

The Kylemore Abbey Cookbook

Mary Dowling



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Kylemore Abbey, a magnificent turreted castle set in the lush Connemara hills overlooking a lake, is one of Ireland's top tourist attractions, with over 100,000 visitors every year. The Benedictine Nuns took over the Abbey in 1920, and since then have built up a fine tradition of hospitality, with wonderful produce from their farm and with delicious, wholesome food in their kitchen. This is a collection of the best of these recipes, old and new. It tries to show something of the changing face of food, reflecting today's food style. There is honeyed trout, Michaelmas goose with potato stuffing, mussel risotto, gooseberries poached in elderflower juice, and the aptly named Resurrection pudding and Sunday fruit cake.

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