



Coast: Recipes from Ireland's Wild Atlantic Way

Rachel Allen

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Follow bestselling author and TV chef Rachel Allen as she journeys along the beautiful Atlantic coast of Ireland, delivering over 100 recipes collected from her culinary odyssey.

The west coast of Ireland is a rugged terrain of wild natural beauty, and the traditional food of these coastal towns and villages complements this perfectly. Go on a magical trip with Rachel as she explores their local fare, starting her journey near her home in Cork and travelling all the way up to the green untamed headlands of Donegal.

Filled with stunning photography of the people and places she visits along the way, you'll discover a whole host of authentic and simple recipes inspired by her travels. From Salmon Pâté and Pan Fried Brill with Watercress Butter; to Irish Gingerbread and Gin, Lemon and Milk ice cream, these are simple dishes made with the freshest ingredients – fuss-free and yet packed full of flavour.

Part travel journal, part cookbook, Rachel also shares her favourite places to stay off the beaten track; the incredible stories she learns from the fishermen and farmers that she meets; and the breadth of local produce – from honey and cheeses to gins and whiskeys – that she samples.

Rustic seafood, rich stews, heart-warming sweets and everything in between – this is Rachel's most personal book to date. Welcome to her Ireland.

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