



# Surf Cafe Cookbook: Living the Dream: Cooking and Surfing on the West Coast of Ireland

*Myles Lamberth, Jane Lamberth*

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The Surf Café Cookbook is the first book by Jane and Myles Lamberth, proprietors of Shells Café 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 Café, 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 – 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 Café 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 soupçon of salty air. And the Surf Café 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 – cooking, eating and living the Irish way. In this book Myles and Jane want to share their food adventures with you.

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