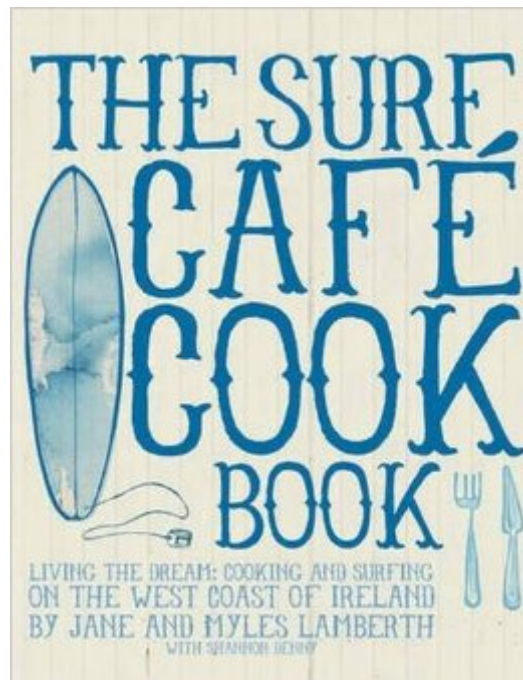


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# Surf Cafe Cookbook: Living The Dream: Cooking And Surfing On The West Coast Of Ireland



## Synopsis

The Surf Caf   Cookbook is the first book by Jane and Myles Lamberth, proprietors of Shells Caf   in Strandhill on the west coast of Ireland. Jane and Myles met eight years ago when they were both working in the UK. They spent summers working in restaurants by the sea in Cornwall so they could go surfing, and winters running chalets in ski resorts in the Alps. Eventually they felt the need to put some roots down so they took the plunge and opened their own place, Shells Caf  , in March 2010. And they haven't looked back since. It  s the perfect place for Jane and Myles to create great food and live the outdoor lifestyle they love. They use fresh organic seasonal produce â   vegetables from the bountiful Irish soil, and fish from the wild Atlantic. From foraging on the beach to creating the perfect picnic to making homemade Baileys, The Surf Caf   Cookbook focuses on locally-produced food that  s unpretentious and tasty. It  s food for sharing with friends and family, around the kitchen table or on a beach blanket thrown on the sand. It  s contemporary Irish cooking with a soup   on of salty air. And the Surf Caf   Cookbook is more than just a cookbook, it also includes all sorts of useful tips ranging from how to gut a fish to making crafty home accessories for special occasions. This is coastal living at it  s best â   cooking, eating and living the Irish way. In this book Myles and Jane want to share their food adventures with you.

## Book Information

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## Customer Reviews

In short this is a cookbook written by the owner-couple of "Shells Caf  " in Strandhill on the west coast of Ireland, featuring locally-produced food that could be suitable for an intimate family

gathering or just when lounging about with friends. All with a surfing/coastal/Irish mix for good measure. At first this reviewer was a little sceptical to the concept behind the book but as the pages turned this soon evaporated. The book features a very "busy" design yet it does not feel cluttered and a number of interesting design elements are used, such as making the contents page look like a menu. At first the reader is treated to a mixture of cooking education and a bit of philosophy behind the restaurant. More experienced cooks invariably skip over these pages as they normally just repeat much of a muchness but it might be worth casting an eye through it for a new insight or two. Then it is straight to the recipes, split up as you would expect into different meal times and meal types. Some of the recipes will have you wondering why a simple item has been included, such as porridge or a cup of chai (tea) but if you read around the recipes you can discover the "whys" a lot clearer and often it is the simpler things in the kitchen that can be easily ruined. Of course, as you would expect from an Irish restaurant, there is a particular Irish influence to matters but this is in no way a "parochial" trendy Irish cookbook. Some of the recipes, perhaps aided by the wonderful photographs, are likely to inspire you to try things you hadn't considered before and, if you had just heard the name, you might have been put off.

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