

A Wild Kitchen Experience

A wild Kitchen Experience is a celebration of Wild Food, Locally Sourced Produce and Creative Cooking. An immersion into the great outdoors through Food and Nature.

This Experience includes:

Meeting Oonagh, an Organic Horticulture tutor, wild food cook and educator who shares her wealth of knowledge to create A fully immersive Wild Food experience in the great outdoors, along the Wild Atlantic Way. Guests get together to walk, taste and learn about Wild Food and it's many uses. Guests hear about the historical, cultural and culinary uses of seaweed and discover the deep flavours of these nutrient dense wild foods. Guests visit a secret beach where they learn how to harvest sustainably 14 different seaweeds and wild coastal plants. Sometimes a family of wild seals may be seen playing in the sun and Brent geese and wild duck forage on the rich pickings. Visitors may experience the tide turning and what we call the long hour... Guests are treated to a wild food lunch which they enjoy on the beach overlooking the Atlantic ocean. Guests take home a copy of the little Wild Kitchen booklet, recipes and great memories.

Top Tip: This experience is tide and weather dependant. We can go out if it's raining but not if it's very windy. Provisional dates can be found on the calendar at www.wildkitchen.ie

Duration: 2 Hours

When: March to October

Min/Max Numbers: Minimum 4 people – Maximum 16 people

Price: €40 Per Person

Location: Lahinch, Co. Clare

Pre-Booking: Yes prior booking required by contacting Oonagh O'Dwyer

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