



Burnt Barley

Peta Mathias

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They say that the way to a man's heart is through his stomach, and Peta Mathias has found that it's the same for a country. In tracking down the secret delicacies of a country's cuisine, she discovers the essence of the place and its people. In turning to the country of her forebears, though, she set herself a difficult task. For Ireland is not renowned for its food. However, it didn't take her long to seek out the world-class restaurants hidden up windy cobbled streets, to savour the delights of Guinness and sample such traditional fare as barmbrack, soda farls, fadge and black and white puddings. She searches for Ireland's gastronomic centre among sleepy fishing villages and over ancient footbridges. She discovers that her other love - music - is intricately intertwined with Irish social life and eating habits. Peta takes the reader through the country, introducing them to her intriguing Irish relatives and relating tales both traditional and true.

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