

**Fundraiser in aid of St Johns special school Dungarvan**

**Cookery Demonstration**



**Eunice Power 27<sup>th</sup> November 2018**

**Smoked Haddock Smokies**

*Serves 6*

250g fillet of smoked haddock

200mls milk

200mls cream

25g butter

25g flour

10 cherry tomatoes-quartered

A handful of baby spinach

Fresh black pepper

Fresh breadcrumbs

Grated cheese for topping

6 ramekins

Gently poach the fish fillets in a little milk for 20 minutes, remove the fish from the saucepan and allow to cool. Pour the milk into a jug.

Melt the butter in the saucepan and stir in the flour to make a roux, and then stir in the white wine, followed by the milk and then the cream. Stir in the baby spinach leaves.

Flake the fish and divide it into the ramekins, along with the cherry tomatoes. Pour the sauce over each ramekin.

Just before you're ready to cook, sprinkle over the breadcrumbs and grated cheese. Put in the oven at 160C and cook for 20 minutes. Turn up the oven at the end to brown off the breadcrumbs and cheese.

Serve with pickled cucumber, a wedge of lemon and crostini.

### **Smoked Mackerel pate**

150g Smoked Mackerel

200g tub soft cheese

1 tbsp crème fraîche

Juice half a Lemon

A teaspoon of grated horseradish

small bunch dill or chives, chopped

Remove the skin from the mackerel and blitz all the ingredients together

### **Cucumber Pickle**

#### **Ingredients**

2 large cucumbers

25g of salt

*For the syrup:*

290ml of white wine vinegar

225g of castor sugar

½ level tsp ground turmeric

1 tbsp of mustard seed

Slice the cucumber by hand or using a mandolin or food processor – place in a sieve and sprinkle with salt, leave for 30 minutes, then rinse off the salt.

For the syrup bring the sugar, vinegar, mustard seeds and turmeric to the boil and simmer gently for a minute or two. Remove from the heat, allow to cool slightly then add in the sliced of cucumber.

When cool, pop in a tub with lid and store in the fridge until needed.

## **GUEST CHEF PAUL FLYNN**

### **WARM SALAD OF CASHEL BLUE, APPLE AND ALMONDS**

This is a salad you would be happy to eat on a cold winter's day, big hearty flavours to satisfy the butchest of them all.

SERVES 4

250g Cashel Blue broken into bite size pieces

1 large red onion, peeled and cut into 8 pieces

2 apples, remove the core and cut into 12 pieces

2 handfuls of washed baby spinach

2tbsp whole peeled almonds

2tbsp olive oil

1 tbsp butter

2 tbsp red or white vinegar

1 tbsp brown sugar

Salt and pepper

Heat the olive oil and butter in a good frying pan until foaming.

Add the onions and apples followed by the almonds a minute later.

Meanwhile arrange the spinach in the centre of your plates and arrange the blue cheese around.

Turn the apples and onions when they start to colour.

Add the almonds, sprinkle over the sugar, shake the pan to coat everything evenly

Cook for a further 2 minutes then add the vinegar and allow to bubble a little

When the apples are soft and golden, spoon the mixture onto the prepared plates and serve immediately.

### **Slow-cooked lamb shoulder with Eastern spices**

1 lamb shoulder, on the bone

2 heads of garlic

1tbsp sugar

2 glasses of white wine

Chopped soft fragrance herbs, (parsley, coriander etc) to garnish

### **For the marinade**

1 large onion

1 tbsp ground cardamom pods

2 tbsp ground coriander

1 tbsp sun dried rose petals

1 tbsp ground cinnamon

2 tsp salt

Half tsp white pepper

### **To serve**

Preserved lemon yoghurt

**Use a food processor or a pestle and mortar** to puree the marinade ingredients together to a paste. Rub all over the lamb and leave to sit for about an hour at room temperature to allow the lamb to marinade and get acquainted.

Preheat your oven to 250°C

Place the garlic in a large, deep roasting tray and place the marinated lamb on top. Put the tray uncovered in the centre of the oven for 30 minutes, by which time the lamb should have started to colour and brown.

Pour the wine into the tray and leave to cook for another 15 minutes, then pour in enough water to reach halfway up the lamb joint. Cover the tray with aluminium foil. Lower the oven temperature to 200°C and cook for 1 hour.

Remove the roasting tray from the oven baste the lamb with the liquid at the bottom of the tray then re-cover and return to the oven. Reduce the heat to 160°C and cook for a further 2 hours, basting halfway through this time and again when the hour is up.

The meat should be falling off the bone. Pull the meat apart with a fork.

Serve on large serving dish on a mound of tabbouleh with chopped herbs sprinkled on top of the lamb for show. Drizzle with preserved lemon yoghurt.

### **Apricot & pistachio tabbouleh with orange blossom.**

80g roasted pistachios, coarsely chopped

150g cooked bulgar wheat

120g dried apricots, cut into strips

1tbsp orange blossom water

Zest and juice of one orange

1tbsp lemon juice.

3-4 sprigs of parsley, picked and coarsely chopped

1tbsp olive oil, plus a little for drizzling

A pinch of salt to taste

**Set aside 30g of the chopped pistachios** –you will use them later to sprinkle on top.

Place the rest of the pistachios and all the other ingredients apart from the salt in a bowl. Mix well and taste, adding the salt in after if you feel it needs it. This dish can be prepared a few hours before eating but is best kept out of the fridge in the meantime, as chilling would affect the flavour significantly and re-seasoning would be necessary before serving.

Transfer to a bowl; and sprinkle the remaining pistachios just before serving, to keep them crunchy.

### **Preserved lemon yogurt**

50g preserved lemon

15g lemon juice

20g olive oil

1 tsp turmeric

1 roasted garlic

500g Greek yogurt

50g water

Large pinch of salt

Blitz the lemon, garlic, olive oil and turmeric in food processor, transfer to mixing bowl and fold in yogurt.

## **Fennel, Cherry tomato and crumble**

1kg fennel bulbs  
3 tbsp. Olive oil  
1 tbsp thyme leaves, plus a few whole sprigs.  
3 garlic cloves crushed  
1 tbsp coarse sea salt  
1 tsp black pepper  
200ml cream  
½ quantity of crumble – see below  
300g cherry tomatoes on the vine.

Preheat the oven to 200 C/Gas Mark 6. Trim off the fennel stalks and cut each bulb lengthways in half. Cut each half into slices 1.5cm thick. Place in a large bowl with the olive oil, thyme leaves, garlic, salt and pepper and toss together. Transfer to an ovenproof dish and roast in the oven until soft, about 25 minutes then pour the cream over the fennel. Place the tomatoes on top. Mix the crumble with the grated Parmesan and scatter evenly on top. Return to the oven and bake for another 15 minutes or so until bubbling and golden. Remove from the oven and allow to rest for a few minutes.

### **Crumble.**

100g plain flour  
35grams of sugar  
70 grams unsalted butter cut into small cubes.  
100g parmesan cheese, freshly grated

Put the flour, sugar and butter in a bowl and mix with your hands or a food processor until it is like breadcrumbs. Mix the parmesan through the crumble  
Transfer the crumble to a plastic container. It will keep in the fridge for up to 5 days, or for ages in the freezer.

## **Mincemeat friands**

175g butter melted  
120g ground almonds  
6 egg whites lightly beaten  
180g icing sugar – sieved  
60g Plain flour  
A jar of mince meat

Icing sugar to dust

Preheat the oven to 180C

Lightly butter 12 hole mini muffin tin. Mix the butter, ground almonds, egg whites, icing sugar and flour together and half fill the muffin holes. Divide the mincemeat between the friends. Bake for 10-15 minutes until set. Allow to cool in the tin for 5 minutes or so before gently removing from the tin and cooling on a wire rack.

These will keep fresh for a few days in an airtight container.

### **Chocolate tart with salted caramel sauce**

300g chocolate

340 ml cream

120 ml milk

50g sugar

1 eggs

#### **Digestive base:**

250g digestives

100g butter melted

8 inch tin

#### **Salted caramel**

175g Soft brown sugar

300ml cream

50g butter

½ tsp maldon salt

#### **For the biscuit**

Base, Blitz the biscuits in a food processor until they are fine crumbs, pour in the melted butter then turn the mixture into a loose based tart tin, press the buttery crumbs into the sides and base. Pop in the fridge for an hour to set.

#### **For the tart**

Pre heat the oven to 110/120c

Bring the milk, sugar and cream to the boil. Remove from the heat, stir in the chocolate until melted then beat in the egg. Pour into the lined tin and cook for 30 minutes and leave to cool in the oven.

#### **For the salted caramel**

Combine all the ingredients in a saucepan set over a low heat, and stir until the sugar has dissolved. Turn the heat up and bubble the sauce for 2-3 minutes until golden and syrupy. Leave to cool for 10 minutes before serving. *Can be made up to 3 days in advance and chilled – gently reheat to serve.*

*To serve, use a hot knife to slice, serve with whipped cream and drizzle with salted caramel.*

A huge Thank you to our generous sponsors

Pat Whyte at Pintmaster for sponsoring the printing of the recipe booklet

And

Eunice Power, Liam Rossitor, Pat Hickey and Conor Lannon for sponsoring the demonstration unit and audio visual equipment.