



2001

# A Little History of Irish Food

Regina Sexton

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## Recommended Citation

Sexton, Regina, "A Little History of Irish Food" (2001). *Cookery Books*. Book 100.  
<http://arrow.dit.ie/irckbooks/100>

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# A Little History of Irish Food



REGINA SEXTON

RTÉ

*A Little History of*  
**IRISH FOOD**

REGINA SEXTON

HOLLAND AND MACMILLAN

*In association with*

*A Little History of*  
**IRISH FOOD**

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REGINA SEXTON



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To Alan Davidson –  
an inspiration, a guide and a friend

#### ACKNOWLEDGMENTS

I would like to offer a special word of thanks to all those people who assisted with the preparation of this book, particularly my parents, Olly and Brigid. Thanks too to Myrtle Allen, for her ice cream recipe; to Barnaby Blacker; to Simon and Patrick O'Flynn and Vincent Osborne. Thanks also to Ina Buckley, Denis Hyland, Rory Lehane and Molly Mannix. More thanks to Kyle Cathie and especially to Kate Oldfield who edited the text with everlasting patience. But the biggest thanks of all must go to my husband Shane who is, as always, good enough to eat.

This edition first published 2001 by  
Gill and Macmillan  
Park West, Dublin 12  
in association with  
RTÉ Commercial Enterprises  
Donnybrook  
Dublin 4

First published in Great Britain in 1998 by  
Kyle Cathie Limited

ISBN 0 7171 3378 8

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Text © 1998 Regina Sexton  
Illustrations © 1997 Hannah Firmin  
Photography © 1996 Jean Cazals


Designed by Prue Bucknall  
Food economy by Marie Ange Lapierre  
Edited by David Grant and Kate Oldfield

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

Printed and bound in Singapore by Kyodo Printing Co Pte Ltd



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