



The Shamrock and Peach: A Culinary Journey from the North of Ireland to the American South

Judith McLoughlin

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The Shamrock and Peach is a unique book in many ways. It is a cookbook that explores the best of Ulster-Scots cuisine but is also the tale of an immigrant's journey, following in the footsteps of those Scots-Irish settlers who forged the trails of Appalachia years ago. It is a story of the many cultural overlaps that exist between the North of Ireland and the Deep South, celebrating those cultural expressions through the language of really good food. The first half of the book is set in the green fields of Ireland from where we cross the ocean to the American South to discover some wonderful food experiences that have their roots in the Emerald Isle. Filled with beautiful photographs of both regions, this cookbook will be a fun and interesting resource to browse through and use in your kitchen for years to come.

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