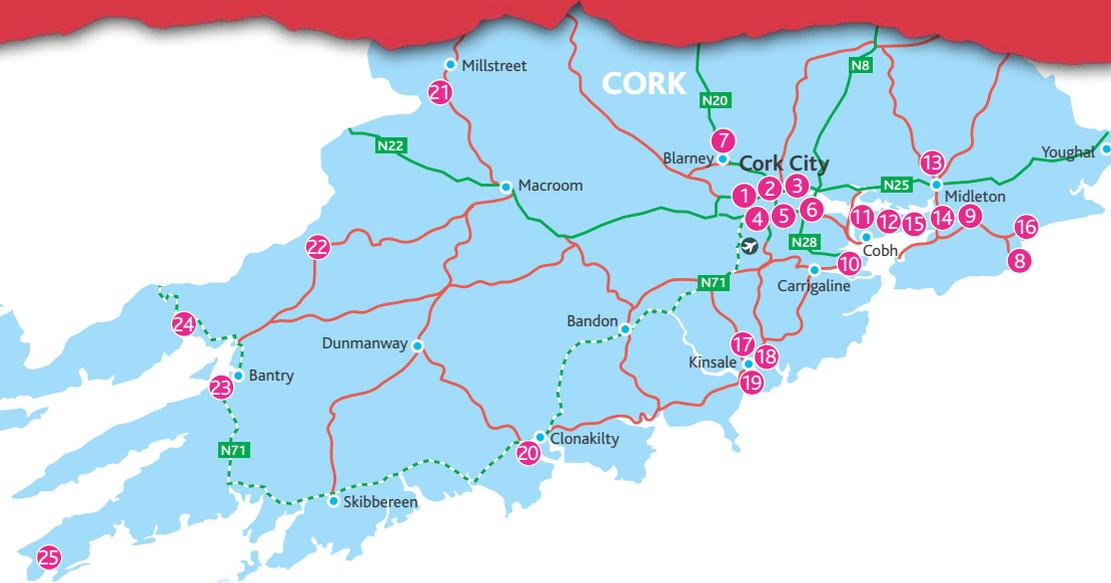


Some Cork Attractions



- | | | |
|------------------------------|---|---|
| 1. Beamish Brewery Tour | 10. Crosshaven Harbour | 18. Charles Fort |
| 2. Coal Quay Market | 11. Fota Wildlife Park | 19. International Museum of Wine |
| 3. Cork Butter Museum | 12. Fota House & Gardens | 20. West Cork Model Railway Village |
| 4. Cork City Gaol | 13. Old Middleton Distillery | 21. Millstreet Country Park |
| 5. St Fin Barre's Cathedral | 14. Trabolgan Holiday Village | 22. Gougane Barra Forest Park |
| 6. The English Market | 15. Cobh - The Queenstown Story | 23. Bantry House, Garden and French Armada Centre |
| 7. Blarney Castle | 16. Stephen Pearce Pottery & Craft Workshop | 24. Garinish Island |
| 8. Ballycotton Port | 17. Kinsale Port | 25. Mizen Head Vision & Signal Station |
| 9. Ballymaloe Cookery School | | |

Tourist Information

Cork city and county
www.discoverireland.ie/cork
 Good Food Ireland
www.goodfoodireland.ie
 Kinsale Good Food Circle
www.kinsalerestaurants.com
 Restaurant Association of Ireland
www.rai.ie
 Vintners Federation of Ireland
www.vfi.ie
 West Cork Fuchsia
www.fuchsiabrands.com

Accommodation

Hotels www.irelandhotels.com
 Bed and Breakfast Accommodation
www.bandbireland.com
 Farmhouse Accommodation
www.irishfarmholidays.com
 Hostels
www.irelandyha.org
www.hostels-ireland.com
 Self catering
www.iscf.ie
 Caravan and Camping
www.camping-ireland.ie

Transport

Route Planning - www.aaroadwatch.ie
 Train - www.irishrail.ie
 Bus - www.buseireann.ie
 Cork Airport - www.corkairport.com
Miscellaneous
 Slow Food Movement
www.slowfoodireland.com
 Cork Farmer's Markets
www.discoverireland.ie/corkmarkets
 Entertainment
www.entertainment.ie
 Dictionary of Cork words
www.corkslang.com

Contact details

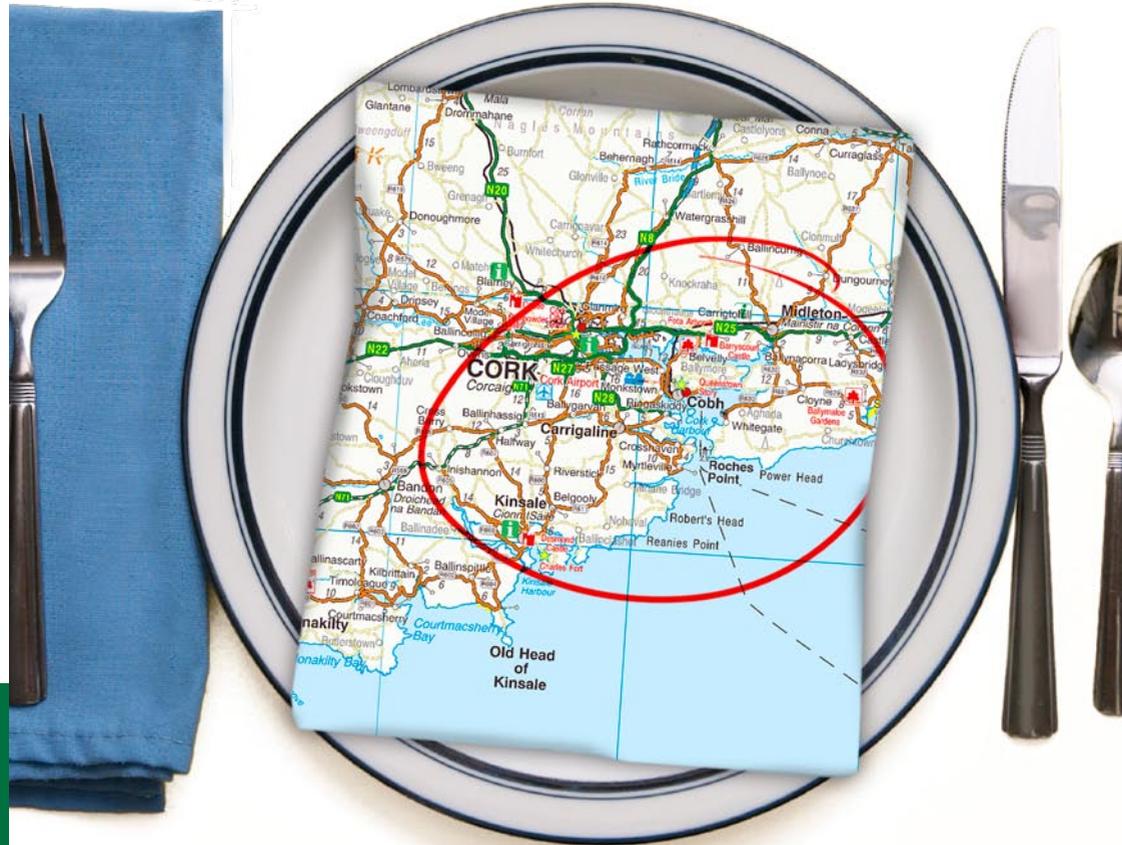
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www.discoverireland.ie/cork



Culinary Cork

Home of Good Food



Cork on a Plate

What you can expect to find



Fancy a great breakfast of organic free range eggs, locally produced bacon and sausages and butcher's black pudding? How about a feast of fish, fresh from the waters of the Atlantic? Maybe your bag is a gourmet dinner of artisan produce, cooked by a top chef. Whatever your culinary penchant, you'll find it all in Cork. Here is **Ireland's flagship food region**, with a gourmet reputation among the finest in Europe.

Food has always been important here. In the 19th century, **The Butter Exchange** made Cork the largest butter market in the world. Meat export left its legacy in many meat products, including salted beef and the city's heritage dish of tripe and drisheen. **The English Market** was established in 1788 in Cork city centre. Under its roof, find that famous tripe and drisheen stall, skilful, long standing family butchers selling their own farm reared meats, an array of fresh fish and shellfish, great baking and artisan breads, Irish charcuterie and farmhouse cheeses. It's impossible to go away empty handed! Grab lunch too, anything from a designer handmade sausage in a bun to a serious sandwich, or visit the market's famous café.



More recently, Middleton gave birth to the modern Irish **Farmer's Market** movement. Now many country towns have markets, which create a platform for new food producers, boost local economy and reduce food



miles. Ireland's new **food revolution** began in West Cork with the first farmhouse cheese, Milleens, made in Eyerics on the Beara Peninsula in 1976. The international **Slow Food** movement arrived in West Cork in 1998, and has since spread throughout the country. The region's **Fuchsia** branding initiative was instrumental in promoting local produce. Now the whole county is rich with artisan producers.



Eating out in Cork is an exciting prospect. Soak up the atmosphere in a gastro pub, with a pint of Cork's **Murphy's** or **Beamish** stout and a plate of local seafood, bacon and cabbage, or a wonderful Irish stew. Country tea shops serve traditional Irish baking, while Cork city's pavement cafes have a distinctly continental air. Exotic cuisines like Indian, Chinese, Thai, Japanese, Italian, French, and even Eastern European also have a place in Cork's culinary repertoire.

Fish: Small boats in Kinsale, Schull, Baltimore and Ballycotton supply local restaurants. Try mussels, oysters, lobsters, crab, langoustines, monkfish, cod, haddock, plaice, and black sole.



Meat: Rich grazing produces flavoursome free range pork and chicken, lamb, and Angus and Hereford beef. In recent years, West Cork's original native Dexter cattle have also been reintroduced.

Cheese: Milleens, Durrus, Gubbeen, Gabriel and Desmond come from the west. In East Cork, find Ardsallagh's goat's cheese. North Cork's Fermoy Natural Cheeses are award winning. Also try Carrigaline Farmhouse, Coolea, Adrahan and others.



Butter and Spuds (Potatoes): Traditional hand churned country butter and good local creamery butter are available. Ballycotton spuds are particularly famous. Marry the two – floury spuds bursting their skins, with creamy Cork butter – a heavenly pairing.

Sweet Things: Barry's Tea is a must with homemade fruit cake, brown scones or soda bread. Cork's artisan hand roasted coffees partner croissants, and pastries from a local baker, or a few treats from one of the city's chocolate makers.

Whiskey, Stout and Lager: Brewing and distilling is a long standing industry. Sample Jameson, Paddy and Powers whiskeys at the Old Middleton Distillery. The Franciscan Well pub in Cork city has its own micro-brewery. Stout drinkers will love Cork's Beamish or Murphy's – pure, creamy, smooth and simply magic in a glass.



EAT CORK IN A DAY!

BREAKFAST

Macroom oatmeal porridge

Home cured or smoked rashers, artisan sausages and butcher's black and white puddings

Free range and organic eggs

Home baked soda bread

LUNCH

Sherkin oysters, local crab, prawns and lobster with Murphy's or Beamish

Ballycotton seafood chowder

West Cork smoked salmon, kippers, or mackerel

Fresh steamed Roaring Water Bay mussels

Slow cooked Irish stew, bacon and cabbage, corned beef with mustard or caper sauce

DINNER

Whatever grabs you! Choose a superb vegetarian meal, fresh fish, a well hung Cork reared Hereford or Angus steak or free range organic chicken, all with locally grown salad or vegetables, and plenty of Cork's not so humble spuds – with lots of local butter and milk mashed in!

EXPERIENCE CORK

Cork is a great travel destination, with lots to see and do. Jazz, film and food are celebrated with annual festivals in the city and county. Try a historic walking tour, art, theatre, ballet, opera, a lively night at the dog track, or a day at the races.

Gaelic football and hurling are hugely popular at local and county level. Road bowling takes place in some rural areas. Cork also has top championship links and parkland golf courses. Coastal pursuits include walking on golden beaches, surfing, windsurfing, diving, rowing and kayaking, whale and dolphin spotting and sea fishing. West Cork's islands are well worth a visit. And don't miss the craic of a traditional music session in a Cork pub – a great way to end your day!