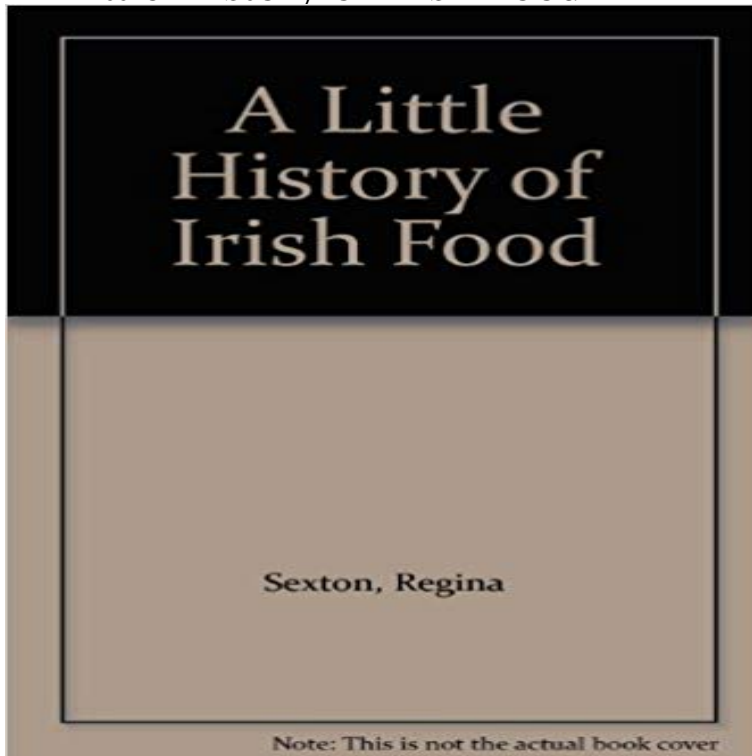


A Little History of Irish Food



This delightful book provides a fascinating and totally engaging insight to the culture of Irish food. Over the centuries food in Ireland has done much more than simply nourish the body; it has through time soaked up mythological and folk belief, inspired song and verse, dictated the pattern of the working day and helped to celebrate the myriad of religious and secular festivals. While there are many recipes here, they are only to provide examples of the extraordinary rich tapestry which Regina Sexton has discovered in many years of research. The RTE television series produced by Colette Farmer, complements beautifully this truly original text. Both the book and the television series hold delights to please the eye, the heart and the taste buds.

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