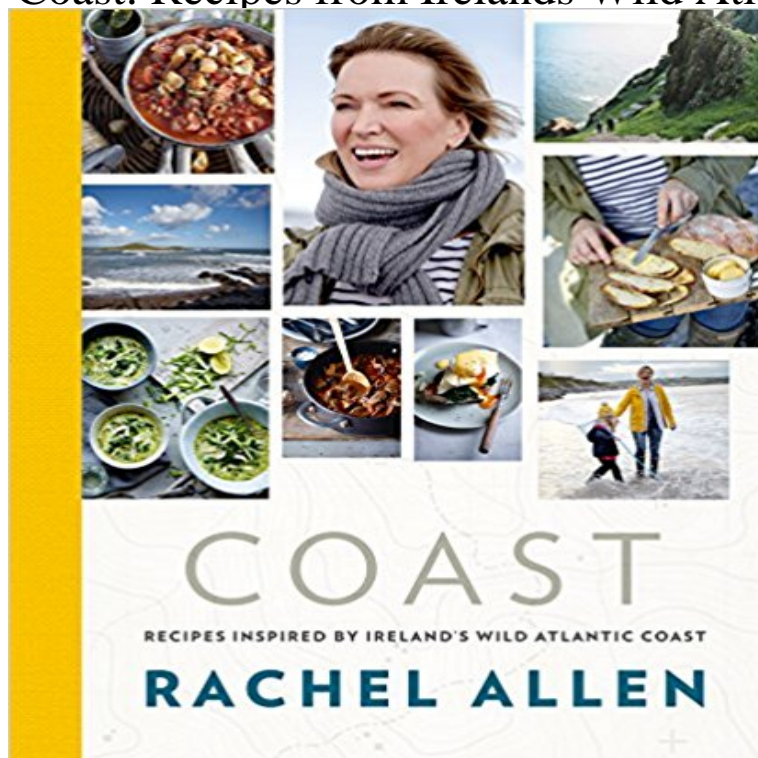


Coast: Recipes from Irelands Wild Atlantic Way



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 Pate 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.

NEWAGEOFTRUTH There's been too many lies and not enough truth stay updated via rss MY NEW PLAYLIST Why are some looking forward to the end of days? Posted: July 26, 2016 in Cheating, Education, Evil, Politics, Religion, Social Issues Tags: Armageddon, bible, Christianity, Conspiracy theory, Prophecy, Y2K 0 end of days Some temptations are just too good to pass up. My curiosity got the best of me the other day and I gave in by watching one of those "End of the World" conspiracies videos. This time around the date is set for July 29, 2016. So in three days the biblical prophecies will come true and we will be swallowed up by hell fire while the others who are "saved" will rejoice in the heavens.

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