

ГАСТРОНОМИЧЕСКИЙ ТУР ПО ИРЛАНДИИ

Подготовила ученица
7 «В» класса
Пушкарская Элеонора

Руководитель проекта
Абросимова О.М



- **Цель работы:** изучить репертуар национальных ирландских блюд, сохранившихся до нашего времени, обосновать необходимость возрождения и сохранения традиций кухни Ирландии.



Этапы работы над проектом:

1. Выбор проекта.
2. Планирование деятельности.
3. Подбор материалов. Анализ.
4. Работа над практической частью.
5. Защита проекта.



Географическое положение и климат Ирландии. Их влияние на формирование национальной кухни.



Национальная кухня

- Сыры



- Горячие блюда



- Десерты\ выпечка



Ресторан “Doheny and Hesbitt”, Дублин



BREAKFAST MENU

Full Irish Breakfast	€12.00
2 rashers, 2 sausages, black and white pudding, fried mushrooms, beans, tomato, hash brown and 2 fried eggs 1, 2, 3	
Mini Breakfast.....	€10.00
1 rasher, 2 sausages, fried mushrooms, beans, hash brown and a fried egg 1, 2, 3	
Scrambled Egg / Poached Egg.....	€9.50
Served with bacon or sausage 1, 2, 3, 6	
Ormelette.....	€11.00
Choose 3 fillings - chicken, ham, cheese, tomato, onion, mushrooms, peppers served with chips 1, 2, 3, 6	
Breakfast Ciabatta	€9.00
2 sausages, 2 rashers, fried egg, white pudding, side of BBQ sauce & chips 1, 2, 3	
Eggs Benedict.....	€9.50
Served with sausage or bacon 1, 2, 3, 6, 7	
Vegetarian Breakfast.....	€9.00
2 Eggs, 2 hash browns, tomato, beans & mushrooms 1, 3	
Tea & Toast/Scone.....	€4.50
1, 2, 3, 6	

*All breakfasts served with Tea or Coffee and Toast or Soda Bread
Any changes to the breakfasts will be charged accordingly*

Please notify a staff member of any allergies. Allergies listed above:

1 - Wheat/Gluten • 2 - Nuts • 3 - Eggs • 4 - Fish • 5 - Soya • 6 - Dairy • 7 - Mustard • 8 - Garlic

Кафе «Vital Health Café», Уиклоу



Menu	
BREAKFAST MENU	
Scrambled Egg Crispy Wrap	€4.50
With Roasted Pepper, egg, spinach and Haloumi cheese. (3,5,7,14)	
Organic House Made Granola	€4.50
(Gluten Free) Served with Greek Yogurt, seasonal fruit and Chia seed berry compote. (5,11,14)	
Vital Health Vegan Bircher Bowl	€4.50
Overnight oats soaked in Coconut Milk, Activated Nuts, Pumpkin Seeds, Coconut Flakes and Strawberries (5,10,11,13,14) Vegan	
Vital Health Breakfast Bowl	9.00
Bridget's Free range Soft Poached egg, baby spinach, house made canellini beans in tomato sauce, quinoa, topped with feta yogurt, fresh herbs, red onion and chilli salsa.	



Ресторан «Sha Roe Bistro», Карлоу.



Main Courses

Kavanagh's Irish fillet steak with fondant potato and mushroom – €25.95

Pan fried hake, Basque peppers, crab and parsley – €24.00

Butternut squash risotto, roast squash and truffle oil – €18.90

Slow roasted shoulder of lamb and wild garlic risotto – €24.00

7 hour slow braised beef cheek with "Bourguignon" and mash – €23.00

John Dory, peas, asparagus and butter sauce – €26.00

All main courses are served with Vegetable and Potato





My soda bread.



Enjoy your meal!

