

DUNNES
STORES



**Quality
Kitchen**

Chefs' Recipes



Timetable for the Dunnes Stores Quality Kitchen at Bloom

THURSDAY MAY 29TH		PAGE
10.15-11.00	Cooking for Family and Friends - Neven Maguire, MacNean House Restaurant and Cookery School, Blacklion, Co. Cavan	18
11.30-12.15	Recipes for the Season - Brian McDermott, Chef and Cookbook Author	26
12.45-1.30	Summer Cooking with Rory O'Connell	32
2.00-2.45	Summer Desserts - Shane Smith, Online Cookery School and TV Chef	36
3.15-4.00	Summer Cooking with Rory O'Connell	32
4.30-5.15	Edward's Summer Favourites - Edward Hayden, TV Chef and Cookbook Author	14

FRIDAY MAY 30TH		
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12.45-1.30	Big Flavour Summer - Donal Skehan, Dunnes Stores Brand Partner	38
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4.30-5.15	Modern Food for Wellness - Aisling Larkin, Modern Lifestyle Food, TV and Radio Broadcaster, Wellness Chef and Culinary Advisor	16

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12.45-1.30	Big Flavour Summer - Donal Skehan, Dunnes Stores Brand Partner	38
2.00-2.45	Fresh from the Farm Garden - Catherine Fulvio, Ballyknocken House and Cookery School, Co. Wicklow	10
3.15-4.00	Big Flavour Summer - Donal Skehan, Dunnes Stores Brand Partner	38
4.30-5.15	Recipes for the Season - Brian McDermott, Chef and Cookbook Author	26

MONDAY JUNE 2ND		
10.30-11.15	Cooking for family and Friends - Neven Maguire, MacNean House Restaurant and Cookery School, Blacklion, Co. Cavan	18
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3.30-4.15	Fish, Fabulous Fish - Neven Maguire, MacNean House Restaurant and Cookery School, Blacklion, Co. Cavan	18

NB: The schedule is correct at time of print but may be subject to change

DUNNES STORES



Quality Kitchen

Celebrate Garden Life, Enjoy Good Food

These recipes have been specially prepared for you by a wonderful group of Irish Chefs. The Chefs are listed in alphabetical order overleaf. We hope you enjoy using the recipes throughout the year to create delicious dishes for family and friends.



Always look for the Bord Bia Quality Mark on food so that you will know it has been produced to the highest Bord Bia quality standards and has been verified at every stage.

For more information and recipes, contact: Bord Bia, 140 Pembroke Road, Dublin 4
Tel: (01) 668 5155 Email: info@bordbia.ie Web: www.bordbia.ie/recipes

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Darina Allen

Ballymaloe Cookery School

WHITE SODA BREAD AND SCONES

Soda breads are the traditional breads of our country. Making a loaf of soda bread is a simple life skill that everyone should know. A loaf or a tray of scones will be made in minutes and out of the oven before you find your car keys to drive to the shop!

Soda bread only takes a few minutes to make and 30-40 minutes to bake. It is certainly another of our 'great convertibles'. We have a lot of fun experimenting with different variations from teeny weenies to crusty loaves and deep-pan pizza. The possibilities are endless for the hitherto humble soda bread.

MAKES 1 ROUND LOAF

450g (1lb/3½ cups approx.) plain white flour
1 level teaspoon (½ American teaspoon) bicarbonate of soda

1 level teaspoon (½ American teaspoon) salt

350-400ml (12-14fl oz/1½ -1¾ cups) sour milk or buttermilk (the quantity

depends on the thickness of the milk)

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

Soda bread is best cooked in a conventional oven rather than a fan or convection oven.

Sieve the dry ingredients into a large bowl. Make a well in the centre and pour most of the milk in at once. Using one hand with the fingers stiff and outstretched, mix in a full circular movement from the centre to the outside of the bowl, gradually drawing in the flour from the sides. Add a little more milk if necessary - shop bought buttermilk is thinner than farm-fresh, so you will need less rather than more. The dough should be softish, not too wet and sticky. The trick with all soda breads is not to overmix the dough - mix the dough as quickly and as gently as possible, keeping it really light and airy. When it all comes together - a matter of seconds - turn it out onto a well-floured work surface.

Wash and dry your hands, then dust them with flour.

Tidy up the dough and flip it over gently. Pat into a round, about 4cm (1½ inch) deep. Gather some of the excess flour from the worktop and sprinkle it on the centre of the baking tray. With a sharp knife, cut a deep cross on top and prick the four corners with the tip of your knife to let the fairies out, otherwise they will jinx your bread!

Bake in the preheated oven for 15 minutes, then reduce the temperature to 200°C/400°F/Gas Mark 6 and bake for 30 minutes more, until cooked. If you are in doubt, tap the bottom of the bread - if it's fully cooked, it will sound hollow. Allow to cool on a wire rack.

WHITE SODA SCONES

Make the dough as above but flatten the dough into a round or square approx. 2.5cm (1 inch) deep and stamp or cut into scones. Bake in the oven for about 20 minutes at 230°C/450°F/Gas Mark 8 or use the mixture to cover the top of a casserole or stew.

SPOTTED DOG

In some parts of the country, spotted dog is also called railway cake - 'a currant for every station' as the saying goes. In my case though, it would be 'a sultana for every station'. I prefer them for their more luscious flavour. This bread has always been a favourite with our children, freshly made on Sunday mornings for our picnics on the cliffs at Ballyandreen or relished with lashings of butter, jam and steaming mugs of drinking chocolate after a winter walk on Shanagarry strand.

MAKES 1 ROUND LOAF

450g (1lb/generous 3 cups) plain flour,
preferably unbleached

1 level teasp. bicarbonate of soda

110g (4 oz) plump sultanas

1 dessertsp. (2 American teasp.) sugar

1 level teasp. salt

1 egg

350ml (12fl oz/1½ cups) buttermilk (approx.)

Preheat your oven to 220°C/425°F/Gas Mark 7.

Sieve the flour and bicarb into a large mixing bowl, then add the fruit, sugar and salt. Mix the ingredients well by lifting them up above the bowl and letting them fall loosely back into the bowl through your fingers. This adds more air and therefore more lightness to the finished bread.

Now make a well in the centre of the flour. Break the egg into the bottom of the measuring jug, whisking to break it up, then add the buttermilk up to the 400ml (14fl oz/1¾ cups) level, so that the egg makes up part of the total liquid measurement. Pour most of this milk and egg mixture into the flour.

With your fingers open and stiff, mix in a full circular movement, drawing in the flour from the sides of the bowl. Add more milk and egg mixture if necessary.

The dough should be nice and soft, but not too wet and sticky. With spotted dog, as with all soda breads, mix as quickly and as gently as possible to keep the dough light and airy but avoid over-mixing. When it comes together - a matter of seconds - turn it out onto a well-floured work surface. Wash and dry your hands.

With floured hands, roll the dough lightly for a few seconds, just enough to tidy it up. Pat the dough into a round and press gently with the fingers to about 6cm (2½ inch) high.

Transfer the dough onto a baking tray dusted lightly with flour. Mark the top with a deep cross and prick each of the dough triangles with your knife to let the pesky fairies out.

Bake in the preheated oven for 5 minutes, then reduce the temperature to 180°C/350°F/Gas Mark 4 and bake for a further 35 minutes, until the bottom sounds hollow when tapped. Cut into thick slices and spread lavishly with Irish butter and jam.

Spotted Dog is also really good eaten with slices of cheddar cheese.

BALLYMALOE BROWN YEAST BREAD

This wholemeal loaf has been made at Ballymaloe House since the 1950's and is a variation on the Grant loaf created accidentally by Doris Grant, who was keen to produce an easy-to-make, nourishing loaf. The main ingredients wholemeal flour, treacle and yeast are highly nutritious.

This bread is a brilliant introduction to yeast bread making. There's no need for a machine - it's made entirely by hand; there's no kneading involved; there's only one rising; and it's easy to scale up the recipe to make 4-16 loaves.

Ballymaloe brown yeast bread takes approximately 1½ hours to make from start to finish. It takes time, but not your time - mixing is a matter of minutes, and the remainder of the time is spent rising.

When making Ballymaloe brown yeast bread, remember that yeast is a living organism. In order to grow, it requires warmth, moisture and nourishment. The yeast feeds on the sugar and produces bubbles of carbon dioxide, which cause the bread to rise. Heat over 50°C (122°F) will kill yeast, so have all the ingredients and equipment at blood heat (37°C/99°F). In cold weather, it helps to warm the flour a little in a warm oven.

White or brown sugar, honey, golden syrup, treacle or molasses may be used. Each will give a slightly different flavour to the bread. At Ballymaloe, we use treacle.

The dough rises more rapidly with 30g (1¼oz) yeast than with 25g (1oz) yeast.

Dried yeast may be used instead of baker's yeast. Follow the same method but use only half the weight given for fresh yeast. Allow longer to rise. Fast-acting yeast may also be used - follow the instructions on the packet. Add directly to the flour, 10-15g (¾ oz - generous ½ oz) is adequate for 450g (1lb flour).

We use a stone-ground wholemeal, but you could use 400g (14 oz/generous 3 cups) stone-ground wholemeal flour plus 50g (2 oz/scant ½ cup) strong white flour OR 450g (1lb/scant 4 cups) stone-ground wholemeal flour. Different flours produce breads of different textures and flavour. The amount of natural moisture in the flour varies according to atmospheric conditions so the quantity of water will need to be altered accordingly.

The dough should be just too wet to knead - in fact, it does not require kneading.

MAKES 1 LOAF OR 3 SMALL LOAVES

450g (1lb/scant 4 cups) stone-ground wholemeal flour (or see the intro)

9g salt

1 teasp. black treacle or molasses

425ml (15fl oz/scant 2 cups) tepid water

20-30g (¾ oz - 1¼ oz) fresh yeast (or see the intro)

Light olive or sunflower oil, for greasing

Sesame seeds (optional)

1x 450g (1lb) loaf tin: 13 x 20cm (5 x 8 inch) approx.

OR 3 small tins 14.6 x 7.5cm (5.75 x 3 inch)



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Before you begin, all your ingredients should ideally be at room temperature.

Mix the flour with the salt in a wide bowl.

In a small bowl or Pyrex jug, mix the treacle or molasses with 150ml (5fl oz/generous ½ cup) of the tepid water, crumble in the yeast and stir once or twice. Put the bowl in a warm place for a few minutes to allow the yeast to start to work. Check to see if the yeast is working - after about 5 minutes, it will have a creamy, slightly frothy appearance on top.

When ready, stir and pour it into the flour with all the remaining water to make a loose, wet dough. The mixture should be too wet to knead. Allow to sit in the bowl for 4-5 minutes (the time varies depending on the room temperature). Meanwhile, brush the base and sides of the bread tin(s) with a good light olive or sunflower oil.

Scoop the mixture into the greased tin(s). Sprinkle the top of the loaf (loaves) with sesame seeds if you like. Put the tin in a warm place in your kitchen, out of a draught.

Cover the tin with a clean tea towel to prevent a skin from forming.

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

After 10-15 minutes, just as the bread comes to the top of the tin, remove the tea towel and pop the bread into the oven for 20 minutes. The bread will rise a little further in the oven - this is called oven spring. However, if the bread rises over the top of the tin before it goes into the oven, it will continue to rise as it bakes and will flow over the edges.

After 20 minutes, turn the oven temperature down to 200°C/400°F/Gas Mark 6 and bake for another 40-50 minutes, until it looks nicely browned, and the bottoms sounds hollow when tapped. We usually remove the loaf from the tin about 10 minutes before the end of cooking time and put it back into the oven to crisp all round, but if you like a softer crust, there's no need to do this.

Cool on a wire rack.

FERMENTED BALLYMALOE BROWN YEAST BREAD

Make the bread as in the master recipe but put only three-quarters of the dough in the oiled loaf tin. Put the remainder in a jar, cover it with a clean cloth, secure the cloth with a rubber band and leave it out at room temperature overnight (or refrigerate for several days). Add this starter to the next loaf to add extra flavour and complexity.

The resulting loaf will have an even more complex flavour, slightly like a pumpernickel bread. It's delicious with charcuterie or smoked fish.

RUSSIAN VILLAGE BREAD

We enjoyed several bread courses at the Village Bakery in Cumbria with Andrew Whitley, co-founder of the Real Bread Campaign. Andrew makes many Russian breads, including one with coriander seeds on the top and bottom. On our return we experimented with our brown yeast bread, and although it is not as complex as Andrew's sourdough version, it is still delicious.

Follow the master recipe but substitute the flour with 400g (14 oz/scant 3 cups) wholemeal flour, 50g (2 oz) rye flour and 50g (2 oz/scant ½ cup) strong white flour.

Brush the tin with sunflower oil, then sprinkle a layer of lightly crushed whole coriander seeds over the base of the tin. After you put the bread in the tin, sprinkle another layer of crushed coriander seeds over the top of the bread. Bake as in master recipe and cool on a wire rack.

IRISH STOUT AND WALNUT SODA BREAD

Everyone loves this 'new age' soda bread, and it keeps well. Try using a local stout from the many new Irish craft breweries. Thank you to Maggie Draddy for sharing her favourite recipe.

MAKES 1 LOAF OR 3 SMALL LOAVES

160g (5 ½ oz/generous 1 cup) plain flour
 10g (scant ½ oz) bicarbonate of soda
 315g (11½ oz/generous 2 cups) wholemeal flour
 60g (2 ½ oz) porridge oats
 60g (2½ oz) walnuts - roughly chopped
 40g (1½ oz/scant ¼ cup) caster sugar
 10g (scant ½ oz) salt
 375ml (13fl oz/generous 1½ cups) milk
 110g (4 oz) honey or golden syrup
 110g (4 oz) treacle
 40g (1½ oz/scant ½ stick) butter, melted
 100ml (3½ fl oz/scant ½ cup) stout such as Murphy's, Beamish, Guinness, or your favourite craft stout.

Preheat the oven to 150°C/300°F/Gas Mark 2.

Line a 13cm x 20cm (5 inch x 8 inch) (450g/1lb) loaf tin or three small loaf tins (14.6cm x 7.6cm/5.75 x 3 inch) with parchment paper.

Sieve the plain flour and bicarb into a large bowl. Add the wholemeal flour, oats, walnuts, sugar and salt. Mix together and make a well in the centre.

In a separate bowl, whisk the milk, honey or golden syrup, treacle, melted butter and stout together thoroughly. Combine the wet and dry ingredients and mix to a sloppy dough.

Scrape the dough into the lined tin or divide it between the three small tins. Bake in the preheated oven for 45 minutes, then increase the oven temperature to 180°C/350°F/Gas Mark 4 and bake for another 15 minutes.

Remove from the tin and bake for a further 10 minutes to crisp the base. It should sound hollow when the base is tapped. Cool on a wire rack and serve buttered.

TOM O'CONNELL'S GLUTEN-FREE OAT BREAD

(This recipe is adapted from The Merry Mill's recipe) Thank you to my brother Tom for sharing this recipe with me.

Having two members of the family who follow a gluten-free diet we find this to be an excellent recipe. Once baked and cool we slice and freeze the bread with perfect results. The recipe is based on specific products all readily available in Ireland. The Gluten Free Merry Mill Oats and Oat Flour are sourced online at themerrymill.ie

There are three key 'must do' points in this recipe.

Sprinkle the bread soda / bicarbonate of soda onto the yogurt and lightly whisk together - leave to 'combine for a minimum of five to six minutes. You will notice it almost 'mousses'.

Bake the 'one' loaf as two 'half-loaves' (using two loaf tins) this makes for 'properly baked bread' and avoids the outcome often bestowed on Oat Bread - doughy/heavy/dense'. (Advice given to me by Jenny Scully of The Merry Mill).

Bake the bread well - tend more towards over-baking than underbaking. Makes for a better mouth feel, easier to slice and to my view easier digestion. We use the expression 'bake the bejappers out of it'.

MERRY MILL GLUTEN FREE OAT BREAD

400g (14 oz) The Merry Mill 'Organic Gluten Free Porridge Oats'

50g (2 oz) Merry Mill Organic Gluten Free Oat Flour

25g (1oz) organic sunflower seeds

20g (¾ oz) organic brown flax seeds

20g (¾ oz) organic chia seeds

1 pinch of salt (generous)

500ml (18fl oz) yogurt - I use Glenisk Low Fat Bio Organic

1 teasp. baking soda/bicarbonate of soda (gluten-free) - I use Doves Farm 'Free' brand

1 egg

2 tablesp. sunflower oil

4 tablesp. full-fat milk

Oven: Preheat the oven to 190°C/375°F/Gas Mark 5.

Baking Tins: Baking Tins (2): Interior - 210mm (long) x 115mm (wide) x 50mm (high) all interior measurements - essentially a regular loaf tin - ideally not too wide as the bread will be 'flatter'. Line with parchment paper.

Mixing Bowl: I use a large over-sized bowl so as not to compact the 'dough' - (sometimes referred to as a baker's bowl). Mine is 400mm at the top - 180mm high and 160mm at the base.

Liquids: Pour the yogurt into a bowl; sieve the bread soda / bicarbonate of soda onto the yogurt and lightly whisk together - leave to 'combine' for a minimum of five to six minutes. You will notice it begins to mousse - becoming slightly 'fluffy'!

In a separate bowl combine the egg; milk and sunflower oil - lightly whisk to combine.

Dry ingredients: Combine the Gluten Free Porridge Oats; Sunflower Seeds; Flax Seeds and Chia Seeds (I make a batch of this mix for ease). To this mix add the generous pinch of salt and the Gluten Free Oat Flour. Combine.

Now combine the two 'wet bowls' - the yogurt/bread soda and the egg/oil/milk - lightly stir together. Make a well in the centre of the 'oats mix' and pour in 95% of the liquid. Combine lightly with a large stainless-steel spoon. Should take no more than one minute to combine. Transfer to baking tins.

Measure by weight - half of the mixture into each baking tin - very lightly so the corners are filled.

Bake: Bake in the preheated oven at 190°C for 50 minutes. After 45/50 minutes remove the loaves from the tins; remove the parchment paper and return to the oven for a further 10 minutes. (I always err on 'over-baking' so as to ensure the bread is perfectly baked and easily digestible).

When returning the loaves to the oven I rotate the loaves - the loaf end facing into the oven rotates to face the door ... indeed - a lot of 'faffery' but 'it is the result that counts.

Leave to cool and dry out on a wire tray in a cool area.



The Bord Bia Quality Mark is found on a wide range of foods including meat, eggs, poultry, fruit and vegetables.



Catherine Fulvio

Ballyknocken House and
Cookery School, Co. Wicklow

SUMMER HARVEST COURGETTE, SMOKED BACON & GOATS' CHEESE INVOLTINI (ROLL UPS)

SERVES 4

FOR THE SAUCE

2 garlic cloves, chopped

A little rapeseed oil

600g tomatoes (fresh or tinned)

1 tablesp. honey

200ml vegetable stock

1 tablesp. sweet paprika

2 tablesp. fresh oregano (or 1 tablesp. dried)

3 basil leaves, shredded

Salt and freshly ground black pepper

FOR THE COURGETTE ROLL UPS

150g smoked bacon lardons

500g courgettes, sliced thinly lengthways

100g soft goats' cheese

3 tablesp. chopped chives

2 to 3 tablesp. grated parmesan, for the top

1 tablesp. mixed chopped herbs (parsley, thyme and a little rosemary)

Pan fry the bacon lardons until crispy and set aside.

To make the sauce: In the same saucepan, to make the sauce, place the garlic into the pan with a little rapeseed oil and sauté for 1 minute before adding the tomatoes, honey, vegetable stock, paprika, oregano and season with salt and freshly ground black pepper.

Simmer on low for 20 minutes, stirring from time to time. Add in the shredded basil leaves. Check the seasoning adding salt or pepper.

To prepare the courgettes: Place the courgette slices into boiling water and cook for 3 minutes until pliable. Take out, drain, pat dry and leave to cool until you can handle them to roll up.

To assemble: Preheat the oven to 180°C/fan 160°C/gas 4.

Pour the sauce into a shallow gratin ovenproof dish.

Lay the warm courgette slices flat and spread a layer of goats' cheese, bacon lardons, chives on top, season with salt and pepper.

Roll up and place into the sauce so that they fit snugly. Sprinkle over the grated parmesan and herbs on top.

Bake for 30 to 35 minutes until the courgette is cooked.

Leave to sit for 5 minutes before serving.

DID YOU KNOW...

Ham and bacon are high in several of the B group vitamins needed for a healthy body, especially for energy metabolism.

LEMON MERINGUE CHEESECAKE

MAKES 4

FOR THE MINI MERINGUES

2 egg whites

120g caster sugar

FOR THE CHEESECAKE

7 digestive biscuits

60g melted butter

2 lemons, juice and zest of 1

280g condensed milk

80ml cream, whipped

Lemon zest, to decorate

Raspberries, to decorate

Sprigs of lemon thyme, to decorate

You will need 4 champagne coupes

To prepare the meringues: Preheat the oven to 120°C/fan 100°C/gas 2.

Whisk the egg whites in a clean bowl until stiff, while slowly adding in the caster sugar.

Spoon into a piping bag with a nozzle and pipe very small swirls on a parchment lined baking tray. Bake for 1 hour, switch off and open the oven slightly and leave for 12 hours.

To make the cheesecake: Crush the biscuits finely and add enough melted butter to make a mix that resembles wet sand.

Divide the mix between the glasses and pat down firmly with the back of a teaspoon.

For the cheesecake filling: Mix the lemon juice and zest, condensed milk together and fold in the whipped cream. Spoon into the glasses. Place in the fridge for at least 6 hours.

To serve: When ready to serve, decorate with mini meringues, raspberries and sprigs of lemon thyme and lemon zest.

To decorate the glasses (optional) - brush lemon juice around the rim of the glasses and dip into caster sugar. You can add lemon zest as well.



GARDENER'S DELIGHT - CHILLED TOMATO ORANGE SOUP WITH BASIL OIL

Blue Cheese Butter

This soup can also be served warm.

SERVES 4

FOR THE SOUP

1 tablesp. rapeseed oil

2 shallots, sliced

2 celery stalks, trimmed and finely diced

2 garlic cloves, finely diced

1 tablesp. chopped oregano

400g fresh tomatoes (skinned)
or tinned diced tomatoes

650ml vegetable stock

Juice of 2 oranges

1 teasp. honey

4 basil leaves

Salt and freshly ground black pepper

FOR THE BASIL OIL

12 basil leaves

70ml extra virgin olive oil

½ teasp. salt

A squeeze of lemon

FOR THE BLUE CHEESE BUTTER

100g soft butter

100g blue cheese

1 teasp. chopped parsley

1 teasp. chopped chives

Orange zest, to garnish

Caramelised Onion Soda Scones, to serve

For the blue cheese butter: Simply whip or mash with a fork all of the ingredients together, place on parchment paper, roll like a log and refrigerate until needed.

For the soup: Heat a little oil in a saucepan over a medium heat. Sauté the shallots and celery until soft and translucent but not brown, this will take about 5 minutes. Add the garlic, oregano and tomatoes.

Season with salt and freshly ground black pepper and simmer this for 5 minutes. Pour in the vegetable stock. Bring to the boil, reduce the heat to a simmer and cook for 15 minutes. Remove from the heat.

Stir in the orange juice and honey and check the seasoning again, adding salt and freshly ground black pepper. Add the basil leaves and blend until smooth. pour into a jug and leave to cool completely.

Add a few ice cubes and stir well. Check that the soup is not too thick, adding a little more orange juice if needed.

To make the basil oil: Add basil leaves, oil, salt and a little lemon juice into a blender and whizz until smooth. Pour into a jar and seal with a lid. This will keep in your fridge for 2 weeks. You need to take it out ½ hour before serving and give it a good stir.

To serve: Pour into pretty cups or mugs. Using a teaspoon, swirl the basil oil on top. Garnish each with orange zest and serve immediately.

LEMON OREGANO WICKLOW LAMB SKEWERS WITH ROASTED HERBY GARDEN MEDLEY AND GOATS' CHEESE

SERVES 4

FOR THE VEGETABLES

2 yellow peppers, roughly chopped
200g courgette, chopped
4 large potatoes, peeled and roughly
chopped small
4 shallots, halved
120g asparagus, trimmed
5 sprigs of thyme
3 sprigs of rosemary
3 garlic cloves, sliced
2 tablesp. rapeseed oil
Salt and freshly ground pepper

FOR THE MARINADE

3 tablesp. rapeseed oil
2 teasp. chopped fresh oregano leaves
or ¾ teasp. dried
2 teasp. chopped rosemary
1 lemon, juice only
1 tablesp. light brown sugar
4 tablesp. water

FOR THE SKEWERS

400g lamb steak, thinly sliced into strips
Small bay leaves
1 red pepper, roughly diced
1 lemon, sliced thickly
Rapeseed oil, for brushing
4 steel skewers or if you are using wooden ones,
soak in water for ½ hour before threading them.
60g crumbled goats' cheese, for the top of the
vegetables
Rocket, to serve

For the marinade: Stir all the ingredients for the marinade into a bowl.

Stir well and add the strips, leave to marinade for 1 hour.

Preheat the oven to 180°C/Fan 160°C/gas 4.

For the vegetables: Place the vegetables on a roasting tray, add the thyme, rosemary and oil, toss well and roast for 25 to 30 minutes or until cooked. Add the asparagus to the oven tray 10 minutes before the other vegetables are done.

For the lamb: Thread the lamb, red pepper onto the skewers with the bay leaves and the lemon. Brush with oil and place on the grill pan.

Chargrill the skewers for 4 to 5 minutes, turning halfway through the cooking time.

To serve: Spoon the vegetables onto a serving platter, place the skewers on top. Sprinkle over the goats' cheese and rocket.



Edward Hayden

TV Chef and Cookbook Author

WARM SALAD OF LAMB MEATBALLS WITH CHILLI, LIME & CORIANDER DRESSING

This is a lovely healthy option for this time of the year-but the addition of the warm lamb meatballs makes it very appealing!

LAMB MEATBALLS

700g minced lamb

50g breadcrumbs

25g parmesan cheese, grated

½ tsp. cayenne pepper

1 tablesp. mango chutney

½ red onion, finely diced

1 tablesp. freshly chopped coriander

1 egg

Seasoning

SWEET CHILLI & LIME DRESSING

4 tablesp. natural yogurt

1 tablesp. Sweet Chilli Relish

1 tablesp. freshly chopped coriander

Juice of ½ lime

SALAD

Lettuce leaves

1 carrot, peeled into ribbons

1 cucumber, peeled into ribbons

8 cherry tomatoes, halved

Salted peanuts

Fresh coriander

To cook the lamb meatballs: Preheat the oven to 180°C/350°F/Gas Mark 4.

Add all the ingredients for the meatballs together in a large mixing bowl and mix well until combined. Divide the mixture into approximately 16 pieces and roll into round balls.

Place the meatballs onto a baking tray and cook in the preheated oven for 15-18 minutes or until all the juices run clear and the meat is thoroughly cooked.

To make the sweet chilli and lime dressing:

Mix together all the ingredients for the dressing and store in the fridge until required.

To serve: Arrange the salad leaves on a large platter. Scatter with the cherry tomatoes and the ribbons of both carrot and cucumber.

Place the meatballs on top. Drizzle with some of the delicious dressing and then garnish with fresh coriander and some salted peanuts.

DID YOU KNOW...

Carrots are high in vitamin A, which contributes to the maintenance of normal skin and vision.

SUMMER BERRY & WHITE CHOCOLATE TRIFLE

Well worth the extra effort required. A real Sunday lunch treat!

JAM SWISS ROLL

4 eggs
110g sugar
110g self-raising flour

FRESH EGG CUSTARD

½ vanilla pod
300ml milk
300ml cream
6 egg yolks
75g sugar
1 dessertsp. cornflour
150g white chocolate

GARNISH

4 dessertsp. fresh raspberry jam
225g fresh berries (raspberries, strawberries, black currants etc)
25g caster sugar
250ml freshly whipped cream
50g flaked almonds, toasted
50g grated chocolate shavings

To make the jam swiss roll: Preheat the oven to 180C/350F/Gas Mark 4.

Grease and line an oblong (13 x 9 inch) tin with parchment paper.

In a mixing bowl beat the 4 eggs with the sugar for the sponge base. It should become very light and aerated. The whisk should leave a figure of eight pronounced on the surface of the mixture when the whisk is lifted out of it.

Gently fold in the sifted flour with a metal spoon. Be very gentle so as not to knock any of the generated air out of the sponge base but also ensure that all the flour is incorporated. Pour the mixture into a prepared Swiss roll tin. Bake for 20 minutes, until well risen and golden brown and take the sponge out of the oven.

Before the sponge is fully cooled, invert it onto a sheet of parchment paper dusted with extra caster sugar (25g) and use a rolling

pin roll it over it to flatten it lightly and then spread with a thin layer of raspberry jam.

Carefully roll the Swiss roll up from the longest side rather than from the shortest.

Slice in thin slices and arrange in individual glasses or a large bowl making sure that the glass or bowl is fully lined all the way around. Retain a little of the sponge for the middle if you so desire.

Sprinkle with some freshly cut berries and additional jam if desired. Do a few layers of the sponge if you wish.

Meanwhile make the custard: Split the vanilla pod lengthways and with a small sharp knife scrape out the seeds of one half of the vanilla pod. Put the seeds and the half pod into the milk and cream in a large saucepan. Wrap the remainder of the vanilla pod and retain for later use. Bring the milk, cream and vanilla pod to the boil.

Meanwhile in a large spotlessly clean bowl and using a whisk beat the egg yolks, sugar and cornflour together until light and creamy. Spend about 2 minutes on this process. Pour boiled milk and cream mixture onto the eggs and mix well. Add in the white chocolate

Return the mixture to the saucepan and cook until the mixture can coat the back of a wooden spoon. It is important to stir the mixture at all times to prevent it from curdling. This process should take no more than 2 minutes on a very gentle heat. Do not allow the mixture to boil. Taste the custard at this stage to make sure that you cannot taste the cornflour. If you can, return to the heat and stir continuously on a low heat for another minute or so.

Pour the custard over the sponge mixture and allow to cool for a couple of hours or overnight. Cover with a disc of parchment paper or cling film to prevent the formation of a crust,

When ready to serve: Spread the whipped cream on the top and sprinkle, if desired, with some flaked and toasted almonds, chocolate shavings, fresh summer berries and fresh mint.



Aisling Larkin

Modern Lifestyle Food, TV and
Radio Broadcaster, Wellness Chef
and Culinary Advisor

CHICKEN WALDORF SALAD WITH ROASTED GRAPES & A CREAMY GREEN GODDESS DRESSING

TIME: 1 HOUR
SERVES: 4

FOR THE BRAISED CHICKEN

4 chicken fillets (about 600g total)
1 stock pot made up to 500ml or a Carrolls high-
quality chicken stock
1 fresh bay leaf
2 sprigs fresh thyme
½ tsp. fine sea salt
Freshly ground black pepper

FOR THE ROASTED GRAPES

400g red seedless grapes, left on small vine
clusters
2 tablesp. extra-virgin olive oil
1 tablesp. Irish honey
Flaky sea salt

FOR THE GREEN GODESS DRESSING

120g good-quality mayonnaise
120g Irish Greek yogurt (full fat)
30g fresh Irish dill fronds
30g fresh Irish mint leaves
15g Irish flat-leaf parsley
1 small garlic clove, grated
Juice of 1 unwaxed lemon
2 tablesp. extra-virgin olive oil
Fine sea salt and freshly ground black pepper

FOR THE SALAD

2 large apples (seasonal Irish variety), cut into
2cm chunks
4-6 celery stalks, sliced and diced
150g walnuts, freshly toasted
4 heads Irish Little Gem lettuce, leaves
separated
Fresh herbs for garnish (dill and mint)

To braise the chicken: Cook the chicken low
and slow for 2½ hours in the stock and herbs
at a simmer.

To roast the grapes: Heat oven to 200°C
(400°F). Toss grape clusters with oil, honey,
and a pinch of salt. Roast 15-20 minutes until
slightly caramelized but still holding shape.
Cool.

To make the Dressing: Combine all dressing
ingredients in blender. Pulse until the herbs
are finely chopped but still visible. Season
generously. Thin with water if needed -
texture should coat back of spoon.

To assemble: Toss the apple chunks with
lemon juice to prevent browning. Combine
the chicken, apples and celery in a large
bowl. Add ¾ of the walnuts. Fold through
half the dressing.

Arrange the lettuce leaves on platter. Layer
dressed chicken mixture. Add roasted grapes.
Drizzle over the remaining dressing and
garnish with remaining walnuts and fresh
herbs.

CARDAMOM & RASPBERRY CAKE WITH WHITE CHOCOLATE & PISTACHIO

PREPARATION TIME: 30 MINUTES
COOKING TIME: 45-50 MINUTES
TOTAL TIME: 1 HOUR 30 MINUTES
SERVES: 10-12

EQUIPMENT NEEDED

23cm (9-inch) springform cake tin
Stand mixer or electric hand whisk
Parchment paper
Digital thermometer (optional)
Medium heatproof bowl
Saucepan for water bath

FOR THE CAKE

8 green cardamom pods (or 1 teasp. ground cardamom)
225g soft spreadable margarine (tub)/butter
225g caster sugar
3 large eggs, room temperature
250g self-raising flour
1 teasp. baking powder
2 teasp. vanilla extract
50ml whole milk, room temperature
50g sour cream
200g fresh raspberries

FOR THE WHITE CHOCOLATE ICING

200g high-quality white chocolate (30% cocoa butter minimum)
100g unsalted butter, room temperature
100g mascarpone
250g icing sugar, sifted
1 teasp. pure vanilla extract
¼ teasp. fine sea salt

FOR DECORATION

100g shelled pistachios
100g fresh raspberries
¼ teasp. ground cardamom

Preparation: Preheat oven to 180°C/160°C fan. Grease springform tin and line base and sides with parchment

To make the cake: If using cardamom pods, remove seeds and grind finely. Beat margarine or butter until smooth (1 minute). Add sugar, beat until very light and fluffy (3-5 minutes). Add eggs one at a time, beating well between each. Mix flour, baking powder and ground cardamom. Fold dry ingredients into butter mixture in three additions, alternating with milk. Stir through the sour cream then gently fold in raspberries. Pour into prepared tin, level surface

To bake: Bake 45-50 minutes until golden. Test with skewer - should come out clean. Cool in the tin for 10 minutes. Remove from tin, cool completely on wire rack

To make the icing: Melt white chocolate over barely simmering water. Cool until just warm to touch (85°F/29°C). Beat butter and mascarpone until very pale (5 minutes). Gradually beat in sifted icing sugar. Pour in the cooled white chocolate while mixing. Add vanilla and salt, beat until smooth.

To decorate: Spread the white chocolate icing in a big mound on top. Swirl it out with a small spatula. Sit on the fresh raspberries. Sprinkle on the chopped pistachios. Dust with ground cardamom (optional) and a few swirls of white chocolate.



Neven Maguire

MacNean House Restaurant and
Cookery School, Blacklion, Co. Cavan

STICKY LAMB SKEWERS WITH SATAY SAUCE

SERVES 4

FOR THE LAMB SKEWERS

600g Bord Bia Quality Assured lamb pieces
14 bamboo skewers (if using on a BBQ soaked in cold water)
Flatbreads, to serve

FOR THE MARINADE

2 cloves garlic, crushed
2 teasp. mild curry powder
2 tablesp. honey
4 tablesp. soy sauce
Zest ½ lemon
1 teasp. fresh thyme leaves picked

FOR THE SATAY SAUCE

1 x 400g can coconut milk
100g crunchy peanut butter
2 tablesp. Soy & Ginger Sauce
2 tablesp. Irish made Sweet Chilli Sauce
1 teasp. demerara sugar (or any brown sugar)
Juice of 1 lime

For the lamb skewers and marinade:

Carefully place the lamb pieces on the bamboo skewers, lengthways. Place 3-4 pieces of lamb per skewer and set aside.

In a large shallow dish place all the marinade ingredients together. Mix well to combine.

Add the skewered lamb to the marinade and coat each of the lamb skewers. Cover with cling film and leave to marinade for 2-3 hours in the fridge or overnight

To cook the lamb skewers: Heat a griddle pan with 2 tablespoons rapeseed oil until smoking hot. Carefully add the lamb skewers to the pan, (repeat these steps and cook in batches if necessary). Drizzle some of the marinade over each of the skewers.

Reduce the heat to a medium. Cook for 2-3 minutes, turn over and spoon over another drizzle of marinade. Allow to cook for a further 2-3 minutes. If the marinade begins to catch on the pan add a tablespoon of cold water.

For the sauce: In a pot add the coconut milk, peanut butter, soy and ginger sauce, chilli sauce, sugar and lime juice and stir well to combine. Allow it to thicken and reduce slightly.

Season with salt and pepper and turn off.

To serve: Serve the skewers on a plate with flatbreads drizzled with the satay sauce or alongside a dipping bowl of sauce.

DID YOU KNOW...

Lamb is a valuable source of vitamins and minerals. It is high in iron, vitamin B3 and vitamin B12 which are needed for normal metabolism and blood and nerve function.

CRISPY GOATS' CHEESE WITH TOMATO SALAD

SERVES 4

FOR THE GOATS' CHEESE

50g fresh white breadcrumbs
2 tablesp. finely chopped fresh flat leaf parsley
2 teasp. sesame seeds
2 eggs
50g plain flour
4 x 4cm thick slices of goats' cheese (from a log with a 7.5cm diameter)
Rapeseed oil, for deep-frying
Mixed baby salad leaves, to serve

FOR THE TOMATO SALAD

12 cherry tomatoes, halved
Zest and juice of 1 lemon
2 tablesp. extra virgin olive oil
1 tablesp. balsamic vinegar
Pinch sea salt
3 basil leaves, finely sliced

For the goats' cheese: Put the breadcrumbs in a shallow dish and mix with the parsley, sesame seeds and seasoning. Beat the eggs in a separate dish and season lightly. Put the flour on a plate and season with salt and pepper.

Lightly coat the goats' cheese in the seasoned flour, then dip into the beaten egg, shaking off any excess. Finally, coat in the breadcrumb mixture. Place on a tray lined with baking paper until ready to deep fry.

Heat the rapeseed oil in a deep-fat fryer to 180°C (350°F). Cook the coated goats' cheese for 2-3 minutes, until crisp and golden brown. Drain well, and place on a baking tray lined with kitchen paper. If not using immediately, keep warm in the oven at 100°C.

Serve with some salad.

For the tomato salad: Place the cherry tomatoes in a bowl. Add in the lemon zest and juice, olive oil, balsamic vinegar, salt and basil. Stir to combine and allow to infuse (1-2 hours if possible or over-night is ideal).

CRAB, LEMON & RED PEPPER RISOTTO

SERVES 4

2 tablesp. rapeseed oil
1 large onion, finely chopped
2 garlic cloves, crushed
450g Arborio (risotto) rice
About 1.5 litres chicken or vegetable stock
150g x Irish cooked crabmeat
1 grilled red pepper cut into small dice
Zest and juice of 1 lemon
1 tablesp. mascarpone cheese
50g freshly grated Parmesan cheese, plus extra shavings to serve
2 tablesp. fresh basil, chopped
Sea salt and freshly ground black pepper

To make the risotto: Heat the rapeseed oil in a large sauté pan over a medium heat. Add the onion and garlic and cook gently for 3-4 minutes, stirring occasionally, until softened but not coloured. Increase the heat, stir in the rice, and cook gently for 1 minute, stirring continuously, until the rice is opaque and fragrant.

Add a ladleful of stock to the rice and cook gently, stirring, until absorbed. Continue to add the simmering stock a ladleful at a time, stirring frequently. Allow each addition of stock to be almost completely absorbed before adding the next ladleful, until the rice is al dente (tender with a slight bite). This should take about 20 minutes.

About 2 minutes before the risotto is ready, stir in the crabmeat, diced red pepper, lemon juice and zest and mascarpone and allow to finish cooking. Stir in the Parmesan and basil and season to taste with salt and pepper. Leave to rest and swell a little more for 3 minutes.

To serve: Ladle into warmed shallow bowls and scatter over the Parmesan shavings to serve.

CRISPY HADDOCK/ WHITING FISH TACOS

SERVES 4

FOR THE HADDOCK/WHITTING

4 x 175g haddock fillets, pin boned, scaled and skin on or full whiting fillets, skinned, and bones removed

4 slices of day-old white bread, crusts removed

1 tablesp. chopped fresh flat-leaf parsley

2 tablesp. medium curry powder

2 teasps. sesame seeds

Zest ½ lemon

50g plain flour

1 egg

1 tablesp. milk

3 tablesp. rapeseed oil, for frying

25g butter

50g mixed baby salad leaves

4-6 mini wraps (depending on how many per person)

FOR THE TOMATO SALAD

12 cherry tomatoes, halved

Zest and juice of 1 lemon

2 tablesp. extra virgin olive oil

1 tablesp. balsamic vinegar

Pinch sea salt

3 basil leaves, finely sliced

FOR THE PESTO MAYONNAISE

100g mayonnaise

1 tablesp. basil pesto

For the haddock/whiting: Cut the haddock/whiting into large pieces, approximately 1 inch wide and 1 ½ inches long.

Blitz the bread, parsley and curry powder in a food processor. Tip into a shallow dish, stir in the sesame seeds, lemon zest and season.

Place the flour on a plate, then beat the egg and milk together in another shallow dish. Toss the haddock strips in the flour until well coated, shaking off any excess, then dip into the egg mixture and coat in the flavoured breadcrumbs.

Heat a non-stick frying pan with the rapeseed oil and butter. Carefully add the crumbed haddock/whiting to the pan (cook in batches if needed). Cook for 3-4 minutes and carefully turn over using a thongs. Keep the pan on a low-medium heat. Cook for a further 3-4 minutes (longer if needed depending on the thickness of the haddock).

The haddock is cooked, if when cut the flesh is white and flaking away. Rest on kitchen paper and keep warm while you cook the remainder.

For the tomato salad: Place the cherry tomatoes in a bowl. Add in the lemon zest and juice, olive oil, balsamic vinegar, salt and basil. Stir to combine and allow to infuse (1-2 hours if possible or over-night is ideal).

For the pesto mayonnaise: Mix the mayonnaise and basil pesto in a bowl and set aside until required.

To assemble: Place the wrap on the plate and smear over the basil mayonnaise, followed by the tomato salsa. Very carefully place 3 pieces of curried haddock/whiting on top of the tomato salsa. Add a little mixed salad leaves on top, finished with a drizzle of olive oil

Neven's Tips:

- Breadcrumbs can be made ahead and kept in the fridge for 4-5 days
- The bread crumbed haddock/whiting can be prepared a few hours in advance, and placed in the fridge on a tray with parchment paper before cooking
- The tomato salad will keep covered for 3-4 days in the fridge

GRILLED HAKE WITH SMOKED SALMON ORZO

SERVES 4

FOR THE HAKE

4 x 175g hake fillets, pin boned, scaled and skin on
3 tablesp. rapeseed oil
Sea salt
2-3 sprigs of thyme
40g butter
Squeeze lemon juice

FOR THE ORZO

1 teasp. organic turmeric
1 pinch saffron threads
350g orzo pasta
225ml double cream
Finely grated rind of 1 lemon and juice
Sea salt and freshly ground black pepper
2 tablesp. chopped fresh flat leaf parsley
225g smoked organic Irish salmon, diced
2 Italian grilled peppers, diced

For the hake: Heat a non-stick frying pan with rapeseed oil until hot. Dry the hake using kitchen paper, to remove any moisture. Place the hake skin side down in the pan and season with salt. Reduce the pan to a low - medium heat.

Add the sprigs of thyme and butter to the pan and allow the butter to foam. Cook for 3-4 minutes before turning over. Once turned, gently spoon the oil/butter over the fish. Cook for a further 3-4 minutes, depending on the thickness of the fish. Test with the point of a knife, if the knife easily goes into the centre of the fish it is cooked. Switch off the heat and squeeze over lemon juice to finish.

For the orzo: Bring a large pan of salted water to the boil with the turmeric and saffron threads. Tip in the orzo pasta, stir once and then cook for 12-15 minutes, until just al dente.

Drain the pasta well under cold running water - return to the pot once cold. Pour in the cream and grated lemon rind and juice.

Heat the orzo and simmer for 2-3 minutes. Season to taste and stir in the herbs, diced salmon and diced grilled peppers. Allow to warm through.

To serve: Spoon the orzo onto the centre of the plate and place the fish on top.

Neven's Tips:

- Always have your fish at room temperature before cooking
- The orzo can be made up to 2 days in advance, covered with clingfilm and kept in the fridge and is delicious with chopped sun dried tomatoes and goats' cheese as a salad

DID YOU KNOW...

Fish is high in protein. A 100g portion of baked fish provides an adult with about half of their daily protein requirements. All seafood is high in protein - needed to grow, develop and maintain healthy muscles.

BREAST OF CHICKEN WITH BALSAMIC LENTILS

SERVES 4

FOR THE CHICKEN

4 x Bord Bia Quality Assured Irish Cornfed Chicken Supremes, skin on

2-3 tablesp. rapeseed oil

Sea salt and freshly ground black pepper

40g butter

4 fresh thyme sprigs

3 garlic cloves

FOR THE BALSAMIC LENTILS

2 tablesp. rapeseed oil

150g smoked bacon lardons

3 tablesp. balsamic vinegar

1 teasp. of caster sugar

500g Beluga or Puy lentils, pre-cooked

200ml beef stock

2 tablesp. chopped fresh flat-leaf parsley

Sea salt and freshly ground black pepper

For the chicken: Preheat the oven to 180°C (350°F/gas mark 4).

Heat a large non-stick frying pan with the rapeseed oil over a medium to high heat

Season the skin side of the chicken supremes with sea salt and pepper (always take your chicken from the fridge 20-30 minutes prior to cooking to bring to room temperature)

Place the chicken skin side down on the preheated pan, season the flesh side and add in the butter.

Cook for 3-4 minutes until the skin is golden brown, turn over. Add in the fresh thyme sprigs and unpeeled garlic cloves and maintain the high heat. Once the chicken is sealed on the flesh side, transfer to an oven proof dish and bake in the pre-heated oven for 18-20 minutes, depending on the thickness of the chicken breast.

For the balsamic lentils: Heat 2 tablespoons of oil in a large pan over a medium heat, seal off the bacon lardons. Add in the balsamic vinegar and caster sugar. Stir in the lentils and then pour in the stock and allow to simmer for 4-5 minutes. Season to taste. Stir the parsley into the braised lentils.

DID YOU KNOW...

Chicken is naturally low in salt and with its low-fat content fits perfectly into a healthy balanced diet.



STICKY BALSAMIC BEEF

SERVES 4-6

1.75kg Bord Bia Quality beef brisket, short rib or beef feather blade
 2 tablesp. rapeseed oil
 A knob of butter
 6 red onions, cut into wedges
 500ml beef stock
 120ml balsamic vinegar
 4 tablesp. honey
 1 tablesp. soy sauce
 4 garlic cloves, finely chopped
 1 tablesp. chopped fresh thyme
 3 tablesp. cornflour
 Sea salt and freshly ground black pepper

TO SERVE

Mashed potatoes
 Steamed cavolo nero
 Steamed baby carrots

Preheat the oven to 160°C (325°F/gas mark 3).

Dry the brisket with kitchen paper and season generously. Heat half of the oil in a casserole over a high heat and brown all over for about 5 minutes. Transfer to a plate.

Add the rest of the oil to the casserole along with the butter and sauté the onions for 6-8 minutes, until they are starting to colour. Transfer to a bowl and set aside.

Put the stock in a jug and whisk in the balsamic, honey, soy, garlic and thyme. Put the brisket back into the casserole and pour over the stock mixture. Cover and cook for 2 hours, then remove from the oven and add the onions. Cover again and cook for another 1½ hours, until the beef is meltingly tender.

Carefully lift out the brisket and transfer it to a board. Snip the string and use two forks to shred the meat, discarding any fatty bits. Put the cornflour in a small bowl and stir in 2-3 tablespoons of water until you have a smooth paste. Whisk this into the liquid in the casserole, then stir in the shredded beef. Bring to a simmer over a low heat and cook for a few minutes to thicken the sauce slightly.

Serve the sticky balsamic beef in wide-rimmed bowls with some mashed potatoes, cavolo nero and baby carrots. Freeze the extra portions.

COOLE SWAN CHOCOLATE CRÉMEUX

SERVES 4

(APPROXIMATELY, DEPENDING ON SERVING DISHES)

2 eggs
 1 tablesp. caster sugar
 150ml cream
 150ml milk
 100ml Coole Swan Irish Cream Liqueur
 200g plain chocolate, broken up (minimum 55% cocoa solids)

SUGGESTED SERVING OPTIONS

- Caramelised banana
- Crushed amaretti biscuits
- Orange segments
- Mini maltesers
- Mint sprigs, to serve
- Orange caramel, to serve

Whisk eggs and sugar until thickened.

In a medium saucepan heat cream, milk and Coole Swan until scalded and then pour over egg mixture. Return to the pot and slowly cook, stirring continuously until the mixture coats the back of a wooden spoon/spatula. Pour over chocolate in a bowl and blend with hand blender.

Transfer to glass serving dishes or a container and allow to set overnight in the fridge.

To serve: If chilled in a large container, scoop the crèmeux onto plates. Sprinkle over the crushed amaretti biscuits and maltesers. Arrange the segments of orange around the crèmeux and finish with sprigs of mint.

PAT CLARKE'S TRIFLE WITH POACHED BERRIES

SERVES 4

450g vanilla custard
(or homemade - see recipe below)

100g white chocolate bar, grated

150g shortbread biscuits

100ml fresh cream, whipped

Sprigs of mint, to decorate

FOR THE POACHED BERRIES

100ml red wine

200ml blackcurrant cordial

75g caster sugar

1 cinnamon stick

Seeds scraped from ½ vanilla pod
(pod also retained)

350g Pat Clarke's raspberries and strawberries
(plus extra to decorate) or 500g frozen Irish
berries

FOR THE HOMEMADE CUSTARD

225ml milk

150ml cream

3 egg yolks

1½ tablesp. cornflour

40g caster sugar

Seeds scraped from ½ vanilla pod

Place the custard in a bowl and then fold in the grated white chocolate until evenly mixed.

Spoon the poached berries, reserving the liquid, into the base of four glass bowls or martini glasses, then arrange one shortbread biscuit in each glass, breaking them up as necessary to fit.

Pour over some of the reserved poaching liquor and then spoon the white chocolate custard mixture on top to cover completely. Garnish each trifle with whipped cream and the extra strawberries and sprigs of mint.

To poach the berries: Place the red wine and cordial in a medium-sized saucepan with the sugar, cinnamon stick and vanilla seeds and pod and bring to the boil.

Turn down the heat and simmer for 15 minutes until reduced by half and slightly thickened.

Place the raspberries and strawberries in a heatproof bowl and pour over the prepared poaching liquid. Stir to combine and allow to cool.

For the homemade custard: Place the milk and cream in a heavy-based pan and heat gently until almost boiling. Whisk together the egg yolks, cornflour, sugar, and vanilla essence/seeds in a large heatproof bowl until thick and pale. Pour the hot milk and cream mixture onto the egg mixture whisking well until smooth. Return to the pan and heat gently stirring until thickened. Pass through a sieve for a smooth custard.

DID YOU KNOW...

Strawberries are high in vitamin C, folate and fibre making them a perfect part of a balanced diet.

SPUN SUGAR

225g caster sugar

1 tablesp. powdered or liquid glucose

Place the sugar, glucose and 250ml of water into a heavy-based pan. Bring to the boil and then reduce the heat and simmer for 15-20 minutes until you have achieved a golden caramel colour. The sugar syrup should be a thick honey consistency but not too runny. It thickens a little as it cools so if it gets too thick, then simply heat it again and it will loosen fairly instantly.

Using a clean, small metal spoon and a knife-sharpening steel, dip the spoon into the caramel and lift it out again, then twist it around the steel to create some sugar curls, working very carefully as the caramel is extremely hot.

LEMON POSSET WITH MACERATED PAT CLARKE'S BERRIES

SERVES 4

600ml cream

120g caster sugar

juice and rind of 1 lemon

1 large passion fruit, seeds

1 vanilla pod, seeds only

Shortbread, to serve

Place 600ml of cream in a pan with the sugar, vanilla pod, lemon rind and juice. Cut the passion fruits in half and scoop out the seeds and pulp. Bring to the boil and boil for 1 minute.

Leave the mixture to cool slightly. Pour into 4-6 stemmed glasses, depending on their size. Chill for at least 1-2 hours but overnight is best. Set on plates and serve with shortbread on the side.

MACERATED SUMMER BERRIES

This is delicious with pavlova, ice cream and pancakes

225g Pat Clarke's mixed berries (strawberries, blackberries, raspberries, blueberries)

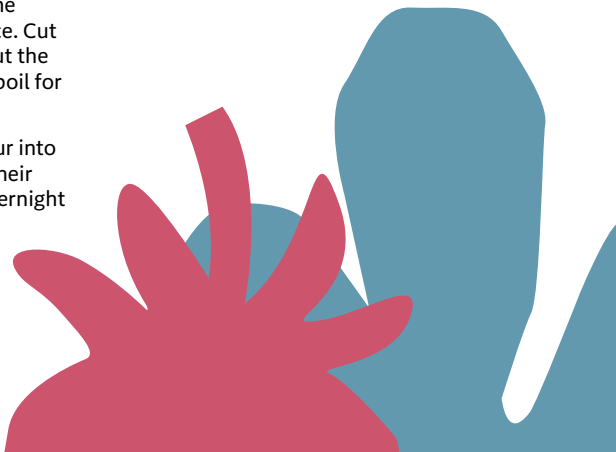
2 tablesp. crème de cassis

1 tablesp. balsamic vinegar

1 teasp. vanilla extract

1 teasp. basil, shredded

Pour the crème de cassis, balsamic vinegar, vanilla extract and basil over the mixed berries. Cover with cling film and shake. Leave overnight to infuse.





Brian McDermott

Chef and Cookbook Author

POACHED HAKE WITH BRAISED TOMATOES

SERVES 4

4 hake fillet portions

POACHING LIQUID

1 litre water

1 bay leaf

2 black peppercorns

Slice of fresh lemon

BRAISED TOMATOES

1 small onion

2 tablesp. rapeseed oil

1 clove garlic, peeled and diced

2 fresh Irish tomatoes

1 tin tomatoes

100ml tomato passata

Pinch sea salt and pepper

Squeeze of fresh lemon juice

Handful of basil

Peel and dice the onion. In a pot add the oil, sweat the diced onion, garlic until onion is soft and without colour. Add the poaching liquid ingredients to a pot and bring to a simmering stage. Place the hake fillets gently in the pot and on medium heat, cook for 6 minutes.

While hake is poaching dice the fresh tomatoes and add them to the sweated onions and gently cook on low heat. Add the tined tomatoes, followed by the passata and cook for a further 5 minutes.

Add the salt and pepper followed by the lemon juice and combine all together while still on the heat. Remove from the heat and add the ripped basil leaves at the last minute. Remove the hake from the pot and serve with the braised tomatoes.

BRIAN'S TIP:

Add chickpeas or butterbeans to the braised tomatoes

HANGER STEAK WITH CARAMELISED SHALLOTS, BALSAMIC & MUSTARD DRESSING

SERVES 4

4 hanger steaks

4 shallots

2 tablesp. rapeseed or olive oil

Pinch sea salt

Fresh ground white pepper

25g butter

Rocket leaves

DRESSING

4 tablesp. olive oil

2 tablesp. balsamic vinegar

2 tablesp. sun dried tomato mustard

1 tablesp. honey

Peel and half the shallots, put them in a bowl and add a drizzle of oil. Season with salt and pepper. Heat a frying pan on high heat and place each shallot flat side down in the pan. Allow them to sizzle until a golden colour is formed to caramelise the shallots.

Add a knob of butter and cook for 4 minutes basting with the juices. Keep warm.

For the steaks: Leave the steaks at room temperature for 10 minutes, then brush each side of the steak with oil. Season on both sides.

Heat a frying pan on a high heat and place the steaks on the pan. Add a further drizzle of oil and after two minutes turn the steaks over and cook for a further 2 minutes. Add the butter and baste the steaks for a further minute. Remove from the heat and allow to rest.

To make the dressing: Make the dressing while the steaks are resting by whisking all the ingredients together in a bowl.

To serve: Slice the steak across the grain thinly for best results. Serve with caramelised shallots, rocket and dressing scattered over the steak and rocket leaves.

BRIAN'S TIP

Easily turn this into a steak sandwich by toasting some focaccia and adding sliced tomatoes.

DID YOU KNOW...

Many Irish women and children are not getting enough iron in their diet. An average portion of lean beef contains half the dietary iron you need in a day.



Always look for food with the Bord Bia Quality Mark so you know it has been produced to the highest Bord Bia quality standards which have been verified at every stage.

BREADED PORK CHOPS WITH LEMON BUTTER SAUCE

SERVES 4

4 Quality Assured pork chops

2 eggs

100ml milk

50g flour

200g panko breadcrumbs

3 tablesp. olive oil

25g butter

Freshly ground white pepper

SAUCE

½ onion, diced

1 clove garlic, crushed

50g butter

30ml white wine

Zest of 1 lemon

50ml cream or crème fraîche

Fresh chopped parsley

Whisk the egg and milk together. Place the flour and breadcrumbs in separate bowls. Breadcrumb the pork chops by dipping each one in flour, then into the egg and milk and lastly the breadcrumbs. Pat the crumbs into each pork chop. You can double bread them if you wish by repeating these steps.

Pre heat the oven to 160°C.

Heat a large non-stick frying pan then add the oil and butter. Place each pork chop on the pan and cook until a golden crumb is achieved. Turnover and repeat. Season with pepper and place in the oven for 12 minutes.

While the chops are in the oven make the sauce by sweating the onion and garlic in the butter, then add the wine and allow it to reduce by approximately half on a simmer heat.

Add the lemon zest followed by the cream and simmer until the sauce has thickened slightly. Add the chopped parsley lastly.

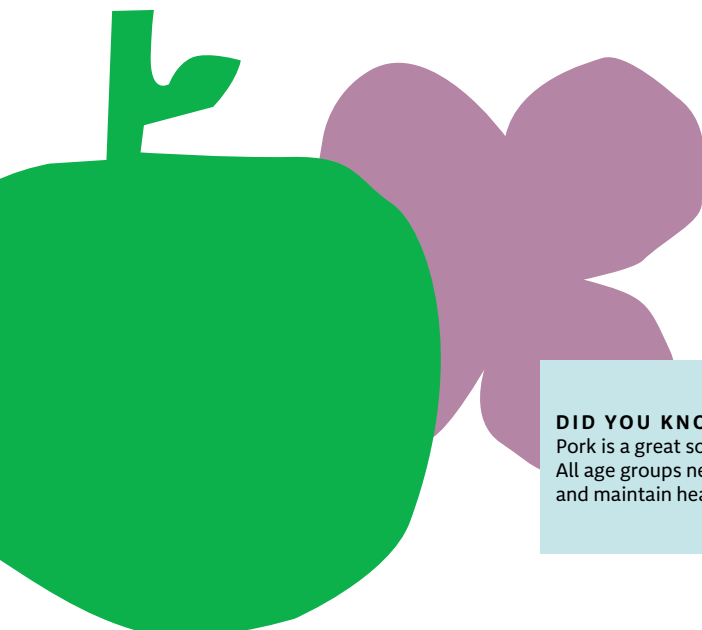
Serve the sauce to the side of the chop.

BRIAN'S TIP

Serve with new boiled potatoes and green beans for a balanced meal

DID YOU KNOW...

Pork is a great source of high-quality protein. All age groups need protein to grow, develop and maintain healthy muscles.



CARAMEL BUTTER ICED STICKY TOFFEE CAKE

220g self-raising flour
1 teaspoon cinnamon
175g dates, chopped
1 teasp. bicarbonate of soda
150ml boiling water
110g butter, softened
175g dark brown sugar
3 eggs
100g treacle
Few drops vanilla essence

SAUCE

120ml cream
60g brown sugar
50g butter

ICING

175g butter, softened
300g icing sugar

Line a 2lb loaf tin with parchment paper.

Heat the oven to 170°C.

Mix the cinnamon through the flour. Add the chopped dates to a bowl with bicarbonate of soda and add boiling water. Allow to soak for 15 minutes. Then blitz with a blender.

In a separate bowl add softened butter and sugar and cream using a mixer. Add the eggs one at a time followed by the flour, vanilla and treacle. Mix until smooth.

Add the dates mix and fold both mixes together. Transfer to a tin and bake for 50 mins to 1 hour until baked. Allow the cake to cool.

For the sauce: Add ingredients to a pot and bring to the boil. Boil for 3 minutes with occasional whisking. Sieve the sauce and allow to cook.

To make the icing: Cream the butter with a mixer and slowly add the sieved icing sugar followed by 4 tablespoons toffee sauce until it is all mixed and light.

To assemble: Decorate the cake by spreading or pipping the butter cream on top of the cake. Drizzle with remaining toffee sauce. Option is to garnish with chopped roasted walnuts or honeycomb.

DID YOU KNOW...

Vitamin B12 is an essential nutrient for nerve function. Two eggs provide you with all you need in a day!



Aisling Moore

Chef and Owner, Goldie, Cork

MUSSEL MINISTRONE

SERVES 4

1kg mussels cleaned
150ml dry white wine
2 tablesp. rapeseed oil
1 small onion, diced
4 cloves of garlic, minced
1 stalk of celery, diced
¾ teasp. black pepper, freshly cracked
1 carrot, diced
Sea salt
1 courgette, diced
700ml fish stock
75g kale, chopped
2 tablesp. rapeseed oil
1 lemon, juice and zest
90g pasta
75g chard, chopped

To cook the mussels: Preheat a heavy based pot on a medium - high heat. Drain the mussels well and add to the pot, immediately adding the white wine and place a tight-fitting lid on the pot. Give the pot a little shake and leave to cook covered for 3 minutes.

Remove the lid, all the mussels should be cooked at this stage, discard any that haven't opened.

Tip the whole contents of the pot into a colander sitting on top of a bowl to catch all that mussel stock. Pass through a fine sieve to remove any grit that may have been released when cooking. Set aside.

Allow the mussels to cool slightly before picking from the shell and set aside.

To make the soup: Sweat the onion, garlic, celery and carrot in the rapeseed oil for 3 minutes. Add the garlic and sweat for a further 2 minutes. Season with black pepper and sea salt.

Next add the diced courgette and sweat for 1 minute before adding the reserved mussel stock and fish stock. Bring the soup to the boil.

Whilst the soup is coming to the boil add the chopped kale, rapeseed oil, lemon juice and zest to a food processor and blend on full speed until puréed.

Once the soup has come to the boil add the pasta and cook depending on the size of the pasta until al dente.

Once the pasta is cooked add the puréed kale mixture, chopped chard and shelled mussels to the pot and bring back to the boil before serving.

To serve: Serve with pesto and warm crusty bread.

TERIYAKI GLAZED COD COLLARS

SERVES 4

8 cod collars

TERIYAKI GLAZE

150ml soy sauce

100g maple syrup or honey

50ml mirin

2 limes, juiced

1 clove of garlic, minced

1 small thumb of ginger, minced

1 red chilli, finely diced (seeds removed)

TO SERVE

1 bunch coriander

1 chilli, sliced

1 lime, cut into wedges

To make the teriyaki sauce: Place the soy sauce, maple syrup, mirin, lime juice, garlic, ginger and diced red chilli in a small bowl and whisk to combine.

To cook the cod collars: Preheat an oven to 200°C.

Prepare the cod collars by gently removing any scales present on the skin side of the collar with a small blunt knife so as not to puncture the skin. Pat dry to remove any excess moisture present.

Place in a large mixing bowl with the teriyaki glaze. Mix well with spotlessly clean hands to ensure the collars are well coated in the marinade.

Line a large baking sheet with greaseproof parchment or a slip pat mat. Arrange the cod collars on the baking sheet so they are not over lapping and maximum surface area is exposed to ensure a crisp and caramelised result.

Bake in the preheated oven for 10-12 minutes until sticky and glazed.

To serve: Remove from the oven and finish with some chopped coriander, slices of red chilli and fresh lime wedges.

Serve immediately.



Rory O'Connell

CELERY "SENSATION" SALAD - CELERY, DATE AND WALNUT SALAD

To the best of my knowledge, this recipe originated from The Four Horsemen restaurant in Brooklyn. It then became an internet sensation and here is my interpretation. In any event, it is crunchy, flavoursome and delicious. Great and refreshing on its own, it would also be great on a picnic and served with crisp grilled chicken, it should be a delight.

SERVES 4-6

8 celery stalks - c 500g, any tough strings removed and thinly sliced about 3mm thick at an angle

6 fat and juicy dates, halved lengthways, stones removed and each half cut into long strips c3mm thick

50g walnuts, toasted in an oven heated to 180°C for c 10 minutes until crisp, then cooled and coarsely chopped

125g banana shallot, finely diced

6 tablesp. extra virgin olive oil

3 tablesp. lemon juice

Pinch of chilli flakes

1 tablespoon chopped mint

40g coarsely grated parmesan - use a box grater, not a micro-plane to grate the cheese

Sea salt and freshly ground black pepper to taste

To prepare: Place the celery, dates, walnuts, shallot in a large bowl and gently mix. Add the olive oil and lemon juice, season with a little salt and pepper. Sprinkle on the chilli, mint and parmesan and gently mix. Taste and correct seasoning.

The salad is best when left to sit for one hour before serving.

CRISPED MINCED LAMB WITH HUMMUS, PINE NUTS, RAISINS AND PARSLEY

This is a lovely combination of flavours and textures that makes a delicious and nutritious meal suitable for a family meal or a dinner party. The hummus can be prepared ahead of time and reheated when needed using a little of the reserved cooking water to loosen it to a soft consistency.

HUMMUS

200g dry chickpeas soaked overnight in cold water

Juice of 1 lemon

3 tablesp. extra virgin olive oil

3 cloves of garlic, peeled and crushed to a paste

4 tablesp. tahini

Salt and pepper

LAMB MINCE

170g minced lamb

3 tablesp. olive oil

100g finely chopped onion

¼ - ½ teasp. ground cinnamon

2 tablesp. pine nuts, lightly toasted in a dry pan

1-2 tablesp. raisins, soaked in boiling water for 30 minutes and strained

TO FINISH

2 tablesp. coarsely chopped flat parsley

A sprinkling of sweet paprika

A drizzle of extra virgin olive oil

Zest of 1 lemon

To prepare the chickpeas: Drain the soaked chickpeas and discard the soaking water. Place in a clean saucepan and cover generously with fresh cold water. Bring to a simmer, cover and cook until completely tender. When cooked, remove from the heat and allow to cool completely.

To prepare the lamb: Meanwhile, start preparing the onions for the lamb by heating the olive oil in a sauté pan and frying the onions with the cinnamon and a pinch of salt until golden brown. Pull the pan off the heat leaving the onions in the pan.

To make the hummus: Strain the cooked chickpeas and reserve the cooking water. Place the chickpeas in a food processor with 4 cubes of ice and 4 tablespoons of the cooking water. Blend to a very smooth purée. Add in the lemon juice, olive oil, garlic and tahini and continue to blend adding salt to taste and perhaps a little more cooking water.

When ready to serve, replace the sauté pan with the onion on the heat and when hot, add in the minced lamb. Use a fork to render the lamb to a crumb and cook through until somewhat crispy. Season with salt and pepper. Stir in the pine nuts and drained raisins.

To serve: Spread the hummus over a wide warmed serving dish. Sprinkle the lamb mixture all over the hummus and scatter over the parsley. Finish the dish with a dusting of paprika, a drizzle of olive oil and a zesting of lemon.

STRAWBERRIES WITH ICED MASCARPONE AND VANILLA

This is simplicity itself and the result can be both delicious and dramatic - a perfect way to celebrate beautiful new season Irish strawberries.

SERVES 6

ICED MASCARPONE

200g mascarpone

15-20g icing sugar, sieved

$\frac{1}{4}$ of a vanilla pod, cut in half horizontally and seed sieved out

Mix the mascarpone, sugar and vanilla until smooth. Spread very thinly on to a sheet of parchment paper or non-stick cooking mat. Freeze for several hours or overnight until completely frozen.

TO SERVE

600g strawberries, hulled, halved, sliced or quartered

25-30g caster sugar

6 generous tablesp. softly whipped cream

36 small mint leaves

Rose petals (organic) if available

Toss the berries in the caster sugar. Allow to sit for 30 minutes or so for the sugar to dissolve into a syrupy glaze. When you are ready to serve, spoon the cream on to a lovely large serving plate. Drop the berries on top not wasting a drop of the syrupy juices. Scatter on the mint leaves. Break the frozen mascarpone into shards over the berries and finish the dish with a few rose petals if available.

Race to the table to serve!



The Bord Bia Quality Mark is found on a wide range of foods including meat, eggs, poultry, fruit and vegetables.

FRIED AUBERGINES WITH ROAST HAZELNUT BREAD SAUCE

There are lovely savoury flavours here that can be a standalone dish to be eaten with a flat bread or as a side dish to serve with grilled or roasted meats, poultry or oily fish.

SERVES 4-6

COOKING THE AUBERGINES AND FINISHING THE DISH

350g aubergines, sliced 1cm thick

Sunflower or olive oil

Honey - a drizzle

1 tablesp. finely chopped flat parsley

SAUCE

125g crustless white yeast bread

200ml milk

100g hazelnuts

4 cloves of garlic, crushed or grated to a paste

3 tablesp. lemon juice

3 tablesp. extra virgin olive oil

Slice the bread and soak in the milk for c 15 minutes.

Preheat oven to 180°C. Roast the hazelnuts just long enough for the nuts to colour a little and for the skins to lift. Remove from the oven and remove as many of the skins as possible. There may still be flecks of skin that are belligerent and won't budge, but don't worry about those. Allow to cool.

Place the bread, soaking milk and the hazelnuts in a food processor along with the garlic and a pinch of salt and pepper. Blend until smooth. Add the lemon juice and olive oil and blend again. If the mixture is dry, add a little more milk or water to achieve a soft "hummmus" type consistency that is creamy but not runny. Taste and correct seasoning.

Heat a 2cm depth of olive or sunflower oil in a heavy sauté or frying pan. When the oil is hot, c 180°C, carefully slide in the aubergine slices and cook until golden brown on one side before turning and repeating on the other side. The cooked aubergines should be hazelnut coloured and tender. Allow to cool on a wire rack. Strain the oil through a metal sieve and reserve for another occasion.

Alternatively, brush the aubergine slices on both sides with olive oil. Place on a parchment paper lined baking tray and roast in an oven set to 200°C until a rich golden colour on both sides

To serve: Spread the sauce out on a flat serving dish. Place overlapping slices of aubergine over the sauce in a pleasing pattern. Drizzle the entire dish with honey and sprinkle on the chopped parsley.

POULET AU VINAIGRE

This dish requires careful cooking to colour the chicken pieces and achieve a rich and flavoursome sauce. You can replace the suggested chicken legs with 4 chicken breasts, but bear in mind that the cooking time will be shorter.

SERVES 4

4 chicken legs, drumsticks and thighs separated (or 4 chicken breasts)

30g butter

1 tablesp. olive oil

2 medium shallots, peeled and finely diced

4 cloves of garlic, peeled and thinly sliced

20g tomato paste

10g Dijon mustard

100g red wine vinegar

400g chicken stock

200g cream

1 tablesp. tarragon leaves

Salt and pepper

Dry the chicken pieces and season all over with salt and pepper. If possible leave to sit for 1 hour.

In a wide and heavy sauté pan, heat the butter and oil to a sizzle and put in the chicken pieces skin side down in a single layer. Cook gently until the chicken skin is crisp and a rich golden colour. Remove the chicken pieces to a plate to rest, skin side up.

Add the shallot to the butter and oil in the sauté pan and cook until soft and translucent. Add the garlic and cook for another couple of minutes. Add the tomato paste and mustard, stir and cook for 1 minute before adding the vinegar to reduce to a syrupy consistency.

Replace the chicken pieces in the pan, skin side up and pour in the stock. Cook uncovered at a gentle simmer for c 30 minutes or until the chicken is cooked through. Add the cream trying to avoid pouring it directly over the chicken pieces and allow to bubble up and simmer until a light coating sauce consistency is achieved.

Sprinkle in the tarragon and taste and correct seasoning.

Serve on a hot serving dish.

HERBED ORZO

Orzo is such a marvellous and useful ingredient. Little slender pieces of pasta, they will take hundreds of different flavours depending on your mood or what you are serving the orzo with. I like it buttery and generously flecked with herbs when serving it with a creamy chicken dish.

SERVES 4-6

200g orzo

2.3 litres water

25g butter

2 tablesp. olive oil

2 tablesp. chopped herbs; parsley, chives, basil, marjoram or wild garlic when in season

Salt and freshly ground pepper

Bring the water to a boil, add salt and the orzo. Stir to separate the grains and continue to cook at a simmer until just tender, about 8 minutes. If it cooks for too long, it will become flabby and heavy. Strain and reserve a little of the cooking water just in case the orzo becomes too dry. Add in the butter, olive oil and herbs and stir to mix. Season to taste and serve as soon as possible.

If the orzo has become heavy or is sticking together in lumps, use a little of the reserved cooking water to loosen it up.

VERY QUICK RASPBERRY FOOL

Serve this instant fool with a shortbread biscuit or a sponge finger. So easy and so delicious.

SERVES 6-8

450g raspberries, fresh or frozen

150-225g caster sugar

600ml of whipped cream, quite stiff

Using a fork or a potato masher, coarsely crush the berries with the sugar until the juices start to run.

Gently fold in the whipped cream. If you wish to create a "swirly" effect just be a little light handed with the folding in of the cream. The fool is now ready to be served or can be chilled for serving later.



DONAL SKEHAN

Dunnes Stores Brand Partner

FANCY MERINGUE SWISH

SERVES 10

FOR THE MERINGUE

6 large free-range egg whites

325g caster sugar

1 teasp. white wine vinegar

FOR THE CHOCOLATE SAUCE

100g good-quality dark chocolate

30g salted butter

50g icing sugar, sifted

75ml double cream

TO SERVE

300ml double cream

1 teasp. vanilla extract

500g tub vanilla ice cream

50g hazelnuts, chopped and toasted

100g pistachio paste

75g pistachios, roasted and roughly chopped

Small handful mint leaves

Preheat the oven to 130°C/110°C fan/Gas ½. Line two baking sheets with baking parchment.

To make the meringues: In a stand mixer or using a large bowl with a hand-held electric whisk, beat the egg whites until they form stiff peaks. Gradually whisk in the sugar, a little at a time. Once it is all incorporated, whisk in the vinegar and then continue to whisk on high for 4-5 minutes until you have a smooth, thick, glossy meringue.

Dollop large spoonfuls of the mixture all over the baking sheets in sort of giant quenelles (don't worry about being too neat), then bake for 2-2½ hours until you can easily lift a meringue off the paper and they have a very pale shell. Turn off the oven and leave to cool completely inside the oven with the door ajar.

To make the chocolate sauce: When you are ready to serve, make the chocolate sauce. Put the chocolate and butter into a heatproof bowl set over a pan of just simmering water. When melted, remove from the heat and whisk in the icing sugar and cream. Keep warm.

To serve: Whip the cream and vanilla until it is just holding its shape. Take the vanilla ice cream out of the freezer.

Take a large serving platter and dollop a bit of cream on to the bottom and place a meringue on top.

Using the cream as glue, pile up the meringues to form a tower. Scoop the ice cream into balls and tuck them into the spaces

Drizzle the whole thing in chocolate sauce - at the table for extra drama - and scatter with nuts.

Serve immediately.

LAMB MINCE FLATBREADS, ZHOUG & PICKLED SLAW

SERVES 4

400g lamb mince

1 large tomato, grated

1 onion, grated

1 clove garlic, grated

½ tsp. ground cinnamon

½ tsp. ground cumin

½ tsp. ground coriander

Sea salt and freshly ground black pepper

The white from one egg

4 flatbreads, shop bought

Olive oil

FOR THE SLAW

½ head red cabbage

1 red onion

6 long green pickled chillies, thinly sliced, plus 4
tablesp. of their liquid

Handful of flat-leaf parsley

FOR THE ZHOUG

Large handful of coriander

Large handful of parsley

4 long pickled chillies, stems removed

1 clove garlic

Pinch cumin powder

100ml extra virgin olive oil

Sea salt and black pepper

To make the slaw: Begin by slicing the cabbage and red onion - use a mandolin or julienne peeler to make this job A LOT quicker!

Slice the pickled chillies and place into the bowl then pour over 4 tablespoons of the liquid from the chillies. Stir to combine then season with salt and pepper. Tear in the flat leaf parsley and add a good glug of extra virgin olive oil before mixing everything together.

To make the zhoug: Make your zhoug by blitzing together all the ingredients in a mini blender - pour into a serving bowl and set aside

To prepare the lamb mixture: Grate the tomato and onion on the coarse side of a box grater and grate the garlic on the fine side.

Place the lamb mince, garlic, grated tomato and onion into a large bowl. Season with cinnamon, cumin, coriander, salt, pepper and mix with your hands until well combined. Finally add one egg white to bring it all together.

Spread the lamb mixture thinly over the flatbreads, sprinkle with black pepper and cumin and get a pan on over a medium heat.

To cook the flatbreads: Cook the flatbreads, meat side down, for a few minutes until the meat has browned and is crisp. Continue to cook until all the flatbreads are cooked.

To serve: Now, pile the slaw on top of the flatbreads and drizzle with the zhoug, add a little extra coriander, some salt and olive oil then roll up and enjoy.



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MILLE FEUILLE MESS

SERVES 6

FOR THE PASTRY

2 sheets all-butter puff pastry

4 tablesp. icing sugar

FOR THE BLACKBERRIES

350g blackberries, half left whole and half cut in half

2 tablesp. caster sugar

Zest of 1 lime

FOR THE CREAM

200g mascarpone cream

600ml double cream

1 tablesp. vanilla bean paste

2 tablesp. icing sugar

Preheat the oven to 220°C/200°C fan/Gas Mark 7.

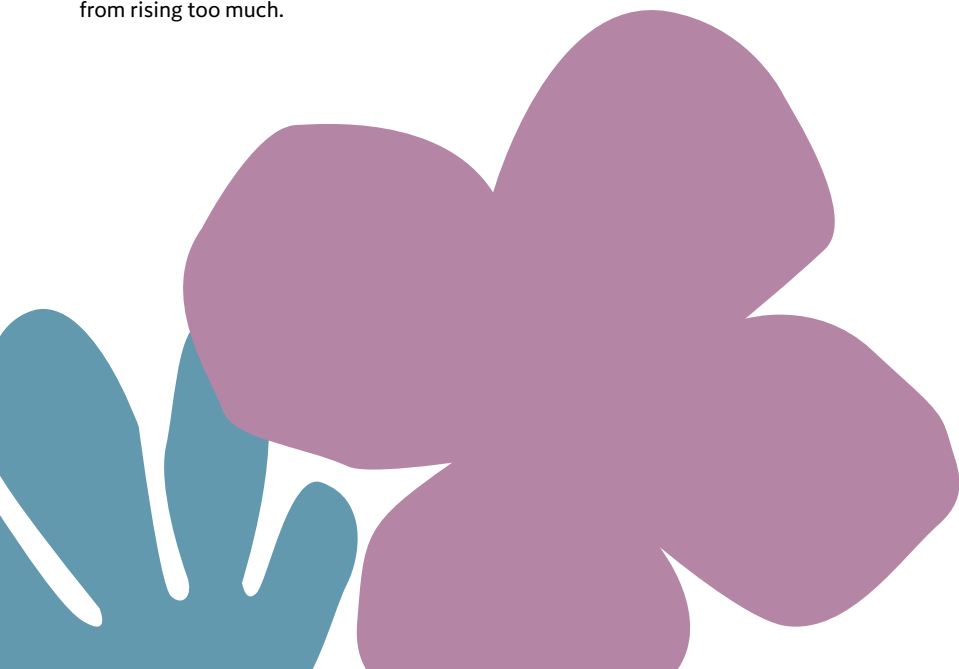
To prepare the pastry: Line 2 baking trays with parchment paper and place a puff pastry sheet on each tray. Dust each sheet with icing sugar then place another sheet of parchment on top. Cover each tray with another baking tray - this prevents the pastry from rising too much.

Transfer to the oven to bake for about 25 minutes, checking after 15, until the sheets are golden and crisp. Remove from the oven and transfer each sheet to a wire rack to cool.

To prepare the blackberries: Whilst the pastry cools, macerate the blackberries - add them to a bowl along with the caster sugar and lime zest, setting aside for 30 minutes.

To prepare the cream: Add the mascarpone and double cream into a bowl along with the vanilla, icing sugar and whisk until soft peaks are formed - be careful not to over whip.

To assemble: Break the puff pastry into rough shards. Add a dollop of cream to the base of your serving dish and place ⅓ of the pastry shards on top. Top with ⅓ of the whipped cream then drizzle over some of the pistachio paste and ⅓ of the berries, along with some of their macerating juices. Repeat this process until you have a layer of cream as the top layer. Add the remaining blackberries and finally finish with the chopped pistachios and some mint leaves.



AIR-FRIED SWEET AND STICKY KOREAN CHICKEN WINGS WITH KIMCHI SLAW SALAD

SERVES 2

600g free-range chicken wings

60g plain flour

1 tablesp. baking powder

½ teasp. garlic powder

½ teasp. onion salt

Pinch white pepper

FOR THE SAUCE

2 garlic cloves, finely grated

1cm piece ginger, peeled and finely grated

1 tablesp. sesame oil

1 tablesp. gochujang

1 tablesp. honey

1 tablesp. toasted sesame seeds

1 tablesp. peanuts, crushed

FOR THE SLAW

¼ head white cabbage, finely shredded

1 white onion, thinly sliced

75g kimchi, finely chopped

75g mayonnaise

1 green apple, julienned

Large handful of coriander, roughly chopped, plus extra to serve

For the chicken wings: Place the chicken wings into a large freezer bag and add the plain flour, baking powder, garlic powder, onion salt and white pepper. Close up the bag and toss everything together to combine.

Using tongs, transfer the wings to the basket of your air fryer, shaking off any excess flour as you go. Spray with oil and cook at 190°C for 30-40 minutes, depending on your air fryer, until golden and crispy.

To make the slaw: Mix all the ingredients together in a large bowl until combined.

For the sauce: Add the garlic, ginger and sesame oil to a small pot and place over a medium heat. Cook for a few minutes until fragrant then add the gochujang, honey and a splash of water. Keep warm.

To serve: Once the wings are done, place them into a large bowl and drizzle over the sauce. Toss to combine then place into a serving bowl. Scatter with the sesame seeds, crushed peanuts and a little extra coriander and serve alongside the slaw.

SAUSAGE, FENNEL & TOMATO TORTILLA WITH RED ONION & CORIANDER SALAD

SERVES 4

2 good quality sausages

1 teasp. fennel seeds

250g cherry tomatoes

350g waxy potatoes, cooked, leftover

8 eggs

1 red onion

1 lemon

Handful of coriander

Extra-Virgin Olive Oil

Sea salt and freshly ground black pepper

Squeeze the sausages out of their skins and add to a large, 22cm non-stick frying pan, breaking them up with the back of a wooden spoon to form little sausage meatballs. After a few minutes, add the fennel seeds and season with some black pepper.

Slice the tomatoes and add to the pan, tossing everything together to combine, then slice the potatoes into thick coins and add to the pan as well.

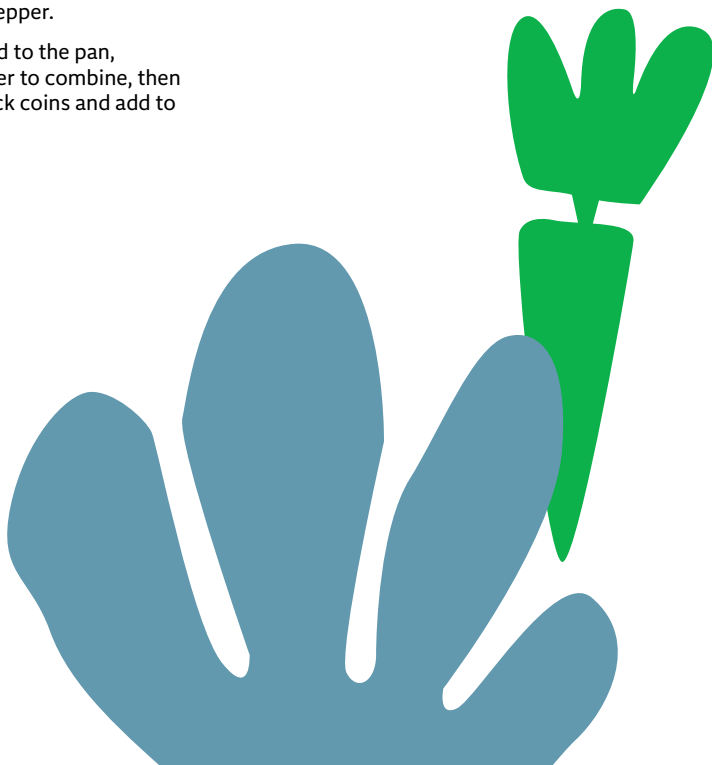
Whisk the eggs in a large bowl and season well. Add the contents of the pan to the bowl with the eggs and mix everything together to combine.

Add a little butter to the pan and when melted, add the egg mixture back to the pan, jiggling to evenly spread everything out. Turn down the heat and allow the tortilla to cook for about 5-7 minutes.

Flip the tortilla out onto a plate then slide back into the pan to continue cooking.

Meanwhile, thinly slice the red onion and add to a bowl. Season with salt, pepper and the juice of ½ a lemon then roughly chop the coriander and stir through the red onion.

To serve: Flip the tortilla out onto a serving board and serve in slices, topped with the red onion and coriander salad.



NAM JIM ROAST CHICKEN LEGS WITH FLAT RICE NOODLES

6 chicken legs
4 garlic cloves, peeled
2 small red chillies, roughly chopped
Handful of coriander stalks - save leaves for garnish
1 stalk of lemongrass
40g palm sugar
75ml fish sauce
Juice of 1 lime
2 tablesp. light soy sauce
½ teasp. ground white pepper

FOR THE NAM JIM:

75g white rice
40g palm sugar
70ml fish sauce
Juice of 2 limes
4 small Thai chillies, finely sliced
1 shallot, peeled and finely diced
2 tablesp. fresh coriander, chopped

TO SERVE:

300g flat rice noodles
2 carrots, peeled and julienned
1 cucumber, thinly sliced on a mandoline
6 radishes, thinly sliced
Handful of mint leaves
100g salted peanuts, roughly pounded in a pestle and mortar

Begin by making a few slices in each chicken leg - through the skin but not quite down to the bone - then set the legs aside in a large container.

For the marinade: Blend the garlic, chillies, coriander stalks, lemongrass, palm sugar, fish sauce, lime juice, soy sauce and white pepper together until smooth. Pour over the chicken legs and rub the marinade in to thoroughly cover the legs. Leave to marinate for at least 4 hours, ideally overnight.

To cook: When ready to cook, preheat the oven to 200°C/180°C fan/Gas Mark 5. Place the chicken legs on a large roasting tray and place into the oven for about 1 hour, or until cooked through and golden - you can tell the chicken is cooked if you pierce the leg and the juices run clear.

To make the Nam Jim: Whilst the chicken is cooking, make the Nam Jim dressing - place the rice into a large, dry, frying pan, ensuring it sits in one layer, so that it evenly browns, and place over a low heat. Cook, shaking and stirring frequently, until the rice begins to turn a light golden colour. Continue to cook for a further 5-10 minutes until the rice is a deep golden colour and smells nutty. Pour the rice into a bowl to cool then, when cool, place into a spice grinder and blend to a coarse powder.

Measure out 1 tablespoon of the roasted rice powder and mix with the remaining ingredients for the Nam Jim to make the sauce.

To serve: Cook your rice noodles according to the packet instructions and serve with the chicken alongside the prepped veggies and a sprinkling of mint leaves and the peanuts.



The Bord Bia Quality Mark is found on a wide range of foods including meat, eggs, poultry, fruit and vegetables.



Shane Smith

Online Cookery School and TV Chef

LEMON CURD, BERRY MERINGUE TOWER

SERVES: 6
PREP: 20 MINS
BAKE: 1 HOUR

MERINGUE

220g Bord Bia Quality Assured egg whites
220g caster sugar
220g icing sugar
20g cornflour
Dash vanilla

LEMON CURD

2 large Bord Bia Quality Assured eggs
2 lemons, juiced
150g caster sugar
1½ tablesp. cornflour
110g butter, cold & diced

GARNISH

Bord Bia Quality Assured mixed Summer berries
Fresh mint
250ml double cream, whipped

Preheat the oven to 100°C and line 2 trays with parchment paper.

To make the meringues: Place the egg whites into the bowl of a mixer fitted with a whisk attachment. Whisk the whites on full speed until frothy and gradually add the caster sugar, while mixing.

Once white and thick, add the icing sugar, cornflour and vanilla and continue to whisk on full speed for 5-6 minutes until thick and glossy.

Fit a piping bag with a large round nozzle and fill it with meringue. Pipe bite-sized dome shapes of meringue on both trays and bake in the oven for 1 hour. Once baked, turn the oven off and allow them to cool fully inside.

For the lemon curd: Place all the ingredients except the butter into a heat-proof bowl and whisk to combine. Place this bowl over a pot of gently simmering water and stir until the curd heats and thickens. (approx. 8-10 mins) Remove and add the butter, using a hand blender, blitz until smooth.

Place a disc of parchment paper directly on top and chill.

To assemble: Place some chilled curd on the base of your cake stand and arrange a circle of meringues on the base. Top this with curd and whipped cream. Add another smaller layer of meringue. Repeat the process until you have a pyramid of meringues and decorate the outside with fresh Summer berries and mint.

Serve straight away.

DID YOU KNOW...

Vitamin B12 is an essential nutrient for nerve function. Two eggs provide you with all you need in a day!

NO-BAKE SUMMER BERRY CHEESECAKE TARTS

MAKES: 4

PREP: 20 MINS

BASES

200g digestive biscuits

75g unsalted butter, melted

1 tablesp. light brown sugar

Pinch sea salt

CHEESECAKE

200g full-fat cream cheese

20g icing sugar

½ teasp. vanilla extract

1 teasp. lemon juice

150ml double cream, whipped

TOPPING

Bord Bia Quality Assured Summer berries

Mint leaves

For the bases: Crush the biscuits and place them in a bowl with the melted butter, salt and sugar. Mix well.

Divide the mixture between four 4.5" loose bottom tart cases. Press the biscuit mix onto the base and up the sides. Chill for 20 minutes.

For the filling: Whisk together the cream cheese, sugar, vanilla, and lemon juice until smooth. To this, fold through the whipped cream.

Carefully remove the bases from the tart rings. Fill each one with the cheesecake filling and keep cold until serving.

To serve: Top with Irish Summer berries and garnish with mint.



Food waste tips

Make a list:

While you're meal planning, always make a list and don't forget to double-check what you already have in the fridge and press before you step out the door. This is one of the simplest ways to reduce your food waste because you won't buy more than you can use!

Measure:

Avoid adding extra to the pot 'just in case' by using a scoop that you know will give the correct amount of pasta, rice or porridge for your meal.

Store your food correctly:

Storing your food in the right way, especially fresh produce, will give you more time to use it.

Love your leftovers:

No matter how well you plan ahead, chances are you'll sometimes have leftovers. If you have extra ingredients, get creative and try something new instead of tossing them in the bin.

Freeze, freeze, freeze:

There is such a thing as too much of a good thing. If you can't bear to eat the same meal again for the second day in a row, pop it in the freezer. For food safety, don't forget to mark the date you cooked it and froze it and ensure that the food is properly defrosted and reheated.

Save your potato peels:

Potato peels can have a second chance if you use them to make delicious crisps! As soon as you have the peel, toss them with some olive oil, salt and a bit of chilli powder (if you like), and bake in the oven for 8-10 minutes at 200°C. Carrot and parsnip peelings make great crisps too.

Don't watch those herbs go to waste:

If you don't think you'll use them before they wilt, chop and put them into ice cube trays with some olive oil. Next time you're cooking, just pop the cube into the pan for a fresh, fragrant flavour.

Make a veggie stock:

Vegetable scraps, peels and leftover herb stems can make a great stock base. Instead of binning them, date and freeze them until you're ready to make your next batch of stock.

Freshen up your home:

Dried orange slices and cinnamon sticks make fragrant, biodegradable decor that really hold their scent. If you have some older cinnamon sticks buried in the back of your cupboard, this is a great way to use them without throwing them out!

Add some flavour to your water:

You can use peels from citrus fruits, apples and cucumbers to add some flavour to your water.

About FoodCloud

At FoodCloud our vision is for a world where no good food goes to waste and we are tackling the twin issues of food waste and food insecurity. We partner with retailers, food companies, non-profit organisations, government and the wider business community, to redistribute surplus food and help drive progress towards a circular economy for our food systems. FoodCloud has food hubs in Dublin, Cork and Galway to coordinate donation and redistribution of larger volumes of surplus food, as well as a tech platform, Foodiverse, whereby we can reach surplus food and the charities that need them in every corner of Ireland and in fact we operate across four markets – Ireland, the UK, Czech Republic and Slovakia. Since 2013, we have redistributed over 200 million meals equivalent saving over 84,000 tonnes of food and 270,000 tonnes of CO₂-

equivalent has been avoided. Through the redistribution of surplus food we empower organisations, communities and individuals to thrive, creating a world that is kinder to its people and our planet.

FoodCloud Kitchen is at Bloom

FoodCloud Kitchen is our latest innovation to fight food waste, showcasing how surplus food can be transferred into spectacular dishes. All profits generated from FoodCloud Kitchen are reinvested to tackle food waste and insecurity through FoodCloud's core activities, redistributing surplus food to community and voluntary organisations across the country. The project has been funded under the EPA's Green Enterprise Programme, a Government of Ireland initiative. Come say hi!

Food waste facts

Our food systems are responsible for 34% of global anthropogenic greenhouse gas (GHG) emissions (Nature Food Study 2021). It is the second-biggest contributor to climate change after the energy industry and the single biggest contributor to biodiversity loss, deforestation, drought, freshwater pollution and the collapse of aquatic wildlife. Of that 34% of global GHGs, it is now estimated that 10% are related to food waste (United Nations Food and Agriculture Organisation). 40% of all food produced worldwide is wasted each year (Driven to Waste: Global Food Loss on Farms, WWF and Tesco, 2021). Meanwhile, as many as 828 million people are affected by hunger (United Nations 2021 State of Food Security and Nutrition Report).

Food waste Ireland (Environmental Protection Agency (EPA) statistics)

- The EPA's latest food waste statistics provide that 770,000 tonnes of food was wasted in 2020. (This figure does not include food that is 'lost' before it reaches the farm gate.)
- The average Irish family throws away €700-€1000 of food each year.
- Irish shoppers waste 50% more food during Christmas week than during the entire rest of the year.
- Estimated food waste in the home is 31% (241,000 tonnes).
- Bread, fruit and vegetables, including salad leaves, are the most commonly wasted foods at home.



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