2007 Smithsonian Folklife Festival
Northern Ireland Recipes

Please Note: These recipes are as we received them from Festival participants. They have not been tested, and your results may vary according to equipment and availability and quality of ingredients.

Nora Brown

Wheaten Bread (makes 1 loaf)
Ingredients:
12 oz. (350 g) course whole wheat (wholemeal) flour
6 oz. (175 g) soda bread flour
1 good teaspoon bicarbonate of soda
1 oz. (25 g) demerara sugar
½ oz. (13 g) butter
16 fl oz. (450 ml) buttermilk
2 oz. (50 g) pinhead oatmeal
1 loaf tin 8 ½ by 4 ½-inch (21 cm by 11 cm by 6 cm)

Directions: Put flours, sugar, bicarbonate of soda, and half the pinhead oatmeal into a large bowl and mix well. Add the buttermilk gradually and stir to a soft dough. Warm the loaf tin and grease with the butter then turn the dough into the tin, cover with the remaining 1 oz. of pinhead oatmeal and press in lightly with the fingertips. Cook in preheated oven at 400 degrees Fahrenheit (200 degrees Celsius) for first 30 minutes, then at 350 degrees Fahrenheit (175 degrees Celsius) for a further 30 minutes. Turn out onto a wire rack to cool. The cooked bread should have a hollow sound when tapped on the base.

Treacle (Soda) Bread
Ingredients
500 g/18 oz. soda bread flour
175 g/ 6 oz. sultanas
13 g / ½ oz. butter, melted
400-475 ml /14-16 fl oz. buttermilk
25 g/ 1 oz. flaked almonds
1 round 18 cm/ 7 inch by 6 cm/ 2 ½-inch deep cake tin
3 tablespoon treacle

Directions: Put the flour and sultanas into a mixing bowl, combine with a wooden spoon, then add the buttermilk and treacle, stirring to a thick porridge like consistency. Brush the tin with the melted butter. Scrape the dough into the tin, spread evenly then sprinkle over with the flaked almonds and a little flour. Bake in a pre-heated oven 200 degrees Celsius (400 degrees Fahrenheit) for the first 30 minutes, then turn down to 180 degrees Celsius (350 degrees Fahrenheit) for the final 30 minutes. Remove from the oven when cooked and turn out onto a
cooling rack. Good with a cuppa (a cup of something to drink: tea, coffee, coco, etc) and great toasted.

Roast Red Pepper & Cheese Soda Bread
Ingredients:
25 g/ 1 oz. butter, melted
450 g/ 1 lb. soda bread flour
100 g/ 4 oz. mature cheddar cheese
100 g/ 4 oz. roast red peppers
450 ml/ ¾ pint buttermilk
Black pepper and sea salt

Directions: Put the flour in to a suitable bowl, add half of the roast red peppers finely chopped, half the cheddar, a good grounding of black pepper, ½ teaspoon sea salt and mix well. Add the buttermilk gradually and mix to a soft dough. Melt the butter in a 25 cm/ 10-inch round non-stick tin, brushing the bottom and sides with the butter. Scrape the soda bread mixture into the tin and smooth out the top. Arrange the remaining roast red peppers, cut into strips and halved, on top of the bread. Sprinkle with the remaining cheddar and 1 teaspoon sea salt. Cook in a preheated oven 200 degrees Celsius (400 degrees Fahrenheit) for 30 minutes. Turn down to 180 degrees Celsius (350 degrees Fahrenheit) for a further 20-30 minutes. Turn out on to a cooling tray and leave until required.

Soda farls:
Ingredients:
10 oz./ 275 g soda bread flour
8-10 fl oz./ 250-300 ml buttermilk

Directions: Put the flour into a large mixing bowl, make a well in the centre and gradually add the buttermilk. Mix to a stiff dough with a wooden spoon, turn onto a lightly floured work surface and knead gently to form a smooth round. Roll out into a circle about 8”/ 20cm in diameter and no more than ½ inch/ 1 cm thick. Cut into four farls. Cook on the preheated griddle or heavy fry pan sprinkled with flour at a medium heat for 6-8 minutes on each side until light beige in color and hollow sounding when tapped with your finger. Wrap in a clean cloth and allow to cool before using. *To test the griddle or fry pan to see if the cooking temperature is correct, sprinkle a little flour over the surface, when the flour begins to turn a pale golden color, the griddle is at the correct temperature. The farls are served cut in half with butter and jam or fried in bacon fat as part of an “Ulster Fry.”

Blueberry and Apple Pancakes (makes about 16 pancakes)
Ingredients:
225 g/ 8 oz. self-raising soda bread flour
2 large eggs, beaten
50 g/ 2 oz. castor sugar
100g/ 4 oz. blueberries
2 Cox’s Pippins or small brambly apples, cored, peeled, and finely sliced
150 ml/ ¼ pint buttermilk
Directions: Put the flour and sugar into a bowl and mix. Add the beaten eggs with the buttermilk and stir into the flour and sugar, then add the blueberries and apples. Stir gently to cover the fruit with the batter, and then drop spoonfuls of the mixture into a heavy base fry pan, greased with “cookeen.” When bubbles appear on top, the pancakes are ready to be flipped. Serve hot with butter and/or jam. They can be reheated in the microwave, wrapped in a paper towel. Great for grannies, grandads, mums and dads dropping in for Sunday afternoon tea or supper in the evening, even the “little ones: will love them.

Baby New Potato, Nectarine and Rocket Salad (serves 6)
Ingredients:
650 g/ 1½ lbs. baby new potatoes, boiled
50 g/ 2 oz. rocket leaves, roughly chopped
175 g/ 6 oz. feta cheese, diced
2 ripe nectarines, diced
Black pepper and salt

For the dressing:
4 tablespoon olive oil
2 tablespoon white wine vinegar
1 teaspoon sugar
½ teaspoon dried mustard
1 tablespoon each parsley and scallions, finely chopped

Directions: Cool the boiled potatoes, cut into quarters and place in a large salad bowl with the rocket leaves, nectarines and cheese and season with black pepper and salt. Mix all the dressing ingredients together in a screw top jar, pour over the potato mixture and toss well.

Colcannon (serves 6)
Ingredients:
1½ kg/ 3 lbs. potatoes, peeled (cut if large)
50 g/ 2 oz. butter, 4 spring onions
½ spring cabbage, washed & finely shredded
150 ml/ ¼ pint milk (or single cream)

Directions: Boil potatoes until cooked, then mash, adding salt and black pepper to taste. Put the butter into a large heavy base saucepan and sauté the spring onions for 1 minute, add the cream or milk and then stir in the cabbage. Simmer for about 5 minutes until the cabbage begins to soften, and then pour over the mashed potatoes. Stir well together, turn into a large casserole and serve with a good knob of butter in the center.

Champ
Ingredients:
900 g/ 2 lbs. boiled potatoes cooked in the normal way seasoned to taste
Small bunch of spring onions or scallions chopped
150 ml/ ¼ pint cream, milk, or half and half
Directions: Place the spring onions or scallions into a pan with the milk/cream, bring to the boil and simmer for 5 minutes. Mash the potatoes well; add the spring onion mixture, and half of the butter. Beat until fluffy, put into an oven proof dish to keep warm. Add the remaining butter when ready to serve.

Alternative: Cheesy Champ. To make this version, add 50 g/2 oz. grated mature cheddar cheese to the champ mixture together with a little extra milk. Turn into an oven proof dish and sprinkle with another 50 g/2 oz. of grated cheese and bake 25-30 minutes in the oven at 200 degrees Celsius (400 degrees Fahrenheit) until heated through with the cheese nicely melted and browned.

Murphy's in a Clogher Valley Mist (serves 4)
Ingredients:
- 6 medium potatoes, scrubbed
- 4 tablespoon double cream
- 75 g/3 oz. smoked bacon, chopped
- 50 g/3 oz. grated smoked cheddar cheese
- Black pepper and salt to taste

Directions: Boil the potatoes until cooked but still holding their shape. Strain, cool slightly and cut into wedges. Place in a buttered ovenproof dish, season, then sprinkle over the bacon and cheese, drizzle with cream, bake for 25-30 minutes in a pre heated oven 200 degrees Celsius (400 degrees Fahrenheit), until brown and crisp.

Smoked Salmon Tarts
Ingredients:
- 200 ml/6 fl oz. double cream
- 3 eggs
- Black pepper to taste
- 125 g/4 oz. smoked salmon chopped in small pieces
- 2 Tablespoon chopped parsley, chives or spring onion
- 225 g/8 oz. fresh puff pastry

Directions: Grease a 24 mini-hole bun tin with butter. Cut out 24 pastry rounds using a 6 cm/2 ½-inch scone cutter, and press into bun tin sections. Place eggs, cream and black pepper in a bowl and whisk to combine. Divide the smoked salmon pieces into the 24-bun tin sections, sprinkle with the parsley, chives or spring onion, and spoon over with the egg and cream mixture. Cook in a preheated oven 200 degrees Celsius (400 degrees Fahrenheit) for 10-15 minutes, until puffed and golden. Can be prepared a day ahead and kept in container in fridge. Reheat when required for 5 minutes or so at 200 degrees Celsius (400 degrees Fahrenheit) until heated through. These little tarts can be used as a formal starter with some tossed salad leaves and a wedge of lemon, or as an informal hand round canapé with drinks before dinner.

Baked Salmon with Herb Crust and Crème Fraîche and Chive Sauce (serves 6)
Ingredients:
175 g/ 6 oz. supreme of salmon

For the herb crust:
175 g/ 6 oz. white bread crumbs
1 tablespoon mixed herbs (parsley and thyme)
2 teaspoon lemon grass
50 g/ 2 oz. butter, 50 g/ 2 oz. grated mature cheddar
Black pepper and salt

For the crème fraîche sauce:
1 x 200g ctn crème fraîche
25 g/ 1 oz. butter
Juice of ½ lemon
2 tablespoon chopped chive,
black pepper and salt

Directions: Put the bread, butter, and herbs into your food processor and blend for a few seconds. Add the remaining ingredients and blend until it resembles fine bread crumbs. (do not over blend at this stage). Season with black pepper and salt. Brush the salmon with a little olive oil, spread the herb crust on top and pat down with finger tips. Place the salmon suprèmes on a buttered tray and bake for 10-15 minutes at 200 degrees Celsius (400 degrees Fahrenheit). Put the crème fraîche, butter and lemon juice into a saucepan over a gentle heat. Stir on and off while heating; season to taste with the black pepper and salt. When ready to serve, stir in the chives and immediately pour over the baked salmon and serve on a bed of champ.

Potted Salmon (serves 12)
Ingredients:
675 g/ 1½ lbs. fresh salmon fillet with bones & skin removed
175 g/ 6 oz. butter
225 g/ 8 oz. smoked salmon
Juice of 1 lime and 1 small lemon
2 teaspoon Tabasco sauce, 150ml/ ¼ cup milk
1 teaspoon sweet chili sauce & lemon grass
Bay leaf

Directions: Begin by poaching the fresh salmon in the milk with a bay leaf, covered with cling film in your microwave for 3 minutes. Leave to cool and cook out, discarding or freezing the milk for a fish stock. Put the poached and smoked salmon, 4 oz. of melted butter and all the other ingredients in to your food processor, blend but still leaving a bit of texture. Turn into a terrine dish lined with cling film and chill in the fridge. Now melt the other 2 oz. of butter and, allowing the white sediment to settle, pour over the salmon terrine, again leave to chill. The terrine can be frozen for at least a month, but do remember to remove it from the freezer 24 hours before required and defrost in the fridge. This terrine has so many uses, here are a few suggestions: use on slices of brown bread to hand around with drinks, put it in small pastry cases topped with an olive for a canapé. For a formal starter, spoon it in to an avocado with the stone removed, serve
with a few salad leaves, lemon mayonnaise and drizzled with a little cranberry and raspberry vinegar.

Herb Roasted Salmon and Prawn Salad with Smoked Salmon Cream (serves 6-8)

Ingredients:
1.225 kg/ 2½ lbs. side of salmon (head end) filleted & boned
200 g/ 7 oz. prawns, cooked & peeled
2 tablespoons lemon infused olive oil
25 g/ 1oz. butter,
1 packet mixed salad leaves
2 tablespoons chopped chives
2 tablespoons chopped parsley
2 tablespoons chopped dill

To make the smoked salmon cream:
200 ml low fat cream fraîche
1 tablespoon lemon juice
1 tablespoon white wine vinegar
2 tablespoons mayonnaise
100 g/ 4 oz. smoked salmon trimmings

Directions: Melt the butter and mix with the lemon infused olive oil, stir in the herbs, spread the mix on the bottom of a deep roasting tin and lay the salmon on top, skin side up, allowing to marinate for 30 minutes. Transfer to a pre heated oven, 200 degrees Celsius (400 degrees Fahrenheit) and cook for 20 minutes until the fish “flakes” easily. Allow to cool before spreading out the mixed salad leaves on a nice platter, lay the salmon on top and garnish with the prawns, some sliced avocado, baby vine tomatoes, grapefruit segments and a few raspberries and/or strawberries. Finally, drizzle over with smoked salmon cream.

White Chocolate Cheesecake with a Strawberry Coulis (serves 10)

Ingredients:
300 ml/ ½ pint single cream
225 g/ 8 oz. Philadelphia cream cheese
2 x 200 g/ 8 oz. bars white chocolate melted
250 g/ 9 oz. mascarpone cheese
50 g/ 2 oz. white chocolate drops

For the base:
175 g/ 6 oz. “nice” biscuits, crushed
75 g/ 3 oz. butter, melted

For the coulis:
450 g/ 1 lb. strawberries
1 tablespoon lemon juice
1 tablespoon icing sugar
**Directions:** Stir the biscuits into the butter and press into a 22 cm/ 9” loose base tin. Bake in a medium oven for 10 minutes and leave to cool. Put the cream and the two cheeses into your mixer and beat lightly, stir in the melted chocolate, chocolate drops, then scrape the mixture onto the biscuit base and smooth with the back of a spoon. Alternatively, stir 225 g/ 8 oz. of raspberries directly into the mixture. Leave in the fridge until set. For the coulis, put 225 g/ ½ lb. strawberries into your food processor with 1 tablespoon lemon juice, 1 tablespoon icing sugar and blend until smooth. Remove, chop another 225 g/ ½ lb. strawberries into small bits and add to the coulis. Store in your fridge until required. The cheesecake can be made several days ahead and refrigerated or frozen until required.

**Hugh Browne**

**Mussel soup with fennel** (serves 4)

**Ingredients:**
- 2 pints of fresh mussels
- 4 oz. butter
- 2 cups heavy cream
- 1 head of fennel
- 1 onion
- ½ leek
- 1 bay leaf
- 1 clove of garlic
- Fresh chives
- Sprig of thyme
- 1 pint fish stock
- 2 tablespoon olive oil
- 1 pint chicken stock
- 2 cups white wine

**Directions:** Melt butter in a pot, sweat all vegetables until soft, and remove from heat. In a separate pot, bring wine to boil with bay leaf, thyme, fennel and any onion trimmings and simmer for 3-4 minutes. Add mussels and continue to simmer until they open. Remove from heat and strain through a colander, reserving the cooking liquid which will serve as the main base for the soup. Pick out the mussel meat and reserve. Carefully pour liquid into a jug leaving any grit or sand behind that may have come from the mussels. Add the cooking liquid to the softened vegetables with the chicken stock. Over heat reduce the liquid by half.

**Seared fillet of venison with parsnip puree, baby carrots, and a chocolate red wine** (serves 2)

**Ingredients:**
- 2 x 8 oz. venison fillet steaks
- 2 cups venison or beef stock
- ½ pint chicken stock
- ½ cup heavy cream
- 2 oz. butter
- 2 onions
2 cloves of garlic
8 baby carrots
2 parsnips
A few baby leaves (rocket or similar)
2 tablespoon olive oil
1 nutmeg
1 oz. dark chocolate
Salt and pepper
½ cup red wine
Pinch of sugar

Directions: Wash and peel the parsnip. Slice and boil in salted boiling water until soft. Puree in blender with cream and pinch of nutmeg. Trim and peel the baby carrots and cook in salted boiling water with a knob of butter and pinch of sugar. To make the sauce cook the chopped onion and garlic in the oil in a medium sized sauce pan over a moderate heat until soft. Add the red wine and stock and bring to the boil, reduce by half. Add in the chocolate and stir until it has dissolved. Reduce to a flowing consistency and adjust the seasoning. Season the venison steaks. Add the oil to a frying pan and place over a moderate heat. When the pan is hot add the steaks and cook for 8 minutes, turning them over after 4 minutes. Remove from the heat and cover with foil. Allow to rest for a further 5 minutes. To serve, place a spoonful of the parsnip purée in the centre of each plate. Place the venison fillet on top and arrange the baby carrots. Drizzle with the chocolate red wine sauce.

Grilled goats cheese with roast beetroot and beetroot oil (serves 2)
Ingredients:
2 slices of goats cheese (1½ inches in diameter)
2 oz. butter
1 fresh beetroot
1 cooked beetroot
1 tablespoon olive oil
Salt and pepper
1 cup beetroot juice
1 slice of Irish soda bread

Directions: Peel the beetroot and cut into 1-inch cubes and shallow roast in a frying pan or slice thinly using a mandolin and deep fry for beetroot crisps. For the dressing boil the beetroot juice, reducing by half and whisk in the olive oil. Cut out a round of soda bread similar in size to the size of the goat’s cheese rounds and shallow fry until golden. Place the round of cheese on the soda bread and grill until gratinated. Remove the rind from the cheese. Garnish with a little beetroot oil and either beetroot dice or beetroot crisps. Serve immediately.

Atlantic salmon with potato and herb crust, braised fennel and carrot compote served with clam butter sauce (serves 2)
Ingredients:
4 oz. unsalted butter
1 cup heavy cream
8 small clams
2 x 8-oz. salmon fillets
2 small potatoes
Dill weed
Fresh chives
2 oz. shallots
1 garlic clove
2 medium-sized carrots
Salt and pepper
1 fennel bulb
Piece of flat leaf parsley
1 tablespoon corn flour
2 tablespoon corn oil
1 cup clam juice
1 cup fish stock
2 cups chicken stock
½ cup dry white wine

**Directions:** Skin the salmon, season and set on a tray. Peel but do not wash potato. Grate and mix in a bowl with the chopped herbs and corn flour season to taste. Place some of the mixture on top of the salmon to form a crust, set aside in the fridge. Sweat the shallots and garlic in a sauce pan without color until soft, add the wine, clams and juice. Place a lid on the pot and cook until the clams open, stirring occasionally, pass the contents through a fine sieve and pick the clams out of the shell and reserve.

**Mourne mutton broth** (serves 4)
**Ingredients:**
1 lamb shank
Salt and pepper
1 oz. barley
5 oz. carrots
6 oz. onions
5 oz. leeks
2 tablespoon celery herb or 1 celery stick
1 tablespoon chopped parsley

**Directions:** Place the lamb/mutton in cold water and bring to the boil. Refresh under running cold water. Replace into a clean saucepan and cover with cold water. Bring to the boil and simmer gently for 1 hour. Wash the barley and add. Cook out for a further 30 minutes. Wash peel and rewash the vegetables. Cut into dice and add to the lamb. Simmer until all the vegetables are tender. Remove the lamb/mutton, cut up all the lean flesh discarding any fat or gristle. Return to the broth and season to taste. Sprinkle with chopped parsley and serve with a selection of Northern Ireland breads.

**Buttermilk Pancakes With Drunken Raspberries** (serves 2)
**Ingredients:**
2 cups cream  
1 pint buttermilk  
1 teaspoon honey  
½ lb. flour  
Bicarbonate of soda  
4 eggs  
1½ teaspoons caster sugar  
Salt  
2 oz. icing sugar  
2 tablespoons Bushmills whiskey  
4 oz. fresh raspberries

**Directions:** Sieve the flour then add the buttermilk, egg, salt, sugar and honey. Mix to a smooth batter. Rest in refrigerator for half an hour. Heat a griddle plate/heavy bottomed frying pan, keeping an even medium heat. Drop the mix onto the griddle, 1–2 spoonfuls depending on required size (mix should make 8 large or 12 small pancakes). Cook till air bubbles appear in mix then turnover and cook till golden. Turn out onto a warmed plate and cover with a clean tea towel, repeat until all the mix is used. Place the raspberries in a bowl and sieve over the icing sugar, stir in the whiskey. Heat the milk and cream, add in the chocolate and let sit for 5 minutes, whisk together for a smooth chocolate sauce. To serve use 2-3 pancakes per person. Top the warm pancakes with some whipped cream, then spoon over the raspberries. Serve the chocolate sauce warm in a separate jug and let everyone help themselves.

**Fillet of beef with creamed celeriac, champ and wild mushroom dressing** (serves 2)  
**Ingredients:**  
2 x 6 oz. fillet steaks  
2 cups milk  
1 cup heavy cream  
4 oz. butter  
8 small wild mushrooms  
9 oz. celeriac  
4 medium sized potatoes  
2 spring onions  
1 small parsnip  
Few small leaves  
1 pint brown veal stock  
1 teaspoon truffle oil  
Salt and pepper

**Directions:** To make the celeriac cream, place the celeriac in a medium pot with the milk and cream. Cook until tender and puree in a blender until smooth. Season to taste. To make the veal and truffle dressing, reduce stock by two thirds. Remove from heat and whisk in the truffle oil. To make the champ wash and peel the potatoes, cook in boiling salted water until tender. Drain and allow to stand for approximately 3 minutes to dry out. Mash the potatoes and keep warm. Heat the cream/milk in a small saucepan with the chopped spring onions and allow to infuse. Add to the potato mash and mix in butter and seasonings. To cook the beef fillet, season the
steaks with salt and pepper. Heat a frying pan drizzled with olive. Add the steaks and cook until
golden brown on both sides. Place in the oven for 8-10 minutes at 150 degrees Celsius (300
degrees Fahrenheit) for medium rare or 15 minutes for medium. Remove and allow it to rest but
keep warm for 3-4 minutes. Finally, cook the mushrooms in a little butter. To assemble the dish,
spoon the celeriac into the centre of the plate. Place the fillet on top. Using 2 desert spoons
mould the champ into an oval shape and place on top on the fillet. Arrange the wild mushrooms
around the plate and then drizzle some of the dressing around the steak. (As an additional garnish
place a thin slice of deep fried parsnip on the champ.)

Oaty Biscuits (serves 2)
Ingredients:
7 oz. margarine
3½ oz. caster sugar
2 oz. flour
7 oz. porridge oats
3½ oz. coconut

Directions: Cream the margarine, sugar and vanilla together. Mix in oats and self-raising flour.
Roll out between 2 sheets of greaseproof paper. Cut into 25 small biscuits. Bake 15 minutes at
180 degrees Celsius (355 degrees Fahrenheit). Cool and enjoy with a big pot of tea.

Pan fried scallops with asparagus and lemon thyme velouté (serves 2)
Ingredients:
6 large sea scallops
12 baby asparagus spears
Sprig of lemon thyme
1 lemon
1 cup cream
2 oz. butter
1 tablespoon olive oil
1 cup dry white wine
1 pint (2 cups) fish stock
Salt and pepper
6 slices of black pudding

Directions:
To make the velouté, reduce fish stock to one third. Add one glass of white wine and two sprigs
of lemon thyme. Bring to the boil and add the cream and reduce until a sauce consistency is
reached. Pass through a fine sieve. Season with salt and lemon juice. Seal the sliced black
pudding in hot oil, drain and keep warm. Heat a non-stick frying pan and add olive oil. Season
scallops and caramelize on each side for one minute. Sauté asparagus in a little butter. To serve,
place a scallop in each warm bowl and place the asparagus on the top. To make a lighter foam-
like sauce, blend or agitate with a mechanical blender. Spoon sauce over scallop and serve.

Stuffed fillet of pork with black pudding (serves 2)
Ingredients:
3 oz. black pudding
1 pork fillet
4 slices back bacon
1 cup cream
2 cups whole milk
Two medium sized carrots
½ turnip
10 shallots
2 lbs. potatoes
1 small Savoy cabbage (green)
1 clove garlic
A few salad leaves
2 cups brown veal stock
1 cup cider
4 tablespoon olive oil
3 oz. butter
2 oz. fine crumbs
Salt and pepper

Directions: Trim and open the pork fillet, flatten slightly. Mix the black pudding breadcrumbs and egg together. Mould round and place into the centre of the pork. Roll up and wrap in the bacon slices. Seal in the oil in a hot pan; cook out in a moderate oven. For the colcannon, cook and mash the potatoes, add the hot milk. Shred and cook out the cabbage, drain. Mix together and season. Finish with the butter. For the sauce, sweat out the chopped shallots and garlic in a little butter. Add the cider and reduce. Add the veal stock and reduce to a sauce consistency. Cut the carrots and turnips into large dice, blanch and roast in a little oil. To serve: Place a bed of colcannon in the centre of a serving dish, place the sliced pork fillet on top, arrange round the roasted root vegetables. Finish with the sauce.

Pan fried brill fillet with a shellfish sauce
Ingredients:
4 fresh scallops
4 large cold water prawns
2 x 5 oz. brill fillets
8 fresh mussels
1 clove of garlic
2 shallots
Few small salad leaves
1 cup of single cream
3½ oz. of unsalted butter
Salt and freshly ground black pepper
2 tablespoon olive oil
1 cup of white wine

Directions: Place the mussels, chopped shallots, white wine, garlic, cream and ground black pepper in a saucepan, cover with a lid and cook for 3-4 minutes until all the mussels have
opened. Reserve the mussels, strain the mussel juice into a clean saucepan, reduce by half, add cream and then whisk in the butter until the sauce is smooth. Check seasoning. Heat up a non-stick pan with few drops of olive oil, season the fish and remaining shellfish with salt and ground black pepper and quickly pan fry. Arrange the fish attractively on a warm plate and add the sauce. Enjoy with a few boiled potatoes and a bottle of medium dry chilled white wine.

Robert James Mattison

Soda Farls (savory pancakes)
Ingredients:
4 cups soda bread flour
Pinch of sugar
Buttermilk for mixing

Directions: Mix ingredients together. Knead lightly. Roll out about ½-inch thick. Cut into four pieces. Place on heated griddle.
Alternative: Wheaten farls can be made the same way, but with only one cup of soda bread flour and three cuts of whole wheat (wheat meal) flour.

Potato Farls
Ingredients:
3 large potatoes
Knot of butter (1-2 tablespoon)
Pinch of salt
Handful of soda bread flour

Directions: Boil the potatoes. Mash with knot of butter and salt. Add a handful of soda bread flour. Dust your baking surface and roll out, about ½-inch thick. Place on heated griddle. Cook both sides.
Alternative: Potato Oaten are made the same way, but with one handful of pin-headed oatmeal added.

Bread and Butter Pudding
Ingredients:
8 slices of plain bread (a few days old)
Handful of raisins or currants
2 beaten eggs
A little fresh cream
Fresh milk
A little sugar

Directions: Butter a pie dish. Butter slices of stale bread. Cut each piece of bread in half. Line the pie dish (with buttered bread pieces). Add the raisins and currants and sprinkle in a small amount of sugar. Pour over beaten eggs and add a little fresh cream and some fresh milk. Mix all
together and then allow it to sit for 15 minutes. Cook at 200 degrees Celsius (392 degrees Fahrenheit) for 25 minutes or until brown.

Clapshot
Ingredients:
4 or 5 large potatoes
1 chopped onion
Salt and pepper
1 yellow turnip
Pinch nutmeg
Grated cheese
Knob of butter

Directions: Boil and mash the potatoes. Add knob of butter, salt, and pepper. Boil turnip and chopped onion until soft. Drain and mix with potato mixture (drain and add salt and pepper and knob of butter). Scrape into pie dish and cover with grated cheese and a little parsley. Put in oven 200 degrees Celsius (392 degrees Fahrenheit) for 15 minutes or until golden brown.

Cranaghan
Ingredients:
Pinhead oatmeal
Fresh raspberries
Whipping cream
Mint leaves to garnish

Directions: Spread out the pinhead oatmeal on a cookie sheet and roast for about 6 minutes at 200 degrees Celsius (392 degrees Fahrenheit). Allow to cool completely. Beat cream to a moderate consistency. Add toasted oatmeal and raspberries (keeping some out) to cream and mix just a little. Serve with remaining raspberries and a few mint leaves on top.

Oatmeal and Onion Soup
Ingredients:
½ cup Pinhead oatmeal
1 cup fresh milk
2 cups chicken stock
1 large onion (chopped)
1 large knob butter (1½ oz.)
Salt and pepper
Parsley (to garnish)

Directions: Fry onions in butter. Add oatmeal and seasoning and cook for a few minutes. Slowly add stock. Bring to the boil and simmer for half an hour (but keep stirring every few minutes). Add milk and garnish with parsley.

Fruit Soda Scones
Ingredients:
4 cups soda bread flour
Butter milk
Pinch sugar
A little olive oil
Raisins and currants

**Directions:** Put flour in bowl. Add sugar and fruit. Make a well and then add buttermilk and olive oil. Mix to a sticky consistency. Put flour on surface and empty mixture out. Add more flour and knead just a little. Roll out ¾-inch thick and cut into scones. Cook in oven at 200 degrees Celsius (392 degrees Fahrenheit) for 15 minutes or until browned.

Salmon Steaks in Oatmeal
**Ingredients:**
1 salmon steak per person
Butter for frying
Pin head oatmeal
2 beaten eggs

**Directions:** Place salmon steaks in beaten eggs and flip to coat. Lift out, one at a time and roll in pin-head oatmeal. Fry in hot melted butter until cooked.

Skirlie
**Ingredients:**
2 chopped onions
2 oz. butter
¾ cup pinhead oatmeal
Zest of 1 lemon
Salt and pepper
A sprinkling of thyme

**Directions:** Fry chopped onions in butter for a few minutes, but do not let them brown. Add pin-head oatmeal and cook for two minutes. Add the zest of one lemon, pepper, and salt.

Champ
**Ingredients:**
6 large potatoes
Chopped scallions
Knob butter
Pepper and salt
A little milk

**Directions:** Boil potatoes. Mash and add a knob of butter. Chop scallions. Place in a saucepan and cover with a little milk. Bring to the boil then add to potatoes and mix.

Liz Moore
Salmon and Potato Puff Tart (serves 8)
Ingredients:
500 g/ 8 oz. puff pastry
225 g/ 8 oz. salmon fillet, pin-boned and cut into thin slices
720 g/ 1½ lb. peeled potatoes, thinly sliced
150 g/ 5 oz. butter
3 shallots, finely chopped
2 Tablespoon chives, chopped
2 egg yolks, lightly beaten
250 ml/ 8 fl. oz. whipping cream
Salt and pepper

**Directions:** Preheat the oven to 180 degrees Celsius (350 degrees Fahrenheit). In a large frying pan, melt half the butter over a low heat and cook the potatoes until just tender, do not allow them to brown or they will stick to the pan. This will take about 10-15 minutes. Transfer to a dish and allow it to cool. Add the rest of the butter to the pan and sweat the shallots gently with a little salt. Add the herbs and cook over a medium heat for 3-4 minutes. Cool and mix gently in with the potatoes. Season well. Roll out half the pastry into a circle about 36 cm in diameter and place onto a lightly buttered baking tray or baking mat. Brush the edges lightly with some egg yolk and then spoon half of the potato mixture onto the middle of the pastry disc. Follow with a layer of salmon, season and then finish with a layer of potatoes. Roll the rest of the pastry into a slightly larger circle and use it to form a lid for the pie. Crimp the edges of the pie inwards to seal it. Cut a circle from the middle using a scone cutter but do not remove it. Brush the entire pie with egg yolk. Bake the pie for 50 minutes but do not allow to brown too quickly (cover with tin foil, if this is the case). Heat the cream gently and remove the pie from the oven. Remove the small lid in the middle and pour in the hot cream. Return to the oven for 10 minutes. Serve in slices with a good salad.

Roast Loin of Bacon Stuffed with Nettles (serves 5-6)
Ingredients:
1 kg/ 2½ lbs. bacon loin, trimmed but untied
6-8 slices of pancetta/ parma ham or streaky bacon
1 tablespoon Dijon mustard
2 long, young nettle stalks with leaves
Black pepper

For the sauce:
25 g/ 1 oz. plain flour
25 g/ 1 oz. butter
900 ml/ 1½ pints chicken stock
1 tablespoon dry sherry or white wine
2 bay leaves
90 ml/ 3 fl. oz. double cream
Lots of fresh parsley chopped (at least 2 Tablespoon)
Salt and pepper

You will need:
Cling film
White string

**Directions:** Preheat the oven to 180 degrees Celsius (350 degrees Fahrenheit). Bring a pot of water to the boil and wearing rubber gloves, slide your hands down the nettle stalks to remove the leaves. Blanch the leaves in the water for 1-2 minutes. Plunge into cold water and wring out as much as possible to remove any excess water. Chop up roughly. Open up the bacon loin and slice through the middle to open it further, but do not cut right through to the other side. Brush with the Dijon mustard. Season the inside with plenty of pepper. Sprinkle the nettles inside. Wrap the loin in the bacon. Tie the loin neatly with string. Roll the wrapped loin as tightly as you can in a piece of cling film. Chill for one hour. Bring back to room temperature for 20 minutes. Remove the cling film. Bake the loin on a buttered baking sheet for 35-40 minutes. Allow to rest for 10 minutes before slicing. To make the sauce, melt the butter and stir in the flour. Add the stock little by little, whisking all the time until you end up with a sauce that will coat the back of a wooden spoon. Add the bay leaves and sherry or wine. Simmer for 2 minutes. Add the cream and stir in the parsley. To serve, remove the bacon from the string and slice thickly. Serve hot with the sauce and colcannon or champ.

**Champ potato cakes with smoked salmon** (serves 8)
**Ingredients:**
8-16 slices of smoked Irish salmon
Black pepper
Lemon juice
Sour cream
Fresh chives

For the champ cakes:
900 g/ 2 lb. potatoes, peeled and halved
Glass of milk
75 g/ 3 oz. cold butter
Salt and pepper
1 bunch scallions (spring onions), finely sliced
One or two gratings of fresh nutmeg

**Directions:** Cook the potatoes in boiling salted water until completely tender but not mushy. Drain and steam for 5 minutes to get rid of the excess water. Heat the milk with the scallions until hot. Once the potatoes have dried off completely, mash well with a potato masher or use a ricer. Add back into the pot and stir in the cold butter. Put the pan over a medium heat and add milk to loosen the mixture. Add salt and pepper to taste. Allow to cool then shape into small potato cakes. Dust in flour and fry in melted butter on each side until golden brown. Serve at once with a slice or two of smoked salmon on top. Spoon some sour cream mixed with the chives onto the side of the plate and sprinkle over some black pepper.

**Alternative:** Scally is a different variation using nettles, instead of scallions.
Ch degrees Celsiusolate Shortbread (makes 12 traingles)
Ingredients:
200 g/ 7 oz. unsalted butter
100 g/ 4 oz. unbleached (Golden) caster sugar
260 g/ 9½ oz. plain flour
40 g/ 3½ oz. Celsiusoa powder
Pinch salt

Directions: Preheat the oven to 180 degrees Celsius (350 degrees Fahrenheit). Place all of the ingredients together in a food processor and whiz until the mixture comes together into a dough. Press the dough into a greased 23 cm round cake tin making sure that it is quite even. Prick the dough all over and cut 12 cake slices into it. Bake for 15-20 minutes. Remove from the oven and re-cut the sections. Allow to cool before serving with vanilla ice cream. The shortbread will store very well in an airtight container for about a week and will freeze for up to a month.

Liz’s Marmalade Ice Cream (Serves 6)
Ingredients:
8 egg yolks
2 vanilla pods, split
1 pint whipping cream
½ pint milk
4 oz. caster sugar
2 tablespoons marmalade
2 tablespoons whiskey
Lemon juice to taste

Directions: Briefly whisk the yolks in a large bowl with the sugar and vanilla. For the pods, split them and scrape out all the seeds. Place the seeds and the husks in a pot with the milk and half of the cream. Heat the cream until almost simmering. Remove pot from heat and allow steeping for 15 minutes. After the cream and vanilla have steeped reheat slightly and pour over the whisked yolks. Stir well. Place the bowl of liquid over a pan of hot water over a medium heat; making sure that the water does not touch the bowl. Stir constantly until the custard begins to thicken. Remove and strain into a clean, cold bowl. Taste to ensure it is sweet enough, adding more sugar if necessary. Stir in the marmalade and the whiskey. Add enough lemon juice to bring up the flavor to your liking. Cool. Stir in the remainder of the cream. Churn in an ice cream machine. Alternatively, if you do not have an ice cream machine, pour the mixture into a large bowl and set in the freezer for 20-25 minutes until the ice cream sets to freeze around the edges of the bowl. Fold in 2 whisked egg whites and pour into a loaf tin. Freeze until set. Slice to serve.

Cabbage Pie with Bacon (serves 8)
Ingredients:
500 g/ 8 oz. puff pastry
1 cabbage, halved, stalk removed and finely sliced
8 slices streaky bacon, finely chopped
150 g/ 5 oz. butter
3 shallots, finely chopped
2 egg yolks, lightly beaten
250 ml/ 8 fl. oz. whipping cream
Salt and pepper

**Directions**: Preheat the oven to 180 degrees Celsius (350 degrees Fahrenheit). In a large frying pan, melt half the butter over a low heat and cook the cabbage until tender, do not allow it to brown or it will stick to the pan. This will take about 5-8 minutes. Transfer to a dish and allow to cool. Add the rest of the butter to the pan and sweat the shallots gently with a little salt. Add the herbs and cook over a medium heat for 1-2 minutes. Cool and mix gently in with the ham and cabbage. Season well. Roll out half the pastry into a circle about 36 cm in diameter and place onto a lightly buttered baking tray or baking mat. Brush the edges lightly with some egg yolk and then spoon the cabbage mixture onto the middle of the pastry disc. Roll the rest of the pastry into a slightly larger circle and use it to form a lid for the pie. Crimp the edges of the pie inwards to seal it. Cut a circle from the middle using a scone cutter but do not remove it. Brush the entire pie with egg yolk. Bake the pie for 35-40 minutes but do not allow to brown too quickly (cover with tin foil, if this is the case). Heat the cream gently and remove the lie from the oven. Remove the small lid in the middle and pour in the hot cream. Return to the oven for 10 minutes. Serve in slices with game or lamb.

**Beef and Guinness Pie** (serves 5)
**Ingredients:**
1 onion, thinly sliced
1 kg/ 2¼ lbs. chuck/ rump steak, cut into 2.5 cm/ 1-inch cubes
400 ml/ 14 fl. oz. Guinness
Olive oil
50 g/ 2 oz. butter
150 g/ 5 oz. streaky bacon, cut into thin lardoons
500 g/1 lb. mushrooms, sliced
25 g/ 1 oz. plain flour
300 ml/ ½ pint chicken stock
2 cloves garlic, finely sliced
1 tablespoon apple or red currant jelly
Salt and pepper
Fresh thyme
Fresh flat leaf parsley
250 g/ 9 oz. puff pastry
1 free-range egg, beaten

**Directions**: Melt the butter in a large pot. Add the bacon lardons and fry until they begin to color. Remove from the pot and set aside. Season the meat cubes well and add a little olive oil to the pan. Fry the meat in batches so that it is all golden brown. When the last batch is ready, add the rest of the meat and the cooked bacon back into the pot. Stir in the onions and cook for a few minutes. Sprinkle over the flour and stir it into the meat until well mixed. Add the mushrooms and the garlic. Pour in the Guinness and the stock. Add a little fresh thyme. Bring to the boil and then simmer for 2 hours or until the meat is very tender. Stir in a little water, if it seems slightly
dry and then the jelly. Taste and adjust the seasoning if necessary. Stir in some finely chopped parsley. Transfer to an oven proof dish. Allow to cool. Roll the pastry out to fit the top of the dish. Brush the sides of the dish with beaten egg. Cut a narrow rim from the pastry and press onto the rim of the dish. Brush the pastry with egg wash. Now lay the main piece of pastry over the dish, pressing firmly around the sides. Using a floured fork, press the pastry well into the top of the dish. Brush the pastry with egg wash and pierce several holes in the top with a knife. (If your dish is large and shallow, you may need to put an egg cup or something similar into the middle of the dish to prevent the pastry from sinking in the middle and becoming soggy.) Preheat the oven to 200 degrees Celsius (400 degrees Fahrenheit). Bake the pie from cold for 40-45 minutes or until the pastry is risen and golden and the meat filling is hot.

Irish fish chowder with c degrees Celsius kles and mussels (serves 4-6)
Ingredients:
50 g/ 2 oz. butter
2 rashers of bacon, cut into small dice
1 small onion, cut into dice
25 g/ 1 oz. plain flour
600 ml/ 1 pint milk
50 ml/2 fl. oz. double cream
225 g/ 8 oz. potatoes, peeled and cut into small dice
1 small glass of white wine
1 fresh bay leaf
Salt and pepper
450 g/ 1 lb. smoked haddock or similar fish
450 g/ 1 lb. fresh mussels, preferably rope grown
450 g/ 1 lb. fresh cockles, well cleaned
Fresh flat leaf parsley
2 scallions, finely sliced

Directions: Heat half the butter in a large pot and cook the bacon until slightly crispy for 2 minutes or so. Then add the onion. Stir well and cook for a further 2 minutes. Remove from the pan and set aside. Melt the rest of the butter and stir in the flour to form a roux. Whisk well and then add the milk little by little removing the pot from the heat as you whisk the mixture together to avoid lumps. Once the mixture is absolutely smooth, replace on a gentle heat and add the potatoes dice. Simmer very gently until tender. Meanwhile, put the cockles and mussels in a large pot with the wine and another glass of water. Put the lid on and bring to the boil. Shake the pot every minute or so until the mussels and cockles open. Remove from the liquid and shell ¾ of the shell fish. Check the remaining shells to make sure they are free of grit. Add the cooked bacon, onion and haddock to the potato and milk mixture. Add the wine. And simmer for 2 minutes. Add back in the shelled fish as well as some of the whole, cooked cockles and mussels. Stir in the parsley and cream and adjust the seasoning to taste. Garnish with scallions. Serve hot with fresh bread.

Elderflower apple cake
Ingredients:
For the pastry:
200 g/ 7 oz. plain flour
110 g/ 4 oz. butter
75 g/ 3 oz. caster sugar
1 free-range egg
675 g/ 1½ lbs. cooking apples, peeled and cored
Zest of ½ lemon

Sauce topping:
2 eggs
250 ml/ 8 fl. oz. sour cream
50 g/ 2 oz. caster sugar
30 g/ 1½ oz. peeled and smashed almonds
Handful of cleaned elderflowers, finely chopped

**Directions**: Preheat the oven to 160 degrees Celsius (325 degrees Fahrenheit). Start with the base. Grease a loose bottomed 9-inch cake tin very well. In a bowl, crumble the butter and flour together until it starts to resemble breadcrumbs. Using a microplane grater (or similar fine grater) grate in the lemon zest, then add in the egg and the sugar. Mix everything together until it forms a dough (add a teaspoon of cold water if you think that the dough is a little too dry). Roll the dough out with a floured rolling pin so that it is large enough to cover the base and the side of the tin. Press in well to the tin and then trim the top to neaten it. Place the tin in the fridge for ten minutes. Meanwhile chop the apples into pieces of about an inch or so. Evenly place the apples on the base of the chilled dough. Sprinkle over the elderflowers. Combine the rest of the sauce ingredients well together in a bowl and pour over the apples. Bake for 35-40 minutes or until set. Serve hot or cold.

**Medallions of lamb with tomato and wild garlic** (serves 6)
**Ingredients:**
3 racks of lamb, bones removed
Olive oil
Sea salt

For the sauce:
6 ripe vine tomatoes
1 clove garlic, finely chopped
8 fresh leaves of wild garlic
Olive oil
Sea salt and black pepper

**Directions**: Slice the lamb fillets into thick pieces, about 2 per person. Cut a shallow cross in each tomato and submerge in boiling water for one minute. Remove and plunge at once into cold water. The skin should peel away very easily. Divide into quarters and remove the seeds. Cut into small dice. Slice the garlic leaves very finely and mix with the tomatoes, garlic and enough olive oil to loosen the mixture. Warm very gently in a pan and set aside. Meanwhile, heat some olive oil in a heavy bottomed pan. Fry the lamb medallions on each side for 2-3 minutes,
seasoning well. Remove from the pan and rest for 2-3 minutes before serving. Serve with the warm sauce and roast squash.

Poached Pear Tartlets (serves 6)
Ingredients:
6 small Comice pears
1 packet puff pastry
600 ml / 1 pint stock syrup
Sprig rosemary
½ bottle red/white wine
225 g / 8 oz. sugar
1 free-range egg
icing sugar for dusting

Directions: “Stock” syrup is simply a flavored sugar syrup. Different quantities of sugar are used depending on what the syrup is needed for. For example, syrup for sorbet can be simply made by bringing 250 g / 9 oz. caster sugar and 250 ml / 8 fl. oz. water to the boil and then simmering for 2-3 minutes. To poach fruit, make syrup out of 500 ml / 18 fl. oz. water, 250 g / 9 oz. caster sugar and one vanilla pod, split. Heat in the same way. Allow to cool. Store in the refrigerator for up to 2 weeks. Start by poaching the pears at least 2 hours before you need them. This could also be done the day before you want to serve them. Peel the pears carefully and take a small slice off the bottom of the pear, so that it will stand up on its own. Leave the stalk intact on the pear. Put the wine, stock syrup, sugar and rosemary in a large pan and bring to the boil. Stir to make sure the sugar has all been dissolved, reduce the heat to a simmer and add the pears. Cook very slowly until nearly tender. Remove from the heat and take out the pears. Continue to reduce the liquid until it begins to thicken slightly. Cool. Preheat the oven to 200 degrees Celsius (400 degrees Fahrenheit). Roll out the puff pastry until it is about ¼-inch thick. Use a round pastry cutter to cut out discs that are larger than the base of the pears. Brush with beaten egg and cut a smaller disc on the inside. Stand the pear on the pastry so that when the pastry cooks it will rise around the base of the pears. Bake for 10-15 minutes or until the pastry is golden and then pears are tender. Serve hot or cold with some of the reduced syrup