



Living Off the Land

Ireland's Kitchen

teNeues

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In an age of highly processed foods and more and more people with food allergies and intolerances, interest in local and organic foods and healthy eating is skyrocketing. This is where *Living Off the Land - Ireland's Kitchen* comes in. The Connemara region of Ireland is one of the country's most picturesque areas. Oscar Wilde once called it "a savage beauty." With its rugged hills, postcard-pretty heaths and moors, and rocky western coastline, it offers a variety of impressive landscapes. Here, it is still possible to live in harmony with nature and make use of the natural resources and native crops the land provides.

This volume takes you to the Screebe House, a historic manor in western Ireland famous for its hospitality, comfort, and outstanding cuisine, and shows how you can use local products to create outstanding dishes with just a bit of cooking skill. Along with classics like a full Irish Breakfast and afternoon scones, you can cook mussels, clams, cockles, scallops, rack of lamb, and learn all about Irish cheeses. Breathtaking landscape photographs from the region round out the book perfectly and sweet you away on a dream trip to the west coast of Ireland.