

**bloom**  
celebrate garden life

# The Chefs' Summer Kitchen Cookbook



**Bord Bia**  
Irish Food Board

## Timetable for Chefs' Summer Kitchen

### Thursday 28th May 2009

12:45 – 13:30	Máire Dufficy	Bord Bia Regional Food Advisor	Pages 2 – 3
14:15 – 15:00	Rozanne Stevens	Head Tutor – Cooks Academy	Pages 4 – 5
15:45 – 16:30	Máire Dufficy	Bord Bia Regional Food Advisor	Pages 6 – 7

### Friday 29th May

11:30 – 12:15	Sheila Kelly	Bord Bia Regional Food Advisor	Pages 8 – 9
13:00 – 13:45	Vanessa Greenwood	Founder Cooks Academy	Pages 10 – 11
14:30 – 15:15	Raymond McArdle	Head Chef, Nuremore Hotel, Carrickmacross, Co. Monaghan	Pages 12 – 13
16:15 – 17:00	Sheila Kelly	Bord Bia Regional Food Advisor	Pages 14 – 15

### Saturday 30th May

11:00 – 11:45	Catherine Fulvio	Ballyknocken House	Pages 16 – 17
12:30 – 13:15	Máire Dufficy	Bord Bia Regional Food Advisor	Pages 18 – 19
14:00 – 14:45	Catherine Fulvio	Ballyknocken House	Pages 20 – 21
15:45 – 16:30	Máire Dufficy	Bord Bia Regional Food Advisor	Pages 22 – 23

### Sunday 31st May

11:00 – 11:45	Sheila Kelly	Bord Bia Regional Food Advisor	Pages 24 – 25
12:30 – 13:15	Derry Clarke	L'Ecrivain Restaurant	Pages 26 – 28
14:00 – 14:45	Dermot O'Neill & Paul Ward	Arboretum Lifestyle and Garden Centre	Pages 28 – 29
15:45 – 16:30	Sheila Kelly	Bord Bia Regional Food Advisor	Pages 30 – 31

### Monday 1st June

11:00 – 11:45	Rozanne Stevens	Head Tutor – Cooks Academy	Pages 32 – 33
12:30 – 13:15	Neven Maguire	McNean House and Bistro, Blacklion, Co. Cavan	Pages 34 – 36
14:00 – 14:45	Stephen Sung and Quizhi Chen	China Sichuan Restaurant, Ballymoss Road, Sandycroft, Dublin 18	Pages 37 – 38
15:45 – 16:30	Ann Colbert	Raheny Country Market	Pages 38 – 39

These Bloom recipes have been specially prepared for you by a wonderful group of Irish Chefs. We hope you enjoy using them throughout the year to create delicious dishes for family and friends.

**Celebrate Garden Life  
Enjoy Good Food**

Thursday 28th May 2009 12.45 – 13.30

**Máire Dufficy**

**Bord Bia Regional Food Advisor**

## Beef Tagine

*This is a simplified version of a traditional Moroccan tagine. Tastes great with either beef or lamb. Try serving it with Tomato Salsa (see page 7).*

### SERVES 4

#### Ingredients

1kg well trimmed shoulder/chuck beef or shoulder of lamb, cubed

1 tablesp. ground ginger

1 teasp. ground black pepper

1 teasp. ground cinnamon

1 tablesp. turmeric

1½ tablesp. paprika

½ teasp. chilli powder

1-2 tablesp. olive oil

2 large onions, diced

3 cloves garlic, chopped

100g dried apricots, chopped

50g sultanas or raisins

250ml tomato juice

125ml beef or lamb stock

1 tablesp. honey

Juice of ½ lemon

Salt to taste

#### Topping: (optional)

Mix together:

1-2 tablesp. fresh coriander, chopped

Grated rind of 1 lemon

50g almonds, chopped

Salt and black pepper

4 tablesp. sour cream

#### Method

Set oven Gas Mark 4, 180°C (350°F).

Place the meat in a large bowl. Mix the spices together and coat the meat with this mixture. Heat half the oil in a large pan and brown the onions well and place in a flameproof casserole, then brown the meat in the remaining hot oil (do this in batches to get the meat a good colour). Transfer to the casserole with the onions. Add all remaining ingredients. Stir well, bring to the boil. Place in the oven for approx. 1½ hours or until the meat is very tender. Sprinkle on the topping and serve with rice or cous cous and sour cream.

## Lamb Pizza with Irish Farmhouse Cheese

*You can buy the ready made pizza base but try the home-made. You can double the dough mixture and make bread at the same time!*

### SERVES 4

#### Dough

450g strong white flour

1 teasp. salt

15g fresh yeast or 1 sachet fast-acting dried yeast

300ml warm water

3 tablesp. olive oil

#### Topping

2 shallots or 1 small onion, very finely chopped

375g lean minced lamb

2 cloves garlic, chopped

3 tablesp. passata (strained puréed tomatoes)

A pinch of cinnamon

Salt and black pepper

Bunch of basil leaves

150g Farmhouse Cheese, sliced

225g carton Greek style yoghurt

Chopped mint leaves

**Method**

Mix the flour and salt together in a large bowl. If you are using fresh yeast blend it with a teaspoon of honey and a little of the warm water. Allow it to stand for a few minutes until completely dissolved. It should look foamy on top. (Fast-acting dried yeast can be added directly to the flour and mixed well.)

Add the remaining liquid and oil to the yeast mixture. Add to the flour and stir the lot well together. Continue to mix until it forms a manageable dough. Turn it out onto a board and, with a little olive oil on your hands, knead for 10 minutes until really smooth. Place it back in the bowl, leave to rise, covered with a damp tea-towel or cling film, for a couple of hours, until it is double the size, or overnight if this is more convenient.

Meanwhile heat a little olive oil in a pan and sauté the chopped onion, add the minced lamb and brown well together. Add chopped garlic, a tablesp. passata, a pinch of cinnamon and seasoning. Cook for a few minutes.

**To assemble the pizza**

Set oven Gas Mark 6, 200°C, (400°F).

With a little of the olive oil on your hands, take the dough and stretch it onto a baking sheet approx. 12" x 14" or divide the dough between 4 pizza tins. Brush a little more olive oil over the dough.

Spread two tablesp. passata over the dough, drizzle over some olive oil and sprinkle on chopped basil leaves. Add the lamb topping and then the sliced cheese. Bake in the hot oven until crispy on the base and well cooked, approx. 20 minutes.

Just before serving, drizzle with some yoghurt and chopped mint.

## 'What's in The Fridge?' Omelette

*Dinner in 15 minutes -great for busy Mums and hungry kids.*

**SERVES 4****Ingredients**

**1½ tablesp. olive oil**

**4-6 potatoes, peeled and diced**

**1 onion, chopped**

**2 cloves garlic, chopped**

**8 eggs, beaten**

**A little salt and freshly ground black pepper**

**2 tablesp. freshly grated low fat cheddar cheese**

**Method**

Heat the oil in a non-stick pan and cook the potatoes for 8-10 minutes until nearly cooked and beginning to brown. Add the onion and continue to cook until the onion is just golden, then add the garlic.

When the potatoes are just cooked, season the egg mixture, add in the cheese and pour over the potatoes. Stir well and allow the eggs to cook on the base. Place a plate over the pan, carefully turn the omelette onto the plate, then slide back into the pan to cook the other side.

Sprinkle with parsley, cut into wedges and serve with a green salad and your favourite chutney.

**Note:**

You can add other ingredients, whatever is available – chopped bacon, scallions, tomatoes, mushrooms. You can of course use up cooked potatoes but the flavour is much better if you start out with uncooked potatoes.

Thursday 28th May 2009 14.15 – 15.00

**Rozanne Stevens**  
**Head Tutor – Cooks Academy**

## Quinoa Stack with Crozier Goats Cheese and Saucy's Pesto

### Ingredients

150g (1 cup) quinoa  
400ml (2 cups) vegetable stock  
1 red pepper, deseeded and roughly chopped  
1 yellow pepper, deseeded and roughly chopped  
1 x (300g) courgette, sliced into 1cm rings  
1 red onion, peeled and cut into large cubes  
2 cloves garlic, crushed  
2 tablesp. olive oil  
15g rocket  
15g goats cheese, crumbled

### Dressing

2 tablesp. extra virgin olive oil  
1 tablesp. balsamic vinegar  
Honey, to taste  
Salt and freshly cracked pepper  
Drizzle with Saucy's Pesto mixed with olive oil  
Equipment: Metal ring to make stack

Preheat oven to 170°C

### Method

Sieve the quinoa, rubbing your fingers through the grain until the water through the sieve runs clear. Place washed quinoa in a saucepan and cover with the stock. Cover, bring to a boil, then simmer for about 10 minutes or until all the liquid is absorbed.

Stir occasionally to prevent sticking on the bottom. Drizzle some olive oil through the quinoa and lightly season. Set aside and keep warm.

Mix together the chopped peppers, courgette, red onion and garlic. Drizzle with olive oil and season with salt and pepper. Transfer to a baking sheet and roast in the oven for 30mins, stirring once or twice to stop the onions burning. The roasted vegetables are ready when the pepper is soft to touch. When ready, remove from the oven and set aside.

Combine the dressing ingredients. Just before serving toss the rocket lightly through the dressing.

To serve, place a metal ring in the centre of each plate and half fill with quinoa pressing the grains tightly into the ring. Finish filling the ring with roasted vegetables. Carefully remove the metal ring. Next rest some of the dressed rocket leaves over the top of the stack.

Lastly sprinkle the crumbled goats cheese over the top.

## Fennel Bake with Knockdrinna Farmhouse Cheese and O'Hanlon Herbs

### Ingredients

3 fennel bulbs, quartered (or 400g celery, cut into large chunks)  
2 tablesp. olive oil  
225g brown lentils  
590ml vegetable stock  
1 onion, finely chopped  
2 cloves garlic, crushed  
2 x 400g tins chopped tomatoes  
2 tablesp. dried oregano  
2 sprigs fresh thyme, leaves  
1 tablesp. basil, chopped  
125ml dry red wine  
2 tablesp. honey  
50g breadcrumbs  
Salt and freshly cracked black pepper  
30g hard cheese (or cheddar), coarsely grated

**White Sauce****40g butter****3 tablesp. plain flour****750ml milk****Preheat oven to 180°C****Equipment: Ovenproof dish****Method**

Lightly coat fennel bulbs with 1 tablesp. olive oil, season well and bake on a baking sheet for 30-40 minutes until slightly softened (stir half way through cooking to ensure the edges don't burn).

Bring the stock to the boil, add the lentils. Simmer and cook, uncovered for 40 minutes or until tender. Rinse to remove any cooking scum.

Heat a tablesp. of olive oil in a frying pan and gently sauté the onion for 5 mins, then add the garlic and continue cooking until soft.

Add the tomatoes, herbs, wine and honey, season well. Simmer, uncovered, for 15 minutes, until thickened. Next stir in the lentils and remove from the heat.

For the White Sauce: Melt the butter in a pan, Stir in the flour, cook over heat until bubbling. Remove from the heat and gradually stir in the milk. Stir over the heat again until the sauce boils and thickens.

Place half the lentils in an ovenproof dish. Cut any large pieces of fennel to a smaller size. Layer the fennel on top and then the rest of the lentil mixture.

Pour the white sauce evenly over the filling. Sprinkle over the cheese and lastly cover with the breadcrumbs. Bake, uncovered, for 40 minutes until lightly golden.

**Summer Blueberry Cake****Ingredients****175g soft butter****175g golden castor sugar****3 eggs****225g self raising flour****1 teasp. baking powder****2 teasp. vanilla extract****142ml carton sour cream****2 x 125g cartons blueberries****For the cream cheese icing****200g cream cheese****100g icing sugar****1-2 tablesp. lemon juice****Method**

Preheat the oven to 180°C/ fan 160°C/ Gas Mark 4. Butter and line the base of a 22cm round loose-bottomed cake tin with non-stick baking paper.

Put the butter, sugar, eggs, flour, baking powder and vanilla essence in a bowl, and beat well with an electric mixer for 1-2 minutes until lighter in colour. Beat in 4 tablesp. sour cream and stir in half the blueberries with a large spoon.

Tip the cake mixture into the tin and spread level. Bake for 50 minutes until risen, firm to the touch and springs back when lightly pressed. Cool for 10 minutes, then remove from the tin and peel off the lining. Cool on a wire rack.

For the icing, beat together the cream cheese, icing sugar and remaining soured cream in a bowl until smooth. Spread over the top of the cooled cake and scatter with the remaining blueberries. The cake will keep in the fridge for a couple of days. Bring to room temperature about an hour before serving.

Thursday 28th May 2009 15.45 – 16.30

*Máire Dufficy*

**Bord Bia Regional Food Advisor**

## Glazed Loin of Bacon Redcurrant Dressing

*Delicious Hot or Cold!*

**SERVES 6-8**

### **Ingredients**

1½kg loin of bacon

### **Topping**

1 tablesp. mustard

1 tablesp. brown sugar

### **Sauce**

2 tablesp. port/wine

2 tablesp. redcurrants (if available)

### **Method**

Place the joint in a large saucepan and cover with cold water. Bring to the boil, then simmer gently for approx. 20 minutes per half kg.

Set oven to Gas Mark 6, 200C (400F). Remove the joint from the saucepan. Reserve liquid. Remove the rind and score the fat. Place the joint on a roasting dish. Spread with the mustard and brown sugar.

Add approx. 125ml of the reserved liquid to the roasting dish (keep the remaining liquid for soup). Place in oven for 20 minutes. Top up the liquid if necessary during cooking.

### **Sauce**

Pour off the juices from the joint. To this add the redcurrant jelly, port and redcurrants. Simmer until you have a good rich consistency. Carve the joint and serve with sauce.

## New Potatoes with Baby Tomatoes and Pesto

*Combining the potatoes and vegetables together not only looks good, but it makes it a bit easier to serve up. Great served with crispy lamb cutlets and a squeeze of lemon.*

**SERVES 8**

### **Ingredients**

1½kg new potatoes, halved

3 tablesp. olive oil

Salt and black pepper

450g green beans, trimmed

A container of cherry tomatoes, halved

3-4 cloves garlic, halved

2 tablesp. pesto

2 tablesp. chopped basil

Juice of a lemon

### **Method**

Set oven Gas Mark 4, 180°C (350°F).

Coat the potatoes in a tablesp. of the oil and season well. Place in a roasting tin in the preheated oven and roast until crispy and tender. Blanch the green beans for a minute or two. Drain and mix in a large bowl with the tomatoes, garlic, pesto, remaining oil and season. Add the lot to the potatoes and continue to roast until the tomatoes are just soft, about 5 minutes. Sprinkle with basil. Mound warm vegetables in a shallow bowl, drizzle with lemon juice and serve.

## Pesto

### **Ingredients**

1 large bunch of fresh basil

50g pinenuts

50g hard cheese, chopped

2-3 cloves garlic, chopped

4-6 tablesp. olive oil

### **Method**

In the processor blend the basil, pinenuts, cheese and garlic together. Add the oil gradually. Will keep well in the fridge for a couple of days.

## Stir Fry Pork with Ginger and Noodles

*This is a great stir-fry that's cooked and on the table in under 10 minutes. It uses straight to the wok noodles, which are now readily available in supermarkets. Of course you could use regular egg noodles and just soak them first according to packet instructions*

### SERVES 4

#### Ingredients

2 tablesp. sunflower oil  
 450g pork stir-fry strips  
 5cm piece root ginger, peeled and shredded  
 2 red peppers, cut in thin strips  
 1 bunch scallions, trimmed and shredded  
 1 red chilli, seeded and thinly sliced  
 4 tablesp. dark soy sauce  
 2 teasp. oriental chilli oil (optional)  
 1 teasp. clear honey  
 2 teasp. white wine vinegar  
 2 x 300g packets straight to the wok medium noodles  
 Handful fresh basil leaves

#### Method

Heat a wok until smoking hot. Add half the oil and swirl up the sides, then tip in half the pork strips and stir-fry for 3-4 minutes until well sealed and lightly browned. Remove from the pan and keep warm. Repeat with the remainder of the pork.

Heat the remaining oil and then add in the ginger, the peppers, scallions and chilli and stir-fry for couple of minutes. Add back the pork.

Mix the soy sauce, chilli oil (if using), honey and vinegar in a bowl and then pour into the wok and tip in the noodles. Toss together until well combined and cook for another 1-2 minutes until the noodles have all separated and are piping hot. Stir in the basil leaves, then divide among warmed bowls to serve.

## Delicious Burgers with Melted Cheese and Tomato Salsa

*Three secrets to making the best burgers – top quality mince, the onions sautéed till golden brown and cooked ahead of time and a good splash of chilli oil in the mixture*

### SERVES 4

#### Ingredients

450g minced beef or lamb	1 tablesp. scallions, chopped
1 large onion, finely chopped, sautéed in oil till golden and cooled	1 tablesp. chilli oil, optional but nice (see recipe)
	Salt and black pepper

#### Tomato Salsa

16 approx. cherry tomatoes, chopped	1 tablesp. chilli oil
1-2 red onions, finely chopped	Lemon juice to taste
Handful chopped coriander	Salt and black pepper

#### To Serve

4 slices of cheddar or blue cheese

#### To Cook

Mix the mince, onion, scallions, chilli oil and seasoning well together. With wet hands shape into 4 burgers. Flatten each one down with the palm of your hand until you have a nice even shape. This way they will cook more quickly and evenly. Keep in the fridge until ready to cook. Grill, barbecue or cook on a black ridge pan, until fully cooked, 4-5 minutes on each side.

Meanwhile mix all the salsa ingredients together. Then place a spoonful of salsa on top of each burger and top with a slice of cheese. Grill, or cover the barbecue or pan and continue to cook for another minute until the cheese has melted. Serve on a bap with some salad leaves and the remaining salsa.

#### Chilli Oil

This is a really useful dressing to have on hand, it will spice up lots of meals – lamb cutlets, steaks, pasta sauces etc.

Whiz 2-3 chillies, chopped, including seeds; 1 red pepper, chopped; 2-3 cloves garlic chopped; handful coriander; 250ml oil and seasoning in the processor. Store in the fridge for up to a week.

Friday 29th May 2009 11.30 – 12.15

**Sheila Kelly**

**Bord Bia Regional Food Advisor**

## Butterfly Leg of Lamb with a Touch of Spice

*A butterfly leg of lamb is the ideal way to please family and friends. Roasted or barbecued it's easy to cook, easy to carve and tastes great!*

**SERVES 6-8**

### Ingredients

1 leg of Lamb, boned and butterflied

2 tablesp. curry paste

3 tablesp. olive oil

2-3 cloves garlic, chopped

1 x 250g tub thick Greek- style yoghurt

3 tablesp. mint chopped

Salt and black pepper

### A day ahead

Mix the curry paste with 2 tablesp. of the oil and the garlic, spread it over the lamb, cover and leave in the fridge overnight.

### To roast or barbecue

Set the oven to Gas Mark 6, 200°C (400°F) / heat or light the barbecue.

**To roast:** Heat a large pan, place the lamb on the hot pan, season and brown well on both sides then place on a roasting dish and cook for 45 mins. approx. for pink lamb.

**To barbecue:** Place the lamb on the hot barbecue and cook for 20/25 minutes approx. on each side over a medium heat.

### Dressing

Mix the yoghurt with 2 tablesp. mint, 1 tablesp. oil and seasoning.

### To serve

If you have roasted the lamb, boil up the pan juices with a tablesp. of redcurrant jelly (optional) and serve with the sliced lamb. Before carving sprinkle the last tablesp. mint over the lamb. Serve the dressing on the side. Also very good with the lamb are baby potatoes and vegetables roasted at the same time with olive oil and sea salt.

### Next day

Great cold with a baked potato and the last slices will make gourmet sandwiches.

## A Wrap Party

*A great way to entertain your friends – everybody helps themselves!*

**SERVES 4**

### Ingredients

450g minced beef or lamb

1 large onion, finely chopped, sautéed in oil till golden and cooled

1 tablesp. scallions, chopped

1 tablesp. chilli oil, optional but nice (see recipe below)

Salt and black pepper

### Method

Make up the meat filling by frying the mince in hot oil until well browned, then add the onion, scallions, chilli oil, seasoning plus a can of chopped tomatoes. Simmer gently until fully cooked – 20 minutes approx.

Serve with warmed tortillas and a selection of the following toppings:

- Bowl of grated cheddar cheese
- Bowl of crispy bacon bits
- Tomato Salsa - see recipe
- Avocado Dressing – see recipe
- Chilli Oil – see recipe

**Tomato Salsa**

Mix the following together:

16 approx. cherry tomatoes, chopped

1-2 red onions, finely chopped

Handful chopped coriander

1 tablesp. chilli oil

Lemon juice to taste

Salt and black pepper

**Avocado Dressing**

Place all the following ingredients in the processor and whiz for a few seconds:

1 ripe avocado

2 tablesp. crème fraîche

Juice of half a lemon

1 tablesp. chilli oil (see recipe)

Salt and black pepper

**Chilli Oil**

Whizz 2-3 chillies, chopped, including seeds; 1 red pepper, chopped; 2-3 cloves garlic; handful coriander; 250ml oil; and seasoning in the processor. Store in the fridge for up to a week

Prepare the lot then invite everyone to the table.

## Pork Satay and Cucumber Salad

**SERVES 4**

**Ingredients**

1 kg shoulder of pork, diced or pork pieces

**Marinade**

1 tablesp. soy sauce

½ tablesp. rice vinegar

1 tablesp. oil

½ tablesp. red curry paste

**Sauce**

1 can coconut milk

1 tablesp. red curry paste

2 cloves garlic, chopped

1 tablesp. fish sauce/soy sauce

1 teasp. sugar

1 tablesp. peanut butter

1 tablesp. fresh coriander, chopped

**Spicy Cucumber Salad**

2 cucumbers, seeds removed and sliced

1 tablesp. fish sauce/soy sauce

1 tablesp. oil

1 tablesp. lemon juice

1 tablesp. sugar

1 red chilli, sliced

2-3 shallots, sliced

Salt to taste

**Method**

Thread the pork pieces onto eight skewers. Place in a shallow dish. Mix the marinade ingredients together. Pour the mixture over the kebabs and leave for half an hour

Mix the sauce ingredients together and simmer for 5-10 minutes. Grill the kebabs for 5-6 minutes on each side.

Meanwhile, to make the Spicy Cucumber Salad, mix the cucumber with all the other ingredients.

Serve the sauce with the kebabs and the Cucumber Salad.

Friday 29th May 2009 13.00 – 13.45

**Vanessa Greenwood**  
**Founder Cooks Academy**

## Quinoa Stack with Crozier Goats Cheese and Saucy's Pesto

### Ingredients

150g (1 cup) quinoa  
400ml (2 cups) vegetable stock  
1 red pepper, deseeded and roughly chopped  
1 yellow pepper, deseeded and roughly chopped  
1 x (300g) courgette, sliced into 1cm rings  
1 red onion, peeled and cut into large cubes  
2 cloves garlic, crushed  
2 tablesp. olive oil  
15g rocket  
15g goats cheese, crumbled

### Dressing

2 tablesp. extra virgin olive oil  
1 tablesp. balsamic vinegar  
Honey, to taste  
Salt and freshly cracked pepper  
Drizzle with Saucy's Pesto mixed with olive oil  
Equipment: Metal ring to make stack

Preheat oven to 170°C

### Method

Sieve the quinoa, rubbing your fingers through the grain until the water through the sieve runs clear. Place washed quinoa in a saucepan and cover with the stock. Cover, bring to a boil, then simmer for about 10 minutes or until all the liquid is absorbed.

Stir occasionally to prevent sticking on the bottom. Drizzle some olive oil through the quinoa and lightly season. Set aside and keep warm.

Mix together the chopped peppers, courgette, red onion and garlic. Drizzle with olive oil and season with salt and pepper. Transfer to a baking sheet and roast in the oven for 30mins, stirring once or twice to stop the onions burning. The roasted vegetables are ready when the pepper is soft to touch. When ready, remove from the oven and set aside.

Combine the dressing ingredients. Just before serving toss the rocket lightly through the dressing.

To serve, place a metal ring in the centre of each plate and half fill with quinoa pressing the grains tightly into the ring. Finish filling the ring with roasted vegetables. Carefully remove the metal ring. Next rest some of the dressed rocket leaves over the top of the stack.

Lastly sprinkle the crumbled goats cheese over the top.

## Fennel Bake with Knockdrinna Farmhouse Cheese and O'Hanlon Herbs

### Ingredients

3 fennel bulbs, quartered (or 400g celery, cut into large chunks)  
2 tablesp. olive oil  
225g brown lentils  
590ml vegetable stock  
1 onion, finely chopped  
2 cloves garlic, crushed  
2 x 400g tins chopped tomatoes  
2 teasp. dried oregano  
2 sprigs fresh thyme, leaves  
1 tablesp. basil, chopped  
125ml dry red wine  
2 teasp. honey  
50g breadcrumbs  
Salt and freshly cracked black pepper  
30g hard cheese (or cheddar), coarsely grated

**White Sauce****40g butter****3 tablesp. plain flour****750ml milk****Preheat oven to 180°C****Equipment: Ovenproof dish****Method**

Lightly coat fennel bulbs with 1 tablesp. olive oil, season well and bake on a baking sheet for 30-40 minutes until slightly softened (stir half way through cooking to ensure the edges don't burn).

Bring the stock to the boil, add the lentils. Simmer and cook, uncovered for 40 minutes or until tender. Rinse to remove any cooking scum.

Heat a tablesp. of olive oil in a frying pan and gently sauté the onion for 5 mins, then add the garlic and continue cooking until soft.

Add the tomatoes, herbs, wine and honey, season well. Simmer, uncovered, for 15 minutes, until thickened. Next stir in the lentils and remove from the heat.

For the White Sauce: Melt the butter in a pan, Stir in the flour, cook over heat until bubbling. Remove from the heat and gradually stir in the milk. Stir over the heat again until the sauce boils and thickens.

Place half the lentils in an ovenproof dish. Cut any large pieces of fennel to a smaller size. Layer the fennel on top and then the rest of the lentil mixture.

Pour the white sauce evenly over the filling. Sprinkle over the cheese and lastly cover with the breadcrumbs. Bake, uncovered, for 40 minutes until lightly golden.

**Summer Blueberry Cake****Ingredients****175g soft butter****175g golden castor sugar****3 eggs****225g self raising flour****1 teasp. baking powder****2 teasp. vanilla extract****142ml carton sour cream****2x125g cartons blueberries****For the cream cheese icing****200g cream cheese****100g icing sugar****1-2 tablesp. lemon juice****Method**

Preheat the oven to 180°C/ fan 160°C/ Gas Mark 4. Butter and line the base of a 22cm round loose-bottomed cake tin with non-stick baking paper.

Put the butter, sugar, eggs, flour, baking powder and vanilla essence in a bowl, and beat well with an electric mixer for 1-2 minutes until lighter in colour. Beat in 4 tablesp. sour cream and stir in half the blueberries with a large spoon.

Tip the cake mixture into the tin and spread level. Bake for 50 minutes until risen, firm to the touch and springs back when lightly pressed. Cool for 10 minutes, then remove from the tin and peel off the lining. Cool on a wire rack.

For the icing, beat together the cream cheese, icing sugar and remaining soured cream in a bowl until smooth. Spread over the top of the cooled cake and scatter with the remaining blueberries. The cake will keep in the fridge for a couple of days. Bring to room temperature about an hour before serving.

Friday 29th May 2009 14.30 – 15.15

**Raymond McArdle**  
**Head Chef, Nuremore Hotel,**  
**Carrickmacross, Co. Monaghan**

## Roast Sea Scallops with Crisp Chicken Light Cauliflower Purée

**SERVES 4**

### Ingredients

12 chicken wings + 1 pint goose fat  
 1 small cauliflower  
 ½ pint milk  
 ½ pint cream  
 12 dived fresh scallops  
 Salad to garnish  
 Salt & pepper

### Method

Cut the top of each chicken wing and remove one bone, heat the goose fat in a deep pot, season the chicken and put in goose fat to cook slowly for 45 minutes.

Cut the cauliflower into florets and put in a pot, cover with milk and cream, season with salt & pepper and simmer slowly until cooked.

Put the cauliflower and cooking liquid in a food processor and blend to a fine purée.

Heat a non stick frying pan, season scallops and fry until golden on both sides quickly for 1 minute each side.

Put the chicken in a hot pan to crisp skin.

Place the cauliflower purée on 4 warm plates, arrange scallops & chicken on top, garnish with dressed salad.

## Pork Wellington with Apple & Vanilla Purée

**SERVES 4**

### Ingredients

2 trimmed pork fillets  
 1 chopped onion & 1 clove of garlic  
 15 sliced mushrooms (wild if possible)  
 1 cup of fresh breadcrumbs  
 2 tablesp. olive oil  
 2 tablesp. butter  
 1 egg  
 1 sheet of puff pastry  
 Sea salt

### Apple Purée

2 granny smith apples  
 1 tablesp. butter  
 1 tablesp. sugar  
 1 vanilla pod seeds

### Method

Cut the pork fillets in half and colour quickly in a hot pan, leave to cool, season with salt & pepper.

For the mushroom stuffing chop the mushrooms finely & put a hot pan on, add the butter, onion and garlic.

Cook onion until soft, add the mushrooms – cook for 5 minutes.

Put the mushroom mix in a blender and add breadcrumbs, mix until all binded together. Roll out puff pastry until 2mm thick, cut out 4 squares.

Spread the mushroom mix on each sheet of puff pastry, put pork on each one and wrap tightly, egg wash to seal, sprinkle on sea salt before baking.

Heat the oven to 200°C and bake pork wellingtons for fifteen minutes until golden and crispy.

To make Apple Purée - melt the butter in a hot pot, add the chopped apples & sugar, turn down heat and cook until soft with the scrapped vanilla pod, purée in blender until smooth.

Cut the pork wellingtons in half and put on 4 warm plates, spoon on apple & vanilla purée, serve a Calvados gravy or onion sauce, garnish with apple chutney (optional) – enjoy!

## Raspberry Baked Alaska

**SERVES 4**

### *Ingredients*

**Cooked sponge**

**2 punnets of fresh raspberries**

**1 lemon**

**1 tablesp. icing sugar**

### *Meringue*

**8 egg whites**

**400g castor sugar**

**1 vanilla pod**

**Vanilla ice cream**

### **Method**

Make the raspberry purée by blending 1 punnet of fresh raspberries, icing Sugar and juice of 1 lemon in blender until smooth.

Dice the sponge and place in each mould half full, spoon 1 tablesp. of raspberry purée over each sponge in mould.

Place at least 8 raspberries in each mould on top of the sponge.

To make the meringue: Rub the mixing bowl lightly with lemon juice, add the egg whites and half the sugar and whizz on high speed until soft peaks, add the other half of the sugar and continue to whisk until stiff meringue forms.

Scoop 4 large balls of ice cream and put in each mould. Put the meringue into a piping bag and pipe to create a bee hive effect, place each Alaska into a hot oven until the meringue is golden brown and caramelized – enjoy!

### **Chef's Tip**

This is the best method made individually.

When the Alaska is made if you want to hold it in the freezer before cooking, its good for 6-8 hours, but we like to cook Alaska to order as the sponge stays beautifully soft.

Friday 29th May 2009 16.15 – 17.00

**Sheila Kelly**

**Bord Bia Regional Food Advisor**

## Stir Fry Pork with Ginger and Noodles

*This is a great stir-fry that's cooked and on the table in under 10 minutes. It uses straight to the wok noodles, which are now readily available in supermarkets. Of course you could use regular egg noodles and just soak them first according to packet instructions*

**SERVES 4**

### Ingredients

2 tablesp. sunflower oil  
 450g pork stir-fry strips  
 5cm piece root ginger, peeled and shredded  
 2 red peppers, cut in thin strips  
 1 bunch scallions, trimmed and shredded  
 1 red chilli, seeded and thinly sliced  
 4 tablesp. dark soy sauce  
 2 teasp. oriental chilli oil (optional)  
 1 teasp. clear honey  
 2 teasp. white wine vinegar  
 2 x 300g packets straight to the wok medium noodles  
 Handful fresh basil leaves

### Method

Heat a wok until smoking hot. Add half the oil and swirl up the sides, then tip in half the pork strips and stir-fry for 3-4 minutes until well sealed and lightly browned. Remove from the pan and keep warm. Repeat with the remainder of the pork.

Heat the remaining oil and then add in the ginger, the peppers, scallions and chilli and stir-fry for couple of minutes. Add back the pork.

Mix the soy sauce, chilli oil (if using), honey and vinegar in a bowl and then pour into the wok and tip in the noodles. Toss together until well combined and cook for another 1-2 minutes until the noodles have all separated and are piping hot. Stir in the basil leaves, then divide among warmed bowls to serve.

## Moroccan Beef Tagine with Herby Cous Cous

**SERVES 4**

### Ingredients

1kg well trimmed shoulder/chuck beef or shoulder of lamb, cubed  
 1 tablesp. ground ginger  
 1 teasp. ground black pepper  
 1 teasp. ground cinnamon  
 1 tablesp. turmeric  
 1½ tablesp. paprika  
 ½ teasp. chilli powder  
 1-2 tablesp. olive oil  
 2 large onions, diced  
 3 cloves garlic, chopped  
 100g dried apricots, chopped  
 50g sultanas or raisins  
 250ml tomato juice  
 125ml beef or lamb stock  
 1 tablesp. honey  
 Juice of ½ lemon  
 Salt to taste

### Topping: (optional)

Mix together:  
 1-2 tablesp. fresh coriander, chopped  
 Grated rind of 1 lemon  
 50g almonds, chopped  
 Salt and black pepper

### To serve

4 tablesp. Greek Style Natural yoghurt

### Method

Set oven Gas Mark 4, 180°C (350°F).

Place the meat in a large bowl. Mix the spices together and coat the meat with this mixture. Heat half the oil in a large pan and brown the onions well and place in a flameproof casserole, then brown the meat in the remaining hot oil (do this in batches to get the meat a good colour). Transfer to the casserole with the onions. Add all remaining ingredients. Stir well, bring to the boil. Place in the oven for approx. 1½ hours or until the meat is very tender. Sprinkle on the topping and a spoonful of yoghurt and serve with rice or couscous.

## Delicious Burgers with Melted Cheese and Tomato Salsa

*Three secrets to making the best burgers – top quality mince, the onions sautéed till golden brown and cooked ahead of time and a good splash of chilli oil in the mixture.*

### SERVES 4

#### Ingredients

450g minced beef or lamb

1 large onion, finely chopped, sautéed in oil till golden and cooled

1 tablesp. scallions, chopped

1 tablesp. chilli oil, optional but nice (see recipe)

Salt and black pepper

4 slices of cheddar or blue cheese

#### Tomato Salsa

16 approx. cherry tomatoes, chopped

1-2 red onions, finely chopped

Handful chopped coriander

1 tablesp. chilli oil

Lemon juice to taste

Salt and black pepper

#### Method

Mix the mince, onion, scallions, chilli oil and seasoning well together. With wet hands shape into 4 burgers. Flatten each one down with the palm of your hand until you have a nice even shape. This way they will cook more quickly and evenly. Keep in the fridge until ready to cook.

Grill, barbecue or cook on a black ridge pan, until fully cooked, 4-5 minutes on each side.

Meanwhile mix all the salsa ingredients together. Then place a spoonful of salsa on top of each burger and top with a slice of cheese. Grill, or cover the barbecue or pan and continue to cook for another minute until the cheese has melted.

## Chilli Oil

*This is a really useful dressing to have on hand, it will spice up lots of meals – lamb cutlets, steaks, pasta sauces etc.*

Whizz 2-3 chillies, chopped, including seeds; 1 red pepper, chopped; 2-3 cloves garlic; handful coriander; 250ml oil; and seasoning in the processor. Store in the fridge for up to a week

Saturday 30th May 2009 11.00 – 11.45

*Catherine Fulvio*  
*Ballyknocken House*

## Ballyknocken Pesto Soda Spiral Loaf & Scones

**MAKES 17 SCONES**

### *Ingredients*

450g plain white flour

1 level teasp. sugar

½ level teasp. salt

1 level teasp. bread soda (baking soda)

1 ½ tablesp. fresh thyme, chopped (O'Hanlon Herbs)

2 tablesp. sundried tomatoes, chopped

2 tablesp. black olives, chopped

350 – 380ml approximately sour milk or buttermilk

½ jar of Janet's Country Fayre Basil Pesto

### **Method**

Preheat oven to 230°C / 450°F / Gas 8.

Sieve all the dry ingredients together in a bowl. Mix in the thyme, olives and sundried tomatoes. Making a well in the centre, pour in most of the sour milk and mix to a soft dough. If more milk is required, add now. Mix gently with one hand and bring the dough together into a soft ball. Turn out on to a floured surface and flatten to 2.5cm / 1 inch in height.

To make scones, flatten the dough to 2 ½ cm / 1 inch and cut into shapes with scone cutter / upturned glass or knife. Bake for 15 minutes approximately. Baking time depends on the size of scones cut.

To make a pesto spiral loaf, using a rolling pin, shape the dough into a rectangular form, about 1 ½ cm high. using a knife or spatula, spread a light layer of pesto, leaving a border of 1cm on all sides. Roll into a long narrow loaf and pinch the edges to seal. Place on a floured baking tray and bake for 10 minutes at 230°C / 450°F / Gas 8. Then turn the heat down to 200°C / 400°F / Gas 6 for a further 10-15 minutes. To test, tap underneath – if the sound is hollow, the bread is ready.

## Wicklow Blue Cheese, O'Hanlon Herb and Roast Grapes Crostini

**SERVES 6**

### *Ingredients*

2 tablesp. fresh parsley, roughly chopped (O'Hanlon Herbs)

1 tablesp. fresh chives, diced (O'Hanlon Herbs)

½ teasp. fresh thyme, chopped (O'Hanlon Herbs)

1 tablesp. white wine vinegar

Olive oil

150ml sour cream (& milk as required)

100g Wicklow Blue Cheese, diced

1 ciabatta

Olive oil for brushing

500g seedless red and / or green grapes

3 tablesp. sherry vinegar

### **Method**

Preheat the oven to 220C / Gas 7. Line a baking sheet with parchment paper. Lay out the bunches of red grapes. Drizzle with sherry vinegar and roast for about 12 minutes on one side and then turn them over and roast for around 12 minutes on the other side. (The cooking time depends on the size and sweetness of the grapes)

The grapes should start to soften and some will begin to caramelize. They will be a various stages of doneness.

To make the blue cheese topping, whisk together the vinegar, 3 tablesp. olive oil and the sour cream, then stir in the cheese and herbs, adding milk to reach preferred consistency. Season with salt and / or pepper as desired.

Slice the ciabatta bread into thick slices about 2.5cm in thickness.

Brush the olive oil over both sides of the ciabatta bread.

Place in a preheated oven and bake for 5 minutes at 190°C or alternatively toast the bread under a moderate grill.

Place a large teaspoon of Wicklow Blue topping on the crostini and arrange the roast grapes on top. Use fresh herbs to garnish.

## Mango, Cucumber and Spicy Chicken Salad

**SERVES 4**

### **Ingredients**

2 medium, firm mangoes  
 1 cucumber, finely sliced  
 2 large chicken breasts  
 2 tablesp. Janet's Country Fayre Smart Ass Sauce  
 150g mixed salad leaves  
 1 tablesp. pine nuts, toasted

### **Dressing**

2 tablesp. orange juice  
 2 tablesp. lemon juice  
 1 tablesp. wholegrain mustard  
 1 tablesp. Meadowsweet Apiaries Honey  
 4 tablesp. extra virgin oil  
 Salt and pepper

### **Method**

Rub the chicken breasts with Janet's Country Fayre Smart Ass Sauce. Pan fry the chicken and allow to cool. Keep refrigerated until required.

Peel the mangoes and cut flesh away from stone. Slice thinly.

Arrange on a serving platter leaving a space in the centre.

Arrange the sliced cucumber on the plate on top of the mango.

Cut the chicken into slices and arrange on top of the cucumber. Neatly pile the leaves in the middle. Whisk the dressing ingredients together in a bowl. Season with salt and pepper to taste.

Drizzle the dressing over the salad. Top with pine nuts.

## Killowen Yoghurt Panna Cotta with Strawberry in Balsamic Vinegar

**SERVES 4**

### **Ingredients**

185ml cream  
 55g caster sugar  
 ½ vanilla bean – split lengthways  
 1 ½ leaves of gelatine  
 250g Killowen natural yoghurt

### **Method**

Place the cream and sugar in a saucepan over a medium heat. Using the point of a knife, scrape the vanilla bean seeds into the saucepan before adding the entire bean. Stir until the sugar is dissolved, then just bring to the boil before removing from the heat. Remove the vanilla bean.

Soak the gelatine in cold water until soft. Squeeze out the excess water and drop the gelatine into the hot cream mixture and whisk until dissolved. Add the yoghurt and whisk until smooth. Strain the mixture through a fine sieve and divide between 4 x 125ml ramekins or wine glasses. Cover with clingfilm and chill for at least three hours or until set.

### **Strawberries in Balsamic Vinegar**

500g fresh strawberries, hulled  
 ¼ cup packed light brown sugar  
 Pinch salt  
 ⅓ cup balsamic vinegar

### **Method**

About 1 to 2 hours before serving time, toss the strawberries with the brown sugar, salt and vinegar in a large mixing bowl. Refrigerate for about 30 minutes, then toss again. Refrigerate and toss again. Drain and serve cold in a clear glass container with a huge dollop of freshly whipped double cream!

To serve the pannacotta, place spoonfuls of Strawberries on top or each pannacotta and serve immediately.

Saturday 30th May 2009 12.30 – 13.15

**Máire Dufficy**

**Bord Bia Regional Food Advisor**

## Meatballs in Tomato in Tomato and Ginger Sauce

*Very easy and a favourite with everyone!*

**SERVES 4**

### **Ingredients**

450g minced beef or lamb

1 large onion, finely chopped, sautéed in oil till golden and cooled

1 tablesp. scallions, chopped

1 tablesp. chilli oil, optional but nice (see recipe below)

Salt and black pepper

### **Tomato and Ginger Sauce**

2-3 cloves garlic

Piece of ginger, the size of your thumb, chopped

2 tablesp. cider vinegar

1 tablesp. brown sugar

1 can chopped tomatoes

Salt and black pepper

Handful chopped coriander

### **Method**

Mix the mince, onion, scallions, chilli oil (if using) and seasoning well together. With wet hands shape into small meatballs the size of a walnut. Fry the meatballs in a large pan with a little oil until nicely browned. Set aside while you make the Tomato and Ginger Sauce

Put the garlic, ginger, cider vinegar and brown sugar into the processor and whiz for a minute. Pour the mixture and the tin of tomatoes into a saucepan and bring to the boil. Reduce the heat, add the meatballs and simmer gently for 10 minutes. Season and add coriander just before serving. Serve with rice or potatoes and a green salad.

## Chilli Oil

*This is a really useful dressing to have on hand, it will spice up lots of meals – lamb cutlets, steaks, pasta sauces etc.*

Whiz 2-3 chillies, chopped, including seeds; 1 red pepper, chopped; 2-3 cloves garlic chopped; handful coriander; 250ml oil and seasoning in the processor. Store in the fridge for up to a week.

## Lamb & Mushroom Korma with Spicy Cucumber Salad

*This is our favourite Korma recipe*

**SERVES 4**

### **Ingredients**

1 large onion, finely chopped

Groundnut oil

2 cloves garlic, finely chopped

1 tablesp. fresh root ginger, grated

1 teasp. ground cumin

1 teasp. ground coriander

1 fresh chilli, chopped

3-4 cardamom pods, seeded and crushed

1 teasp. turmeric

1kg shoulder of lamb, well trimmed and diced

125ml Greek Style natural yoghurt, mixed with 1 teasp. cornflour

225g mushrooms, sliced

1 tablesp. lemon/lime juice

Salt and black pepper

### **Spicy Cucumber Salad**

2 cucumbers, seeds removed and sliced

1 tablesp. fish sauce/soy sauce

1 tablesp. oil

1 tablesp. lemon juice

1 tablesp. sugar

1 red chilli, sliced

2-3 shallots, sliced

Salt to taste

**Method**

Sauté the onions in the oil in a heavy saucepan until lightly golden. Add garlic, ginger, cumin, coriander, chillies, cardamom and turmeric and fry gently for 2 minutes. Add lamb and coat with the onion and spice mixture. Stir in the yoghurt, cover and simmer gently for 45 minutes, stirring occasionally or cook in the oven, Gas Mark 4, 180°C (350°F) for approximately 1 hour.

Add mushrooms and continue cooking for a further 15 minutes or until the lamb is tender. Stir in the lemon/lime juice, season with salt and black pepper. Garnish with a sprig of coriander or chervil and a fresh red chilli cut in half.

Meanwhile, to make the Spicy Cucumber Salad, mix the cucumber with all the other ingredients. Delicious served with the korma and basmati rice.

## Bruschetta with Bacon, Pesto and Melted Farmhouse Cheese

*Great snack, starter or lunch*

**SERVES 4****Ingredients**

**1 French stick**

**2 tablesp. olive oil**

**8 rashers, grilled crisp**

**Fresh herbs – sprig of thyme or a few basil leaves**

**100g approx. cheese, sliced**

**2 peppers, de-seeded, quartered, grilled and skin removed – optional**

**Method**

Divide the French stick in four. Cut each quarter in half lengthways. Drizzle a little olive oil over the cut sides in, place under a hot grill for 2-3 minutes. Remove. Top each slice with peppers (if using), rashers, herbs, a drizzle of pesto and finally the cheese. Place them back under the hot grill and continue to cook for another 2-3 minutes or until the cheese is well melted – perfect!

## Pesto

**Ingredients**

**1 large bunch of fresh basil**

**50g pinenuts**

**50g hard cheese, chopped**

**2-3 cloves garlic, chopped**

**4-6 tablesp. olive oil**

**Method**

In the processor blend the basil, pinenuts, cheese and garlic together. Add the oil gradually.

Will keep well in the fridge for a couple of days.

Saturday 30th May 2009 14.00 – 14.45

**Catherine Fulvio**  
**Ballyknocken House**

## Ballyknocken Pesto Soda Spiral Loaf & Scones

**MAKES 17 SCONES**

### Ingredients

450g plain white flour

1 level teasp. sugar

½ level teasp. salt

1 level teasp. bread soda (baking soda)

1 ½ tablesp. fresh thyme, chopped (O'Hanlon Herbs)

2 tablesp. sundried tomatoes, chopped

2 tablesp. black olives, chopped

350 – 380ml approximately sour milk or buttermilk

½ jar of Janet's Country Fayre Basil Pesto

### Method

Preheat oven to 230°C / 450°F / Gas 8.

Sieve all the dry ingredients together in a bowl. Mix in the thyme, olives and sundried tomatoes. Making a well in the centre, pour in most of the sour milk and mix to a soft dough. If more milk is required, add now. Mix gently with one hand and bring the dough together into a soft ball. Turn out on to a floured surface and flatten to 2.5cm / 1 inch in height.

To make scones, flatten the dough to 2 ½ cm / 1 inch and cut into shapes with scone cutter / upturned glass or knife. Bake for 15 minutes approximately. Baking time depends on the size of scones cut.

To make a pesto spiral loaf, using a rolling pin, shape the dough into a rectangular form, about 1 ½ cm high. using a knife or spatula, spread a light layer of pesto, leaving a border of 1cm on all sides. Roll into a long narrow loaf and pinch the edges to seal. Place on a floured baking tray and bake for 10 minutes at 230°C / 450°F / Gas 8. Then turn the heat down to 200°C / 400°F / Gas 6 for a further 10-15 minutes. To test, tap underneath – if the sound is hollow, the bread is ready.

## Wicklow Blue Cheese, O'Hanlon Herb and Roast Grapes Crostini

**SERVES 6**

### Ingredients

2 tablesp. fresh parsley, roughly chopped (O'Hanlon Herbs)

1 tablesp. fresh chives, diced (O'Hanlon Herbs)

½ teasp. fresh thyme, chopped (O'Hanlon Herbs)

1 tablesp. white wine vinegar

Olive oil

150ml sour cream (& milk as required)

100g Wicklow Blue Cheese, diced

1 ciabatta

Olive oil for brushing

500g seedless red and / or green grapes

3 tablesp. sherry vinegar

### Method

Preheat the oven to 220C / Gas 7. Line a baking sheet with parchment paper. Lay out the bunches of red grapes. Drizzle with sherry vinegar and roast for about 12 minutes on one side and then turn them over and roast for around 12 minutes on the other side. (The cooking time depends on the size and sweetness of the grapes)

The grapes should start to soften and some will begin to caramelize. They will be a various stages of doneness.

To make the blue cheese topping, whisk together the vinegar, 3 tablesp. olive oil and the sour cream, then stir in the cheese and herbs, adding milk to reach preferred consistency. Season with salt and / or pepper as desired.

Slice the ciabatta bread into thick slices about 2.5cm in thickness.

Brush the olive oil over both sides of the ciabatta bread.

Place in a preheated oven and bake for 5 minutes at 190°C or alternatively toast the bread under a moderate grill.

Place a large teaspoon of Wicklow Blue topping on the crostini and arrange the roast grapes on top. Use fresh herbs to garnish.

## Mango, Cucumber and Spicy Chicken Salad

**SERVES 4**

### **Ingredients**

2 medium, firm mangoes  
 1 cucumber, finely sliced  
 2 large chicken breasts  
 2 tablesp. Janet's Country Fayre Smart Ass Sauce  
 150g mixed salad leaves  
 1 tablesp. pine nuts, toasted

### **Dressing**

2 tablesp. orange juice  
 2 tablesp. lemon juice  
 1 tablesp. wholegrain mustard  
 1 tablesp. Meadowsweet Apiaries Honey  
 4 tablesp. extra virgin oil  
 Salt and pepper

### **Method**

Rub the chicken breasts with Janet's Country Fayre Smart Ass Sauce. Pan fry the chicken and allow to cool. Keep refrigerated until required.

Peel the mangoes and cut flesh away from stone. Slice thinly.

Arrange on a serving platter leaving a space in the centre.

Arrange the sliced cucumber on the plate on top of the mango.

Cut the chicken into slices and arrange on top of the cucumber. Neatly pile the leaves in the middle. Whisk the dressing ingredients together in a bowl. Season with salt and pepper to taste.

Drizzle the dressing over the salad. Top with pine nuts.

## Killowen Yoghurt Panna Cotta with Strawberry in Balsamic Vinegar

**SERVES 4**

### **Ingredients**

185ml cream  
 55g caster sugar  
 ½ vanilla bean – split lengthways  
 1 ½ leaves of gelatine  
 250g Killowen natural yoghurt

### **Method**

Place the cream and sugar in a saucepan over a medium heat. Using the point of a knife, scrape the vanilla bean seeds into the saucepan before adding the entire bean. Stir until the sugar is dissolved, then just bring to the boil before removing from the heat. Remove the vanilla bean.

Soak the gelatine in cold water until soft. Squeeze out the excess water and drop the gelatine into the hot cream mixture and whisk until dissolved. Add the yoghurt and whisk until smooth. Strain the mixture through a fine sieve and divide between 4 x 125ml ramekins or wine glasses. Cover with clingfilm and chill for at least three hours or until set.

### **Strawberries in Balsamic Vinegar**

500g fresh strawberries, hulled  
 ¼ cup packed light brown sugar  
 Pinch salt  
 1/8 cup balsamic vinegar

### **Method**

About 1 to 2 hours before serving time, toss the strawberries with the brown sugar, salt and vinegar in a large mixing bowl. Refrigerate for about 30 minutes, then toss again. Refrigerate and toss again. Drain and serve cold in a clear glass container with a huge dollop of freshly whipped double cream!

To serve the pannacotta, place spoonfuls of Strawberries on top or each pannacotta and serve immediately.

Saturday 30th May 2009 15.45 – 16.30

**Máire Dufficy**

**Bord Bia Regional Food Advisor**

## Bacon, Spinach and Blue Cheese Tart

**SERVES 4**

### **Ingredients**

50g butter, plus extra for greasing

100g cooked ham or loin of bacon, cut into cubes

1 small onion, finely chopped

350g fresh spinach, washed, well drained and tough stalks removed

5 sheets filo pastry, thawed

75g blue cheese

3 eggs

6 tablesp. of reduced fat crème fraîche

Salt and freshly ground black pepper

Lightly dressed green salad and boiled new potatoes, to serve

### **Method**

Preheat the oven to Gas Mark 4, 180°C (350°F). Lightly butter a 35 x 11cm loose-bottomed flan tin. Heat a large non-stick frying pan. Add a knob of the butter and cook the onion for 4-5 minutes until softened but not coloured. Stir in the spinach and cook for a few minutes until wilted, stirring. Turn the mixture into a sieve and press well with a wooden spoon to squeeze out all of the excess liquid.

Melt the remaining butter in a small pan or in the microwave. Lay one sheet of filo across the base of the tin with the edges slightly overhanging the sides. Brush with melted butter. Repeat with the remaining sheets, arranging them at different, overlapping angles.

Spoon the spinach and onion mixture into the pastry case and scatter the ham or bacon on top, then crumble over the blue cheese. Beat together the eggs, crème fraîche and seasoning in a bowl, then pour into the pastry case. Bake for 30 minutes until the filling is set and the filo pastry is golden. Serve cut into slices and arranged on plates with salad and new potatoes.

Delicious served with **Tomato Salsa**.

### **Mix together:**

16 approx. cherry tomatoes, chopped

1-2 red onions, finely chopped

Handful chopped coriander

1 tablesp. chilli oil

Lemon juice to taste

Salt and black pepper

## Pork Chops with Mushrooms and Garlic

*Most supermarkets are now selling a mixed packet of gourmet or wild mushrooms, which would be perfect to use in this dish. However, if you prefer you could use all closed cup or chestnut mushrooms.*

**SERVES 4**

### **Ingredients**

1 tablesp. olive oil

4 x 100g lean pork chops, well trimmed

Salt and freshly ground black pepper

Small knob of butter

2 shallots, finely chopped

150g packet gourmet mushrooms, sliced

1 garlic clove, crushed

2 tablesp. medium sherry

200ml crème fraîche

Boiled potatoes and green beans, to serve

**Method**

Preheat the oven to Gas Mark 4, 180°C (350°F). Heat the oil in a frying pan and quickly sear the chops for a minute or so on each side until golden brown, then place in an ovenproof dish, side by side. Season to taste.

Add the butter to the pan and once melted, stir in the shallots and cook for a couple of minutes until softened, stirring. Add the mushrooms and garlic and season to taste, then sauté for another few minutes until the mushrooms are just tender.

Pour the sherry into the pan and allow to bubble down, then stir in the crème fraîche until just heated through. Spoon over the pork chops and bake for 20 minutes until the pork chops are completely cooked through. Serve the dish straight to the table and have bowls of boiled potatoes and green beans to hand around separately.

## Lamb Pitta Pockets

**SERVES 4****Ingredients****450g lamb, loin or leg, cut into thin slices****2 tablesp. oil mixed with 1 tablesp. curry paste****2 peppers, deseeded and sliced****1 red onion, sliced****Mixed salad leaves****Juice of half a lemon****Salt and black pepper****4 pitta bread or french stick****Method**

Place the oil and curry paste in a large bowl, add the lamb and mix well together. Heat a large frying pan and stir-fry the lamb for 2-3 mins. Add the peppers, onions, continue cooking and season. Mix the salad leaves with a little extra oil and lemon juice. Pile into the pitta bread. Add the lamb slices plus the pepper and onion mixture. Top with a spoonful of greek style yoghurt or mayonnaise.

## Apricot and Almond Cake with Oranges in Caramel

**Ingredients****225g butter****225g sugar****Juice of 1 lemon****75g ground almonds****100g plain flour****100g dried apricots, chopped in the food processor****3 large eggs, beaten****Oranges in Caramel****4 large oranges, peeled and sliced****4 tablesp. sugar****125ml water****Method**

Set oven 180°C (350°F) Gas Mark 4

Line a shallow 23cm cake tin with baking parchment.

Beat the butter and sugar together, until light and fluffy, add the lemon juice and ground almonds. Fold in the flour, apricots and eggs. Transfer the mixture to the lined cake tin, smooth the top and bake for approx. 35 mins., until firm to the touch

**Oranges in Caramel**

Place the oranges in a flat dish, heat the sugar in a heavy pan, allow the sugar to brown add the water and boil until you have a caramel sauce. Pour it over the oranges. Serve with the cake.

Sunday 31st May 2009 11.00 – 11.45

**Sheila Kelly**

**Bord Bia Regional Food Advisor**

## Glazed Loin of Bacon with Pea and Potato Mash

*If you are short of time you could serve the pea and potato mash with pan-fried bacon chops, which take no more than 15 minutes to cook.*

### SERVES 6

#### Ingredients

750g loin of bacon or ham joint

2 teasp. good quality mustard

1 tablesp. demerara sugar

Good pinch of ground cloves

675g floury potatoes cut into chunks

175g frozen peas

50g butter

100ml milk

Salt and freshly ground white pepper

Baby leeks to serve

#### Method

Place the loin of bacon in a pan of water. Bring to the boil, then reduce the heat and simmer gently for 20 minutes per 450g.

Set the oven to Gas Mark 4, 180°C (350°F). Drain the loin of bacon and then score the fat in a diamond pattern. Spread over the mustard. Mix together the sugar and cloves in a small bowl and sprinkle all over the mustard in an even layer. Roast for 20 minutes until the top is nicely glazed and the joint is completely cooked through. Leave to rest in a warm place for 10 minutes.

As soon as you have popped the bacon into the oven, steam the potatoes for 15-20 minutes until just tender. Cook the frozen peas in a separate small pan for 3-4 minutes.

Drain the peas and then return to the pan. Season and then add the butter and milk. Blitz with a hand blender until you have a smooth purée. Mash the potatoes until very smooth, then fold in the pea purée until well combined. Season to taste.

Carve the loin of bacon into slices and arrange on warmed plates with the pea and potato mash. Serve with a dish of baby leeks.

## 10 Minute Beef Stir Fry

*The most suitable cuts of beef to use for this stir-fry are sirloin, striploin, fillet or topside*

### SERVES 4

#### Ingredients

450g beef, cut into fine strips

Oil

225g vegetables, cut into fine strips

1 tablesp. oyster sauce

#### Marinade

2 tablesp. soy sauce

1 tablesp. dry sherry

2 cloves garlic, chopped

2 teasp. cornflour

#### Method

Mix marinade ingredients together. Add the beef. Heat a wok or large pan. Add oil and stir-fry the vegetables, remove.

Stir-fry the beef in batches. Return the vegetables to the wok, add 2-3 tablesp. of water and the oyster sauce.

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## Lamb Cutlets with Garlic, Lemon and Paprika

*This marinade is wonderful with cutlets and would also work well with any type of lamb leg steaks or chump chops depending on what is available. The longer you can marinate the better the flavour so it is well worth preparing in advance.*

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### SERVES 4

#### **Ingredients**

---

12 lamb cutlets, well trimmed

---

2 tablesp. olive oil

---

2 garlic cloves, crushed

---

Finely grated rind and juice of 1 lemon

---

1 teasp. ground paprika

---

2 teasp. chopped fresh oregano or thyme

---

1 teasp. clear honey

---

Sea salt and freshly-ground black pepper

---

Serve with peach, soft cheese and rocket leaves, dressed with a little olive oil and lemon juice

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#### **Method**

Place the olive oil in a shallow non-metallic dish and add the garlic, lemon rind and juice, paprika, herbs and honey. Season to taste and stir until well combined.

Add the lamb, turning to coat, then set aside for at least 10 minutes or up to 24 hours covered with clingfilm in the fridge if time allows.

When you are ready to cook, light the barbecue or preheat a griddle pan until smoking hot. Shake off the excess marinade from the lamb. Put the lamb on the barbecue on medium-hot coals or on to the griddle pan. Cook for 6-8 minutes until cooked through, turning once. Remove from the heat and leave to rest for a couple of minutes. Serve the lamb with the salad and crusty bread.

Sunday 31st May 2009 12.30 – 13.15

**Derry Clarke**  
**L'Ecrivain Restaurant**

## Wild Mushroom Risotto with Black Truffles & Baby Spinach, Slow Oven Roasted Plum Tomato

**SERVES 4**

### **Mushroom Risotto:**

2 medium shallots (diced)  
1 clove garlic (crushed)  
½ tablesp. of picked fresh thyme leaves  
2 tablesp. sunflower oil  
250g Arborio rice  
900ml mushroom stock  
250g seasonal wild mushrooms (retain  
trimmings for stock)  
2 tablesp. fresh tarragon leaves  
80g baby spinach leaves  
10g Black truffle shavings (acquired by using a  
vegetable peeler)  
2 tablesp. crème fraîche  
Salt & freshly ground white pepper

### **Mushroom Stock**

1 shallot (diced)  
½ clove garlic (crushed)  
10 tarragon leaves  
Trimmings taken from fresh wild mushrooms  
25g dried Wild mushrooms (soaked in 250ml  
water)  
1 tablesp. olive oil

### **Slow Oven Roast Tomatoes**

2 large ripe plum tomatoes  
1 teasp. rock salt  
Pinch cracked pepper  
½ teasp. fresh thyme leaves  
1 clove garlic (sliced)

### **Method**

#### **Slow oven roast tomatoes**

Pre heat oven to 80°C/170°F/Gas Mark low.

Using a small sharp knife, cut the core from the stalk end of each tomato.

Halve the tomatoes length ways & place on a roasting tray.

Sprinkle each with the rock salt, pepper, thyme & slivers of garlic.

Place in a pre heated oven & cook for 1¼ hours. Transfer to another dish to cool & set aside.

#### **Mushroom stock**

Heat the olive oil in a medium sized saucepan.

Gently cook the shallot, garlic & tarragon.

Stir in the mushroom trimmings & cook for a further 2 minutes.

Add the soaked wild mushrooms including the liquid in which they soaked.

Bring the volume of liquid up to 900ml by adding water.

Bring to the boil reduce heat & simmer for 1 hour.

Pass through a sieve.

#### **For the wild mushroom risotto with black truffles & baby spinach**

Heat 1 tablesp. of sunflower oil in a heavy based saucepan.

Add the shallot, thyme & garlic and cook on a low heat for a few minutes.

Add the rice stirring until it is coated with the oil.

Add the hot mushroom stock, ladle by ladle, allowing each to be absorbed before adding the next.

Continue cooking until all liquid is absorbed but retaining a bite. This should take approx. 15-18 minutes.

In a separate saucepan cook the fresh wild mushrooms in a tablesp. of sunflower oil.

Add the cooked wild mushrooms to the cooked rice.

Stir in the baby spinach & allow to wilt in the rice mixture.

Stir in the crème fraîche, tarragon, salt & freshly ground white pepper.

Finally garnish with the fine slices of black truffle.

#### **To serve**

Divide the wild mushroom risotto with black truffles & baby spinach between four warmed bowls or plates.

Place the slow oven roasted plum tomatoes on top & garnish with a fresh sprig of Italian parsley.

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## Roast Hake Wrapped in Parma Ham, Scented with Lemon & Herbs, Parmesan Butter & Black Olive Tapenade

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**SERVES 4**

#### **Ingredients**

**640g fillet of hake (skinned & pin bones removed)**

**1 lemon (washed)**

**1 tablesp. salt**

**1 tablesp. chopped flat leaf parsley**

**1 tablesp. chopped coriander**

**½ clove garlic (peeled & crushed)**

**4 slices Parma ham**

**Salt & freshly ground white pepper**

**25g butter**

**1 tablesp. olive oil**

#### **For the Parmesan Butter**

**100g broad beans**

**50g butter (softened)**

**20g finely grated Parmesan cheese**

**Juice of ½ lemon**

**½ clove garlic (peeled & crushed)**

**Pinch freshly ground black pepper**

**1 tomato, skinned deseeded & chopped**

**1 small bunch mixed leaves (flat leaf parsley, chervil, chives)**

#### **For the Black Olive Tapenade**

**100g pitted black olives**

**25g capers**

**2 cloves of garlic (peeled)**

**75g Parmesan cheese**

**25ml extra virgin olive oil**

#### **Method**

##### **For the hake wrapped in Parma Ham, scented with lemon & herbs.**

Bring a medium sized saucepan of water to the boil, add 1 tablesp. of salt and a lemon.

Cover & boil for 1 hour to make a lemon confit.

Cool the lemon, remove the pith & skin & chop.

Combine with the herbs and garlic.

Lay a strip of cling film 65 X 25cm on a work surface.

Cover with a layer of slightly overlapping Parma ham.

Lay the hake across the Parma ham & make a 1cm incision across its middle.

Rub the lemon & herb mix into this & season with salt & freshly ground white pepper.

Roll up the hake & Parma ham, securing with the cling film & tying at both ends as tightly as possible.

Refrigerate for 1 hour.

Cut into 4 equal cylindrical portions.

Pre heat the oven to 190°C/375°F/Gas mark 4.

Heat an oven proof sauté pan.

Melt the butter & heat the olive oil.

Sear the hake wrapped in Parma ham for 1 minute either side before transferring to the pre heated oven & cooking for a further 10 minutes.

##### **For the Parmesan butter**

Blanch the broad beans.

Stir all ingredients together in a bowl.

**For the black olive tapenade**

Pulverize all ingredients in a food processor.

Transfer to a bowl & refrigerate until required

**To serve**

Place the cooked hake wrapped in Parma ham, scented with lemon and herbs in the centre of 4 warmed plates. Place a spoonful of softened Parmesan butter on top

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## Vanilla Panacotta

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**Ingredients**

600g cream

300g whipped cream

1 vanilla pod

50g sugar

3 leaves gelatine

**Strawberry Compote**

1 punnet fresh strawberries

100g sugar

**Method**

Place ½ strawberries & sugar in a small pot & cook until sugar is dissolved add the rest of the strawberries & leave to cool.

Bring cream up to the boil with vanilla & sugar.

Soak the gelatine in water until soft, then squeeze the gelatine.

Pour into the hot cream, mix & whisk.

Place in the fridge (or over ice) Whisk now & then until cold & thickened.

Fold in the whipped cream & set into greased moulds & set in the fridge for at least four hours.

Turn out of the moulds by running the mould briefly under hot water & turn out onto the dish.

Sunday 31st May 2009 14.00 – 14.45

**Dermot O'Neill & Paul Ward,**  
*Arboretum Lifestyle  
and Garden Centre*

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## Caribbean Style Chicken with Mixed Leaves, Smoked Bacon and Garlic Croutons

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**SERVES 1****Ingredients**

1 large chicken breast

Mixed fresh leaves (Lola Rosa, Oakleaf,  
Raddichio, Frisse)

Freshly baked garlic croutons

1 smoked rasher

**Raspberry Dressing**

4/6 raspberries

¼ teasp. wholegrain mustard

1 tablesp. olive oil

1 tablesp. white wine vinegar

¼ teasp. honey

**Method**

Marinate chicken breast overnight in coconut milk, orange juice, coriander & chives. Pan fry until cooked (75°).

Wash and shred mixed leaves.

Pan fry croutons and smoked bacon

Blend ingredients for raspberry dressing

**To Serve**

Place mixed leaves in centre of plate.

Dress with smoked bacon and croutons.

Place sliced chicken strips over salad.

Dress with garnish (paprika & cherry tomato).

Decorate salad with raspberry dressing.

## Mexican Spiced Fillet of Salmon with Sweet Chilli, Stir-fry Noodles and Lemon and Dill Mayonnaise

**Ingredients**

4oz. fillet of Salmon

3oz. noodles

3fl.ozs of sweet chilli sauce

3oz. dice of mixed peppers, red onions and chopped tomatoes

**Dressing**

1oz. fresh dill

2oz mayonnaise

1oz. water

1oz. lemon juice

**Method**

Marinate salmon in fajita seasoning.

Cook noodles until soft and strain.

Dice up peppers/onion and tomato and mix.

Pan fry salmon until cooked (75°).

Stir fry noodles and diced peppers, onions and chopped tomatoes.

Add sweet chilli sauce.

Place noodles on the plate with salmon resting on top.

Garnish with lemon and dill dressing and serve.

## Arboretum Stairway to Heaven

**Ingredients**

6oz. blackberries

2oz. raspberries

6oz. whipped cream

3oz. meringue

6oz. strawberries

2oz. icing sugar

Chocolate shavings

Crushed ginger biscuit

**Strawberry Mix**

Mix 4oz of strawberries and 4oz. of cream together and 2oz. of icing sugar.

In a large glass place blackberries on bottom of glass

- Then spoon on strawberry mix
- Then raspberries
- Then strawberry mix
- Then strawberries
- Then whipped cream.

Decorate with sliced strawberry, chocolate shavings and ginger biscuits

Sunday 31st May 2009 15.45 – 16.30

**Sheila Kelly**

**Bord Bia Regional Food Advisor**

## Butterflied Leg of Lamb with Summer Salad

*This butterflied leg of lamb is the perfect choice for the barbecue but also works wonderfully in the oven. It would also be nice served with a pile of warmed pitta breads or flour tortillas in the centre of the table so everyone can help themselves.*

**SERVES 10**

### Ingredients

**1 leg of lamb, boned, opened out flat and trimmed, roughly 4-5cm thick**

**4 tablesp. extra-virgin olive oil**

**1 lemon**

**2 fresh rosemary stalks, leaves stripped**

**3 large garlic cloves, cut into slivers**

**Sea salt and freshly-ground black pepper**

**1 cucumber, peeled, seeded and cubed**

**1 small red onion, thinly sliced**

**6 ripe tomatoes, cut into wedges**

**50g wild rocket leaves**

**Small handful fresh mint leaves**

### Method

Place the lamb in a large non-metallic dish and drizzle over half the olive oil, then pare the lemon rind on top. Scatter over the rosemary and garlic slivers. Season generously and turn over a couple of times until the marinade ingredients are evenly distributed. Cover with clingfilm and set aside for 2 hours to allow the flavours to combine or overnight in the fridge is even better.

Light a barbecue or preheat the oven to Gas mark 7, 220°C(450°F). If the lamb has been chilled overnight, bring it back to room temperature. If cooking it in the oven place it, skin-side up, on a rack in a large roasting tin and season with salt. Roast the lamb for 35 minutes for medium rare. If you don't like your lamb too pink cook on for another 10 minutes. Alternatively barbecue the lamb for about 40 minutes for medium rare, turning occasionally.

To make the salad, place the cucumber, red onion and tomatoes in a large bowl. Fold in the rocket and tear in the mint leaves. Season to taste and then dress with the remaining two tablespoons of olive oil and a good squeeze of lemon juice.

When the lamb is cooked, transfer to a warm dish, then leave to rest in a warm place for 10 minutes. Carve into slices and arrange on plates with the summer salad and some boiled new potatoes to serve.

## Pan-fried Pork Chops with Orange and Rosemary and Spicy Red Pepper Salsa

*These pork chops are cooked until they're beautifully golden but still tender and moist. Of course they would also be delicious cooked on the barbecue or under the grill.*

**SERVES 4**

### Ingredients

**1 orange**

**2 tablesp. olive oil**

**1 teasp. good quality mustard**

**1 teasp. rosemary, chopped**

**4 x 150g bone-in loin pork chops, each about 2.5cm thick**

**Salt and freshly ground black pepper**

**Jacket potatoes and lightly dressed mixed salad, to serve**

**Salsa****1 red pepper, de-seeded and chopped****2 large tomatoes****1 small onion, chopped****Juice of half a lemon****1 fresh chilli, chopped****1-2 tablesp. olive oil****2 tablesp. parsley****Salt and black pepper****Method**

Finely grate the rind from the orange into a bowl and then squeeze in the juice. Whisk in the olive oil, mustard and rosemary. Season and pour into a shallow non-metallic dish. Add the pork chops, turning to coat. Cover with clingfilm and set aside for at least 15 minutes or up to 24 hours in the fridge to allow the flavours to penetrate the meat.

Meanwhile make the salsa – Place all the ingredients in a food processor, switch on to blend evenly, but not too finely.

When you are ready to cook, preheat a griddle pan until smoking hot. Shake off the excess marinade from the pork and add to the griddle pan. Cook for 10-12 minutes until cooked through, turning once. Remove from the heat and leave to rest for a couple of minutes.

Arrange the pork chops with the jacket potatoes on warmed plates. Serve with the salsa and have a bowl of salad to hand around separately.

**Mexican Chilli Beef****SERVES 4****Ingredients****½ tablesp. oil****450g minced beef or lamb****1-2 onions, chopped****2-3 cloves garlic, crushed****½ teasp. chilli powder****½ teasp. ground cumin****400g tin tomatoes****125ml beef stock or water****Salt and black pepper****400g can of red kidney beans****Method**

Heat the oil in a large frying pan. Add the meat and brown well. Add the onion and garlic and cook 2-3 minutes. Add the chilli powder, cumin, tomatoes and stock. Stir well. Season and bring to the boil. Cook gently for 35 minutes, stirring occasionally. Add the beans and cook for a further 15 minutes. Serve with rice or tortillas and add your favourite salsas and toppings for extra flavour and variety.

**Salsas and Toppings**

- Soured Cream
- Finely diced red onion or shallot
- Diced red pepper and mango mixed with a little olive oil
- Chopped tomato, scallions, chilli mixed with coriander, lemon, olive oil and seasoning
- Avocado mashed with a little soured cream and olive oil.

Monday 1st June 2009 11.00 – 11.45

**Rozanne Stevens**  
**Head Tutor – Cooks Academy**

## Quinoa Stack with Crozier Goats Cheese and Saucy's Pesto

### Ingredients

150g (1 cup) quinoa  
400ml (2 cups) vegetable stock  
1 red pepper, deseeded and roughly chopped  
1 yellow pepper, deseeded and roughly chopped  
1 x (300g) courgette, sliced into 1cm rings  
1 red onion, peeled and cut into large cubes  
2 cloves garlic, crushed  
2 tablesp. olive oil  
15g rocket  
15g goats cheese, crumbled

### Dressing

2 tablesp. extra virgin olive oil  
1 tablesp. balsamic vinegar  
Honey, to taste  
Salt and freshly cracked pepper  
Drizzle with Saucy's Pesto mixed with olive oil  
Equipment: Metal ring to make stack

Preheat oven to 170°C

### Method

Sieve the quinoa, rubbing your fingers through the grain until the water through the sieve runs clear. Place washed quinoa in a saucepan and cover with the stock. Cover, bring to a boil, then simmer for about 10 minutes or until all the liquid is absorbed.

Stir occasionally to prevent sticking on the bottom. Drizzle some olive oil through the quinoa and lightly season. Set aside and keep warm.

Mix together the chopped peppers, courgette, red onion and garlic. Drizzle with olive oil and season with salt and pepper. Transfer to a baking sheet and roast in the oven for 30mins, stirring once or twice to stop the onions burning. The roasted vegetables are ready when the pepper is soft to touch. When ready, remove from the oven and set aside.

Combine the dressing ingredients. Just before serving toss the rocket lightly through the dressing.

To serve, place a metal ring in the centre of each plate and half fill with quinoa pressing the grains tightly into the ring. Finish filling the ring with roasted vegetables. Carefully remove the metal ring. Next rest some of the dressed rocket leaves over the top of the stack.

Lastly sprinkle the crumbled goats cheese over the top.

## Fennel Bake with Knockdrinna Farmhouse Cheese and O'Hanlon Herbs

### Ingredients

3 fennel bulbs, quartered (or 400g celery, cut into large chunks)  
2 tablesp. olive oil  
225g brown lentils  
590ml vegetable stock  
1 onion, finely chopped  
2 cloves garlic, crushed  
2 x 400g tins chopped tomatoes  
2 tablesp. dried oregano  
2 sprigs fresh thyme, leaves  
1 tablesp. basil, chopped  
125ml dry red wine  
2 tablesp. honey  
50g breadcrumbs  
Salt and freshly cracked black pepper  
30g hard cheese (or cheddar), coarsely grated

**White Sauce****40g butter****3 tablesp. plain flour****750ml milk****Preheat oven to 180°C****Equipment: Ovenproof dish****Method**

Lightly coat fennel bulbs with 1 tablesp. olive oil, season well and bake on a baking sheet for 30-40 minutes until slightly softened (stir half way through cooking to ensure the edges don't burn).

Bring the stock to the boil, add the lentils. Simmer and cook, uncovered for 40 minutes or until tender. Rinse to remove any cooking scum.

Heat a tablesp. of olive oil in a frying pan and gently sauté the onion for 5 mins, then add the garlic and continue cooking until soft.

Add the tomatoes, herbs, wine and honey, season well. Simmer, uncovered, for 15 minutes, until thickened. Next stir in the lentils and remove from the heat.

For the White Sauce: Melt the butter in a pan, Stir in the flour, cook over heat until bubbling. Remove from the heat and gradually stir in the milk. Stir over the heat again until the sauce boils and thickens.

Place half the lentils in an ovenproof dish. Cut any large pieces of fennel to a smaller size. Layer the fennel on top and then the rest of the lentil mixture.

Pour the white sauce evenly over the filling. Sprinkle over the cheese and lastly cover with the breadcrumbs. Bake, uncovered, for 40 minutes until lightly golden.

**Summer Blueberry Cake****Ingredients****175g soft butter****175g golden castor sugar****3 eggs****225g self raising flour****1 teasp. baking powder****2 teasp. vanilla extract****142ml carton sour cream****2x125g cartons blueberries****For the cream cheese icing****200g cream cheese****100g icing sugar****1-2 tablesp. lemon juice****Method**

Preheat the oven to 180°C/ fan 160°C/ Gas Mark 4. Butter and line the base of a 22cm round loose-bottomed cake tin with non-stick baking paper.

Put the butter, sugar, eggs, flour, baking powder and vanilla essence in a bowl, and beat well with an electric mixer for 1-2 minutes until lighter in colour. Beat in 4 tablesp. sour cream and stir in half the blueberries with a large spoon.

Tip the cake mixture into the tin and spread level. Bake for 50 minutes until risen, firm to the touch and springs back when lightly pressed. Cool for 10 minutes, then remove from the tin and peel off the lining. Cool on a wire rack.

For the icing, beat together the cream cheese, icing sugar and remaining soured cream in a bowl until smooth. Spread over the top of the cooled cake and scatter with the remaining blueberries. The cake will keep in the fridge for a couple of days. Bring to room temperature about an hour before serving.

Monday 1st June 2009 12.30 – 13.15

**Neven Maguire**  
**McNean House and Bistro,**  
**Blacklion, Co. Cavan**

## Goats Cheese Puff Pizza with Rocket

*Instead of using the normal yeast dough in this pizza, I've made it with puff pastry. This is not as difficult as it sounds, because like a lot of people I have discovered that you can buy this wonderful pastry ready made in frozen food departments and I do, all the time.*

### SERVES 4

#### Ingredients

Packet of puff pastry
2 garlic cloves, crushed
2 plum tomatoes, diced
1 teaspoon tomato puree
1 tablespoon chopped basil
1 egg beaten with some milk
2 tablespoons pesto
100g / 4oz Corleggy goats cheese
Basil leaves
Small bunch of rocket leaves

#### Method

Roll the pastry to a thickness of about ¼ inch and then leave in fridge for at least 30 minutes to rest. Pre-heat the oven to 190°C / Gas 5.

Place the garlic, tomatoes, tomato puree and basil in a frying pan and heat gently until the tomatoes go soft and set aside in a warm place.

Now take the pastry out of the fridge and cut out an 8-inch circle. Prick the surface evenly with a fork. Place on a baking sheet and cook for 10-15 minutes, until golden brown. Remove pastry from oven, and brush with some egg wash, to seal the pastry

To assemble the pizza, first spread the tomato sauce on the pastry, then crumble the goat's cheese over and drizzle with some pesto sauce. Put in the oven for about 5-10 minutes or until cheese is golden brown.

#### To Serve

Place pizza on the plate, Garnish with some basil leaves and surround with rocket leaves.

For extra effect, sprinkle some pesto on top of the pizza and around the rocket

#### Tips

The toppings I have used here make this quite a quite a 'posh' pizza, but don't forget the old favourites for pizza toppings, especially if you're cooking them for children. Choose from a list of pepperoni, mushrooms, pineapple, capers, olives, anchovies, blue cheese, Sweet corn and red cheddar.

## Rack of Lamb with Tapenade Toasts and Wilted Spinach

*This dish can all be prepared well in advance ready for when your guests arrive. Ask your butcher to French trim the racks of lamb for you and if he doesn't know what that is, tell him to remove the meat and fat from the rib bones leaving 5-6 cm/2-2½ in of clean bones exposed. Racks of lamb can be expensive as it is the tenderest cut, in my opinion it is worth every penny.*

### SERVES 4

#### Ingredients

2 x 7-bone best ends of lamb, each about 275-350g (10-12oz) (chine bones removed)
50g (2oz) fresh white breadcrumbs
Small bunch fresh mixed herbs (such as basil, mint and flat-leaf parsley)
1 teasp. Dijon mustard
2 tablesp. olive oil
1 small baguette, cut into 12 slices on the diagonal (ends discarded)

**For the Red Wine Sauce****1 tablesp. balsamic vinegar****150ml (1/4 pint) red wine****1 teasp. light muscovado sugar****150ml (1/4 pint) beef stock (see page 000)****1 tablesp. chopped fresh thyme****For the Tapenade****250g (9oz) chopped pitted black olives****Juice of 1 lemon****3 tablesp. capers, drained****6 anchovy fillets, drained and roughly chopped****1 garlic clove, peeled****2 tablesp. chopped fresh flat-leaf parsley  
about 120ml (4fl oz) extra-virgin olive oil****For the Spinach****900g (2lb) fresh spinach****25g (1oz) butter****1 garlic clove, crushed (optional)****pinch of freshly grated nutmeg****salt and freshly ground black pepper****Method**

Preheat the oven to 190°C (375°F), Gas mark 5 and prepare the lamb. Blend the breadcrumbs with the fresh herbs and olive oil in a food processor until you have achieved bright vibrant green crumbs.

Place the racks of lamb on a chopping board and using a pastry brush spread the mustard thickly over the fat side of each rack. Cover with the herb crumbs crust and using your hands to mould it over the lamb, then cover the tips with tin foil to prevent them from burning. Arrange the lamb, coated side up in a small roasting tin and roast for 15-20 minutes, or a little longer depending on how pink you like your lamb.

Meanwhile, make the red wine sauce, heat a heavy-based pan and then pour in the vinegar and red wine. Simmer for about 5 minutes or until reduced by half. Add the sugar, stock and thyme, and continue to reduce for another 5-10 minutes until you have achieved a sauce consistency, which should coat the back of a spoon. Pass the sauce through a sieve, season to taste and keep warm.

To make the tapenade, place the olives in a food processor with the lemon juice, capers, anchovy fillets, garlic and parsley. Pulse until just combined, then pour in enough of the olive oil to make a smooth puree. Season to taste and use as required. This will keep well stored in the fridge in a sterilised jar for up to one week.

Remove the lamb from the oven and set aside in a warm place to rest for 10-15 minutes. Place the slices of bread on a baking sheet and place in the oven for 3-4 minutes to crisp up.

Meanwhile, prepare the spinach, wash and remove any large stalks, then dry well – a salad spinner works brilliantly if you have one. Heat a large heavy-based pan and add fistfuls of the spinach, adding another as one wilts down. Cook for 1 minute, then tip into a colander and gently press out all the excess moisture.

Melt the butter in the pan and sauté the garlic for 30 seconds, if using, then add the drained spinach, season to taste and add a little nutmeg. Toss until heated through.

Carve the lamb into individual chops. Divide the spinach among warmed plates and arrange the lamb chops on top, then drizzle around a little of the red wine sauce. The rest can be served in a jug on the table. Spread the toasts with tapenade and arrange around the edge of the plates to serve.

## Summer Fruit Crumble with Citrus Mascarpone Cream

*A classic combination of summer fruits with a crumble topping. I just love making this in autumn when there are still plenty of berries around. The crumble mixture really works well on top of any fruit and the light muscovado sugar gives the crumble its famous crunchiness. To make a large one simply cook for 45-50 minutes depending on the size of the dish.*

**SERVES 4**

### Ingredients

100g (4oz) caster sugar  
 250ml (9fl oz) red wine  
 ½ vanilla pod, split in half and seeds scraped out  
 2 whole star anise (optional)  
 1 tablesp. fresh lemon juice  
 450g (1lb) mixed summer berries (such as strawberries, raspberries, blueberries and blackberries)

### For the Crumble

175g (6oz) plain flour  
 100g (4oz) butter  
 100g (4oz) light muscovado sugar  
 1 teasp. ground cinnamon  
 50g (2oz) whole blanched almonds, finely chopped  
 50g (2oz) shelled walnuts, finely chopped

### For the Citrus Mascarpone Cream

250g (9oz) tub mascarpone cheese  
 Finely grated rind of 1 orange, 1 lemon and 1 lime  
 1-2 tablesp. sifted icing sugar

### For the Caramel Sauce

250g (10oz) caster sugar  
 225ml (8fl oz) cream  
 75g (3oz) butter

### Method

Preheat the oven to 180°C (350°F), Gas mark 4. To prepare the berries, place the sugar in a heavy-based pan with the red wine, vanilla seeds, star anise, if using and lemon juice. Bring to the boil, then reduce the heat and simmer for 5 minutes until slightly thickened and syrup-like. Stir in the summer berries, then remove from heat and leave to cool.

To make the crumble, place the flour in a bowl and rub in the butter until the mixture resembles fine breadcrumbs. Stir in the sugar, cinnamon, almonds and walnuts until well combined.

Spoon the berry mixture into four individual ovenproof dishes or large ramekins. Sprinkle over the crumble mixture and arrange on a baking sheet, then bake for about 20 minutes until the crumble topping is golden brown and bubbling around the edges.

To make the mascarpone cream, place the mascarpone in a bowl and beat in the orange, lemon and lime rind. Add enough of the icing sugar to just sweeten, making sure it is not too sweet. Cover with clingfilm and chill in the fridge until needed. This will keep for up to 3 days in the fridge.

To make caramel sauce, place the sugar in a heavy based pan with 120ml (4fl oz) of water. Bring to the boil and cook for about 15 minutes or until golden brown, without stirring, if its too dark or it will become bitter. Stir in the cream and butter and mix well to combine. Continue to cook until it reaches a nice sauce consistency, stirring occasionally. Use immediately or leave to cool and store in fridge. This sauce will keep for up to two weeks.

To serve, arrange the summer fruit crumbles on plates and spoon some of the citrus mascarpone cream on the side, then drizzle with the caramel sauce. The remainder of the caramel sauce can be served separately in a jug on the table.

Monday 1st June 2009 14.00 – 14.45

**Stephen Sung and Quizhi Chen**  
**China Sichuan Restaurant,**  
**Ballymoss Road, Sandyford,**  
**Dublin 18**

## Bang Bang Chicken “Bang Bang Ji”

*This originates from a small village outside Chengdu in Sichuan. The locals in the village would have snacks made from cooked chicken pieces tossed in many different dressings. This became known as “Bang Bang Chicken” because of the way would use wooden sticks to beat the chicken to loosen the meat so the meat could it be easily torn asunder. This dish is meant to be served cold. It is a fairly quick and simple starter to make.*

### Chicken

3 x 200G / 7oz fresh skinless chicken breast

### For The Sauce

20g / 4 tablesp. light soya sauce

10 / 2 tablesp. Sichuan Vinegar

(Use Chinese black vinegar instead if not available)

15g granulated sugar

15g sesame paste

1 teasp. chili oil

1 half teasp. of grounded roasted Sichuan peppercorn

1 teasp. sesame oil

### Garnish

5g roasted sesame seeds

5g chopped scallions

20g chopped iceberg lettuce

### Method

Boil the chicken breasts for 15 to 20 minutes until they are cooked through.

Tear or cut the chicken into shreds of approx 1 to 1.5 inches long. The real method would be to hit the chicken a few times with a wooden stick until the meats starts loosening up and then use your hands to tear it into little strips.

Mix all the ingredients of the sauce together.

Place the chopped iceberg lettuce on the center of a plate. Arrange chicken shreds on top of the lettuce.

Pour the sauce over the chicken.

Sprinkle the scallions and sesame seeds over the dish.

## Fried Pork Shreds in Garlic Sauce “Fish Flavored Pork Shreds” Yu Xiang Rou

*This dish has to be one of our favorite dishes. It is probably one of the most famous dishes from Sichuan. “Fish Flavored” dishes are dishes which use the same ingredients and spices that are normally associated with the preparation of seafood.*

### Pork

200 g pork steak

### Marinade

1 egg white

15g cornflour

A pinch of salt

1 tablesp. water

Pork should be only marinated for 5 minutes

### Sauce

10g finely chopped ginger

10g finely chopped garlic

15g Sichuan Garlic Sauce\*

15g granulated sugar

10g / 2 tablesp. Sichuan vinegar\*

10 g / 2 tablesp. dark soya sauce

5g / 1 tablesp. Shaoxing Wine or any cooking white wine

50g chopped scallion

5 g cornflour mixed with 5 tablesp. water

**Method**

Take the pork and cut it into thin slices. Then cut the slices into very thin shreds.

Place the pork shreds in a bowl with the marinade and mix thoroughly.

Heat a wok on high heat and pour in approx. 75ml of vegetable oil. When the oil is hot,

(you can tell as the oil starts to smoke), add the pork and stir fry quickly for around 30

45 seconds, until the pork turns white in colour.

Drain the excess oil from the wok.

Add the ginger, garlic and Sichuan Garlic Sauce until the oil turns red and you can smell the garlic and ginger.

Add the sugar, vinegar, soya sauce, and wine and stir fry for a further minute.

Finally add the scallions and cornstarch mixture. Stir fry for another 10 seconds and serve on to a serving dish, with some steamed rice.

*\* We import our own but similar versions are available in your nearest Chinese supermarket.*

Monday 1st June 2009 15.45 – 16.30

**Ann Colbert**  
**Raheny Country Market**

**(SUITABLE FOR THOSE ON A GLUTEN FREE DIET)**

## Potato Bread / Farls with Grilled Bacon

**Ingredients**

**200g of cold mashed potato**

**½ tablesp. of melted butter**

**½ teasp. of salt**

**60g of plain flour**

**½ teasp. of baking powder**

**Method**

Combine potatoes, butter and salt thoroughly together.

Sieve in flour and baking powder and mix to form a pliable dough.

Turn out on to lightly floured surface and roll out.

Cut into 2 or 3 circles and quarter each round.

Prick with a fork.

Preheat a buttered frying pan and cook for 5 to 6 minutes, turning once. Serve with grilled bacon.

## Pizza on a Scone Base

### Base

**250g of Self Raising Flour** (can be substituted with **Gluten Free Flour**)

**1 teasp. of baking powder**

**50g butter or margarine**

**1 teasp. of dried herbs**

**Buttermilk to mix**

### Method

Sieve flour and baking powder into a bowl.

Add butter / margarine and rub into a breadcrumb stage.

Lightly mix in dried mixed herbs and add buttermilk to form a soft dough.

Sprinkle flour onto a board covered with non-stick baking parchment.

Quarter the dough and roll lightly into round shape to form the pizza base.

Place on lined baking tray and cook for 8 to 10 minutes until the base shape is set.

### Topping

**400g tin of chopped tomatoes**

**2 tablesp. of tomato purée**

### Method

Mix together in a bowl, sautéed onion and mixed herbs can be added if required.

Spread tomato sauce on pizza base. Add selection of toppings and sprinkle with cheese.

### Suggested toppings

Ham, pineapple, mushrooms, pepperoni, cooked chicken, tomatoes, peppers, sweet corn, broccoli, olives etc.

Place in preheated oven at 190 c or gas mark 6 for 15 to 20 minutes.

Garnish with rocket drizzled with olive oil and balsamic vinegar.

## Rhubarb Crumble with Banana

### Ingredients

**125g of flour**

**60g of butter or margarine**

**60g of muscavado sugar**

**Rhubarb**

**3 ripe bananas**

**1 teasp. of cinnamon**

### Method

Clean, chop and gently stew rhubarb for about 5 minutes.

Mix together flour and butter, rubbing it until it resembles breadcrumbs.

Add cinnamon and muscavado sugar and gently mix together.

Place rhubarb in pie dish.

Slice bananas over the top.

Sprinkle crumble topping over rhubarb mix.

Bake in preheated oven 180c or gas mark 5 for 30 minutes until nicely browned.

Serve with custard or ice cream.

Bananas may be substituted with strawberries to vary the flavour.



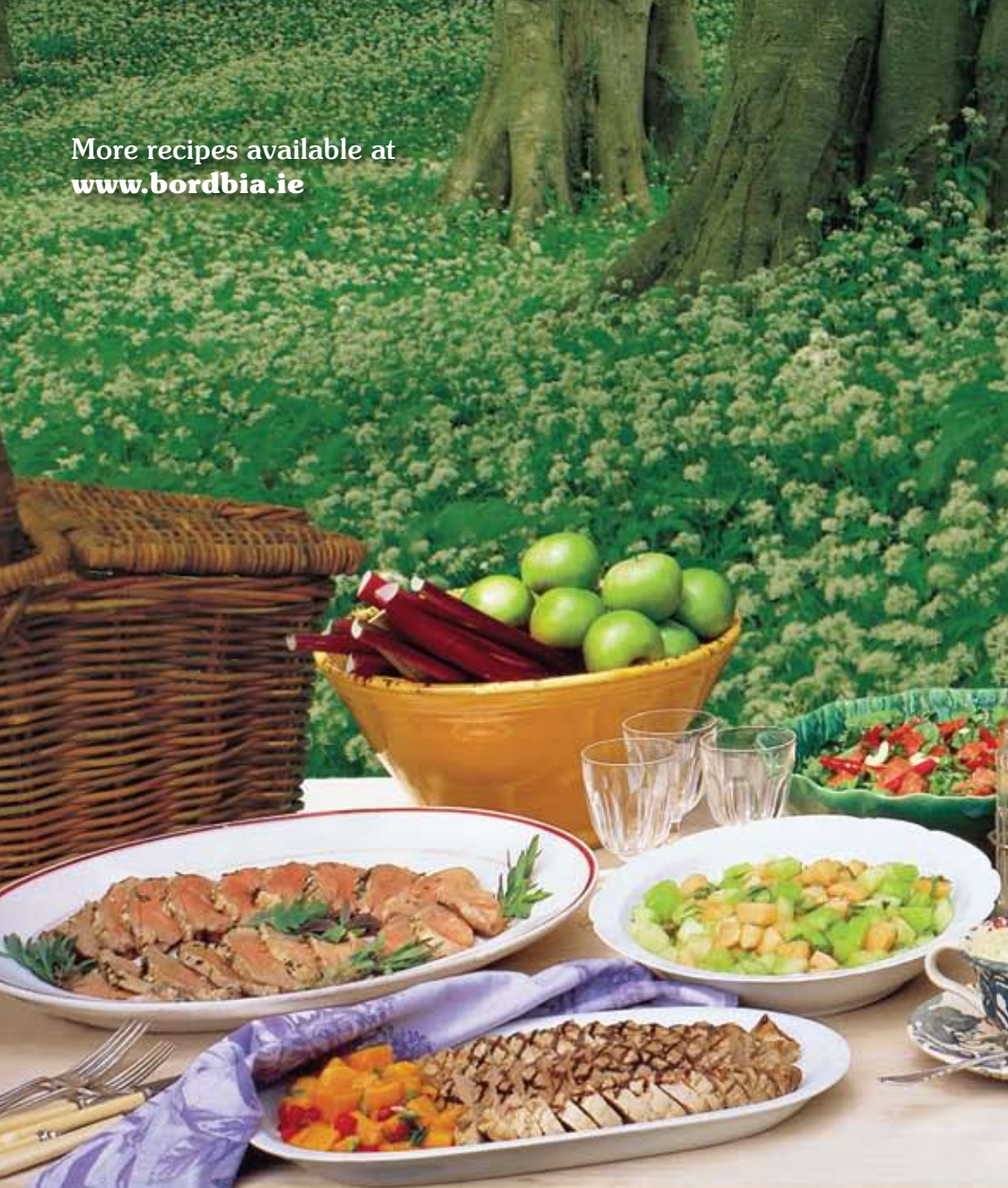


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