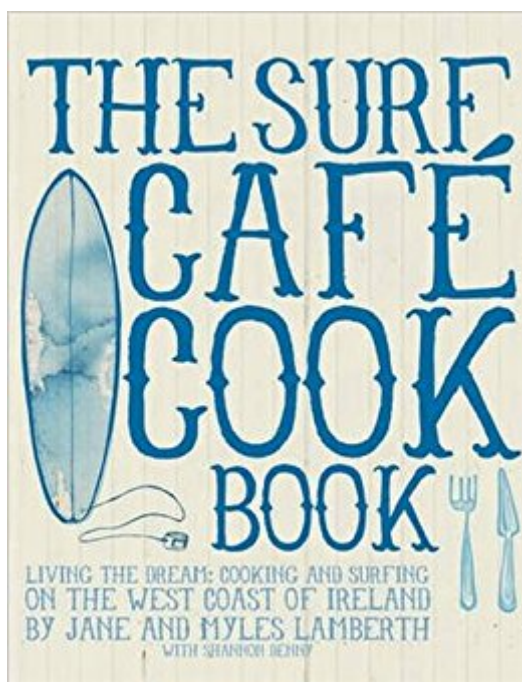


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# Surf Cafe Cookbook: Living The Dream: Cooking And Surfing On The West Coast Of Ireland



## 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    son 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

Myles Lamberth is head chef at Shells Cafe in Strandhill, Ireland. He's the co-author (with wife

Jane) of the highly successful Surf Cafe Cookbook. Food and the outdoors are Jane and Myles Lamberth's great passions. Myles learnt his cookery skills in some unique locations around the world: he's cooked on campfires in Africa while river guiding, been a chef at exclusive chalets in the French Alps, and working for a top on-site catering company in the US where he cooked for musicians like The Gypsy Kings and Snoop Dogg. Closer to home, he spent several seasons working as a chef in prestigious beach hotels like the 5-star Headland Hotel in Cornwall. Jane, meanwhile, began her career in marketing but her love of travel soon took her away from the city to destinations that offered surf or snow. The couple met in Cornwall and spent the next five years working and travelling together, doing seasonal work in the UK and France. In 2010 they opened Shells Cafe at Strandhill on the beautiful Atlantic coast of northwest Ireland. Shells quickly developed a name as a flourishing eatery serving delicious wholesome foods, and Jane and Myles went on to write a book about their experiences, filled with fabulous recipes. The Surf Cafe Cookbook (also published by Orca Publications) has since been a runaway success, receiving glowing reviews from cookery mags and blogs around the world.

I got this for my stepson since he surfs, studied in Ireland and loves to cook. I'd seen it at the Lamberth's store in Strandhill on the third day of a two-week trip to Europe but didn't want to carry something so heavy for the rest of my trip so I decided to purchase it online. It's a beautiful book with great recipes, tips and commentary about Ireland, Sligo, cooking and surfing life. It's the best souvenir I got for anyone on my trip!!

This is by far my favorite cookbook of all time!!!!

Not just yummy recipes, but personal anecdotes accompanied with great photographs. A really unique and warmer version to your regular cookbook.

Like many before me, bought this on a recommendation from Keith Harkin of Celtic Thunder. Great cookbook - the sort of food I would make everyday. Interesting to read about owners too.

Great book for simple tasty food. All coming from Ireland's coast. Great surf themed images as well.

The cookbook is fantastic and all easy to follow. The fruit jam recipe is easy and delicious! It's also full of great stories.

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. Eggs Florentine, for example, is one of this that caught this reviewer's eye as he would never have considered eating a poached egg and creamed spinach concoction before! Each recipe is well-written and continues everything you would need to know (with the exception of the much-complained-about typical prep and cook times) but some of the fonts and colours are a bit unforgiving on tired middle-aged eyes. The overall design does work and it manages to combine quirkiness and individuality together without appearing faux or kitschy. A good balancing act overall. At the end of the book there is even a list of local (to the restaurant) events, a few places to stay and other places to visit too. Usually this sort of thing makes the book a little less desirable unless you specifically plan to visit, but it is harmless and by including various tourist destinations it might just be the trigger you needed. So overall a good book that managed to destroy initial negative perceptions and feelings. A good general recipe book with a difference, to be sure, that might be worthy of a second glance or more in a bookshop or a good "take a risk" entry into an online shopping basket.

The Surf Cafe Cookbook falls into that small category of cookbooks that are as much fun to curl up in a comfy chair and read as it is to cook from. It has a homey feel and is such fun. The recipes are

mostly simple and scrumptious. From the classic 'Eggs and Soldiers' breakfast--and they even include the pattern to knit your own egg beanies!--to grilled sea trout and from a classic Irish soda bread to 'Perfect Bangers and Mash', there is such a lovely variety of foods and flavors. I was a little disappointed that they call for baps (a type of roll) in more than one recipe but, while they make a point that everything in their restaurant is homemade, they never give you a recipe to make the baps. Unfortunately, baps are not something I can just go out and buy, so I'll have to find a recipe somewhere else. The egg beanies noted above are not the only non-food instructions included, which just adds to the fun of this book. There is everything from 'The Perfect Irish Larder' to tips to make the perfect cup of coffee, how to gut a fish, local walks, foraging and the classic Irish cheese board. This is such a fun book. I love it and highly recommend it! I received a copy of this book from Quartos Books for my honest review. All thoughts and opinions are my own.

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