



2004

# Around Ireland with a Pan : Food, Tales and Recipes

Éamonn Ó Catháin

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## Recommended Citation

Ó Catháin, Éamonn, "Around Ireland with a Pan : Food, Tales and Recipes" (2004). *Cookery Books*. Book 99.  
<http://arrow.dit.ie/irckbooks/99>

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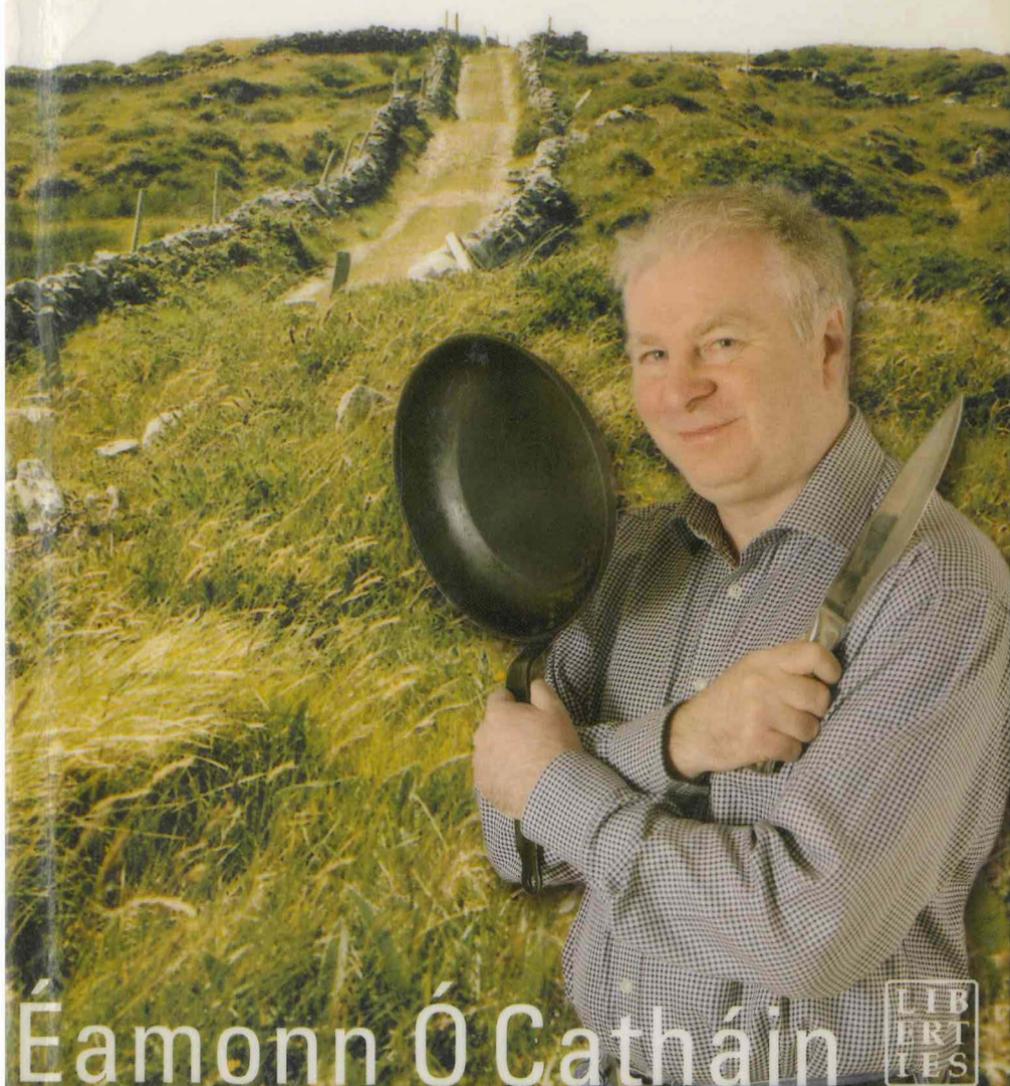
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Foreword by Paul Rankin

# Around Ireland with a pan

Food, Tales and Recipes



Éamonn Ó Catháin



First published in 2004 by Liberties Press  
51 Stephens Road | Inchicore | Dublin 8 | Ireland  
www.libertiespress.com | info@libertiespress.com  
Editorial: +353 (1) 402 0805 | sean@libertiespress.com  
Sales and marketing: +353 (1) 453 4363 | peter@libertiespress.com

Trade enquiries to CMD Distribution  
55A Spruce Avenue | Stillorgan Industrial Park | Blackrock | County Dublin  
Tel: +353 (1) 294 2560  
Fax: +353 (1) 294 2564

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ISBN 0-9545335-3-4

2 4 6 8 10 9 7 5 3 1

A CIP record for this title is available from the British Library

Cover design by Liam Furlong at space.ie  
Author photographs by Peter Houlihan  
Landscape photograph by Harry Weir Photography  
Illustrations by Dermot Hall

Printed in Ireland by Colour Books  
Unit 105 | Baldoyle Industrial Estate | Dublin 13

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AROUND IRELAND WITH A PAN  
FOOD, TALES AND RECIPES

ÉAMONN Ó CATHÁIN



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With famous offerings such as Kerry lamb and lesser-known ones like Armagh boar and artisan cheeses from west Cork, Ireland is becoming increasingly well known around the world for its vibrant food scene.

From Belfast and Dublin in the east, to Donegal and Galway in the west, and all points in between, this island offers superb seafood and wonderful organic meats, fruits and vegetables, craft-produced cheeses and beers, and distinctive whiskeys.

In *Around Ireland with a Pan: Food, Tales and Recipes*, chef and broadcaster Éamonn Ó Catháin looks at how food is produced, prepared, sold and eaten in Ireland, north and south, and how tastes - and standards - in food have changed over the years. He also discusses many of the outstanding chefs, restaurants, markets and food shops to be found in Ireland, recounts his own love of food and his experiences of running a restaurant, and speculates on what the future holds for Irish food. Each chapter is accompanied by recipes for both traditional dishes and ones that bring a modern twist to the best local ingredients.



Éamonn Ó Catháin was born in Belfast and starting eating shortly thereafter, only pausing to collect records. He began cooking potato crisps at the age of five and, despite a long innings in the cheffing game, still manages to burn toast every time and leave a trail of destruction in his wake. He opened a restaurant in Dublin in the eighties but quickly realised that he was only really interested in feeding himself, not others, and now contents himself with having been 'ahead of his time', an excuse he frequently dines out on. These days, he can be seen pontificating about food on his TV series for TG4, *Bia's Bóthar*, while spinning his favourite obscure discs on RTÉ Radio 1, BBC Radio Ulster and Raidió na Gaeltachta.



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BOOK  
Non-fiction

ISBN 0-9545335-3-4



9 780954 533533

Price: €14.95

Cover image: Harry Weir Photography  
Cover design by Liam Furlong at space.ie