

## The Irish Foodie Bucket List: 30 dishes worth travelling for

**Aoife Carrigy & Pól Ó Conghaile**

March 12 2017 02:30 AM

Aoife Carrigy and Pól Ó Conghaile serve up 30 dishes worth travelling for. It's Ireland's foodie bucket list.

Years ago, the notion of an 'Irish cuisine' or foodie scene would have had tourists choking on their bacon and cabbage. Today, there are Michelin-star restaurants in Belfast, Dublin, Galway, Kilkenny and Waterford.

All has changed. World-class produce, confident chefs and restaurants, tasty trails and festivals have combined to create a distinctly Irish food and a distinctly Irish way of serving it. The results are inspiring travel like never before.

Here's our bucket list. Pack an appetite!

### 1. Smoked salmon sandwich with seaweed pesto



Eithna O'Sullivan at Eithna's by the Sea, Mullaghmore. Photo: Pól Ó Conghaile

**Where:** Eithna's by the Sea, Mullaghmore, Co Sligo

**What:** With views of the harbour and blackboard specials declaring the daily catch from Donegal Bay and beyond, this is a prime spot to savour the fruits of the sea. Owner Eithna O'Sullivan brings something special to the simplest of dishes. Her open sandwich of sliced Donegal smoked salmon, served with capers, lemon and tossed salad leaves from the organic Tattie Hoaker Farm in Cliffoney, is transformed by Eithna's Wild Atlantic Seaweed Pesto. It's a brilliant taste of the ocean. - AC

**Details:** The Harbour; 071 916 6407; [eithnasrestaurant.com](http://eithnasrestaurant.com)

**How much:** €9.75

**If you like that, try this:** Capture the surfer spirit of Strandhill in Shells Café ([shellscafe.com](http://shellscafe.com)) - a dreamy seaside café, bakery and good food store.

### 2. Tiina Laas Organic Quail



The Oarsman, Carrick-on-Shannon

**Where:** The Oarsman, Carrick-on-Shannon, Co Leitrim

**What:** The various menus at Conor and Ronan Maher's exemplary country pub demonstrate the Slow Food principles that they hold dear. This dinner menu gem shows their kitchen's playful approach to a great local product: organic quail reared by an Estonian-born Leitrim producer, Tiina Laas of 12 Quail Farm. The quail breast is served with confit leg, pickled carrot, yoghurt bonbon, roast, spiced chickpeas and a soy and ginger glaze. One of Ireland's original gastropub innovators. - AC

**Details:** Bridge Street; 071 962 1733; [theoarsman.com](http://theoarsman.com)

**How much:** €9.95 (as a starter)

**If you like that, try this:** More surprises (and more local quail) await at The Cottage ([cottagerestaurant.ie](http://cottagerestaurant.ie)), a weirsides restaurant run by charming Malaysian-born brothers Sham and Lee Hanifa in Jamestown.