



My Irish Table: Recipes from the Homeland and Restaurant Eve

Cathal Armstrong, David Hagedorn

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The debut cookbook from Cathal Armstrong featuring 130 recipes showcasing modern Irish fare, along with stories about Armstrong's journey from Dublin to Washington, DC, and becoming an internationally recognized four-star chef, the owner of seven successful food and drink establishments, and a leader in the sustainable-food movement.

With its moderate climate and amazing natural resources, Ireland is a modern-day Eden, boasting lush, bountiful produce, world-renowned dairy, plentiful seafood, and grass-fed meats. In *My Irish Table*, sustainable food movement leader and four-star chef Cathal Armstrong celebrates the food of his homeland and chronicles his culinary journey from Dublin to Washington DC, where he runs seven beloved and critically lauded restaurants.

Featuring 130 delicious recipes—from Kerrygold Butter-Poached Lobster with Parsnips to Irish Stew, Shepherd's Pie, and Mam's Apple Pie—*My Irish Table* draws on Armstrong's Irish upbringing as well as his professional experience and French culinary training. In his hands, Irish food is comforting yet elegant, rustic yet skillful, and *My Irish Table* invites you into his kitchen to explore the vibrant traditions and rich culinary landscape of the Emerald Isle.

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