like me who lives in a farm where the nearest grocery store is a Walmart 15-miles away.

THE BAD: After spending a month steadily working my way through its recipes, I have to say... I think we can see why so many of our ancestors left Ireland! This isn't the fault of the author since the recipes appear to be authentic according to other reviewers, but many of these meals are simply bland, bland, bland, and seem to be variations of one another. For example, the soups and stews chapter seems to feature the same general set of ingredients (stewing meat like lamb or beef, potatoes, carrots, onion and thyme) but are distinguished merely by concerns with whether or not it's topped with a pastry puff, pie crust, or a mashed potatoes. As I worked my way through this cookbook, I often wondered whether or not every recipe had been tested or even carefully proofread by anyone other than the author. Some of the directions include notable no-no's in technique. To make pie crust, for example, Bowers instructs you to cut in cold butter and encourages you to use your hands. This is fine if texture isn't your concern, but if you're out to make a flaky pie crust, the heat from your hands will destroy the pockets of cold butter that eventually steam and create the air pockets that make crust flaky. There are also a few recipes that call for ingredients that don't appear in the directions, so you end up with odd left-overs by the time the thing is in the oven. Small stuff, I know, but I noticed. On a minor note, I was also surprised by the nearly complete absence of garlic in any of the recipes! It was so noticeable that I went online to research whether or not the Irish actually eat garlic or if it grows there. (Fact: It does). Its absence indicates to me that the author must simply not like garlic (?????) and chose to exclude it from almost every recipe where it would typically appear, like in stews.

VERDICT: This is a book worth buying if you have a distinct interest in authentic Irish cuisine and are willing to sacrifice a little flavor for amusement. I definitely got a kick out of this book and can see myself returning to it on cold gloomy nights when I need some comfort food and, of course, on St. Patrick's Day.

Review: This is for the hardcover print. The books listed selling price is \$24.95 U.S. This price is according to what the publisher marked in the book cover. I've found the price the publisher is asking for the hardcover to be excellent for this 312 page book. The book starts out with a

introduction as most books do. The introduction actually consists of 14 pages which also includes some photos. The photos in this book are excellent amazing quality. With a beautiful look in to Ireland. The first recipe starts out with white sausage. Here in the United States you can't exactly purchase certain organs legally. So there's not an actual way to make a proper white sausage. The recipes get more appetizing as you go on. There's breakfast foods, stews, seafood, meat dishes, vegetable dishes and so on and so forth. There's also beverages and even preserves. This is a authentic Irish recipe book. Not one of the books you would get from a ancestor of someone from Ireland. These are actual Irish recipes with no real deviations from the original. The only deviations would be because we don't have all the ingredients here locally, so the author of the book made provisions for that. At the beginning of the book it discusses substitutions, for ingredients that are commonly found in Ireland, but can't be found in the United States. I found this book to be more than what I wanted, so I am very pleased with it. I was expecting a book full of recipes for stews and vegetables, but was pleasantly surprised, with the section on beverages, along with the enormous variety. There may even be a Irish tale or two along with a ancient recipe as a nice limerick. A little about me: So I have two major passions in my life. One being photography, the other cooking. I love cooking from authentic recipes that come from the source. I also like finding recipes that my ancestors more than likely would have used themselves. As far as photography goes, I like capturing the unique the intriguing. This book has captured both my passions within it. As I'm reading through it my sense of adventure is coming alive, and making me want to travel, to find the perfect photo, and amazing recipe.

Really well written for the American kitchen and grocery store. I appreciate the stories behind some of the unusual dishes and the various shopping guides and ingredient explanations. This is the first book I've read that tells the difference between Irish stores and ingredients verses what's available here in the US; then tells you how to adjust for US items to still create the same amazing flavor. Wonderful pictures of food too!

I love this cookbook. The recipes are great and the print is large enough to see without squinting.

Wonderful cook book. Easy to follow recipes with tasty results. Excellent selection and great organization. Authentic Irish recipes and great flavor of the culture mixed in with the recipes. Several recipes have received rave reviews on my first attempts.

This is a really Great cookbook. The recipes are fairly easy, and taste wonderful.

Well written and gorgeous pictures. Makes you want to cook something right off the bat, which is what I ended up doing the day I rec'd my book in the mail, I made dinner from the recipes. Comfort Food and a treasure to add to any cookbook library.

This book is great. It has many recipes I remember from my grandmother and great grandmother. The potato cakes are proof for children and grandchildren that making them this way is original and the proper way in our family. Thanks so much for offering it.

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