Best of Irish

Soups

EILEEN O’DRISCOLL
EILEEN O'DRISCOLL combines a love of cooking with an awareness of the health and lifestyle benefits of good food, evidenced by the nutritional tips and information scattered throughout this book. A chartered physiotherapist and acupuncturist, she combines her busy Dublin practice with caring for her three children. She is the current president of the Zonta Club of Dublin, an international women's organisation founded in 1919 in Buffalo, New York, which promotes the political, legal, educational and social status of women. She has collected recipes from all over Ireland over the years and has attended cookery courses run by some of Ireland's leading chefs, including Gerry Galvin of Drimcong House. This is her first book.
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EILEEN O'DRISCOLL
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The Best of traditional Irish foods cooked with modern flair

Over forty mouth-watering soups made with the best of ingredients and reflecting the cooking traditions of Ireland. They include Wild Garlic and Potato Soup, Cream of Wild Salmon, Máire Rua Beetroot Soup, Patriot Soup, Pea and Ham, Roast Plum and Red Cabbage – all nutritious, delicious and easy to make and may be used as starters or as meals in themselves.

Recipes for Savoury Soda Scones, Wholemeal Brown Bread and Potato Bread provide the perfect accompaniment, and thirty-five charming illustrations complete the array.

Details of customs, folklore and Irish regional food traditions provide a fascinating background to the recipes.

Eileen O’Driscoll is a chartered physiotherapist and acupuncturist. She combines her busy Dublin practice with caring for her three children. A ‘foodie’ with a passion for good ingredients cooked with flair and ingenuity, this is her first book.