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Easy Food

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5 ways with stout

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OUTRAGEOUS traybakes

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IRISH STOUT SHORT RIBS P.85

Recipes From Darina, Neven, Donal and more!

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Special thanks to all our guardian angels.

Hello!



The March issue is always one of our absolute favourite issues to work on at Easy Food; not only do the milder months mean that bright, fresh seasonal ingredients are making their way back onto our plates, but it's the issue when we like to give special attention to the foods that make Ireland the "Food Island." From fresh seafood and top-notch meat to unbeatable dairy and nostalgic bakes perfect for serving with a cuppa, it's about celebrating all things Irish!

We've asked some of Ireland's best-loved food champions to share the recipe that most reminds them of home. From Darina's traditional bacon and cabbage to Donal's favourite boxty, these recipes are perfect for a St. Patrick's Day menu.

While it's tough to beat a pint of plain, we had some fun with this staple in the test kitchen to create five new dishes using Irish stout, from p.85. Trust us – you're not going to want to miss out on the braised short ribs. We're also bringing pub grub classics to the next level, p.96 – think scampi spice bag and slow-cooked shepherd's pie with roasted garlic mash.

Resident food stylist Shannon is on hand to walk us through the homely joys of traybakes, p.44. The sleazy brownies are a triple threat: a layer of brownie, a layer of Oreo cookies and a layer of chocolate chip cookie combine to make one of the most indulgent treats our test kitchen has crafted. And don't forget to treat mum with something special for Mother's Day (Sunday, March 22nd); we've created a simple but impressive tiered cake on p.54 that you can customise to your (or, really, your mother's...) taste!

With more focus than ever on eating locally, we're shining a spotlight on naturally good-for-you native Irish foods. From potatoes and barley to oily fish and butter, these ingredients offer a wealth of goodness and have served our ancestors well for centuries. Turn to p.110 for easy ways to make the most of these low-food-mile finds. Irish cabbage has also quickly become one of our all-time favourite ingredients in the kitchen; flip to p.32 to see why!

From homely bakes and traditional Irish favourites to quick-fix weeknight dinners and simple superfoods, we hope there is something for everyone in this issue to make the most of all of the wonderful ingredients our country has to offer.

Caroline x

THE APRIL ISSUE IS ON SALE MARCH 28TH!

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Join us on:

MARCH CONTENTS

REGULARS

08 **YOUR SAY**
Your comments, photos and questions

12 **FOOD BITES**
News, products and cookbooks from the wonderful world of food

WHAT'S IN SEASON?

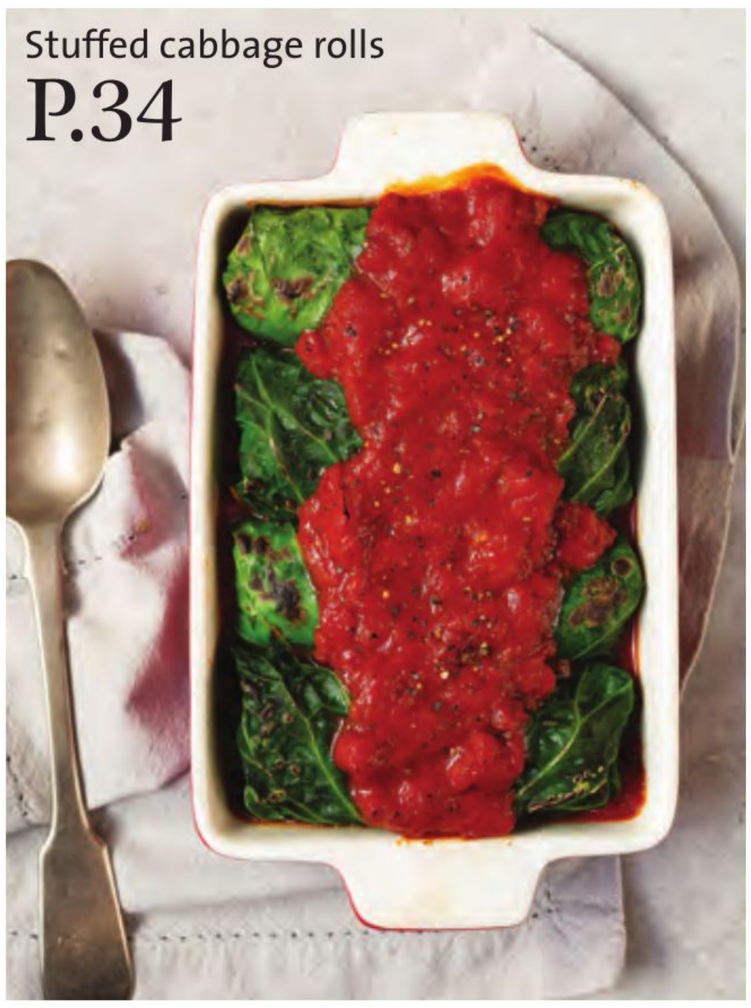
32 **IN THE CABBAGE PATCH**
New ideas for celebrating one of Ireland's most quintessential vegetables

40 **EAT IRELAND**
Deputy Editor Jocelyn Doyle unearths the story behind these heritage potatoes

SWEET THINGS

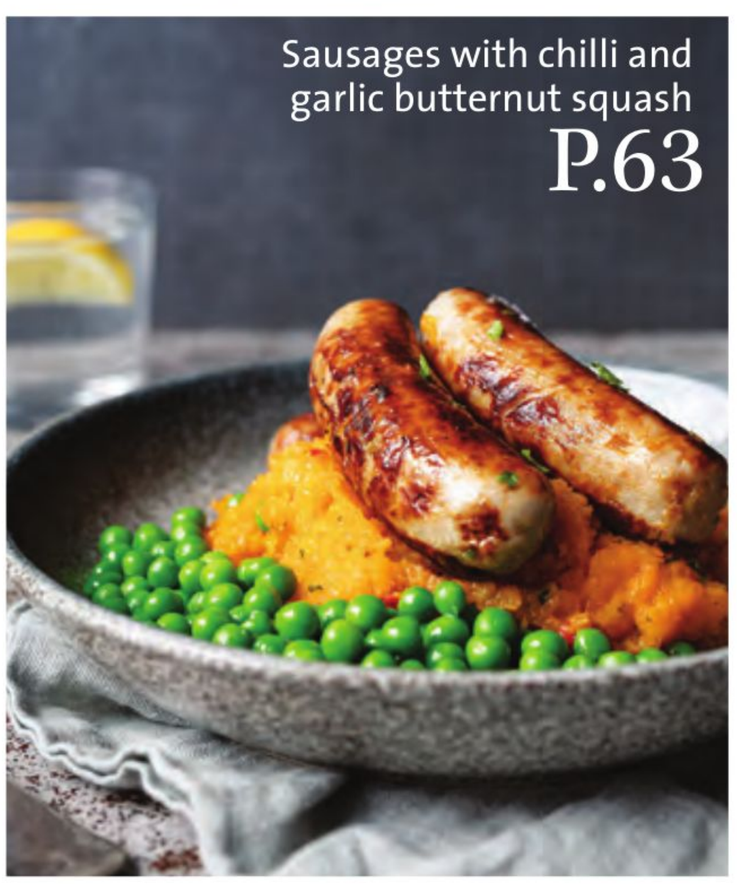
54 **BAKE WHAT YOUR MAMA GAVE YA!**
This Mother's Day, treat your Mammy to the beautiful bake she deserves





WHAT'S FOR DINNER?

58 **WEEKLY MENU PLANNER**
Keep it simple, keep it quick with our whole week's worth of family meals



COOKING FOR FUN

92 **HOW IRISH ARE YOUR TASTEBUDS?**
Take our fun quiz and find out!

94 **FROM THE BUTCHER'S BLOCK**
Local butcher Michael Fleming takes a look back through traditional Irish fare

96 **A RETURN TO THE CLASSICS**
Easy twists bring these classic dishes to a whole new level



KIDS' KITCHEN

104 **HOME IS WHERE THE HEART IS**
This month's Home Ec expert talks through some traditional Irish favourites

107 **EASY JUNIORS**
These sweet potato bsicuits are healthy and delicious

MAKE IT HEALTHY!

116 **NEW WAYS WITH IRISH GRAINS**
Tasty new ideas for cooking with barley, oats and wheat





FROM OUR KITCHEN TO YOURS

123 All the knowledge you need to become an expert in the kitchen



FROM THE COVER

P.84
5 WAYS WITH IRISH STOUT
These clever recipes bring Ireland's most famous beverage into the kitchen

P.110
HEALTHY AT HOME
We look at the health benefits of traditional Irish foods

P.76
CHICKEN MADE EASY
Welcome spring flavours with these fresh and vibrant chicken ideas



P.120
ECO-CONSCIOUS EATING
Intern Alison Egan explains how we can all be more sustainable consumers

P.44
FOR GOODNESS' TRAYBAKE
Food Stylist Shannon Peare is whipping up a variety of tempting traybakes

P.70
HIGH TIDE
Georgina Campbell shares recipes from her fabulous fish cookbook

Per Serving 312kcals, 7.1g fat (3.9g saturated), 57g carbs, 37.9g sugars, 5.9g protein, 0.7g fibre, 0.07g sodium

Readers!
Please take note that the nutritional information that appears underneath each recipe is only for one serving. The key for the buttons is in our recipe index on page 6.

All Euro/GBP prices are converted at the time of going to print. Prices may vary.

RECIPE INDEX

MEAT

		€	❄	☺	V	LF	DF	GF	X
Traditional Irish bacon, cabbage and parsley sauce	20	•		•		•	•	•	
Irish stew	23	•	•	•			•		•
Lollipop pork with cider reduction and Wexford colcannon	26	•		•					
Spring roll bowls	33	•		•		•	•		•
Stuffed cabbage rolls	34	•		•		•		•	
Sausages with chilli and garlic butternut squash	63	•					•		•
Pork medallions with baked potatoes and mushroom	64	•		•		•			
Easy beef ramen	66	•				•			•
COVER RECIPE: Irish stout short ribs	85	•	•				•		•
Creamy pan-fried kidneys on toast	94	•					•		
Caesar steak sandwiches	97	•					•		
Bacon with mustard marmalade glaze and cabbage	99	•	•	•					
Venison bangers and black pudding leek mash	101	•	•						
Slow-cooked shepherd's pie with roasted garlic mash	102	•	•	•					
Braised beef stew with oat dumplings	114	•	•	•			•		
Black pudding and leek stuffed baked potatoes	115	•	•	•					
Hearty mushroom, barley and bacon soup	116	•		•					

FISH AND SEAFOOD

		€	❄	☺	V	LF	DF	GF	X
The Murrough posh fish pie	19	•	•	•					
Purple potato rostis with smoked salmon and goat's	41	•		•			•		
Quick-trick fish pie	60	•		•			•		
Tacos with crispy whiting goujons and tomato salsa	71	•		•					
Sichuan-chilli seafood stir-fry	72	•				•	•		•
Cheesy-grilled pollock	73	•		•			•		
Ling in Thai green curry broth	75	•					•		•
Irish rarebit	90	•					•		
Scampi spice bag	100	•							•
Salmon with creamy mussel sauce	113	•					•	•	

POULTRY

		€	❄	☺	V	LF	DF	GF	X
Chinese chicken stir-fry	61	•		•		•			•
Chicken, spinach and tortellini in brodo	62	•		•					
Chicken and orzo soup with lemon and dill	77	•	•	•		•			•
Herby chicken skewers with spring quinoa	78	•		•					
Thai chicken salad cups	81	•		•		•	•		•
Turkey burgers with stout caramelised onions and Brie	87	•							
Crunchy oat-crusted chicken goujons	117	•	•	•		•	•		

VEGETARIAN

		€	❄	☺	V	LF	DF	GF	X
Boxty Irish potato pancakes	29	•	•	•	•	•			
Colcannon soup	36	•	•	•	•		•		
Simple sautéed cabbage	38	•	•	•	•	•	•	•	
Curried cabbage	39	•	•		•	•	•		
Cheesy roast cabbage	39	•		•	•		•	•	
Chilli tomato eggs and potatoes	59	•			•				
Barley risotto with dillisk	112	•			•				
Roasted vegetable barley salad	116	•		•	•	•	•		

		€	❄	☺	V	LF	DF	GF	X
Barley porridge	116	•		•	•	•			
Espresso overnight oats	117	•			•	•	•		•
Whole wheat pizza dough	118	•	•	•	•	•			
Perfect porridge	130	•		•	•	•	•		

BAKED GOODS

		€	❄	☺	V	LF	DF	GF	X
Carrot cake with orange blossom frosting	22	•	•	•	•				
Buttermilk batch bread	24	•	•	•	•	•	•		
Tea brack	30	•	•	•	•	•			•
Apple crumble bars	46	•	•	•	•				
White chocolate and cranberry flapjacks	49	•	•	•	•				
Coconut and lime bars	51	•	•	•	•				
Sleazy brownies	52	•	•	•	•				
Irish stout brownies	89	•	•	•	•				
Irish stout and cheese scones	91	•	•	•	•				
Sweet potato biscuits	108	•	•	•	•	•	•		•
Cheese and tomato oat crackers	117	•	•	•	•	•			
Whole wheat soda bread	118	•	•	•	•	•			
Whole wheat muffins	118	•	•	•	•				

DESSERTS

		€	❄	☺	V	LF	DF	GF	X
Lemon and raspberry cake	55	•		•	•				
Gooey chocolate pudding	65	•		•	•				
White chocolate cheesecake bites	67	•		•	•				
Rhubarb crumble	105	•	•	•	•				

DRINKS

		€	❄	☺	V	LF	DF	GF	X
Baby Guinness	124	•			•	•		•	

€ Budget-friendly ❄ Freezable ☺ Kid-friendly X Dairy-free

V Vegetarian LF Low saturated fat DF Diabetes-friendly GF Gluten-free

What's inside

A sneak peek at what you'll find in this issue

HOME IS WHERE THE HEART IS

March is one of our favourite issues every year, as we go full green, white and gold and celebrate everything that's delicious about living on the Emerald Isle! In ths issue, we've been having some fun cooking with Irish stout, p.84; learning about the nutritional benefits of traditional Irish foods, from p.110; experimenting with Irish grains, p116; and creating new dishes with good auld cabbage, from p.32, while Deputy Editor Jocelyn has been finding out more about heritage varieties of potato, p.40. Ever wondered how Irish your tastebuds really are? Flip to our fun quiz on p.92 to find out!



Colcannon soup P.36



Salmon with creamy mussel sauce P.113



Irish stout short ribs P.84

EVERYDAY EATS

Everyday cooking is covered with our weekly menu planner, p.58, while we're giving everyone's favourite lean protein a spring makeover in our inventive chicken recipes from p.76. You'll find a healthy biscuit recipe the kids will love on p.107, while our guide to making perfect porridge (p.130) will give you all the fuel you need for those busy mornings.



Chinese chicken stir-fry P.61



Pork medallions with baked potatoes and mushroom sauce P.64



Chicken and orzo soup with lemon and dill P.77

SOMETHING SPECIAL

If you're in the mood for something sweet, fancy or downright decadent, you've come to the right place! Food Stylist Shannon's tasty traybakes (p.44) will have you running to get the kettle on, while our stunning Mother's Day cake is just the ticket for making the most important lady in your life feel extra special. For a more savoury vibe, flip to p.96, where we've been taking classic dishes (think shepherd's pie, steak sandwiches, bacon and cabbage) and bringing them to a whole new level.



Coconut and lime bars P.49



Lemon and raspberry cake P.55



Scampi spice bag P.100

WHO'S IN THE HOUSE?

Everyone, that's who! We've done a round-up of some of our all-time favourite Irish celebrity chefs and asked them to share the recipes that best represent Ireland to them. From Darina Allen's traditional bacon and cabbage to Susan Jane White's tea brack and Donal Skehan's Irish onion soup, there's a wealth of gorgeous dishes waiting to be explored. Elsewhere, longtime Irish food champion Georgina Campbell is sharing some fabulous fish recipes from the latest edition of her seafood-themed cookbook, *From Tide to Table*.



Donal's boxty pancakes P.28



Darina's bacon and cabbage P.20



Sichuan-chilli seafood stir-fry P.72

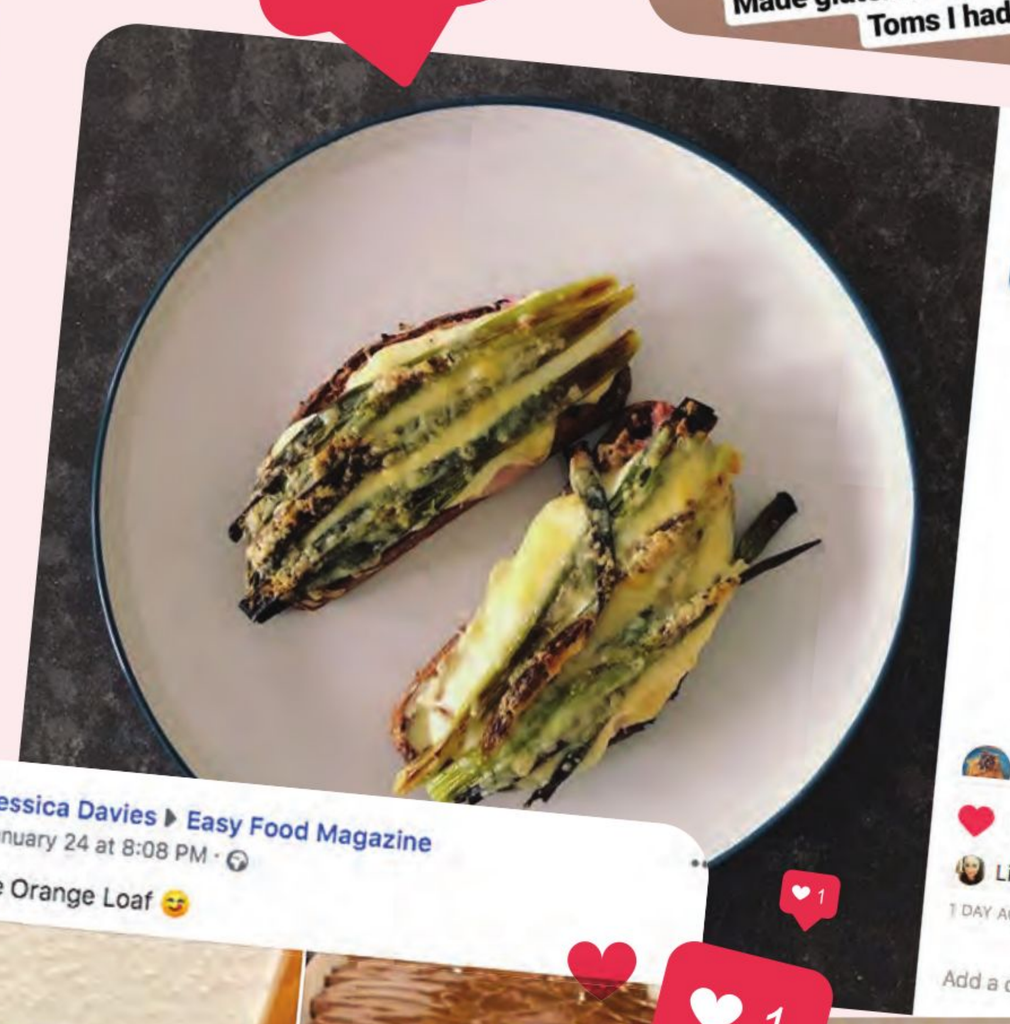
your say

If there's anything we love at Easy Food (aside from, well, food...) it's seeing what our food-loving community is getting up to in the kitchen! Our social media followers have been sharing photos of the Easy Food recipes they love cooking the most; get into the kitchen to get in on the fun –and be sure to tag #LoveEasyFood!

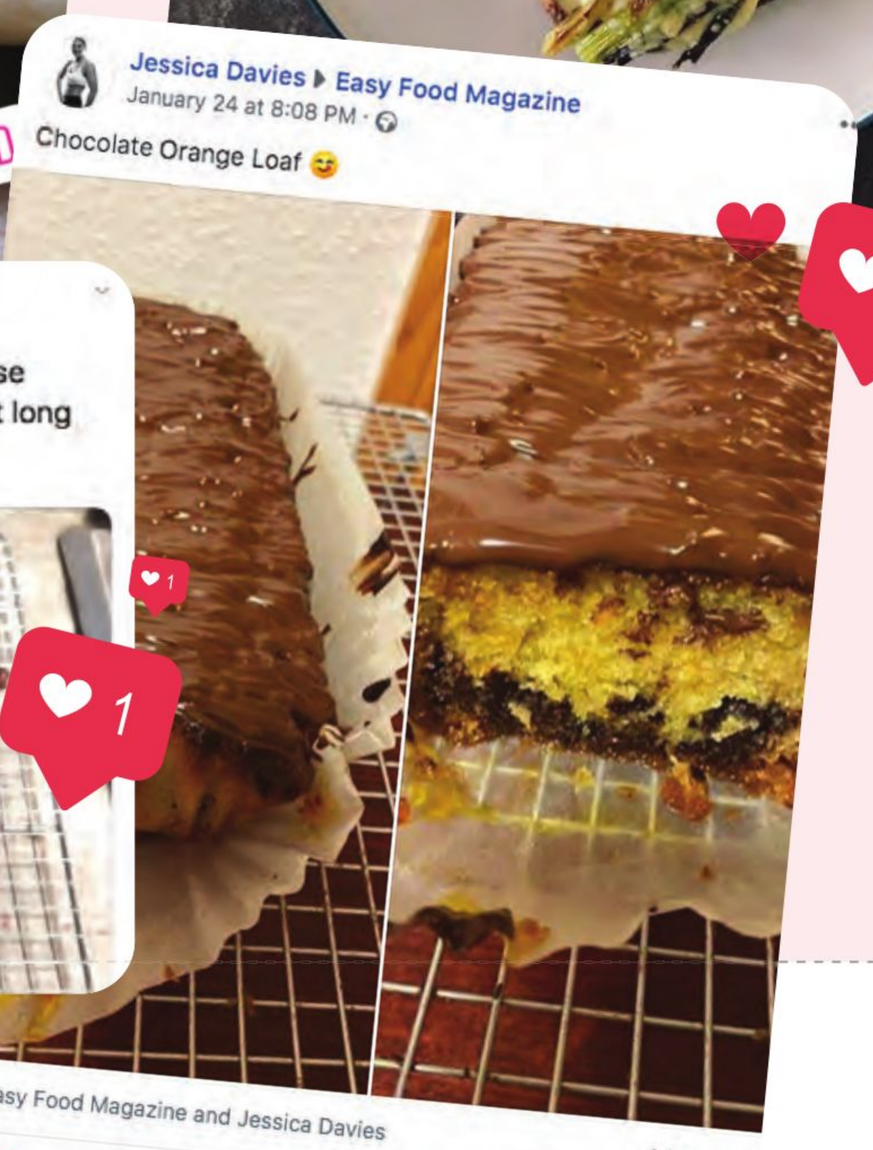

















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kate_odriscoll_food_t • Following
Kildare Town
kate_odriscoll_food_beers_life
Homemade Southern "Fried" Chicken (actually baked) or KFC (Kildare Fried Chicken)..... A recipe that I go back to time & time again from Sept 2015 & one of my archived @easyfoodmag, but also easily found on the Easy Food Website!! I make this Gluten Free by using uten free Flour and also the addition of some crushed gf cornflakes for extra crunch!! Who doesn't love Crunchy Southern Fried Chicken fresh from the oven??
#loveeasyfood #instafood #foodstagram #kfc #homemade
others




sweetandmeatjane • Following
sweetandmeatjane Chocolate cures all. (It didn't cure my lower back pain but standing helps!) I did some gentle stirring tonight to make these fudgy chocolate whiskey slices from February's @easyfoodmag. Easiest recipe ever plus you get to make your own condensed milk. (Even if I didn't realise I was doing that until it was done!) I didn't have the right size baking tin so I lashed it into a small loaf tin. Love recipes like this that use store cupboard ingredients.
#loveeasyfood
13h
sweetandmeatjane
#loveeasyfood #easyfoodmag
Liked by joanne.cronin and 8 others
13 HOURS AGO


mykitchenheaven_
new
@mykitchenheaven_
@easyfoodmag
#LoveEasyFood


bakergirl_cooks
@EASYFOODMAG
Quick and easy dinner tonight....
Gnocchi
Tomato
Spinach
Peppers
Onions
Mozzarella
#LOVEEASYFOOD


maryjane_lynch
maryjane_lynch Within the after eight cake
@easyfoodmag #chocolatecake #mintchocolateca


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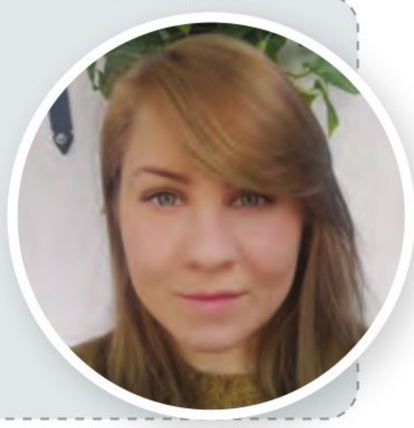
Ann Healy

What you're saying...

"Hi all
Just wanted to say that I read the article about the Peanut Rayu and decided had to get some. Bought two jars last Saturday in the Milk Market and it was everything you said and more. One jar nearly gone already. Had it on warm chickpeas and sweetcorn, delicious. Love the magazine."
Caroline



MEET THE TASTE TEAM

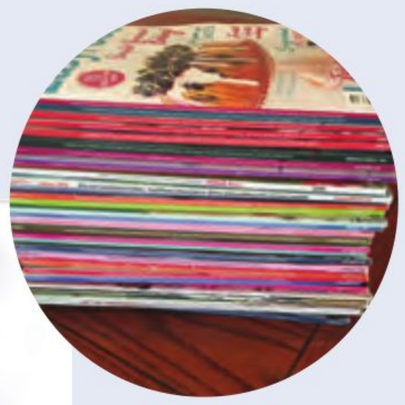


Jessica Louks says, "I'm mom to two crazies. I'm an avid cook and baker and until recently had a food truck in local farmers markets. I mainly cook plant-based food, and I enjoy a challenging recipe and "veganising" anything I can. I love being outdoors in the garden and really dislike winter weather!"



Margaret Delaney says "I am a full-time mum and enjoy cooking for my family. I love trying different recipes, usually my own as I love to experiment. My hobbies include gardening, baking and reading. I try not to bake too often as I can't resist home baked and it's bad for my waistline! The next few months I will be found outside in my garden, although I have been called a 'good weather gardener'. I was delighted to be asked to take part in the Taste Team for Easy Food; as someone who loves to try new recipes, this is a great way of trying different ideas."

WE'VE GOT MAIL!



Easy Food Magazine LOVE IT! Especially that hefty Easy Food collection

Like · Reply · Commented on by Alison Egan [?] · 23h

Sally Ann Easy Food Magazine I have lived in Brooklyn for the last 32 years and my mum in Cork buys yours Magazine ever month for me and saves it till I go home... (sister may take a peek) ... or sends it over. Best magazine out there.. well done ! You only saw half of what I have.

Like · Reply · 14h

Easy Food Magazine That's amazing! Thank you so much for your continued support Sally Ann. We're so glad you enjoy our magazine

Like · Reply · Commented on by Alison Egan [?] · 6h



January competition winners

1 X EKO SMART SENSOR BIN
Lisa Norris

1 X HAMPER OF LUXURY KITCHEN PRDUCTS FROM THE KITCHEN WHISK
Julie Tyrrell

1 X ECO-FRIENDLY HAMPER FROM REUZI
Ann Healy

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Blade Runner whiskey glasses
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€141.99







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Marks and Spencer
€3.55/£3

Emma Bridgewater Buttercup set of three square tins
www.daisypark.co.uk
€28.41/£24

FOOD BITES

How to enjoy a delicious meal and save the planet, too



Our eating habits actually have a very big effect on our planet, often making our carbon footprint much bigger than we realise.

But Sprezzatura — a highly sustainable Italian inspired eatery in Dublin — has announced an Irish-first partnership with Mossy Earth, a company that helps people and businesses offset their carbon emissions by planting trees across the world.

This new initiative involves planting trees to offset all carbon emitted by the business, with an aim to showcase how easy the process can be for businesses across the country.

"We are very proud that a dining experience at Sprezzatura can be completely CO1 neutral and one meal can help replant native trees to Ireland," said restaurant owner Thom Lawson.

Customers can be part of the scheme by purchasing their very own sapling for €6.75 when paying for their bill. One tree captures approximately 250kg of CO2 on average and offsets a couple of meals along with a 30-mile car journey.

Once you purchased your tree, you'll receive an email with a photo of the sapling once it's been planted, along with its GPS coordinates.

Founder of Mossy Earth Matt Davies says that they are delighted about the partnership with Sprezzatura.

"Our goal at Mossy Earthy is to strategically plant to restore ecosystems, bring back native forests and promote biodiversity," he said. "Reforestation remains among the most effective strategies for climate mitigation and so we welcome sustainability efforts from businesses and individuals alike. It's important that we all do our part."

Sprezzatura opened its doors on Grantham Street in Dublin 8 in October 2019. It has endeavoured to implement as many sustainable practices as possible to reduce their carbon footprint including using renewable power, cutting down on food waste and being paperless with menu boards and e-receipts.

Sprezzatura
Camden Market 5/6
Dublin 8, D08 FYK8
www.sprezzatura.com

JAMIE'S NEW DUBLIN EATERY



Word on the street is that Jamie Oliver is bringing a new restaurant to Dublin city centre this April. Chequer Lane by Jamie Oliver is planned to be a 100-seat restaurant, situated three doors down from Fallon & Byrne on Exchequer Street.

Oliver says that Chequer Lane "will celebrate some of my favourite comfort food and the menu will be packed with big, hearty flavours and simple, seasonal ingredients: the food I really love to cook and diners love to eat". The eatery will be run by Gerry Fitzpatrick — of the Fitzers restaurant family — who originally teamed up with Oliver to open Jamie's Italian Dundrum.

The new venue will be a one-off with a very different concept to Jamie's Italian. The menu will focus on "the best of great Irish produce, from fresh rock oysters straight from the bay, beef cooked using a robata grill, and monkfish and scampi". Chequer Lane's weekend menus will focus on brunch and roasts.

The restaurant plans to source most of its food from Irish producers, including beef from Gilligan's Farm in Co. Roscommon and seafood from Dublin-based Kish Fish. We look forward to checking it out!

TREAT A FOODIE WITH THIS 'POPPING' GIFT!



Whether you're a food lover or have a foodie friend, these PopSockets are the perfect oh-so-cute gifts.

With designs to suit everyone and plenty of funky foodie styles, PopSockets in Ireland to help you put an individual stamp onto your device — and also make handling easier and secure — you can create a stand, mount or holder for your device.

www.popsockets.co.uk



This is where you'll find Ireland's best brunch

Looking for a great spot to enjoy a delicious breakfast? The 2020 Georgina Campbell Irish Breakfast Award winners were recently announced — what better way to start the day than with a visit to one of these award-winning spots:

HOTEL

Winner: Limerick Strand Hotel, Limerick
Highly Commended: The Twelve Hotel, Barna, Co. Galway

SMALL STAY

Winner: Lough Bishop House, Collinstown, Co. Westmeath
Highly Commended: Archways B&B, Rosslare, Co. Wexford

5-STAR HOTEL

Winner: Lough Erne Resort, Enniskillen, Co. Fermanagh
Highly Commended: Trump International Golf Links & Hotel, Doonbeg, Co. Clare
Highly Commended: Powerscourt Hotel Resort & Spa, Enniskerry, Co. Wicklow

4-STAR HOTEL

Winner: Avalon House Hotel, Castlecomer, Co. Kilkenny
Highly Commended: Cliff at Lyons, Celbridge, Co. Kildare
Highly Commended: Vaughan Lodge, Lahinch, Co. Clare

3-STAR HOTEL

Winner: Eccles Hotel, Glengarriff, Co. Cork
Highly Commended: The Killeen House Hotel, Killarney, Co. Kerry
Highly Commended: Stauntons on the Green, Dublin City

COUNTRY HOUSE

Winner: Huntington Castle & Gardens, Clonegal, Co. Carlow
Highly Commended: Ashley Park House, Nenagh, Co. Tipperary
Highly Commended: Ardtara Country House, Upperlands, Co. Derry

GUEST HOUSE

Winner: The Quay House, Clifden, Co. Galway
Highly Commended: Heatons House, Dingle, Co. Kerry
Highly Commended: Lancaster Lodge, Cork



B & B

Winner: Sheedy's Doolin Boutique B&B, Doolin, Co. Clare
Highly Commended: Danny Minnies, Annagry, Co. Donegal
Highly Commended: The Wilder Townhouse, Dublin City

VISITOR ATTRACTION

Winner: Hillsborough Castle Café, Hillsborough, Co. Down
Highly Commended: The Commons Café at MoLI, Dublin City
Highly Commended: Good Day Deli, Nano Nagle Place, Cork City

SUSTAINABILITY AWARD

Ashford Castle, Cong, Co. Mayo

BRUNCH OF THE YEAR AWARD – PUBLIC VOTE

★ **Winner:** Arán Artisan Bakery & Bistro, Kilkenny
Runners up:
Seasalt Café & Deli, Cobh, Co. Cork
Kelly's Kitchen, Newport, Co. Mayo
Sweet Geranium Café, Drumshanbo, Co. Leitrim
Osta Café & Wine Bar, Sligo

'Better for you' treats

If you want to live a healthier lifestyle, but still struggle with saying 'no' to all the delicious sweet treats, PURE Treats might've just made it a bit easier.

The award-winning Irish brand is introducing a delicious range of mini cakes that are naturally sweetened with zero compromise on flavour.

The PURE Treats range contains only natural plant-based sugar replacements, which reduces the sugar content by up to 90% and calories by up to 40%, making it the perfect guilt-free treat. The range contains less than half a teaspoon of sugar in each mini cake! So if you're trying to lower your sugar intake, these treats with fewer calories and slow-releasing sugars are a better-for-you indulgence when the cravings strike.

Each PURE Treat pack contains two individually wrapped mini cakes, with flavours including Berry Burst (a light muffin-like cake with fresh raspberries, blueberries and red currants), Lemon Drizzle (a light madeira cake with a lemon drizzle topping) and Choco Chip (a chocolate sponge topped with chocolate chips).

PURE Treats (SRP €2.99) are now available in Dunnes Stores, SuperValu and Avoca outlets nationwide.



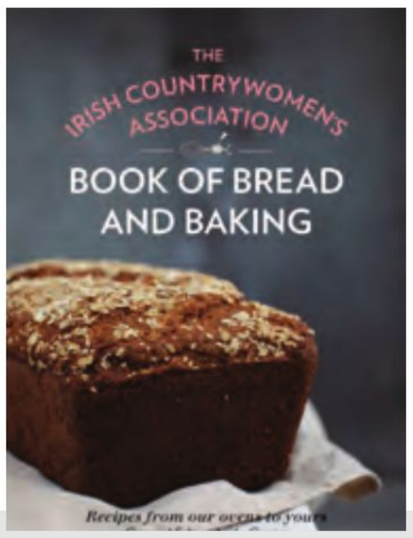
Cookbook CORNER



Half-Baked Harvest Super Simple

By Tieghan Gerard
Published by Clarkson Potter
€26.55/£22.50

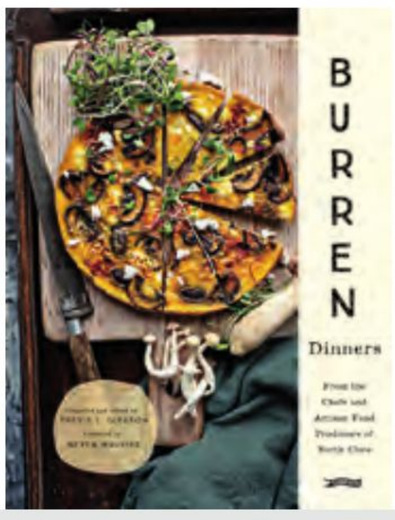
The only thing better than a really tasty homemade dinner is one that's also incredibly simple to make. This new book from Tieghan Gerard of *Half Baked Harvest* renown is a fabulous offering for anyone looking for new recipe ideas, whether you're a seasoned pro or a newcomer to the kitchen. Get your tastebuds ready for blueberry-lemon pull-apart bread; hot-and-spicy potstickers with chilli peanut oil; everything bagel salad; oven-baked Cajun fries; sun-dried tomato turkey meatball bake; coconut chicken tikka masala; jalapeño garlic butter shrimp; walnut-crusted chicken with honey and Brie; spinach and three-cheese stuffed pasta shells; strawberry pretzel tart; browned butter chocolate chip cookies. Packed with the kind of recipes that make you fall in love with food all over again, this gorgeous collection is sure to bring real joy to your everyday dinner table.



The Irish Countrywomen's Association Book of Bread and Baking

By The Irish Countrywomen's Association
Published by Gill Books
€22.99/£19.50

Enthusiastic home bakers will adore this latest offering from the ICA. These seasoned home bakers are gifting us some of their all-time favourite baking recipes, some of them passed down through generations, others more modern. We can practically smell the bakes wafting from the oven: Cheddar and spring onion soda bread; porter cake; spicy banana bread; potato and herb scones; onion and sage focaccia; marmalade shortcakes; hot breakfast buns; simple Swiss roll; whiskey and salted caramel cake; iced lemon cake; quick white yeast bread; date and almond brownies. With contributions from around the country, many with interesting back stories, this is a fabulous collection of baked goods both sweet and savoury, simple and elegant — something for every occasion. Put the kettle on.



Burren Dinners

By Trevis L. Gleason
Published by O'Brien Press
€24.99/£22.99

Any book that champions Irish food is one we're proud to see on shelves, and this truly lovely volume does just that. Author Gleason asked the chefs and artisan food producers of the Burren what they cook when they have friends and family over for dinner; the result is a collection of recipes and menus that will inspire your creativity, patriotism and hunger. Including the stories of the faces behind the West of Ireland's most famous foods, this is a real representation of modern Irish cuisine at its absolute best. Whether you're in the mood for something unusual (wild garlic and bacon stuffed mussels; yoghurt-marinated kid goat kebabs; nettle colcannon), fancy (venison Wellington with game sauce; shellfish linguine; blackberry crème brulée) or simple and pure (Mum's apple crumble; prawns with fresh mayonnaise and sourdough; fresh tomato soup; grilled rib-eye steaks with duck fat chips), any fan of Irish produce will return to this again and again.



Smoothie Project: The 28-Day Plan to Feel Happy and Healthy No Matter Your Age

By Catherine McCord
Published by Abrams
€22.40/£18.99

Fans of a blended breakfast are in for a treat. With over 100 recipes for creative drinks to get your juices flowing, *Smoothie Project* has everything you need to keep your smoothies both varied and delicious. Divided into chapters like Tropical, Green, Clean & Clear, Healing & Supporting and Seasonal, there's definitely something here for every taste. Try starting your day with a glass of white peach mango; keto-friendly double chocolate; banana split; blueberry cherry lemon; green sunshine; creamy kale; or pineapple matcha. There's also a wealth of supporting information included, whether you're looking for prep-ahead tips, figuring out which kind of blender to buy, trying to encourage a picky eater or wondering how to get maximum vitamin bang for your buck. A bright and beautiful book that will make your mornings shine.

Easy Food COOKBOOK CLUB

love cookbooks?

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FIND US ON FACEBOOK @EASYFOODCOOKBOOKCLUB



COMPETITIONS

POSTAL ENTRIES

Follow the relevant instructions on how to enter for each competition and post your entry to: Easy Food, 12 Prince of Wales Terrace, Quinsborough Road, Bray, Co. Wicklow. Don't forget to indicate what competition you are entering and include all your contact details.







Win a dinner for two at monart spa!

We are celebrating the newly renovated restaurant at Monart Destination Spa! The fine-dining restaurant at the five-star Monart Destination Spa has undergone a transformation and is offering Easy Food readers the chance to win a dining voucher for two!

The new look sees nature seamlessly flow from the lush gardens surrounding through to the interiors with the perfect selection of natural hues, materials and shades. On arrival, guests are greeted to beautifully warm oak flooring and natural timber tree poles which have been lovingly restored and remain the cornerstone of the restaurant. The beautifully appointed tables are surrounded by new high-quality dining chairs with cladding in rich green and floral printed velvets creating a serene space.

The walls have been decorated with printed paper, rich in tones and textures, featuring pale olive and rich dark greens, mid greys and decadent ivory and gold tones. Looking out upon the beautiful gardens, the windows are elegantly framed with fresh floral printed pinch-pleated curtains connecting the room and gardens.

Of course, there's a menu to match: Monart's Michelin-recommended restaurant embraces the best of local and seasonal produce and this is carried throughout the menus. The new à la carte menu and the new vegan menu are created with seasonal ingredients featuring the very best local food suppliers.

Dinner at the fine dining restaurant can be enjoyed overlooking the stunning gardens of Monart Destination Spa. The à la carte restaurant dinner menu is priced at €49 per person excluding supplements for five courses.

To be in with a chance to win an à la carte dinner for two, simply email your contact details and the answer to the question below to competitions@easyfood.ie with **MONART** in the subject line:

How many stars have been awarded to Monart Destination Spa?

A. 3 stars
B. 4 stars
C. 5 stars

www.monart.ie

Competition closes March 27th. Terms and conditions apply.

WIN!



WIN A MEAL FOR TWO IN GALWAY!

Hooked in Barna, the sister restaurant to Galway's award-winning Hooked on Henry Street, is a welcome addition to the seaside village of Barna.

The menu features Hooked favourites as well as new Barna additions, such as Ali's Seafood Chowder, Steamed Marty's Mussels, the Hooked Fish Burger and house favourite Fish and Chips. It also celebrates the surrounding townlands with the Truskey Tempura Prawns, The Pier Smoked Fish Plate, Bearna's Fisherman Broth and Freeport Vegetable Fritters. All fish is supplied by local fishmongers Ali's Fish, complemented by locally grown produce and desserts baked in-house.

One reader now has the chance to win a meal for two at Hooked in Barna! To enter, email your contact details and the answer to the question below to competitions@easyfood.ie with **HOOKED** in the subject line:

True or false: Hooked bakes all of its own desserts in-house?
TRUE
FALSE

Competition closes March 27th. Terms and conditions apply.









WIN A YEAR'S WORTH OF QUIRKY IRISH SOCKS!

Galway-based Irish Socksciety was founded in 2017 and has created over 60 humour-inspired sock designs — as they say, havin' the craic from head to toe! From designs like "Yer Wan," "Happy Out" and "Howya Any Craic," the team at Irish Socksciety loves all that is quirky about contemporary Ireland.

Bold colours, wacky patters and fun design combine to make socks that make a statement. Irish Socksciety has even partnered with local artists to create the "Wearable Art" Artist Edition sock range, featuring the artist's signature illustrations and style.

Customers can commission custom sock designs or even sign up for a sock subscription, with a random pair of socks delivered directly to your door.

One lucky winner can now win a year's subscription to Irish Socksciety! To enter, email your contact details and the answer to the question below to competitions@easyfood.ie with **IRISH SOCKSCIETY** in the subject line:

Where is Irish Socksciety based?
A. Dublin
B. Galway
C. Cork

Competition closes March 27th. Terms and conditions apply.

www.irishsocksciety.com irishsocksciety



What recipe represents Ireland to you?

We asked some of Ireland's best-known chefs to share their answers!

CATHERINE FULVIO

"This was my mother's signature fish dish. We traipsed around the whole island of Ireland with this dish as she entered fish-cookery competitions across the country. She used to present the pie in scallop shells and as kids we used to think, 'How posh!' Now I think, 'How very 1980s!'"



A TASTE OF CATHERINE FULVIO'S HOME: **THE MURROUGH POSH FISH PIE**

Serves 4

For the filling:

300ml milk
2 bay leaves
3 tbsp butter
4 tbsp plain flour
Salt and freshly ground black pepper
2 tsp parsley, chopped
2 tsp chervil, roughly chopped
150g smoked haddock, diced
150g salmon, diced
200g skinless white fish such as haddock, cod or pollack, diced
150g prawns, shelled

For the mashed potatoes:

4 large potatoes, steamed
30g butter
100ml milk
Pinch of nutmeg
Salt and freshly ground black pepper
Melted butter, for brushing

For the mashed sweet potato:

1 medium sweet potato, steamed
2-3 tbsp milk
1 tbsp butter
Salt and freshly ground black pepper

1 Brush a medium-sized gratin dish with melted butter. Preheat the oven to 180°C/160°C fan/gas mark 4.

2 To prepare the filling, pour the milk into a medium saucepan over a medium heat with the bay leaves, butter and flour and stir until a thick sauce forms. Season with salt and freshly ground black pepper and add the chopped parsley and chervil.

3 Add the diced fish and prawns to the sauce and simmer gently until the fish is just cooked. This should take about five minutes. Check the seasoning again.

4 To prepare the potatoes, push the warm potatoes through a ricer. Warm the milk and butter in the microwave and add to the potatoes with a little grated nutmeg, salt and pepper. Spoon into a piping bag fitted with a star nozzle.

5 Now mash the sweet potatoes and add the milk, butter, salt and pepper. Spoon into another piping bag with another star nozzle.

6 To assemble, spoon the fish into the gratin dish. Pipe a line of sweet potato diagonally across and then pipe the potato over the rest of the pie. Place in the oven for about 12-15 minutes until the top is lightly golden. Serve with a green salad.

Per Serving 718kcals, 25g fat (14.3g saturated), 75.5g carbs (11.8g sugars), 46g protein, 10.1g fibre, 0.933g sodium

TRADITIONAL IRISH BACON, CABBAGE AND PARSLEY SAUCE

Serves 12-15

About 2.25kg loin, collar or streaky bacon, either smoked or unsmoked with the rind on and a nice covering of fat
1 Savoy or 2 spring hispi cabbages, cut into thin shreds
50g salted butter
Freshly ground black pepper

For the parsley sauce:
110g salted butter
110g plain flour (or 50g cornflour and 50g rice flour, for a gluten-free roux)
600ml full-cream milk
A few parsley stalks
Sprig of thyme
A few slices of carrot (optional)
A few slices of onion (optional)
About 50g curly parsley, chopped
Salt and freshly ground black pepper

1 Cover the bacon in cold water in a large pan and bring slowly to the boil. If the bacon is very salty there will be a white froth on top of the water, in which case discard the water and start again. Cover with hot water and the lid of the pan and simmer until almost cooked, allowing 25 minutes for every 450g.
2 About 20 minutes before the end of cooking the bacon, add the shredded cabbage to the water in which the bacon is boiling. Stir, cover and continue to boil gently until both the cabbage and bacon are cooked — about 1¾ hours in total.
3 For the roux, melt the butter and cook the flour (or cornflour and rice flour) in it for two minutes over a low heat, stirring occasionally. Roux can be stored in a cool place and used as required, or made up on the spot. It will keep for at least two weeks in the fridge.
4 To make the parsley sauce, put the cold milk into a saucepan and add the herbs and vegetables (if using). Bring the mixture to simmering point, season and simmer for 4-5 minutes. Strain the milk, bring it back to the boil and whisk in 50g of the roux until the sauce is a light coating consistency. Season again with salt and freshly ground pepper. Add the chopped parsley and simmer on a very low heat for 4-5 minutes. Season to taste.
5 Lift the bacon onto a plate and remove the rind if you like. When the bacon is fully cooked it will peel off easily. Strain the cabbage and discard the water (or, if it's not too salty, save it for a tomato soup). Add a generous lump of butter to the cabbage. Season with lots of ground pepper. Serve the bacon with the cabbage, parsley sauce and floury potatoes.

Per Serving 537kcals, 46.2g fat (2.6g saturated), 4.9g carbs (1.6g sugars), 22.2g protein, 1.7g fibre, 0.057g sodium

€ ☺ LF DF GF

DARINA'S TIP:

You may want to double the sauce recipe if you love parsley sauce as much as I do!



"Ireland's national dish of bacon and cabbage can be a sorry disappointment nowadays, partly because it is so difficult to get good-quality bacon with a decent bit of fat on it. Traditionally, the cabbage was always cooked in the bacon water. People could only hang one pot over the fire at a time, so when the bacon was almost cooked, they added the cabbage for the last half hour or 45 minutes of cooking. The bacon water gives a salty, unforgettable flavour, which many people, including me, still hanker for. You will need to order the loin well in advance, especially with rind on. We love the home-cured bacon from Woodside Farm near Midleton. This is the quintessential traditional Irish dish and I regularly use it when entertaining."

RECIPE FROM DARINA ALLEN'S *SIMPLY DELICIOUS, THE CLASSIC COLLECTION*
PUBLISHED BY KYLE BOOKS



CLODAGH MCKENNA

CARROT CAKE WITH ORANGE BLOSSOM FROSTING

Serves 10

3 eggs
140ml vegetable oil, plus extra for greasing
220g light brown sugar
1 tsp ground cinnamon
1 tsp freshly grated nutmeg
350g grated carrots, (grated weight)
100g golden raisins
100g walnuts, chopped
200g self-raising flour
½ tsp bicarbonate of soda

For the orange blossom frosting:
300g cream cheese, chilled
70g butter, at room temperature
300g icing sugar, sifted
1 orange, zest only
2 tsp orange blossom water

For the mashed sweet potato:
1 medium sweet potato, steamed
2-3 tbsp milk
1 tbsp butter
Salt and freshly ground black pepper

1 Preheat the oven to 180˚C160˚C fan/gas mark 4. Oil and line a 13x23cm loaf tin with greaseproof paper.
2 For the carrot cake, beat the eggs in a large bowl, then add the oil, brown sugar, cinnamon, nutmeg, grated carrot, raisins and chopped walnuts.
3 Sift in the rest of the dry ingredients and bring the mixture together using a wooden or large metal spoon until well combined. Pour the mixture into the prepared loaf tin, smooth the surface and bake in the oven for one hour and 15 minutes, or until a skewer inserted into the middle comes out clean. If you're using a ceramic baking dish then you'll need to add 15 minutes to the cooking time.
4 Remove from the oven and allow the cake to cool in the tin for about five minutes before removing. Cool completely on a wire rack before serving.
5 For the orange blossom frosting: beat the cream cheese and butter together in a bowl until well combined. Add the icing sugar, orange blossom water and finely grated orange zest and mix until the frosting is smooth and thick. Using a palette knife, spread the frosting evenly over the cooled cake, dipping the knife into a bowl of hot water if the icing is hard to spread out.
6 Decorate with orange zest on top of the frosting.

Per Serving 669kcals, 36.6g fat (13.6g saturated), 80.3g carbs (58.7g sugars), 9.1g protein, 2.6g fibre, 0.243g sodium



"This is by far my most liked and down-loaded recipe on my Instagram and website. It's incredibly simple to make — the cake itself is deliciously moist with wonderful hints of cinnamon and nutmeg spices and a dreamy creamy orange blossom frosting, utter heaven!"

CLODAGH MCKENNA

TOP TIP

If you are finding it hard to get your hands on the orange blossom water then use the juice of one orange instead. The cake will last for one week in an airtight container and it also freezers really well (without the frosting) so make double!

NEVEN MAGUIRE

IRISH STEW

Serves 6

900g boneless lamb neck, trimmed and cut into cubes
1L chicken stock
50g pearl barley, washed
225g potatoes, cut into chunks
225g carrots, thickly sliced
225g leeks, well-trimmed and thickly sliced
225g baby pearl onions or small shallots, peeled
2 fresh thyme sprigs
Sea salt and freshly ground black pepper
Fresh parsley, chopped, to garnish

To serve:
Colcannon

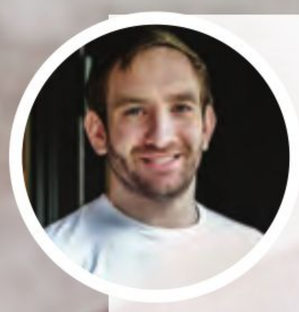
1 Place the lamb in a large, heavy-based pan and pour over the stock. Bring to the boil, then skim off any scum from the surface and stir in the barley. Reduce the heat and simmer for 50 minutes, until slightly reduced and the lamb is almost tender.
2 Add the potatoes to the lamb with the carrots, leeks, baby pearl onions and thyme and simmer for 30 minutes, or until the lamb and vegetables are completely tender but still holding their shape. Season to taste.
3 To serve, transfer the stew into a warmed casserole dish and scatter over the parsley. Have a dish of colcannon alongside and allow everyone to help themselves.

Per Serving 480kcals, 27.1g fat (12.6g saturated), 28.3g carbs (4.3g sugars), 31.4g protein, 3.9g fibre, 0.757g sodium





"My mother, Vera, loved Irish stew and this began life as one of her recipes. Over the years I have changed it a few times but one thing has always remained the same. She used carrots and I always use carrots. I never tire of a bowl of steaming hot Irish stew, but it's the attention to detail that makes this meal one of the world's great classics. Ask your local craft butcher for some neck or shoulder cuts. If you make it the day before and warm it up, your meal will be more tender. We serve a small portion of this stew in the restaurant in a dish featuring four versions of cooked lamb and it is always popular."



"When I was asked to share one of my favourite traditional Irish bread recipes, there was only one option for me: the mighty batch loaf. This is a bread I never tire of making.

Batch is a traditional Irish bread: it triggers so many childhood memories for people and is something we bake every day at the bakery. We use buttermilk in our dough as we find that it just gives the bread an added richness. The bread is beautifully soft with a dark crust and just screams comfort. I love everything about it, particularly the way in which it is baked. Traditionally, it would be baked within a wooden frame. The frame supports the dough, ensuring high sides to the loaf, but the wood was also used to flavour the bread. I also love that in order to make a batch loaf you can't simply bake just one – you literally have to bake a batch of them.

Each loaf sits side by side, which prevents the crust forming on the sides and keeps the loaf really soft. It is the perfect bread to share; bake one for yourself and a few more for friends and family.

The recipe couldn't be easier, and don't worry if you don't have a wooden frame in which to bake your bread – a square baking tray will work perfectly. "

PATRICK RYAN

PATRICK RYAN – FIREHOUSE BAKERY

BUTTERMILK BATCH BREAD

Makes 4 loaves

1kg strong white flour
20g salt
20g fresh yeast (or 1 x 7g sachet dried yeast)
700ml buttermilk

1 Mix the flour and salt in a clean bowl. Crumble the yeast into the flour, then add the buttermilk. If you are using buttermilk directly from the fridge, you will find that the bread will take longer to prove. This isn't a bad thing; the longer the bread proves, the more the flavour develops. However, it is important to maximise proving without over-proving.
2 Bring the dough together with your hands or with a spatula. Turn the dough out on a clean surface and knead for approximately 10 minutes or until the windowpane effect has been achieved. The dough should be soft and elastic.
3 Place the dough in an oiled bowl, cover with a damp tea towel or wrap in cling film and leave to prove for 90 minutes.
4 Turn the proved dough out and knock it back. Divide the dough into four equal portions, approximately 450g each. Shape each portion of dough into a rough round and leave them to rest on the counter for 10 minutes: we call this bench rest, and this step allows the gluten to relax before final shaping.
5 Traditionally, batch bread is shaped onto a baking tray surrounded by a wooden frame. The frame supports the dough, ensuring high sides to your bread. The bread can be baked without the frame; all that will happen is that the final loaf may not have the same height as when baked within the frame. However, the flavour will still be great. A large square cake tin also works well to mimic this frame; alternatively, you can just shape the loaves without a frame.
6 Once the dough has rested, roll each portion of dough into a tight round and place onto your baking tray in a 2x2 pattern, allowing each portion of dough to just touch each other. Cover and allow to prove again for 60-90 minutes. Just before baking, the dough should be well risen with a nice bounce to the dough when touched.
7 Preheat the oven to 220˚C/200˚C fan/gas mark 7. Place a roasting tray into the base of the oven.
8 When ready to bake, place the loaves into the oven and pour water from a boiling kettle into the hot roasting tray; this should release a blast of steam.
9 Bake the loaves for about 35-40 minutes. Resist the temptation to get stuck in until the loaves cool, then enjoy.

Per Serving 125kcals, 0.5g fat (0.2g saturated), 25.2g carbs (1.2g sugars), 4.2g protein, 1g fibre, 0.269g sodium

DID YOU KNOW?

Gluten is what causes breads to rise and gives them that perfect airy texture. Kneading and proving are both crucial steps for helping the gluten to develop properly.



LOLLIPOP PORK WITH HONEY, APPLE AND CIDER REDUCTION AND WEXFORD COLCANNON MASH

Serves 12-15

1 x 4-rib pork rack, top bone left in with skin attached
1 tbsp sunflower oil
2 tbsp rock salt
3 shallots, halved
1 carrot, halved
600ml cider
2 apples, peeled and diced
60g honey
100ml chicken stock, warmed
Salt and freshly ground pepper

For the Wexford colcannon:
6-8 large potatoes, peeled
1 parsnip, chopped into uniform pieces
2 carrots, chopped
½ head cabbage
200ml buttermilk
150g butter
Fresh parsley
4-6 spring onions, sliced
Salt and black pepper

1 For the colcannon, place the potatoes and vegetables into a colander over hot water, or into a steamer and steam until the vegetables have all softened, this will take approximately 45 minutes.

2 Place the vegetables into a bowl and mash them all together adding the buttermilk and butter. Season with some salt and pepper.
3 For the pork, preheat the oven to 240°C/220˚C fan/gas mark 9.
4 Score the fat on the pork in a criss-cross pattern with a very sharp knife. Drizzle with a little sunflower oil and rub with the rock salt into a roasting tray and top with the pork joint then pour half of the cider around.
5 Roast in the oven for 20 minutes then reduce the heat to 180˚C/160˚C fan/gas mark 4. Roast the pork for one hour or so longer, allowing 60-70 minutes per kilo.
6 Meanwhile, over a medium heat, sauté the apple in a pan with butter for 4-5 minutes until slightly caramelised. Add the honey, the remaining cider and the chicken stock and simmer for 8-10 minutes until coating the back of a spoon.
7 Carve the roast pork and serve with colcannon mash (topped with a knob of butter and some sliced spring onions) and a drizzle of the cider reduction.

Per Serving 937kcals, 43g fat (22.9g saturated), 108g carbs (43.8g sugars), 28.5g protein, 15.9g fibre, 3.383g sodium









DONAL SKEHAN

BOXTY IRISH POTATO PANCAKES

Serves 4

For the boxty:
250g mashed potato
250g peeled, grated, raw rooster potato
250g plain flour
1 tsp bicarbonate of soda
300ml buttermilk
6 spring onions, finely sliced (optional)
100g Irish Cheddar, grated (optional)
sea salt and ground black pepper
Butter, to fry

To serve:
Bacon, cooked
Eggs, fried

1 For the boxty, put the mashed potato, raw grated potato, flour, baking soda and spring onions in a large mixing bowl and mix until evenly combined. Add the milk, little by little, until you have a wet, dropping consistency. Season to taste with sea salt and ground black pepper.

2 Heat a non-stick frying pan over a medium-high heat with a little butter. When the butter begins to foam, spoon heaped tablespoon measurements of the mixture into the frying pan and fry for 3-4 minutes on each side until golden brown. Once you turn them add a little grated cheese and allow to melt for an extra indulgent pancake.

3 Remove from the pan and place on a plate lined with kitchen paper. Repeat with the remaining mixture. Keep warm in a low oven. Serve with bacon and eggs for a hearty Irish style breakfast.

Per Serving 416kcals, 7.5g fat (4.4g saturated), 74.9g carbs (5.4g sugars), 12g protein, 5g fibre, 0.49g sodium



"Boxty potato pancakes are a traditional Irish recipe and they come with a great little rhyme that we were taught growing up: 'Boxty on the griddle, boxty on the pan, if you can't bake boxty, sure you'll never get a man'. The traditional recipe varies from region to region, but they all use grated raw potato. This is the version that my family makes and they are great with a full Irish breakfast."

DONAL SKEHAN



SUSAN JANE WHITE

TEA BRACK

Makes 1 large loaf

320g sultanas and/or raisins
350ml cold strong black tea (or rooibos for kids)
220g sprouted spelt flour or 200g regular spelt flour
120g light muscovado sugar
1½ tsp baking powder
1½ tsp ground allspice or mixed spice
1 tsp ground cinnamon
1 large egg
Zest of 1 unwaxed orange

1 Soak your little army of dried fruit in the strong cold tea overnight (or for eight hours). Hot tea may sound preferable, but you'll end up with no soaking liquid, resulting in a drier dough – a snoresome but important fact.
2 The next morning, fire up your oven to 180°C/160˚C fan/gas mark 4. In a large bowl (or a saucepan if you haven't got a big enough bowl), tumble in your preferred flour, sugar, baking powder and your selection of spices. Rake through carefully.
3 Quickly beat the egg and orange zest in a cup, then add to your puddle of soaked fruit. Scrape the wet mixture into the dry mixture. Work it through until lusciously glossy.
4 Transfer into a loaf tin lined with non-stick baking paper, ideally a 675g tin, and bake for 60 minutes. If you only have a 900g loaf tin, bake your brack for 45 minutes, until a skewer comes out dry when gently pierced into the centre. Got a 450g loaf tin? It will need extra time in the oven to make sure the centre is cooked through. 75 minutes should do the trick.
5 Remove from the oven once cooked and leave to cool in the tin for 20 minutes before unveiling onto a wire rack.
6 Serve thick slices with a smudge of butter and a hot cuppa. If you want it to look really shiny on top, professional bakers brush it with a simple sugar syrup, which you can too.

Per Serving 148kcals, 1g fat (0.3g saturated), 34.6g carbs (17g sugars), 3.7g protein, 3.1g fibre, 0.013g sodium

WHAT'S IN season?

EASY RECIPES USING THE BEST OF THIS MONTH'S FRESH, SEASONAL INGREDIENTS



32-41
IN THIS SECTION

IN THE CABBAGE PATCH, p32

Try these new ideas for celebrating one of Ireland's most quintessential vegetables

EAT IRELAND, p40

Deputy Editor Jocelyn Doyle unearths the story behind these heritage potatoes

In the cabbage patch

Try these new ideas for celebrating one of Ireland's most quintessential vegetables



IN SEASON YEAR ROUND

Cabbage loves...

- Bacon and pork
- Potatoes
- Cream
- Cheese
- Butter
- Chicken
- Eggs
- Potatoes
- Black pepper
- Garlic
- Ginger
- Soy sauce
- Lemon juice

Spring roll bowls

Serves 4

1 tbsp vegetable oil
1 garlic clove, crushed
1 x 2cm piece of fresh ginger, peeled and grated
500g pork mince
1 tbsp sesame oil
¼ head of green cabbage, shredded
1 small onion, thinly sliced
2 carrots, grated
4 tbsp soy sauce
1 tbsp sriracha hot sauce
2 spring onions, thinly sliced
2 tbsp sesame seeds

To serve:
Noodles, rice noodles or rice

1 Heat the vegetable oil a large pan over a medium heat. Add the garlic and ginger and cook for one minute until fragrant.

2 Add the pork mince and cook for 5-6 minutes until no pink parts remain, stirring often and breaking up any lumps with a wooden spoon.

3 Push the pork to one side of the pan and heat the sesame oil on the other side. Stir-fry the cabbage, onion and carrot in the sesame oil for 3-4 minutes until just barely tender. Stir to combine with the pork, then add the soy sauce and sriracha. Cook for 4-5 minutes longer until softened but still retaining some crunch.

4 Divide amongst bowls and top with the sliced spring onions and sesame seeds to serve.

Per Serving 355kcals, 20.7g fat (1.6g saturated), 14.6g carbs (4.3g sugars), 27.2g protein, 3.8g fibre, 0.961g sodium

Stuffed cabbage rolls

Serves 4

For the tomato sauce:

30g butter
1 small onion, finely chopped
2 garlic cloves, crushed
2 x 400g tins of chopped tomatoes
450g tomato passata
Salt and black pepper
2 tbsp brown sugar
1 tbsp red wine vinegar

For the cabbage rolls:

1 head of cabbage
500g lean beef mince
200g cooked rice
1 small onion, finely chopped
2 garlic cloves, crushed
1 egg
4 tbsp fresh parsley, chopped
Cooking spray

1 For the sauce, melt the butter in a large pot over a medium heat. Add the onion and cook for 4-5 minutes or until translucent. Add the garlic and cook for 30 seconds.

2 Add the tinned tomatoes, passata and some salt and pepper. Stir in the brown sugar and vinegar. Bring to a simmer. Cook for 10-15 minutes until thickened, stirring occasionally, then set aside.

3 Meanwhile, bring a large pot of water to a boil. Carefully immerse the head of cabbage in the boiling water and cook for 4-5 minutes or until the leaves have softened. Remove from the water and, when cool enough to handle, peel 12 of the largest leaves from the cabbage.

4 Place each of the 12 cabbage leaves on a flat surface. Use a small knife to cut a V-shaped notch to remove the thick part of the stalk.

5 In a bowl, combine the beef mince, rice, onion, garlic, egg, half of the parsley and some salt and pepper. Add 120ml of the tomato sauce and stir to combine.

6 Preheat the oven to 180˚C/160˚C fan/gas mark 4. Coat a 23x33cm baking dish with cooking spray.

7 Spread half of the remaining tomato sauce across the bottom of the baking dish.

8 To assemble, divide the meat mixture into 12 equal portions. Roll them into a small log shapes and place each one in the centre of a cabbage leaf. Roll the leaves up around the meat mixture, folding in the sides. Place in the prepared baking dish, seam side down. Pour over the remaining tomato saucein an even layer.

9 Cover with tin foil and bake for 90 minutes or until the cabbage is tender and the beef is completely cooked through. Scatter with the remaining parsley, to serve.

Per Serving 530kcals, 14.8g fat (4.4g saturated), 64.4g carbs (12.5g sugars), 35.6g protein, 4.9g fibre, 0.122g sodium



TOP TIP

Use the rest of the head of cabbage to make one of our other recipes!



Colcannon soup

Serves 4

30g butter
1 large onion, chopped
4 garlic cloves, crushed
2 large floury potatoes, chopped into small cubes
800ml vegetable or chicken stock
1 bouquet garni
200g Savoy cabbage, shredded
300ml double cream

1 Heat the butter in a pot over a low heat. Add the onion, garlic and potatoes and cook for five minutes until softened but not coloured.
2 Pour in the stock to cover, add the bouquet garni and season with salt and black pepper. Bring to the boil, cover and simmer for 15 minutes.
3 Add the cabbage and return to the boil. Simmer for 6-8 minutes, then remove the bouquet garni.
4 Remove from the heat and stir in the cream. Taste and add more salt or pepper if desired. Ladle into bowls and serve immediately.

Per Serving 484kcals, 35g fat (21.6g saturated), 39.1g carbs (6g sugars), 6.5g protein, 6.5g fibre, 0.74g sodium





A bit on the side...

Simple sautéed cabbage

Serves 6

Shred **1 head of green cabbage** and chop **1 onion**. Melt **30g butter** with **1 tsp olive oil** in a large pan over a medium-high heat. Cook the onion for 3-4 minutes, then add the cabbage to the pan and cook for 10-12 minutes, stirring often. Season generously with **salt and pepper**. Stir in **2 crushed garlic cloves** and **1 tsp smoked paprika** and cook for one minute longer. Taste and add more seasoning if desired, then serve.

Curried cabbage

Serves 4

Heat **2 tbsp olive oil** in a large pan over a medium heat and cook **1 sliced onion** for 3-4 minutes. Add **2 tbsp curry powder, 2 crushed garlic cloves** and **2 tsp peeled and grated fresh ginger** and cook for one minute longer. Add **4 sliced carrots, ½ a head of shredded white cabbage, 60ml water** and a pinch of **salt and pepper**. Use a wooden spoon to scrape any sticky bits from the bottom of the pan, then cook over a medium heat for 12-15 minutes or until the cabbage is tender, adding another splash of water if the mixture becomes too dry or begins to stick to the bottom. Add **200g frozen peas** and cook for one minute, then add a **knob of butter** and stir to melt and coat the cabbage. Season to taste and top with **fresh coriander** just before serving.

Cheesy roast cabbage

Serves 6

Preheat the oven to 220˚C/200˚C fan/gas mark 7 and lightly brush a large baking tray with oil. Slice **1 head of cabbage** vertically into 1cm-thick pieces. Melt a **knob of butter** in a heavy-based pan over a medium-high heat. Working in batches to avoid crowding the pan, cook the cabbage slices for 3-4 minutes. Season with **salt and black pepper**, then transfer to the prepared baking tray, seared side up. Repeat with the remaining cabbage, adding more butter to the pan as needed. When all of the slices have been seared, scatter over **120g mature Cheddar**. Roast the cabbage for 20 minutes until the cheese is golden and bubbling and the cabbage is soft.

EAT IRELAND



Deputy Editor Jocelyn Doyle unearths the story behind these heritage potatoes

It's easy to get swept up in the romance of artisan food — the inspiring stories, the secret recipes, the unique ingredients in limited supply, the homely kitchen or bakery — and, often, the everyday hardships involved in being a small producer are overlooked. Even now, with Ireland's economic recession in the country's rearview mirror, the reality is that many of our small producers are fighting a daily battle just to make ends meet.

They say necessity is the mother of invention, and Maria Flynn of Ballymakenny Farm in Drogheda, Co. Louth, is a living example of this. Once employed in the financial sector, she wound up at Ballymakenny after falling in love with David Flynn, a third generation farmer who has spent his life working the family land. These days, the Flynns grow visually beautiful Irish heritage varieties of potato and other unusual vegetables. This is no tale of lofty artisanal aspirations, however; the real story here is one of reinvention, of grit, of creative thinking when the alternative was ruin.

Five years ago, Ballymakenny was in a dire situation. With the business going through a hard period that just never seemed to end, the Flynns were racking up debt no matter what they did. "Every year, it was getting a little bit worse," says Maria. With her husband adamant that he couldn't give up farming, the pair realised that they desperately needed to diversify, but they were so severely limited by their financial situation that any new venture would have to require zero investment. She began looking for a suitable gap in the market that would work for them.

When Maria discovered purple potatoes, she quickly realised that nobody else in Ireland was growing unusual or heritage varieties for the commercial market. Could this be the opportunity that would save Ballymakenny? A modern businessperson who embraces technology, Maria cleverly leveraged social media as a cost-free way to get the word out. Five years on, chefs around the country rave about their potatoes, the farm is viable once again, and the Flynns can finally breathe. Today, Maria credits much of this success to the power of Twitter. "Social media *is* my business — we wouldn't have anything without it. Our whole business model was born and is sustained through social media."

The business remains very much a family venture, with only three full-time employees, "although we do rope in some extra bodies at certain times of the year." David and Maria are both immersed in every stage of the process. "David does slightly more of the planting and maintaining crops, while I'm more involved in the packing, delivering and marketing — but we both do everything, so our days are busy!"

The Flynns like to keep their potatoes seasonal, meaning they're available for around six months of the year, depending on when they start to harvest. During the summer months, the farm's focus switches to brassicas, a clever way to close the gap. "Depending on the year, we might grow long stem broccoli, purple sprouting broccoli, sweet stem cauliflower or kalettes, which are a hybrid of purple Brussels sprouts and kale."

Since the farm started supplying chefs, sustainability has become much more significant within its everyday systems. "On the packaging front in particular, we take great care to be environmentally friendly; we use some recyclable bags for packing our broccoli, and for everything else, we use cardboard." They use organic slug pellets and non-chemical fertiliser, and they also plant cover crops, a smart and all-natural way to feed nutrients back into the soil.

Ballymakenny currently produces eight varieties of potato: the stunning purple Violetta, Pink Fir Apples, Red Emmalie, Mayan Gold, Mayan Twilight, Mayan Rose and Yukon Gold. "They all have a beautiful, vibrant potato taste," says Maria, "but there are subtle differences, and every variety has its own individual flavour. This is why we grow largely for chefs, as they can really appreciate these





characteristics." While the Pink Fir Apples are their biggest seller, her current favourite is the Mayan Gold. "I love them cooked very simply, just steamed until they break out in the pot, and with some butter, salt and pepper."

Ballymakenny Farm's potatoes may have been born out of sheer necessity — when times are desperate, it's impossible to think outside the immediate reality — but it's a happy repercussion that growing heritage crops is important from a sustainability perspective. Before the rise of industrial agriculture, we grew a much wider variety of plant foods; indeed, as recent as the early 20th century, crop diversity was huge by modern standards. Since World War II, however, Western agriculture has abandoned diversity in favour of uniformity and an overwhelming drive for profit. Very few varieties of each type of crop are grown, often selected for productivity and ability to survive long distance shipping. This has led to a massive drop in genetic biodiversity. Today, of the 80,000 edible crops available for food production, only 150 are currently grown; just eight of these are sold on a global scale. We have a responsibility to protect and preserve endangered species — not just to give ourselves variety, but to safeguard our biological and cultural legacy. In 2018, Maria was honoured with a Eurotoques award, an outstanding recognition of her contribution towards preserving Ireland's culinary heritage.

Despite their origins in South America, in many ways there's no food more Irish than a spud. In the Test Kitchen, we've been having fun with the Ballymakenny Violetta, a heritage potato with striking indigo-toned skin and flesh. Celebrate the delicate flavour of these blue beauties by making crisp potato röstis and adding your favourite toppings. We loved the combination of Irish smoked salmon paired with airy, whipped goat's cheese, but you could also try bacon with curly kale sautéed in butter, or simply serve the röstis with the full fry-up for a weekend treat.

With the Ballymakenny brand fast becoming known for innovation, forward thinking and creativity, it's no surprise that there's more to come. "Breaking news — we've just started to develop our own potato salad for the retail sector," says Maria. "We're only in the early development stages, but watch this space. We have a few secret plans in the pipeline, too." While there's no doubt that Maria's inventiveness, adaptability and resilience have saved the farm — and taken much stress from the Flynns' shoulders in the process — it doesn't hurt that her heritage potatoes are doing the world some good, too: a little bit of romance, after all.

Purple potato röstis with smoked salmon and goat's cheese

Serves 4

For the whipped goat's cheese:
250g fresh goat's cheese
1½ tbsp olive oil

For the rösti:
800g Ballymakenny Violetta potatoes, peeled and grated
2 eggs, beaten
2 tsp plain flour
½ tsp baking powder
1 small onion, finely chopped
Rapeseed or vegetable oil, for frying

To serve:
8 slices of Irish smoked salmon
Chives, snipped
Lemon wedges

1 For the whipped goat's cheese, place the goat's cheese and olive oil in a blender and whizz until light and smooth. Season with salt and black pepper.

2 Wrap the grated Violetta potato in a clean tea towel and squeeze very well, removing as much liquid as possible.
3 Place the grated potato into a large mixing bowl and add the egg, flour, baking powder and chopped onion. Season generously, then stir to combine.
4 Melt a knob of butter in a heavy-based frying pan over a medium heat. Add around one-eighth of the mixture and flatten into a ½cm-thick round.
5 Cook for 4-5 minutes per side or until golden brown. Drain on kitchen paper and keep warm in a low oven while you repeat with the remaining mixture, forming eight rösti pancakes in total.
6 Stack the röstis with slices of smoked salmon, dollops of the whipped goat's cheese and a sprinkling of chives. Serve with lemon wedges, for squeezing over.

Per Serving 515kcals, 32.2g fat (12.7g saturated), 35.1g carbs (3.8g sugars), 25g protein, 5.3g fibre, 0.488g fibre

€ ☺ DF



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2 eggs, beaten
2 tsp plain flour
½ tsp baking powder
1 small onion, finely chopped
Rapeseed or vegetable oil, for frying

To serve:
8 slices of Irish smoked salmon
Chives, snipped
Lemon wedges

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2 Wrap the grated Violetta potato in a clean tea towel and squeeze very well, removing as much liquid as possible.
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4 Melt a knob of butter in a heavy-based frying pan over a medium heat. Add around one-eighth of the mixture and flatten into a ½cm-thick round.
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Per Serving 515kcals, 32.2g fat (12.7g saturated), 35.1g carbs (3.8g sugars), 25g protein, 5.3g fibre, 0.488g fibre

€ ☺ DF



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SWEET things

BAKING RECIPES AND TIPS FOR WHEN IT'S TIME TO TREAT YOURSELF

44-55

IN THIS SECTION



FOR GOODNESS' TRAYBAKE, p44

Food Stylist Shannon Peare is whipping up a variety of tempting traybakes

BAKE WHAT YOUR MAMA GAVE YA!, p54

This Mother's Day, treat your Mammy to the beautiful bake she deserves!



Tips FROM THE Easy Food TEST KITCHEN



Food Stylist **Shannon Peare** is whipping up a variety of tempting traybakes

FOR GOODNESS' TRAYBAKE

Ah, the noble traybake. Whether it's a zesty lemon bar or a gooey chocolate brownie, a slice of a traybake will always be the perfect accompaniment to a cup of tea. Cut into bars or squares, traybakes are excellent for parties or even a little lunch box treat. I'm here to tell you all about the basics.

Cutting corners

It is essential to line your baking tray with non-stick parchment paper, as there is nothing worse than finding your precious bake stuck to the corners of the tin. To line a rectangular tin, cut a large sheet of parchment paper, large enough to cover the base and sides of the tin once placed inside. Make diagonal cuts at each of the corners. Use a little oil or butter on the inside of the tin to help the paper stick. Place the parchment onto the base of the tin and push the sides into place. The paper in the corners should overlap. If there is paper sticking out, trim with as scissors as otherwise it will bake into the cake.

No flop in flapjacks

There are two types of flapjacks: chewy and crunchy. Whichever you prefer, both textures can be achieved from the same recipe — it's all down to the cooking method. All you need to do to turn a soft flapjack into a tooth-breaker is to choose a shallower baking tray and increase the oven temperature. If you are a fan of a chewy flapjack, increase the quantity of golden syrup. This will give you a less crumbly texture and will make the cutting process much neater.

If you find your flapjacks are going brown too quickly, lower the oven temperature slightly to avoid having burnt edges. Leave the flapjacks to cool fully in the tin before cutting into squares.

Zesty traybakes

I am a big fan of good citrus bakes. If you are eating a lemon, lime or orange cake, it is so important that you really get that flavour! Syrups are the best things invented since sliced bread; they add more flavour to your zesty bakes and moisture, too, keeping them fresher for longer. Place the juice of your chosen citrus fruit in a pot and add a small amount of sugar to sweeten. Over a low-medium heat, allow the mix to become syrupy. Use a skewer to poke holes in the traybake, then brush all over with the syrup. Most citrus bakes use the zest of the fruit to add the flavour; in this case, be sure reserve the zested fruit for your syrup.

To decorate a citrus traybake, a zesty water icing is the way to go. Whether you cover the top of the bake completely in icing or simply drizzle it over the top, it's an excellent way to jazz it up. In a bowl, combine icing sugar and the juice of your citrus fruit of choice. The icing shouldn't be too runny. Drizzle or pour over the top and place in the fridge for a few minutes to set before slicing.

Brownie points

Just like flapjacks, there are two schools of brownies: cakey and fudgy. Personally, I am a big fan of a deliciously fudgy brownie. Brownies should be slightly under-baked; this is how you achieve the perfect moist, fudgy texture. The brownies should have a firm top and the surface should be soft when pressed, but should not spring back like a cake. Another way of checking is to insert a skewer into the centre; the skewer should come out with small amount of raw batter, but not covered. Allow the brownies to cool completely in the tin as the heat of the tin will finish cooking them. Remember, there is a fine line between fudgy and raw.

Play it cool

When your traybake is complete, it is important to let it cool, especially when decorating with icing; if it's not cooled completely, the icing will run off. Always allow bakes to cool slightly in their tins before transferring them to a wire rack to cool completely. Once they are fully cooled, it's time to cut.

Slice, slice baby

There is something satisfying about a perfectly cut traybake. It is essential to have a sharp knife, especially for flapjacks. Small serrated knives are great for marking the size of your squares. Use a ruler to decide what size you'd like the squares to be... you do the maths! Use a large chef's knife for traybakes that are quite firm, such as the crumble bars or the sleazy brownies in this feature. Large serrated knives are best for the flapjacks or coconut and lime bars. A good tip is to have a damp cloth beside you, wiping the knife clean after you cut each slice to reduce the number of loose crumbs.

Whether you're baking a tray bake for a party or a function, always be sure to save yourself a square in the kitchen for later... they'll never know!



APPLE CRUMBLE BARS

Makes 9 large or 16 small

For the shortbread base:

125g butter, softened
50g caster sugar
125g plain flour
50g cornflour

For the stewed apple:

3 cooking apples, peeled and sliced
25g caster sugar
1 tsp cinnamon
1 tbsp water

For the crumble topping:

100g cold butter
5 tbsp plain flour
100g porridge oats
1 tsp cinnamon
100g light brown sugar
50g pecans, chopped
50g walnuts, chopped

1 Preheat the oven to 180˚C/160˚C fan/gas mark 4. Line a 20cm square tin with non-stick parchment paper.

2 First, make the shortbread base. In a large bowl, beat together the butter and sugar until light and fluffy. Add the flour and cornflour and mix until a dough is formed.

3 Pour into the prepared tin, pushing it down into the corners and spreading out flat. Bake for 20 minutes; the biscuit should still be pale in colour. Allow to cool.

4 In a pot, combine all of the ingredients for the stewed apple. Cook gently over a medium heat until the apple slices have softened but still have a little bite.

5 Spread the apple mix on top of the shortbread base and set aside.

6 For the crumble topping, combine the butter, flour, porridge oats, cinnamon and light brown sugar in a food processor. Pulse until just combined. Stir through the chopped nuts. Spread the crumble over the apple in the tin.

7 Bake for 10-15 minutes until the crumble is golden brown. Allow to cool, then cut into nine large or 16 small squares.

Per small square 282kcals, 16.2g fat (32.8g saturated), 32.8g carbs (15.4g sugars), 3.5g protein, 2.9g fibre, 0.084g sodium

TOP TIP

Swap the apples for pears for a different take on these crumble bars.

TOP TIP

Change the flavour profile of these flapjacks wiith some easy substitutions. Use dark or milk chocolate instead of the white, or swap in raisins, sultanas, dried blueberries or even nuts in place of the cranberries.

WHITE CHOCOLATE AND CRANBERRY FLAPJACKS

Serves 10

80g golden syrup
130g light brown sugar
130g butter
225g porridge oats
50g mixed seeds
100g dried cranberries
60g white chocolate chips

1 Preheat the oven to 180˚C/160˚C fan/gas mark 4. Line a 20cm square tin with non-stick parchment paper.
2 In a pot, combine the golden syrup, light brown sugar and butter. Allow to melt slowly over a medium-low heat.
3 Stir in the porridge oats, mixed seeds and dried cranberries. Finally, stir in the white chocolate chips; they may melt with the heat of the mix.
4 Pour into the prepared tin, smooth the top and press down well.
5 Bake for 20-30 minutes or until golden brown. Allow to cool fully before cutting into 10 fingers.

Per Serving 315kcals, 16.2g fat (8.4g saturated), 38.9g carbs (19g sugars), 4.9g protein, 3.5g fibre, 0.118g sodium





COCONUT AND LIME BARS

Makes 9 large or 16 small

For the bars:
225g butter, softened
225g caster sugar
4 eggs
260g self-raising flour
2 tbsp desiccated coconut
2 tsp baking powder
4 tbsp milk
Zest of 2 limes, plus extra for decorating

For the syrup:
Juice of 3 limes
20g caster sugar

For the icing:
200g icing sugar
Juice of 1 lime
1-2 tsp boiling water
Toasted desiccated coconut

1 Preheat the oven to 180˚C/160˚C fan/gas mark 4. Line a 20cm square tin with non-stick parchment paper.
2 In a large bowl, beat the butter and sugar until light and fluffy. Add the eggs one at a time, beating well after each addition.
3 Add the flour, desiccated coconut, baking powder, milk and lime zest. Mix until just combined and pour into the prepared tin.
4 Bake for 25-30 minutes or until a skewer inserted into the centre comes out clean. Allow to cool.
5 For the lime syrup, combine the lime juice and caster sugar in a pot. Allow to simmer over a low heat for 3-5 minutes or until slightly thickened.
6 Using a cocktail stick, pierce small holes all over the top of the sponge. Spoon over the syrup, letting it soak down into the sponge. Set aside.
7 For the lime icing, stir together the icing sugar and lime juice. If required, add some boiling water to loosen slightly.
8 Spread the water icing over the top of the cooled sponge. Sprinkle on the toasted desiccated coconut and some extra lime zest. Place in the fridge for five minutes to set the icing, then cut the bake into nine large or 16 small squares.

Per small square 301kcals, 14.4g fat (9.1g saturated), 41.3g carbs (28g sugars), 3.5g protein, 0.9g fibre, 0.1g sodium

TOP TIP

To make these ahead of time, follow the recipe as far as step 6, then wrap the whole square very tightly in cling film and store on the counter for up to three days or in the freezer for up to three months. Defrost if necessary, then continue with steps 7 and 8 to finish.

SLEAZY BROWNIES

Makes 9 large or 16 small

For the cookie base:
115g butter, softened
125g light brown sugar
1 egg
1 tsp vanilla extract
225g plain flour
1 tbsp cornflour
½ tsp bicarbonate of soda
½ tsp salt
150g chocolate chips

For the middle layer:
12 Oreos

For the brownie layer:
100g dark chocolate, chopped
100g butter
2 eggs
140g caster sugar
50g plain flour
25g cocoa powder
150g chocolate chips

1 Preheat the oven to 180˚C/160˚C fan/gas mark 4. Line a 20cm square tin with non-stick parchment paper.
2 First, make the cookie base. In a large bowl, beat together the butter and sugar until light and fluffy. Beat in the egg and vanilla.
3 Stir through the flour, cornflour, bicarbonate of soda, salt and chocolate chips.
4 Pour the mix into the prepared tin and press into an even layer.
5 Top the cookie base with the Oreos in an even layer. Place the tin in the freezer for 10 minutes or until firm.
6 For the brownie layer, melt together the dark chocolate and butter in a pot over a low heat. Allow to cool slightly.
7 Beat in the eggs and sugar. Fold in the flour, cocoa powder and chocolate chips.
8 Remove the cookie base from the freezer. Pour the brownie mix over the base.
9 Bake for 30-35 minutes or until a skewer is inserted and comes out clean. Allow to cool fully before cutting the bake into nine large or 16 small squares.

Per small square 410kcals, 21.4g fat (12.9g saturated), 50.4g carbs (31g sugars), 5.5g protein, 2.5g fibre, 0.255g sodium





TOP TIP

This is really two recipes in one! Use the recipe for the base to make chocolate chip cookies, or double the brownie mixture and bake in the same sized tin for tasty brownies.

BAKE WHAT YOUR *Mama* GAVE YA!

This Mother's Day, treat your Mammy
to the beautiful bake she deserves!



LEMON AND RASPBERRY CAKE

Serves 10-14

For the sponge:
300g unsalted butter, softened
300g caster sugar
6 eggs
300g self-raising flour
1 tsp baking powder
3 tbsp milk
Zest of 2 lemons

For the filling:
300g mascarpone
100g lemon curd
300g fresh raspberries

To decorate:
200g icing sugar
Juice of 1 lemon
100g fresh raspberries
Zest of 1 lemon
Dried rose petals (optional)

1 Preheat the oven to 180˚C/160˚C fan/gas mark 4. Line three 20cm round cake tins with non-stick parchment paper.
2 In a large bowl, beat the butter and sugar until light and fluffy. Add the eggs, one at a time, beating well after each addition.
3 Add the flour, baking powder, milk and lemon zest. Mix until just combined, then pour into the prepared tins.
4 Bake for 25-30 minutes or until a skewer inserted into the centre comes out clean. Allow to cool.
5 Meanwhile, make the filling. In a bowl, gently fold together the mascarpone and lemon curd.
6 Place the first sponge onto the cake stand and spread over some of the mascarpone filling. Add some fresh raspberries, then place the second sponge on top and repeat. Finish with the final sponge.
7 In a bowl, combine the icing sugar and lemon juice to make a loose icing. Spoon over the top sponge and allow to drizzle down the sides slightly. Top with fresh raspberries, lemon zest and some dried rose petals.

Per Serving 478kcals, 25.4g fat (14.9g saturated), 58.5g carbs (39.1g sugars), 8.1g protein, 2.5g fibre, 0.195g sodium

This year, Mother's Day is on Sunday, March 22nd.

This a great adaptable recipe that combines sponge, filling and fresh fruit. There are many ways you can switch up this recipe:

- For Victoria sponge, omit the lemon zest from the sponge and fill the cake with jam, fresh cream and strawberries instead.
- Change this sponge to a chocolate one by omitting the lemon zest and using 350g self-raising flour with 50g cocoa powder. Fill the cake with Nutella, whipped cream and chopped strawberries.
- Turn this into an orange cake by replacing the lemon zest with orange. Fill the cake with whipped mascarpone and mandarin slices between the layers. Top the cake with an orange-flavoured water icing.
- Not a fan of cream-based cakes? Fill the cake with buttercream instead, made by beating together 300g icing sugar and 150g softened unsalted butter.



ONE SHEET DOES PLENTY



PLENTY IS 40% MORE ABSORBENT THAN THE NEXT BEST SELLING BRAND*

*based on independent laboratory tests (April 2019)

WHAT'S FOR dinner?

FEEDING YOUR FAMILY, MADE EASY!

58-81
IN THIS SECTION



WEEKLY MENU PLANNER, p58
Keep it simple, keep it quick with our whole week's worth of tasty family meals

HIGH TIDE, p70
Georgina Campbell shares recipes from her fabulous fish cookbook, From Tide to Table

CHICKEN MADE EASY, p76
Welcome spring flavours with these fresh and vibrant chicken ideas

Weekly
MENU PLANNER

Keep it simple, keep it quick with our tasty midweek meals











MAKE IT YOURS: This also makes a fantastic breakfast for four!

Monday

Meat-free Monday!

Chilli tomato eggs and potatoes

Serves 2

2 tbsp rapeseed oil
1 small onion, chopped
1 yellow pepper, deseeded and chopped
3 garlic cloves, crushed
2 tsp chilli powder
Salt and black pepper
120ml vegetable stock
2 x 400g tins of chopped tomatoes
200g baby potatoes, chopped
140g kale, finely chopped
4 large eggs
120g goat's cheese

To serve:
Crusty bread (optional)

1 Heat one tablespoon of the oil in a deep pot over a medium heat and cook the onion and pepper for 5-6 minutes until softened.
2 Add the garlic, half of the chilli powder and some black pepper and cook for 30 seconds, then stir in the stock and tomatoes. Simmer for 10-12 minutes until thickened, then whizz with a stick blender until smooth.
3 Meanwhile, heat the remaining oil in a large pan over a medium heat. Add the potatoes and sprinkle with the remaining chilli powder and some salt and pepper. Cook for 3-4 minutes until golden brown.
4 Pour in the sauce. Bring to a simmer and cook for 10 minutes until the potatoes are soft. Stir in the kale and allow to wilt slightly.
5 Use a spoon to make four wells in the sauce. One at a time, crack the eggs into a saucer, then slide one into each well. Turn the heat to low and cover with a lid. Cook for 10 minutes or until the eggs are just cooked to your liking, then remove from the heat.
6 Scatter over the goat's cheese and allow to sit with the lid on for 3-4 minutes longer or until the cheese has melted.
7 Serve immediately with some crusty bread for dipping, if desired.

Per Serving 628kcals, 33.4g fat (12.8g saturated), 46.3g carbs (3.3g sugars), 32.9g protein, 6.6g fibre, 0.648g sodium

Tuesday

Quick-trick fish pie

Serves 4

4 fillets of white fish, chopped into 3cm chunks
300ml whole milk
1 bay leaf
20g butter
20g plain flour
1 tbsp wholegrain mustard
2 tbsp mature Cheddar, grated
2 tbsp fresh dill, chopped
Zest and juice of ½ a lemon
Salt and black pepper
120g frozen petits pois, thawed
1 x 400g pack of fresh gnocchi
1 tbsp olive oil

To serve:
Green vegetables

1 In a shallow, heatproof pan, combine the fish, milk and bay leaf. Cover with a lid and place over a medium heat. Bring to a simmer and cook for 4-5 minutes until the fish is just cooked through. Use a slotted spoon to transfer the fish to a plate and set aside. Carefully pour the milk into a jug, discarding the bay leaf.

2 Return the pan to a medium heat. Add the butter and allow to melt, then stir in the flour and cook for two minutes, stirring constantly.

3 Gradually whisk in the reserved milk to form a smooth sauce, then allow to bubble and thicken for 2-3 minutes.

4 Stir in the mustard, Cheddar, dill, lemon juice and plenty of black pepper. Return the fish to the pan, add the peas and stir gently to combine. Taste and add salt if necessary.

5 Turn the grill on to a high heat. In a bowl, toss the gnocchi with the olive oil, then gently spread out over the fish.

6 Place under the hot grill for 5-6 minutes or until the gnocchi are golden brown. Scatter with the lemon zest and serve with your favourite green vegetables.

Per Serving 398kcals, 12.5g fat (5.1g saturated), 36g carbs (6.1g sugars), 34.6g protein, 4.4g fibre, 0.666g sodium



Wednesday

Chinese chicken stir-fry

Serves 4

1 large egg white
2½ tbsp cornflour
4 chicken fillets, thinly sliced
1½ tbsp vegetable oil
1 carrot, peeled and thinly sliced
200g button mushrooms, sliced
200g sugar snap peas
1 x 225g tin of sliced water chestnuts, drained
1 x 225g tin of sliced bamboo shoots, drained
Salt and black pepper
2 garlic cloves, crushed
1 x 2cm piece of fresh ginger, grated
180ml chicken stock
1½ tsp sugar
1 tbsp soy sauce
1½ tsp sesame oil

To serve:
Rice

1 In a bowl, whisk together the egg white and one tablespoon of the cornflour. Add the chicken and toss to coat. Refrigerate for 30 minutes, then strain away and discard any excess liquid.
2 Heat half a tablespoon of oil in a large pan over a medium-high heat. Add the carrot and one tablespoon of water and cook for 2-3 minutes, stirring constantly.
3 Add the mushrooms and cook for 2-3 minutes longer until lightly browned.
4 Add the sugar snaps and cook for one minute longer. Stir in the water chestnuts and bamboo shoots.
5 Season the vegetables to taste with salt and pepper, then transfer to a plate. Cover with foil and set aside.
6 Wipe out the pan with kitchen paper and heat the remaining oil over a medium high heat.
7 Add the chicken and season with salt and pepper, then stir-fry for 3-4 minutes until just cooked through. Add the garlic and ginger and cook for 30 seconds longer.
8 In a small bowl, whisk together the chicken stock, sugar, soy sauce and sesame oil. Whisk in the remaining cornflour.
9 Return the vegetables to the pan and toss for one minute to heat through. Pour in the sauce and increase the heat to high. Bring to a boil and cook for one minute or until slightly thickened, stirring occasionally. Serve immediately over rice.

Per Serving 558kcals, 22.5g fat (4.8g saturated), 42g carbs (11.1g sugars), 47.6g protein, 4.3g fibre, 0.477g sodium



Thursday

Chicken, spinach and tortellini in brodo

Serves 2

1 tbsp olive oil
2 leeks, trimmed, washed and chopped
1.2l chicken stock
300g leftover cooked chicken, shredded
1 x 400g pack of spinach and ricotta tortellini
100g baby spinach, roughly chopped
Handful of fresh parsley, chopped
Handful of fresh dill, chopped

To serve:
Parmesan, grated
Garlic bread (optional)

1 Heat the olive oil in a pan over a medium heat and cook the leeks until softened. Add the stock and simmer for 8-10 minutes.

2 Stir in the chicken, tortellini and spinach. Simmer for 5-6 minutes until the tortellini are cooked, the spinach has wilted and the chicken is heated through.
3 Stir in the fresh herbs and serve immediately with grated Parmesan and garlic bread, if desired.

Per Serving 591kcals, 23.7g fat (6.2g saturated), 45.5g carbs (12g sugars), 50.8g protein, 8.4g fibre, 2.643g sodium

Friday

Sausages with chilli and garlic butternut squash

Serves 2

1 butternut squash, peeled and chopped into 2cm cubes
6 good-quality herby pork sausages
2 tbsp olive oil
2 garlic cloves, thinly sliced
1 red chilli, finely chopped
Handful of fresh sage leaves, chopped

To serve:
Peas

1 Place the butternut squash in a pan, cover with water and add a pinch of salt. Bring to a boil over a high heat and cook for 6-8 minutes until tender. Drain very well and return to the pan to steam dry for 30-40 seconds, shaking the pan.
2 Turn the grill on to a high heat and cook the sausages until browned all over and piping hot throughout.
3 Meanwhile, heat the olive oil in a pan over a medium heat and cook the garlic and chilli for 1-2 minutes. Add the sage and cook for one minute, then add the squash. Mash until smooth and season with to taste.
4 Serve the sausages with the mash and some peas.

Per Serving 459kcals, 36.8g fat (9.6g saturated), 20.3g carbs (3.2g sugars), 15g protein, 4.2g fibre, 0.541g sodium



Pork medallions with baked potatoes and mushroom sauce

Serves 4

4 large potatoes, scrubbed
1 tbsp olive oil, plus extra for rubbing
1 x 500g pork fillet, sliced into 2cm-thick medallions
1 shallot, peeled and finely chopped
1 garlic clove, crushed
250g chestnut mushrooms, sliced
1 tbsp fresh rosemary leaves, finely chopped
100ml chicken stock
50ml double cream
1 tsp wholegrain mustard
Salt and black pepper

To serve:
Green beans

1 Use a fork or sharp knife to pierce the potatoes a few times on each side. Microwave on high for 4-6 minutes, turning halfway through, until tender when pierced with a fork.
2 Preheat the oven to 220˚C/200˚C fan/gas mark 7.
3 Set the potatoes aside until cool enough to handle, then rub the skins with olive oil. Wrap each potato in a square of tin foil.
4 Place the foil-wrapped potatoes directly on the oven racks and bake for 20-25 minutes.
5 Meanwhile, heat the olive oil in a pan over a medium-high heat. Cook the pork medallions for 2-3 minutes per side until lightly browned, then transfer to a plate. Tent loosely with tin foil and set aside.
6 Reduce the heat to low and cook the shallot in the same pan for five minutes, stirring often. Add the garlic, mushrooms and rosemary and cook until the mushrooms are soft and the juices have evaporated.
7 Add the chicken stock, cream, mustard, some salt and plenty of black pepper. Stir until smooth, then increase the heat to medium and bring to a simmer.
8 Return the medallions to the pan along with any juices from the plate. Simmer for 2-3 minutes until the pork is completely cooked through. Remove from the heat and serve with the baked potatoes and some green beans.

Per Serving 543kcals, 15.1g fat (2.3g saturated), 61.3g carbs (4.6g sugars), 40.7g protein, 10.3g fibre, 0.259g sodium



Dessert

Gooey chocolate pudding

Serves 8

125g plain flour
150g granulated sugar
2 tsp baking powder
1 tsp espresso powder
6 tbsp unsweetened cocoa powder
120ml whole milk
85g butter, melted, plus extra for greasing
1 tsp vanilla extract
220g brown sugar
60g dark chocolate chips
360ml very hot water

To serve:
Good-quality vanilla ice cream

1 Preheat the oven to 180°C/160˚C fan/gas mark 4. Lightly grease a 20cm baking dish with butter.
2 In a bowl, combine the flour, granulated sugar, baking powder, espresso powder and half of the cocoa powder.
3 In a jug, whisk together the milk, melted butter and vanilla. Add the wet ingredients to the dry and stir to combine into a thick batter. Transfer to the prepared baking dish.
4 In a separate bowl, combine the brown sugar and remaining cocoa powder. Sprinkle evenly over the batter, followed by the chocolate chips. Pour the hot water over the top, but do not stir.
5 Transfer to the oven and bake for 40 minutes until the centre is just barely set. Allow to rest and cool for 8-10 minutes, then serve warm with vanilla ice cream.

Per Serving 364kcals, 11.8g fat (7.3g saturated), 66.2g carbs (50.4g sugars), 3.5g protein, 1.8g fibre, 0.077g sodium





Sunday

Easy beef ramen

Serves 2

3 tbsp soy sauce, plus extra for seasoning
1 tbsp mirin
1 tsp vegetable oil
300g sirloin steak, fat trimmed
2 nests of noodles
1L chicken stock
1 x 3cm piece of fresh ginger, sliced
1 red chilli, deseeded and sliced
1 garlic clove, crushed
1 carrot, peeled and grated
1 head of pak choi, shredded
50g beansprouts
2 spring onions, chopped
Handful of fresh coriander, chopped

1 In a bowl, combine the soy sauce, mirin and vegetable oil. Add the steak, turn to coat and set aside for 20 minutes.
2 Cook the noodles according to package instructions, then drain well, rinse under cold water and set aside.
3 Heat a griddle pan over a high heat and cook the steak for two minutes per side. Transfer to a plate, set aside and allow to rest.
4 Meanwhile, add the stock to the pan you cooked the noodles in and place over a high heat. Add the ginger, chilli and garlic and simmer for five minutes.
5 Add the noodles, carrot, pak choi and beansprouts to the stock and bring back to a simmer. Season to taste with soy sauce. Cook for two minutes until the pak choi has wilted.
6 Divide the noodles between two bowls. Thinly slice the beef and place on top, then pour in the broth. Scatter with coriander and spring onions and serve.

Per Serving 477kcals, 10.1g fat (2.7g saturated), 51.6g carbs (13.2g sugars), 40.4g protein, 10.7g fibre, 0.681g sodium

Dessert

White chocolate cheesecake bites

Makes 8

60g white chocolate
120g soft cream cheese, at room temperature
8 shortbread biscuits
200g fresh blueberries
30g dark chocolate, grated

1 Place the white chocolate in a small saucepan over a low heat. Cook for 2-3 minutes or until melted. Remove from the heat, add the cream cheese and stir until well combined.
2 Spread or pipe the white chocolate cream cheese mixture over the shortbread biscuits. Top with the blueberries.
3 Sprinkle the dark chocolate over the cheesecake bites.

Per Serving 217kcals, 13.8g fat (8.5g saturated), 20.7g carbs (11.9g sugars), 2.1g protein, 0.8g fibre, 0.104g sodium

Make it yours: Switch out the base biscuit for your favourite biscuit. Add orange zest or lemon zest to the cheesecake topping for a little extra zing.



Loose ENDS

Dried **bay leaves** are a superb addition to your collection of herbs and spices. Simmer them in stews, braises, soups and chillies to add complex background flavours. Just be sure to remove them before serving, as they are tough and fibrous — not very pleasant to bite into!

Make your own marinated **goat's cheese**. Put chunks of goat's cheese into a sterilised glass jar, add a few peeled cloves of garlic, fresh rosemary sprigs and whole black peppercorns. Pour in enough good quality olive oil to cover the cheese, then add a lid and place in the fridge for one week to marinate. Use the marinated cheese in salads or simply spread on crackers or toast.

If you've separated eggs to use the whites — whether that's in the Chinese chicken stir-fry or in another recipe, such as meringue — use up the **egg yolks** in a quick spaghetti carbonara.

Make double the portion of the **butternut squash, chilli and sage mash** — it freezes well and is also delicious with roast chicken or pork fillet.

Add chopped **fresh sage leaves** to sausage rolls or pasta dishes, or use to make flavoured butter. Alternatively, fry a handful of fresh sage leaves in a generous knob of butter and season with salt and pepper. Use as a finishing touch for poached or fried eggs on toast.

Stir-fry leftover **beansprouts** with shredded cabbage, garlic and chillies for a quick and easy side dish with plenty of crunch.

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HIGH TIDE

Georgina Campbell shares recipes from her fabulous fish cookbook, *From Tide To Table*



Tacos with crispy whiting goujons and tomato salsa

Serves 4

"This is a great recipe for tortillas filled with deep-fried fish goujons, tomato salsa, a little soured cream and some salad. Perfect served with ice cold beer for the grown ups."

Sunflower oil, for deep-frying
2 whiting, each weighing about 350g, filleted
8 soft flour tortillas
225g iceberg lettuce, finely shredded
300ml soured cream

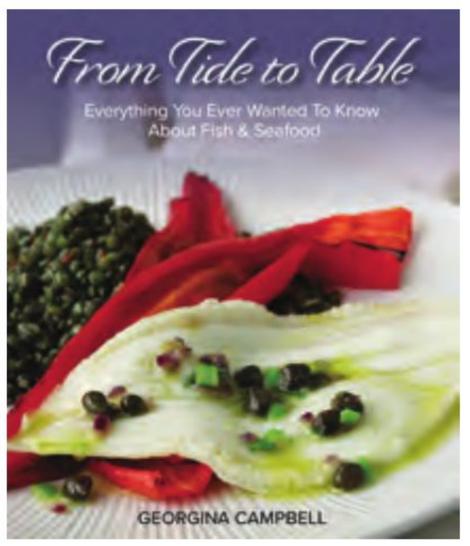
For the batter:
100g plain flour
50g cornflour
350ml ice cold sparkling water

For the salsa:
5 ripe tomatoes, skinned, seeded and finely chopped
1 red onion, finely chopped
2 red chillies, seeded and finely chopped
Juice of 1 lime
1 tsp sugar
2 tbsp chopped fresh coriander
Salt and freshly ground black pepper

1 To make the tomato salsa, place the tomatoes in a bowl with the red onion, chillies, lime juice, sugar and coriander. Season to taste, then stir well to combine and set aside at room temperature to allow the flavours to develop.
2 Cut the whiting fillets into 1cm wide strips and season generously. To make the batter, place the flour, cornflour, water and a pinch of salt in a liquidiser and blend until smooth.
3 Pour the sunflower oil into a pan until it is about one-third full and heat to 190˚C or until a small piece of white bread dropped into the oil browns and rises to the surface in one minute. Warm the tortillas in a low oven or in the microwave, in accordance with per packet instructions.
4 Dip the strips of the fish into the batter, shaking off any excess and then drop them into the hot oil and cook for 4 minutes until crisp and golden brown. Lift out with a slotted spoon and drain briefly on kitchen paper.
5 To serve, place some lettuce down the centre of each warmed flour tortilla, top with the crispy goujons, then spoon over some tomato salsa and soured cream. Fold in the sides, roll up as tightly as you can and eat immediately.

Per Serving 703kcals, 33.9g fat (11.4g saturated), 85.9g carbs (9.1g sugars), 15.7g protein, 6.1g fibre, 0.908g sodium

Variation
Substitute the pollock with haddock, cod, whiting or hake.



From Tide to Table
By Georgina Campbell
Published by Epicure
€20/£17

Sichuan-chilli seafood stir-fry

Serves 4-6

"Sichuan peppercorns are the dried aromatic berries of the prickly ash tree, which is native to the Sichuan province, and they can be found in Chinese or Asian stores, or in the speciality department of good supermarkets. However, they are optional and this recipe tastes equally good with the more widely available mixed peppercorns."

1 tbsp Sichuan or mixed peppercorns
1 tbsp sea salt
350g squid, cleaned and cut into 1cm slices
350g raw peeled Dublin Bay prawns, veins removed
225g small scallops, corals intact
1 tbsp dry sherry
2 tsp light soy sauce
2 tsp tomato purée
1 tsp sugar
2 tbsp sunflower oil
4 garlic cloves, crushed
2½cm fresh root ginger, peeled and grated
2 spring onions, finely chopped

To serve:
Steamed fragrant rice

1 Heat a wok until very hot and toast the Sichuan or mixed peppercorns for a minute or two until fragrant, tossing occasionally. Tip into a spice grinder, mini-blender or mortar and pestle and add the sea salt, then grind together until coarsely cracked. Tip on to a plate and use to coat the seafood, shaking off any excess.
2 To make the Sichuan-style sauce, mix together the sherry, soy sauce and tomato pureé in a small bowl.
3 Heat half of the oil in the wok until very hot. Add half the garlic, ginger and spring onions and stir-fry for 20 seconds, then tip in half of the coated seafood and continue to stir fry for 1-2 minutes until the seafood is cooked through and just tender. Repeat with the remaining ingredients.
4 Return all the seafood to the wok and pour over the Sichuan-style sauce. Continue to stir-fry for a minute or so until the sauce is thick and syrupy. Arrange the rice on warmed plates and spoon over the Sichuan-style seafood to serve.

Per Serving 210kcals, 6.8g fat (1g saturated), 6.2g carbs (1.3g sugars), 29.1g protein, 0.3g fibre, 1.246g sodium





Cheesy-grilled pollock

Serves 4

"This has to be one of the easiest and tastiest fish dishes in the world! The topping is a wonderful store cupboard standby that's perfect for children and adults alike. The time it takes the fish will depend on the thickness of the fillet: it is important to cook it until just opaque and flaking. To check that it is cooked, gently prod the thickest part of the fish with the point of a knife and the flakes should separate easily. Red Cheddar cheese may be used for a more deeply coloured topping, if preferred."

2 ripe tomatoes
150g mature Cheddar cheese
4 spring onions, trimmed and finely chopped
4 tbsp mayonnaise
2 tbsp plain flour
4 x 150g pollock fillets, skinned and boned
Sunflower oil, for greasing
Knob of unsalted butter
Salt and freshly ground black pepper

To serve:
Buttered green beans and peas

1 Cut the tomatoes in half and remove the seeds, then finely dice the flesh and place in a bowl. Finely dice the cheese and add to the bowl with the spring onions, then just bind with the mayonnaise. Season to taste.
2 Preheat the grill to high. Arrange the pollock fillets on a lightly oiled, sturdy baking sheet and season lightly, then grill for 4-6 minutes until almost tender. This will depend on the thickness of the fillet. Quickly spread the mayonnaise mixture on top and flash under the grill for another 2 minutes or until the cheese is bubbling and golden. Arrange on warmed plates with the buttered green beans and peas to serve.

Per Serving 359kcals, 14.8g fat (5.1g saturated), 10.7g carbs (3.1g sugars), 46.2g protein, 1.2g fibre, 0.603g sodium



Ling in Thai green curry broth

Serves 4

"This is a delicious, delicately fragrant dish that has the bonus of being two meals in one — first you eat the ling and then finish with the soup. Ling is a very under-valued fish in Ireland and is much more highly prized on the continent, particularly in France. It has very white, soft flesh which parts in thick, appetising flakes when cooked."

15g bunch of fresh coriander
2cm fresh root ginger, finely chopped
1 lemon grass stalk, outer leaves removed and finely chopped
Grated rind and juice of 1 lime, plus extra lime rind to garnish
1 tbsp Thai fish sauce (nam pla) or light soy sauce
2 green chillies, thinly sliced plus extra to garnish
2 garlic cloves, crushed
2 spring onions, thinly sliced plus extra to garnish
1 tsp ground cumin
600ml fish stock
300ml coconut milk
900g skinless ling fillet, cut into bite-sized cubes
Salt and freshly ground black pepper

To serve:
Steamed fragrant rice

1. Remove a good handful of the coriander leaves from the stalks for garnish and set aside. Roughly chop the remainder, including the stalks, and place in a mini-blender with the ginger, lemon grass, lime rind and juice, Thai fish sauce or soy, chillies, garlic, spring onions and cumin. Whizz to a paste or, if you don't have a mini-blender, use a pestle and mortar or chop very finely with a large knife.
2. Transfer the paste to a large pan with a lid and cook for one minute, stirring. Pour in the stock and coconut milk and bring to the boil, then reduce the heat and simmer for five minutes until fragrant. Season generously.
3. Add the ling to the pan and simmer gently for another 3-4 minutes until just tender but still holding its shape. Ladle the ling and broth into large wide rimmed serving bowls and garnish with the coriander leaves, lime rind, green chillies and spring onions. Serve at once with separate bowls of the fragrant Thai rice.

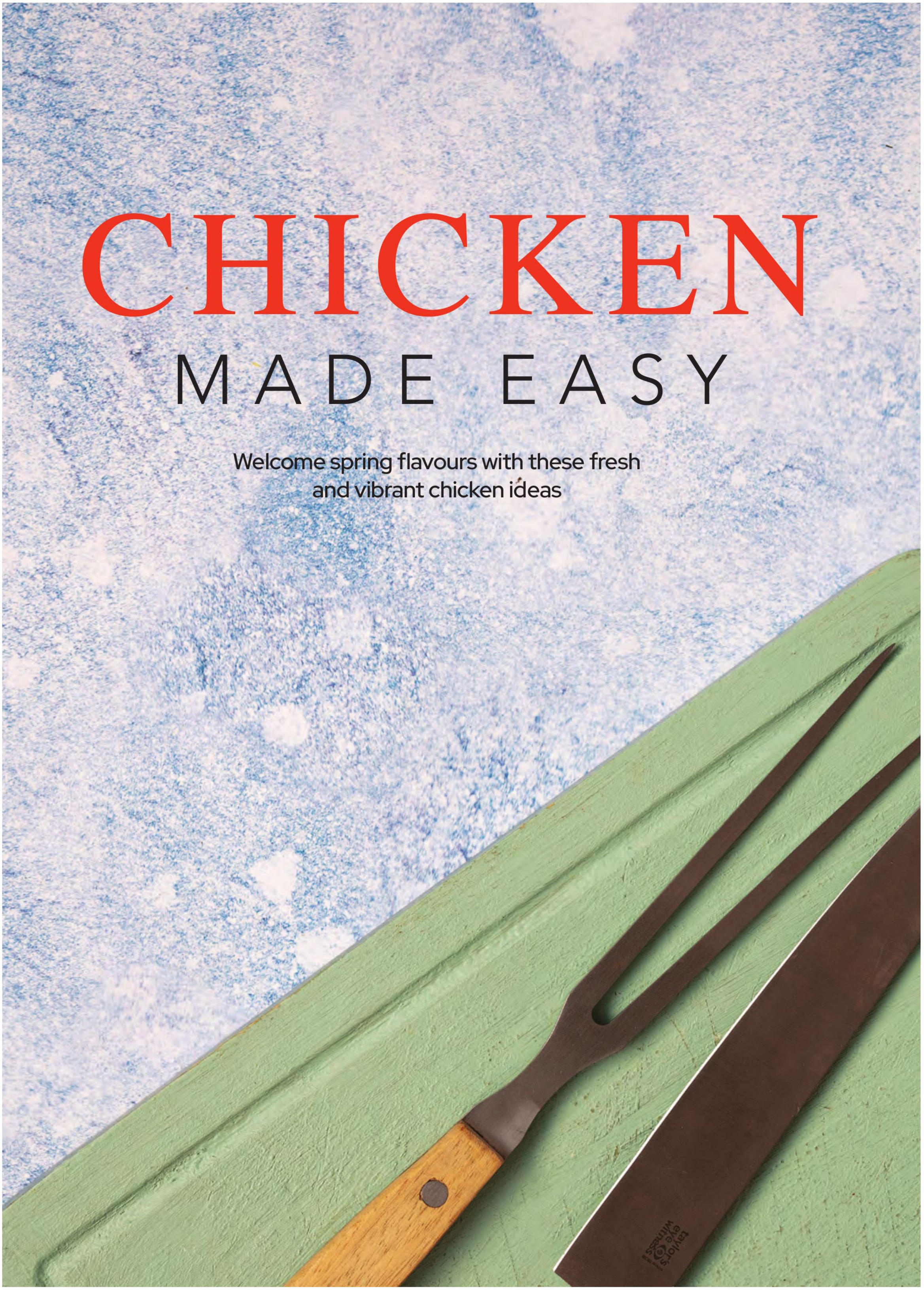
Per Serving 466kcals, 21.4g fat (16.4g saturated), 7.2g carbs (3.4g sugars), 60.8g protein, 2.4g fibre, 1.026g sodium



Variation
Replace the ling with hake, whiting, haddock, pollock or cod.

CHICKEN MADE EASY

Welcome spring flavours with these fresh and vibrant chicken ideas



Chicken and orzo soup with lemon and dill

Serves 4

1 tbsp olive oil
1 leek, trimmed, washed and chopped
2 carrots, peeled and chopped
1 celery stalk, chopped
2 garlic cloves, crushed
1.4l chicken stock
350g chicken thighs
Salt and black pepper
100g orzo
150g baby spinach leaves, roughly chopped
Handful of fresh dill, chopped
Juice of 1½ lemons

1 Heat the oil in a large heavy pot over a medium heat. Add the leek, carrots and celery and cook for 6-8 minutes until softened. Add the garlic and cook for one minute longer.
2 Add the stock and chicken thighs and season with salt and pepper. Bring to a boil, then turn the heat to low and cover with a lid. Simmer gently for 20-25 minutes until the chicken is completely cooked through.
3 Transfer the chicken to a plate and allow to cool. Remove the skins and bones, then shred the chicken into bite-sized pieces.
4 Meanwhile, bring the broth back to a boil over a high heat. Add the orzo and cook for 8-10 minutes until just al dente.
5 Turn the heat to low and return the chicken to the pot. Add the spinach and dill and simmer for 3-4 minutes until the spinach has wilted and the chicken is hot throughout.
6 Squeeze in the lemon juice, season to taste and serve immediately.

Per Serving 346kcals, 11.7g fat (2.7g saturated), 28.3g carbs (5.3g sugars), 31.4g protein, 3.1g fibre, 1.307g sodium

Herby chicken skewers with spring quinoa

Serves 4

For the chicken skewers:

4 tbsp olive oil
Zest and juice of 1 lemon
3 garlic cloves, crushed
2 tsp fresh thyme leaves
2 tsp fresh rosemary, chopped
1 tsp dried oregano
Salt and black pepper
4 chicken fillets, chopped into bitesized chunks

For the quinoa salad:

170g quinoa
480ml chicken or vegetable stock
300g frozen petits pois
120g Feta, crumbled
1 red onion, thinly sliced
Handful of fresh parsley, chopped
3 tbsp olive oil
3 tbsp lemon juice

1 In a sealable bag, combine the olive oil, lemon zest and juice, garlic, herbs and some salt and pepper. Add the chicken, then close the bag, pushing all of the air out. Set aside to marinate for at least 30 minutes.

2 Place the quinoa in a sieve and rinse under running water, then drain well. Transfer the quinoa to a saucepan and add the stock.

3 Bring to a boil over a medium-high heat, then reduce the heat to a gentle simmer. Cook for 10-15 minutes until the quinoa has absorbed all of the water.

4 Remove from the heat, cover with a lid and let the quinoa steam for five minutes. Fluff the quinoa with a fork and set aside to cool to room temperature.

5 Place the petits pois in a bowl or jug and cover with boiling water. Allow to sit for two minutes, then drain and rinse under cold water until cool.

6 When cool, combine the quinoa with the peas, Feta, red onion and parsley. Whisk together the olive oil, lemon juice and some seasoning, then drizzle the dressing over the quinoa salad. Set aside until ready to serve.

7 Thread the marinated chicken onto skewers (soaked in water for 30 minutes if wooden).

8 Heat a griddle pan over a medium-high heat. Cook the chicken skewers for 3-4 minutes per side until golden brown and completely cooked throughout. Transfer to a plate and allow to rest for five minutes. Serve the chicken with the quinoa salad.

Per Serving 699kcals, 33.8g fat (9.8g saturated), 44.3g carbs (6.6g sugars), 54.3g protein, 8.5g fibre, 0.94g sodium



TOP TIP

You can leave the chicken to marinate in the fridge for up to 24 hours – perfect for prepping ahead.





Thai chicken salad cups

Serves 2

2 chicken fillets, halved
Salt and black pepper
3 tbsp crunchy peanut butter
2 tbsp soy sauce
3 tbsp sweet chilli sauce
2 tbsp sesame oil
Zest and juice of 1 lime
100g rice noodles
1 x 200g pack of spiralised vegetables (such as courgette or carrot, or a mixture)
4 spring onions, sliced
150g beansprouts
200g mangetout, chopped
Handful of fresh coriander, chopped
1 red chilli, deseeded and sliced (optional)
1 head of Little Gem lettuce, leaves separated

1 Bring a large pan of water to a simmer, add the chicken and some salt and pepper. Reduce the heat to a gentle simmer. Poach for 8-10 minutes or until the chicken is completely cooked throughout. Transfer the chicken to a plate and allow to cool, then shred using two forks.

2 In a small bowl, stir together the peanut butter and soy sauce, then whisk in the sweet chilli sauce, half of the sesame oil and the lime zest and juice. Add one tablespoon of water to loosen.

3 Place the rice noodles in a heatproof bowl and cover with boiling water. Set aside for 3-4 minutes to soften, then drain.

4 Heat the remaining sesame oil in a wok or large pan over a high heat. Add the spiralised vegetables, spring onions, beansprouts and mangetout. Stir-fry for two minutes until just heated through but still crunchy. Add the rice noodles and cook for two minutes longer.

5 Transfer the vegetables and noodles to a bowl and add the chicken. Drizzle over the dressing and toss to combine well. Scatter over the coriander and the fresh chilli, if using.

6 Serve the chicken salad in the Little Gem lettuce leaves.

Per Serving 346kcals, 11.7g fat (2.7g saturated), 28.3g carbs (5.3g sugars), 31.4g protein, 3.1g fibre, 1.307g sodium



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COOKING for fun

GET CREATIVE IN THE KITCHEN WHEN YOU'VE GOT THE TIME TO SPARE

84-101

IN THIS SECTION



5 WAYS WITH IRISH STOUT, p84
These clever recipes bring Ireland's most famous beverage into the kitchen

HOW IRISH ARE YOUR TASTEBUDS?, p92
Take our fun quiz to find out!

FROM THE BUTCHER'S BLOCK, p94
Local butcher Michael Fleming takes a look back through traditional Irish fare

A RETURN TO THE CLASSICS, p96
Easy twists bring these classic dishes to a whole new level

WAYS 5 WITH

IRISH STOUT

These clever recipes bring Ireland's most famous beverage into the kitchen

Cook the Cover!

Irish stout short ribs

Serves 4

1.8kg bone-in short ribs
Salt and black pepper
3 tbsp olive oil
2 carrots, peeled and chopped
1 onion, chopped
1 celery stalk, chopped
3 garlic cloves, crushed
1 tbsp plain flour
2 tbsp tomato purée
200ml Irish stout
200ml beef stock
2 tbsp Worcestershire sauce
1 sprig fresh rosemary

To serve:
Mashed potato

1 Preheat the oven to 170˚C/150˚C fan/gas mark 3.
2 Season the short ribs generously with salt and pepper. Heat the oil in a casserole dish over a medium-high heat. Working in batches to avoid crowding the casserole, brown the short ribs on all sides. Transfer to a plate and set aside.
3 In the same casserole dish, cook the carrots, onion and celery for 6-8 minutes until softened. Add the garlic, season and cook for one minute longer.
4 Stir in the flour and tomato purée and stir for one minute.
5 Add the stout and allow to bubble for 1-2 minutes, using a wooden spoon to scrape any sticky bits from the bottom.
6 Return the short ribs to the casserole dish and add the beef stock, Worcestershire sauce and rosemary. Add more salt and/or pepper if needed.
7 Cover tightly with foil, then add a lid. Place in the oven and braise for 2½-3 hours until the short ribs are falling off the bone.
8 Serve the short ribs in shallow bowls with the stout gravy and some creamy mash.

Per Serving 826kcals, 51.4g fat (15.9g saturated), 27.9g carbs (10g sugars), 49.8g protein, 1.8g fibre, 2.341g sodium

TOP TIP:
You can get beef short ribs from your local butcher. If they're not availale, beef shoulder or chuck is a great substitute here.





Turkey burgers with stout caramelised onions and Brie

Serves 4

For the onions:
2 large onions, sliced
30g butter
1 tbsp brown sugar
1 tbsp red wine vinegar
1 tsp Worcestershire sauce
Salt and black pepper
250ml Irish stout
1 bay leaf

For the burgers:
½ medium onion
500g turkey mince
1 tbsp Worcestershire sauce
1½ tbsp ketchup
½ tbsp mustard
Salt and black pepper
1 tbsp rapeseed oil

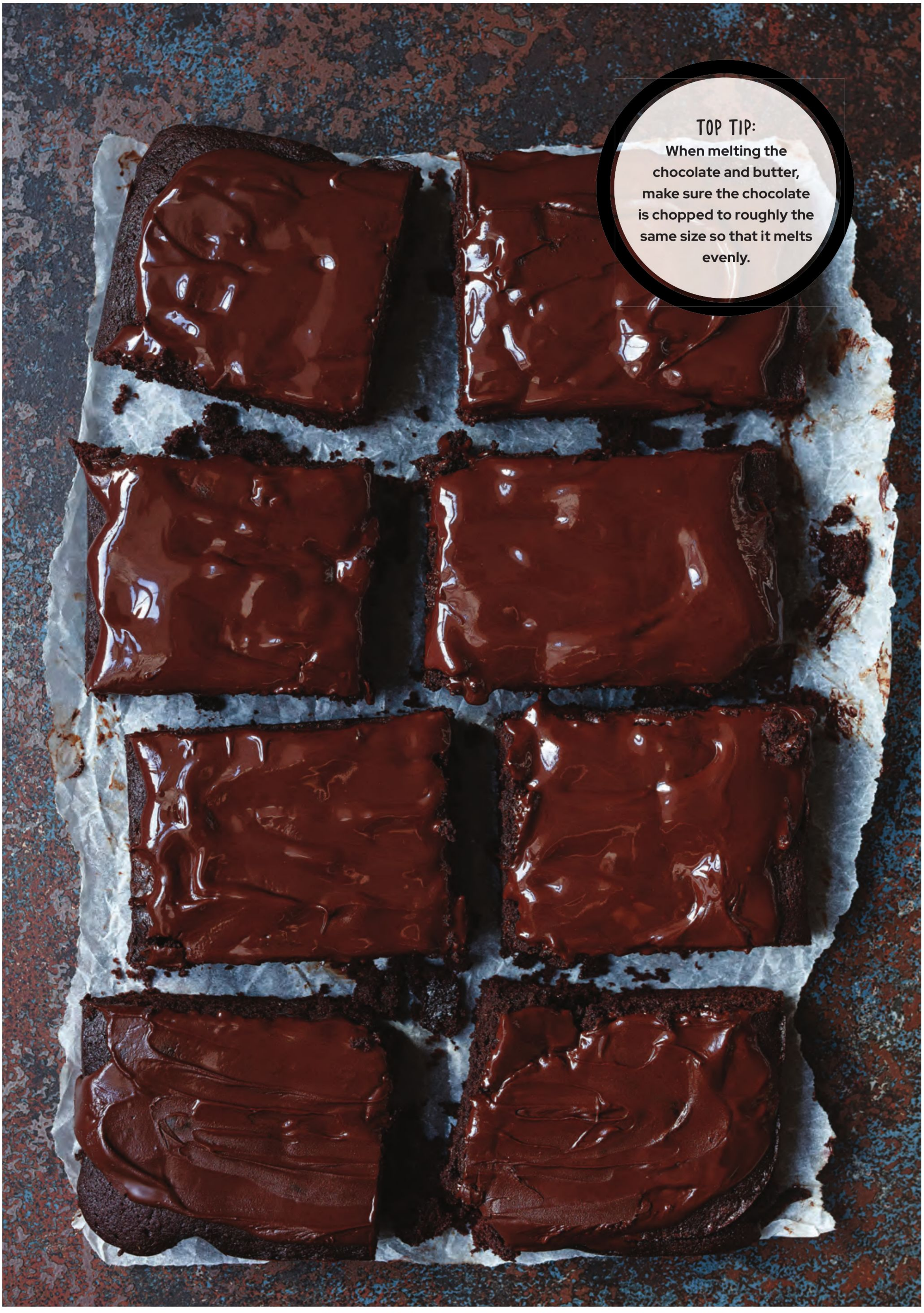
To assemble:
4 burger buns, split
8 slices of Brie
2-3 tbsp mayonnaise
4 handfuls of mixed leaves

1 First, make the caramelised onions. Melt the butter in a pan over a medium heat and add the onions. Cook for 10 minutes until softened.
2 Add the sugar, vinegar, Worcestershire sauce and some salt and black pepper. Cook for three minutes, stirring.
3 Pour in the stout and turn the heat to low. Add the bay leaf. Cook very gently for 30-40 minutes until the stout has evaporated and the onions are very soft and sticky, stirring often. Set aside.
4 For the burgers, grate the onion and squeeze out any liquid. Place in a large bowl and add the turkey, Worcestershire sauce, ketchup, mustard and some salt and pepper. Mix together until just combined.
5 Divide the mixture into four equal portions and form into 1cm-thick patties. Use your thumb to press an indentation into the cenrte of each one.
6 Heat the rapeseed oil in a large non-stick pan over a medium-high heat. Cook the turkey burgers for 5-6 minutes per side until completely cooked throughout.
7 Meanwhile, turn the grill on to a high heat. Lightly toast the cut sides of the burger buns. Remove to a board and layer the top buns with Brie, then place back under the grill until melted. Spread the bottom buns with a little mayo and top generously with the stout caramelised onions and some mixed leaves.
8 Place the turkey burgers over the onions and carefully add the cheesy top buns. Enjoy immediately with plenty of napkins.

Per Serving 586kcals, 25.9g fat (8.6g saturated), 47.1g carbs (13.2g sugars), 33.8g protein, 7.2g fibre, 0.673g sodium

MAKE IT YOURS:

Make double or triple the batch of caramelised onions and store in an airtight jar in the fridge. Enjoy them on beef burgers, in cheese toasties and other sandwiches, on pizzas, over roast vegetables, stirred through scrambled eggs or served with a cheeseboard.



TOP TIP:

When melting the chocolate and butter, make sure the chocolate is chopped to roughly the same size so that it melts evenly.

Irish stout brownies

Makes 16

115g butter, cubed, plus extra for greasing
60g dark chocolate, chopped
60g cocoa powder
250g sugar
Pinch of salt
1 egg, at room temperature
1 tsp vanilla extract
120ml Irish stout
125g plain flour
175g dark chocolate chips

For the topping:
120g dark chocolate, chopped
30g butter

1 Preheat the oven to 180˚C/160˚C fan/gas mark 4. Line a 20cm baking tin with parchment paper and grease lightly with butter.

2 Set a heatproof bowl over a pan of gently simmering water, making sure the bottom of the bowl does not sit in the water. Add the butter and dark chocolate and allow to melt, stirring occasionally.

3 Remove from the heat and whisk in the cocoa, sugar and salt. Beat in the egg and vanilla, then beat in the stout until well combined. Whisk in the flour until incorporated, then stir in the chocolate chips.

4 Transfer the batter into the prepared cake tin. Bake for 25-30 minutes or until a toothpick inserted into the centre comes out clean (it's ok if there are a few crumbs but you do not want wet batter). Set aside and allow to cool completely.

5 Once cool, make the glaze. Set a heatproof bowl over a pan of gently simmering water, making sure the bottom of the bowl does not sit in the water. Melt together the butter and dark chocolate, stirring occasionally. Remove from the heat and stir until smooth. Allwo to cool slightly.

6 Spread the glaze over the top of the brownies. Allow to cool, then place in the fridge for 30-40 minutes until fully set. Cut the tray into 16 portions.

Per Serving 293kcals, 14.8g fat (9.7g saturated), 37.6g carbs (27.2g sugars), 3.6g protein, 2.1g fibre, 0.086g sodium



Irish stout rarebit

Serves 4

120g mature Cheddar
2 tbsp Irish stout
½ tsp English mustard
1 egg yolk
½ tsp Worcestershire sauce
Salt and black pepper
4 thick slices of sourdough

1 Turn the grill on to a high heat.
2 In a large bowl, combine the grated Cheddar, stout, mustard, egg yolk, Worcestershire sauce, and some salt and black pepper.
3 Cut four thick slices of sourdough and grill until golden on one side. Flip the toasts over and spread thickly with the cheese and stout mixture.
4 Place back under the grill for 2-3 minutes or until the cheese is golden-brown and bubbling. Serve immediately with some mixed leaves.

Per Serving 236kcals, 12.4g fat (7.2g saturated), 19g carbs (0.2g sugars), 11.2g protein, 0.8g fibre, 0.448g sodium

€ DF

MAKE IT YOURS:

To make this recipe suitable for vegetarians, swap the Worcestershire sauce for soy sauce.



Irish stout and cheese scones

Makes around 20-22

2 eggs
170ml buttermilk, plus extra for brushing
250ml Irish stout
630g plain flour
2 tbsp baking powder
Pinch of salt
1 tsp sugar
170g cold butter, cubed
225g Cheddar, grated
5 spring onions, very finely chopped
Flaked sea salt

1 Preheat the oven to 190˚C/170˚C/gas mark 5 and line two large baking trays with parchment paper.
2 In a small bowl, whisk together the eggs, buttermilk and stout. Set aside.
3 In a larger bowl, whisk together the flour, baking powder, salt and sugar. Add the cubes of butter.
4 Use your fingers to work in the butter just until the mixture resembles crumbs; do not overmix. Stir in the Cheddar and the chopped spring onions.
5 Add the stout mixture all at once and mix until just barely combined; do not overmix.
6 Dump the dough onto a floured surface and kneading for 4-5 seconds just to incorporate any loose flour.
7 Use your hands to pat the dough out to about 2cm thick. Dip a 4-5cm pastry cutter into some flour and use to cut out the scones. Re-roll the scraps and continue cutting until all of the dough has been used.
8 Transfer the scones onto the prepared baking trays, spacing them 2-3cm apart. Brush the tops of the scones with buttermilk and sprinkle with sea salt.
9 Bake for 15-20 minutes or until the scones are golden brown and sound hollow when the bottoms are tapped, rotating the trays halfway through.

Per Serving 293kcals, 14.8g fat (9.7g saturated), 37.6g carbs (27.2g sugars), 3.6g protein, 2.1g fibre, 0.086g sodium

MAKE IT YOURS:

You can shape this dough into a rough round and bake as a loaf bread for slicing and sharing!

HOW IRISH

START

WOULD YOU RATHER EAT...



OR



WOULD YOU RATHER EAT...



OR



WOULD YOU RATHER DRINK...



OR



NOT IRISH

SORT OF IRISH

QUIZ!

ARE YOUR TASTEBUDS?

WOULD YOU RATHER EAT...



OR



WOULD YOU RATHER EAT...



OR



WOULD YOU RATHER EAT...



OR



WOULD YOU RATHER DRINK...



OR



100% IRISH

CREAMY PAN-FRIED KIDNEYS ON TOAST

Serves 4 as a lunch or starter

450g lambs' kidneys
300ml milk
100g plain flour
Salt and black pepper
50g butter
1 tbsp olive oil
1 onion, sliced
100g mushrooms, sliced
40ml Irish whiskey (or brandy)
100ml cream
1 tbsp wholegrain mustard

To serve:
Toast

1 Remove the outside membrane from the kidneys. Rinse under cool water, then place in a bowl, cover with milk and soak for 30 minutes. Rinse again under cool water and pat dry with kitchen paper.
2 Place the flour in a bowl and season with salt and black pepper.
3 Melt the butter and oil together in a pan over a medium-high heat. Working in batches, toss the kidneys in the flour to coat, shaking off any excess, then brown in the pan on both sides. Transfer to a warm plate and cover with tin foil.
4 Add the onion and mushrooms to the pan and cook over a medium heat for 6-8 minutes or until the onion is soft and translucent, stirring frequently.
5 Add the whiskey and bubble for 2-3 minutes, using a wooden spoon to scrape any sticky bits from the bottom of the pan.
6 Stir in the cream and mustard and cook for two minutes. Return the kidneys to the pan, along with any juice from the plate. Season with salt and black pepper to taste. Simmer for 1-2 minutes to heat through, then serve immediately with some toast.

Per Serving 319kcals, 20.1g fat (9.5g saturated), 10.3g carbs (1.8g sugars), 19.7g protein, 1.1g fibre, 0.418g sodium



FROM THE BUTCHER'S BLOCK

Local butcher Michael Fleming takes a look back through traditional Irish fare



What has changed on the butcher's counter over the past 30-40 years?
These days, the butcher's counter has a lot more variety. There's also a much bigger emphasis on value-added products, driven by demand from busy people: meats that are marinated, pre-prepped and ready to cook have become very popular. The types of cuts available has changed, too: many of the more old-fashioned, cheaper cuts have been replaced with leaner options.

What are some traditional cuts and types of meat that have fallen out of popularity in Ireland?
There are plenty: tripe and other offal, crubeens, and many of the more slow-cooking joints such as bellies of pork and beef briskets.

Which ones do you think should make a comeback?
Lambs' kidneys can be really delicious with a nice peppercorn sauce. I'd like to see more demand for corned brisket, which has a nice bit of flavour. Pork cheeks are also very under-rated; when they're slow-cooked, they are just delicous.

What are tripe and drisheen?
Tripe is the lining of a cow's stomach, and is usually slow-cooked in milk with onions. Drisheen is unique to Cork and is a black pudding-style sausage made from a combination of beef and sheep's blood; its texture is much softer and smoother than black pudding. Tripe and drisheen are often served together as a Cork speciality. If you're looking for tripe in Dublin, you can usually find it on Thomas Street.

What is hogget?
The term hogget refers to sheep aged between one and two years old. The meat lies somewhere in between tender lamb and flavoursome mutton. You can cook hogget quickly over a high heat much like lamb, or go low and slow as you would with mutton — just don't choose anything in between or it's likely to be tough.

Why isn't mutton very popular any more?
Mutton has quite a strong smell and taste that can put some people off. It's also quite a fatty meat, and at the moment lean cuts are much more fashionable. In addition, in the past mutton was often over-cooked, so many people have off-putting memories of extremely tough, grey meat. However, if it's treated properly and cooked over a very low heat for long enough, it can be very tasty.

What can I make with oxtail?
Oxtail is great for slow-cooking and delicious served with mash and gravy, or used to make a hearty soup or stew. You can also use it to make an excellent homemade beef stock or broth.

I've seen beef dripping in the shops – how would I use it?
Beef dripping makes delicious homemade chunky chips, roast potatoes or Yorkshire puddings, or you can use it to make the pastry for pies or sausage rolls. You could also fry a slice bread in beef dripping for a real old-fashioned treat, or simply use it to cook your steaks.

What are crubeens?
Crubeens are pigs' trotters; you don't see them too much these days, but they used to be very popular and served as a salty snack in bars across Ireland.

What are sweetbreads and how should I prepare them?
Sweetbreads are the pancreas or thymus glands from lambs, and many people consider them a delicacy. They're nice lightly dusted with seasoned flour, then pan-fried in butter and finished with a squeeze of lemon juice. You can pound them nice and flat first so that they cook quickly.

What's your favourite old-fashioned meat recipe?
For me, it probably doesn't get any better than a corned brisket, served with white sauce, cabbage and mashed potato.

Are there traditional cooking methods for meat that aren't used any more?
I think our cooking has come a long way from the days when everything was simply boiled, and often very over-cooked.

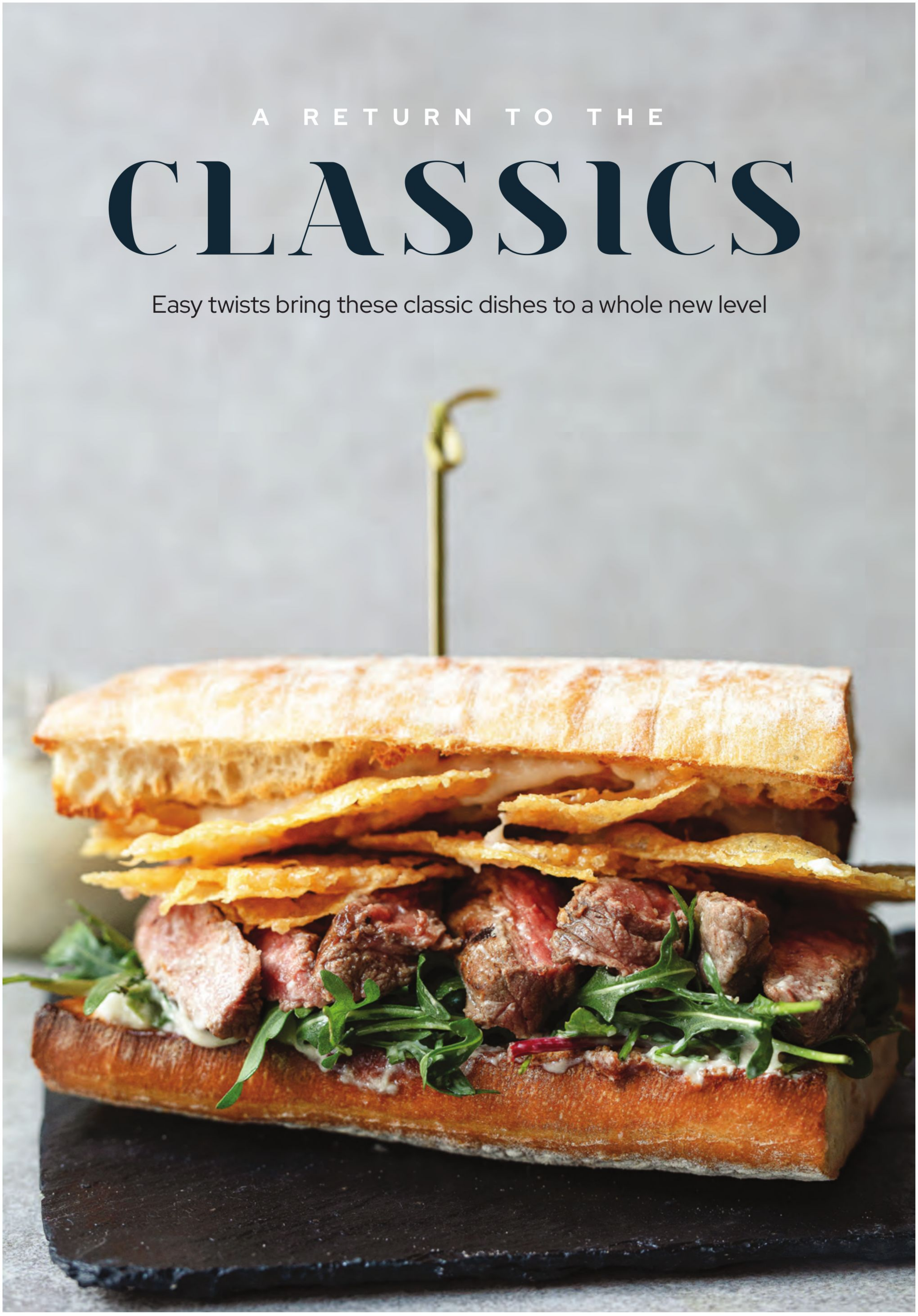
If I'm looking to experiment with offal for the first time, where should I begin?
I would start with lamb's kidneys or livers, very simply pan-fried with some salt and pepper or with a simple pan sauce. (Try the recipe opposite!)

IN JAMES JOYCE'S *ULYSSES*, LEOPOLD BLOOM'S FAVOURITE FOOD IS GRILLED MUTTON KIDNEYS.

A RETURN TO THE

CLASSICS

Easy twists bring these classic dishes to a whole new level



CAESAR STEAK SANDWICHES

Serves 3

For the marinade:

50ml olive oil
2 tsp Worcestershire sauce
Juice of ½ a lemon
Salt and black pepper

For the Caesar dressing:

4 anchovy fillets
1 garlic clove, crushed
5 tbsp mayonnaise
20g Parmesan, grated
Juice of ½ a lemon
Water, to loosen

For the sandwiches:

500g flank steak
50g Parmesan, grated
1½ tbsp olive oil
4 ciabattas, split
50g mixed leaves

1 In a jug, combine the ingredients for the marinade. Transfer to a sealable bag and add the flank steak. Close the bag, squeezing out all of the air, and use your hands to work the marinade all around to coat every piece of steak. Set aside to marinate for one hour.

2 In a blender, whizz together the ingredients for the Caesar dressing. Taste and season, then whizz in a splash of water to loosen.

3 Preheat the oven to 180°C/160°C fan/gas 4. Line a baking tray with parchment paper, then sprinkle evenly with the grated Parmesan. Bake for 8-10 minutes until the cheese melts into one golden layer. Set aside to cool.

4 Place a large pan over a high heat until very hot, then add the olive oil. Remove the steak from the marinade and pat dry with kitchen paper. Season with salt and black pepper and cook for 2-3 minutes per side for medium-rare, or to your liking. Transfer to a plate, tent loosely with foil and allow to rest, leaving the juices in the pan.

5 Toast the ciabattas in the same pan over a medium-high heat. Transfer to a serving platter and spread with some of the dressing. Top each with a handful of mixed leaves.

6 Slice the steak, then place on top of the ciabatta bottoms. Break up the Parmesan crisp and scatter the pieces over the top. Drizzle over the remaining Caesar dressing and sandwich together to serve.

Per Serving 557kcals, 31.3g fat (9.4g saturated), 22.2g carbs (1.9g sugars), 44.9g protein, 1.1g fibre, 0.739g sodium

€ DF





BACON WITH MUSTARD MARMALADE GLAZE AND CABBAGE CROQUETTES

Serves 6

For the bacon:
1.5kg bacon loin
1 onion, roughly chopped
1 bay leaf
4-5 whole black peppercorns

For the croquettes:
20g butter
4 spring onions, finely chopped
200g cabbage, finely chopped
Handful of fresh parsley, chopped
600g mashed potato
Salt and black pepper
1 egg
80ml milk
120g plain flour
120g dried breadcrumbs
Vegetable oil, for frying

For the glaze:
4 tbsp vegetable oil
3 tbsp light soy sauce
2 tbsp tomato ketchup
1½ tbsp Dijon mustard
2 tbsp honey
3 tbsp marmalade

1 Place the bacon in a large pan and add the onion, bay leaf and peppercorns. Cover with cold water. Bring to the boil, then simmer gently for 50 minutes.
2 To make the croquettes, melt the butter in a large pan over a medium heat. Add the spring onions and cook for two minutes. Add the cabbage and cook for 6-8 minutes longer until soft.
3 Transfer to a large bowl. Add the parsley and mashed potato. Season with salt and pepper and stir to combine.
4 Scoop out a portion measuring around two tablespoons and use damp hands to roll into a croquette around 7cm long. Place on a baking tray lined with parchment paper. Repeat with the remaining mixture. When all of the croquettes are formed, place in the fridge for 20 minutes or until firm.
5 Whisk the egg and milk together in a shallow bowl. Place the flour in a second shallow bowl and the breadcrumbs in a third.
6 One at a time, roll each croquette in flour, shaking off any excess. Dip to coat in the egg mixture, then dredge in the breadcrumbs, pressing them on lightly to coat. Place on a baking tray lined with parchment paper. Place in the fridge for another 10-15 minutes.
7 Preheat the oven to 200˚C/180˚C fan/gas mark 6. Remove the bacon from the pan. Set aside until cool enough to handle.
8 Use a small, sharp knife to remove the rind and score the fat in a criss-cross pattern, being sure not to cut into the meat. Place the joint in a roasting dish.
9 Combine all of the ingredients for the glaze in a small saucepan. Transfer two tablespoons of the mixture to a small bowl and use this to brush the bacon all over. Roast the bacon for 20 minutes.
10 Add enough oil to a large frying pan to come 2cm up the side. Heat over a medium-high heat. Working in batches to avoid crowding the pan, cook the croquettes for 2-3 minutes or until golden brown on all sides. Drain on a plate lined with kitchen paper. Season with salt and black pepper.
11 Meanwhile, add three tablespoons of water to the remaining glaze in the saucepan. Bring to a boil over a medium-high heat, then simmer for 4-5 minutes until thick and glossy, stirring often.
12 Slice the bacon and serve with the croquettes and the mustard glaze.

Per Serving 793kcals, 32.4g fat (9.7g saturated), 57.8g carbs (20.2g sugars), 71.2g protein, 4.2g fibre, 1.037g sodium

WHAT MAKES A DISH DELICIOUS?

CLASSICS

Dishes become classics for a reason. Whatever the recipe or cuisine, there are certain reoccurring elements that make it truly special.

Fat is universally appealing to human tastebuds, and this is one big reason why deep-fried foods like the scampi and croquettes in this feature are ever-popular.

Salt is crucial in cooking. Not only is it craveable in its own right — as in the bacon, above! — but it's an ingredient that helps every other flavour in a recipe (whether savoury or sweet) come into the foreground.

Umami is known as the "fifth taste," and translates loosely as deliciousness. Umami is the deeply savoury sensation your tastebuds get from Parmesan, bacon, anchovies or soy sauce. It's one big reason why the classic Caesar salad never wanes in popularity.

Acid adds brightness to a dish, and is often that elusive 'something missing' when you're tasting an almost-finished meal. A squeeze of lemon juice or splash of red wine vinegar often makes all the difference.

Texture is a very important part of any truly satisfying meal; what you should aim for is contrast. Softness will always marry well with crunch; think of croutons on a soup or salad, or the crisp golden breadcrumbs encasing the fluffy croquette filling here. It's also why the black pudding crumble stirred through the mashed potato is so pleasing, and why the Parmesan crisp adds an extra dimension to the steak sandwiches.

The Maillard reaction is a chemical reaction that occurs when food browns properly, and it adds toasty, nutty depth of flavour that's impossible to get otherwise. That's why browning meat before slow-cooking is so important, and why it's critical to do this in batches so that the food sears properly rather than steaming.

SCAMPI SPICE BAG

Serves 4

For the marinade:

1 tsp vegetable oil
1 onion, sliced
2 red and 1 green chilli, sliced
1 tsp Chinese five spice
800g potatoes, cut into 1cm-thick chips, soaked in cold water for 30 minutes

For the spice mix:

3 tsp sea salt
3 tbsp Chinese five spice
1½ tsp garlic powder
1½ tsp chilli powder

For the prawns:

300g self-raising flour
375ml pale ale
800g prawns, peeled and deveined, leaving tails intact, deveined

To serve:

Fresh coriander, chopped

1 Heat the oil in a pan over a medium-high heat and cook the onions for 3-4 minutes until just softened but still retaining some crunch. Add the chillies and Chinese five-spice and toss for one minute, then transfer to a bowl to cool.

2 Drain the soaked chips and pat very dry with kitchen paper. Place a large baking dish in the oven and preheat to 110˚C/90˚C fan/gas mark ¼.

3 In a large bowl, combine the ingredients for the spice mix and set aside.

4 Pour the oil into a deep-fat fryer and heat to 180°C. Cook the chips in two batches, then transfer to the baking dish in the oven to keep warm while you cook the scampi.

5 Meanwhile, for the batter, transfer half of the spice mix to a separate bowl and add the flour. Pour in the pale ale and whisk to form a loose batter.

6 Working in batches, hold the prawns by their tails and, one at a time, dip to coat in the batter, then carefully add to the oil in the fryer. Cook each batch for two minutes or until golden. Use a slotted spoon to transfer to a tray lined with kitchen paper.

7 Repeat with the remaining prawns, reheating the oil between batches.

8 Add the hot prawns to the bowl with the remaining spice mix and toss quickly to coat.

9 Divide the chips amongst serving plates and top with the spice bag prawns. Scatter with the chillies and onions and some fresh coriander and serve immediately.

Per Serving 827kcals, 21.6g fat (4.5g saturated), 91.3g carbs (4.5g sugars), 56.8g protein, 8.1g fibre, 1.195g sodium

VENISON BANGERS AND BLACK PUDDING LEEK MASH WITH STOUT AND ONION GRAVY

Serves 4

For the sausages and onion gravy:
1 tbsp olive oil
8 venison sausages
2 onions, sliced
120ml stout or porter
600ml beef stock
1 tbsp fresh rosemary, chopped
1 tbsp Worcestershire sauce
2 tbsp blackcurrant jam
Salt and black pepper
2 tsp butter, at room temperature
2 tsp plain flour

For the mash:
140g black pudding, sliced into rounds
900g potatoes, peeled and chopped into 2cm cubes
2 small leeks, trimmed, washed and chopped
50g butter
100ml milk

1 Preheat the oven to 200˚C/180˚C fan/gas mark 6.
2 Heat the oil in a large pan over a high heat. Add the black pudding and cook for 3-4 minutes per side until golden. Transfer to a plate and set aside.
3 In the same pan, brown the venison sausages on all sides. Transfer to the plate with the black pudding and set aside.
4 Add the onions to the same pan and turn the heat to medium. Cook for 10-12 minutes until very soft.
5 Pour in the stout and bubble for 2-3 minutes, scraping any sticky bits from the bottom using a wooden spoon. Stir in the stock, rosemary, Worcestershire sauce and blackcurrant jam. Season to taste.
6 Use your fingers to work the butter and flour together to form a paste, then break into small pieces and drop into the sauce. Stir for 6-8 minutes until thickened and glossy.
7 Add the sausages back into the pan and simmer for 10 minutes unitl completely cooked throughout.
8 Meanwhile, place the potatoes in a pan of salted water. Bring to the boil, then reduce the heat, add the leeks and simmer until the potatoes are soft. Drain well and mash.
9 Combine the butter and milk in a small jug and microwave until the butter has just melted. Add to the mashed potato and mix until smooth. Crumble in the black pudding, then season to taste and set aside.
10 Divide the mash amongst wide serving bowls, add the sausages and spoon over the stout and onion gravy.

Per Serving 643kcals, 27.3g fat (13.8g saturated), 68.2g carbs (15.1g sugars), 30.2g protein, 9.4g fibre, 0.798g sodium





TOP TIP

Use this same method with any other slow-cooking cut of meat. Try swapping in chuck, shin or other stewing beef for a luxury cottage pie, or use pork loin or tenderloin and swap in cider in place of the red wine.

SLOW-COOKED SHEPHERD'S PIE WITH ROASTED GARLIC MASH

Serves 4

4 tbsp plain flour
500g lamb leg meat, diced
1½ tbsp olive oil, plus extra for the mash
1 onion, chopped
2 carrots, peeled and chopped
2 celery stalks, chopped
2 garlic cloves, crushed
1 tbsp tomato purée
40ml red wine
400ml beef stock
2 tbsp Worcestershire sauce
1 tbsp balsamic vinegar
2 rosemary sprigs
2 bay leaves

For the mash:
10 garlic cloves, unpeeled
900g potatoes, chopped into 2cm chunks
Splash of milk
Large knob of butter
1 whole egg, plus 1 beaten

1 Preheat the oven to 150˚C/130˚C fan/gas mark 2. Season the lamb and coat in the flour.
2 Heat one tablespoon of the oil in a large casserole dish over a medium-high heat. Working in batches to avoid crowding the dish, brown the lamb on all sides. Transfer to a plate and set aside.
3 Heat the remaining oil over a low heat and cook the onion, carrots and celery for 15-20 minutes until soft.
4 Add the garlic and tomato purée. Turn the heat to medium-high and cook for one minute, stirring. Pour in the red wine and bubble for 2-3 minutes, using a wooden spoon to scrape up sticky bits.
5 Add the stock, Worcestershire sauce, balsamic vinegar and herbs. Bring to a simmer and cook, uncovered, for 10 minutes until slightly thickened. Season well and return the lamb to the pan. Cover with a lid, then transfer the dish to the oven and cook for three hours or until the meat is extremely tender.
6 Place the garlic cloves in a small baking dish and drizzle with olive oil. Bake for 50 minutes until very soft. Set aside until cool enough to handle, then squeeze the cloves out of the skins and mash to form a purée.
7 In a large pot, cover the potatoes in cold water, add salt, boil and simmer until tender. Drain well, then return to the pan and steam dry for 1-2 minutes.
8 Mash the potatoes with the milk and butter, then season. Crack the egg into the centre and add the roasted garlic, then beat well with a wooden spoon.
9 Transfer the lamb and sauce to a large ovenproof dish, discarding the bay leaves and rosemary sprigs. Spoon over the mash and brush with the beaten egg.
10 Heat the oven to 220˚C/200˚C fan/gas mark 7 and cook for 25 minutes until golden and bubbling.

Per Serving 665kcals, 35.6g fat (13.3g saturated), 53g carbs (7.8g sugars), 30.8g protein, 7.4g fibre, 0.619g sodium

kids' kitchen

A GO-TO GUIDE FOR BUDDING YOUNG COOKS

104-108
IN THIS SECTION

HOME IS WHERE THE HEART IS, p104
This month's Home Ec expert talks through some traditional Irish favourites

EASY JUNIORS, p109
These sweet potato biscuits are the perfect combination of healthy and delicious

home is where the heart is



Aoife Uí Leannáin of Coláiste Oiriall, Monaghan Town, talks through some traditional Irish favourites

It's that time of year again when everyone wants to be Irish, so why not embrace it in our home cooking? From coddle to colcannon, there is a traditional Irish dish for every season.

March marks the beginning of spring and the first of the seasonal lamb produce — yet, while the trees may be sprouting the first buds of colour, the weather is still stuck in winter mode. A slow-cooked Irish stew is an ideal way of marrying the need for warmth and comfort with the availability of spring lamb, and in a very cost-effective manner. Many homes now depend upon the slow cooker throughout the cold seasons for dinnertime delights, but stews like this can also be cooked on the hob or in the oven. For occasional dining, a minted lamb roast is the perfect addition to boiled new potatoes and steamed root vegetables.

Never far from the Irish stereotype, the humble spud features strongly in our favourite foods; whether it's colcannon at Halloween, boiled new potatoes with real dairy butter, champ or a fluffy mash topping on shepherd's pie, potatoes are definitely the staple food of choice when it comes to Irish favourites.

Despite being a country surrounded by water, and with a significant stronghold in the EU fisheries market, we often fall foul of the overcooked-salmon-induced dislike of fish. From oysters in Carlingford to cockles and mussels in Kinsale, our entire island serves up seafood of the highest quality. At home, a hearty fish pie is a budget-friendly way of getting the whole family involved in sampling a variety of what the sea has to offer.

Another well-established Irish tradition is that of making dessert a nutritious element of the main meal of the day (which may go some way to explaining our sweet tooth!). At this time of year, rhubarb is just coming into season, making it time for rhubarb crumble. While sugar must be added to sweeten this springtime ingredient, be careful not to add so much as to detract from its natural tartness. In terms of nutritional value, rhubarb crumble is high in fibre and can even be counted as a serving of vegetables! Rhubarb can also be stewed and potted, perfect for adding to homemade rice pudding, breakfast porridge or plain natural yoghurt.

The need for comfort food extends beyond dinnertime and can often begin with breakfast. What better way to start the day than with a hot bowl of porridge served with nuts and dried fruit? Of course, a busy lifestyle often makes it unfeasible to make fresh porridge each morning. Overnight oats, take a bow! Or how about a weekend breakfast treat à la Nevin Maguire — porridge served with fresh cream, a drop of Irish whiskey and a spoonful of local honey?

Considering that the timing of this issue coincides with Seachtain na Gaeilge, here are the Irish translations for a few of the foods I've mentioned here, providing us all with an opportunity to learn 'cúpla focal eile'. Slán go fóill!













Rhubarb crumble

Serves 6

8 rhubarb stalks, washed and chopped into ½cm pieces
60g golden caster sugar
50ml water
100g plain white flour
75g wholemeal flour
125g porridge oats or muesli
125g soft brown sugar
125g butter, plus extra for greasing

To serve:
Custard, cream or ice cream

1 Preheat the oven to 190°C/170˚C fan/gas mark 5. Lightly grease an ovenproof pie dish or baking dish with butter.
2 Put the rhubarb, caster sugar and water into a saucepan. Place over a medium-high heat and bring to a simmer. Cook for 10 minutes or until the rhubarb is soft.
3 Meanwhile, make the crumble. In a bowl, combine the plain flour, wholemeal flour, brown sugar and oats or muesli.
4 Add the butter and rub into the dry ingredients using your fingers until the mixture resembles breadcrumbs.
5 Add the stewed rhubarb to the prepared baking dish. Spread the crumble mixture over the top and bake for 20 minutes or until the topping is golden brown.
6 Serve warm with custard, cream or good quality ice cream.

Per Serving 459kcals, 18.8g fat (11g saturated), 68g carbs (31.2g sugars), 6.8g protein, 4.9g fibre, 0.13g sodium



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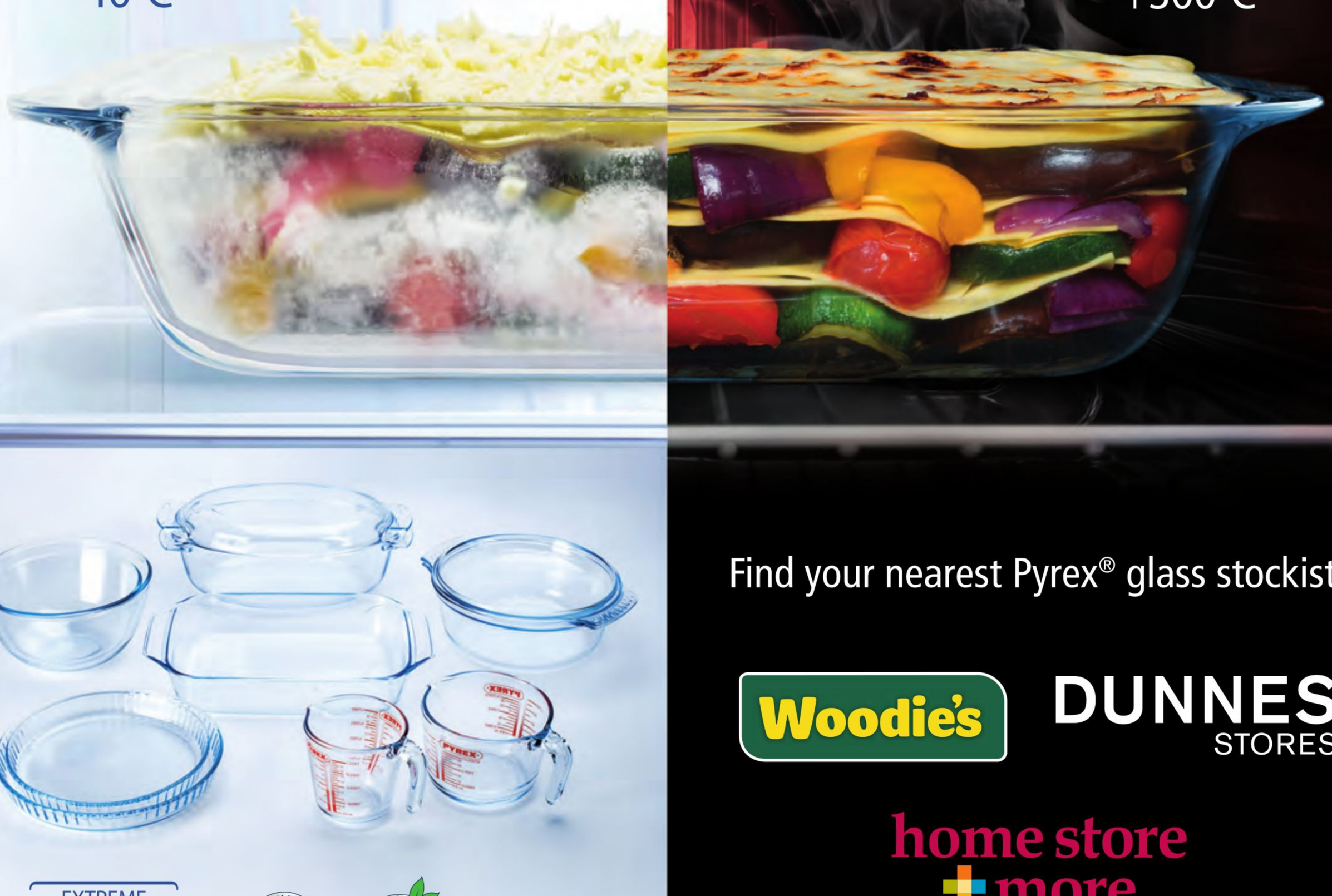
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JUNIORS

Easy Food

THESE EASY SWEET POTATO BISCUITS ARE THE PERFECT COMBINATION OF HEALTHY AND DELICIOUS



Easy ~~Food~~ JUNIORS

Cut out and keep!

SWEET POTATO BISCUITS

Makes 1 loaf

170g cooked sweet potato, cooled
180g plain flour
Zest of 1 lime
80g coconut oil
2 tbsp maple syrup
Pinch of salt

1 Wash your hands and gather all of your ingredients together.
2 Scrap out the insides of the sweet potato and pop the skins into the compost bin.
3 Mash up the sweet potato with a fork and set aside.
4 Place the flour and lime zest in a large bowl.
5 Add the coconut oil. (If the coconut oil is very hard, warm it in the microwave for 5-10 seconds just to soften it slightly.) Use clean fingers to rub the oil into the flour until the mixture looks like breadcrumbs.
6 Stir in the mashed sweet potato, maple syrup and salt.
7 Stir everything together to form a smooth dough. Transfer the dough to a floured surface and roll it out with a rolling pin until it's thin.
8 Use a pastry cutter to cut out biscuits. Place them on a baking tray and bake for 15 minutes or until crisp around the edges. Allow to cool.

Per Serving 67kcals, 3.4g fat (2.9g saturated), 8.3g carbs (1.5g sugars), 0.9g protein, 0.4g fibre, 0.011g sodium

















TOP TIP

The easiest way to cook the sweet potato is to simply pop it in the oven to bake. If it is particularly large, then cut it lengthways and place on a tray skin side-up. If you only want enough sweet potato for the recipe then weigh it before cooking, but do allow for the skin — this will usually add about 60g or so. We recommend baking more than you need for this recipe, because sweet potato mash is yummy with lots of different dinners!

MAKE IT healthy!

GIVE YOUR BODY THE LOVE IT DESERVES

110-121

IN THIS SECTION



HEALTHY AT HOME, p110
We look at the health benefits of traditional Irish foods

NEW WAYS WITH IRISH GRAINS, p116
Tasty new ideas for cooking with barley, oats and wheat

ECO-CONSCIOUS EATING, p120
Easy Food Intern Alison Egan explains how we can all be more sustainable consumers

Healthy at home

We look at the health benefits of traditional Irish foods

With more focus than ever on eating local, Irish foods, it's time to take a look at the nutritional benefits of some of our traditional foods.

Aside from the ethical advantages of buying locally produced food – such as supporting the local economy and cutting down on food miles – there are health benefits attached, too.

- Local food is fresher, tastes better and is likely more nutritious. Most foreign-grown produce was picked days or weeks prior to reaching the supermarket, and its nutrients will decrease during this time. Local food has a shorter time between harvest and your table, meaning you're eating it at peak nutritional value.
- Because local food is only transported short distances, it doesn't need to be preserved using the chemicals, gases or waxes commonly used in long-distance transport.
- When you eat locally, you eat with the seasons. Before the convenience of modern times, we simply ate what was available to us at that time of year. Eating seasonally is the most natural way to eat, and is beneficial to our bodies. In summer, our bodies crave cooling foods like fresh fruits, vegetables, and berries; during the darker, colder months, we need rich and warming high-fat foods and root vegetables. Our local seasons provide the ideal foods for our body's natural needs based on our geographic location.

Potatoes

The ubiquitous spud has fallen in popularity in recent years, due to the ongoing trend for low-carb foods. However, the facts remain that potatoes are good for you: low in fat and calories and containing zero cholesterol, they are a great source of fibre, vitamins C and B6, minerals (including iron, phosphorous, calcium, magnesium and zinc) and antioxidants. For maximum benefit, eat your potatoes with their skins still on.

Butter

Butter is another much-maligned food, and yet its high calories were critical in keeping our Irish ancestors alive for much of our history. While most health professionals would agree that moderation is important when it comes to saturated fats, there are health benefits attached to eating small amounts of real Irish butter. To begin with, butter contains protein, calcium, phosphorous, selenium and vitamins A, D and E. In Ireland, our grass is rich in beta-carotene; this gives our butter its distinctive yellow hue, but is also an antioxidant that converts to vitamin A and plays a very important role in eye, bone and brain health. Butter from grass-fed cows – like ours here in Ireland – also contains conjugate linoleic acids (CLAs), compounds which have been shown to prevent cancer and reduce body mass.

Cheese

As with butter, moderation matters, but cheese can be an important part of a healthy diet. Cheese is high in protein and is the best dietary source of calcium, having a positive effect on dental and bone health. It also contains high amounts of vitamins A and B12, along with zinc, phosphorus and riboflavin. Cheese made from the milk of grass-fed animals also contains omega-3s and vitamin K.

Because local food is only transported short distances, it doesn't need to be preserved using the chemicals, gases or waxes commonly used in long-distance transport.

Seaweed

Today, seaweed is revered worldwide as a superfood, but Irish people have been enjoying it as part of our traditional diet for millennia. Seaweed is a treasure trove of nutrtients, including vitamins A, C, E and K, the B vitamins, calcium, magnesium, potassium, copper and iron, as well as iodine, in which many modern diets are lacking. It also contains omega-3s and polyphenols, and is a good source of fibre and plant-based protein.

Beef

While it's important that we all make an effort to eat less meat for environmental reasons, grass-fed Irish beef can still play a role in a healthy diet. Rich in iron, protein and omega-3s, our green pastures also give it the beta-carotene mentioned above, in addition to niacin, riboflavin, zinc and vitamins B6 and B12.

Mussels

Mussels have an impressive nutritional profile. While they are high in protein and low in fat, the fats they do have are extremely healthy: the long chain fatty acids EPA and DHA improve brain function and are thought to reduce inflammatory conditions such as arthritis. Mussels are also a brilliant source of vitamins and important minerals, including zinc, iron and folic acid.

Oily fish

Salmon and mackerel are indigenous to Ireland and play an important part in any healthy diet. Besides their high levels of protein, they're excellent sources of healthy fats like omega 3s and help raise our levels of HDL or 'good' cholesterol. Oily fish has been linked to a range of health benefits, including a lower risk of heart disease, improved mental ability, and protection from cancer, alcohol-related dementia and rheumatoid arthritis.

Black pudding

While its salt content means it's best to enjoy black pudding occasionally rather than every day, this traditional breakfast food was given superfood status in 2016. It's rich in iron and zinc – two minerals often insufficient in modern diets. Iron is needed to make healthy blood cells and prevent anaemia. Black pudding is also rich in protein, potassium, calcium and magnesium.

Barley

Consuming a diet rich in whole grains is thought to reduce the likelihood of obesity, diabetes, heart disease and certain types of cancer, as well as keeping blood sugar levels stable and decreasing the risk of developing type 2 diabetes. Before potatoes were brought to Ireland, barley was our main source of carbohydrate, and today it's still a healthy, nutritious option offering high fibre and a wealth of vitamins and minerals.

Oats

Oats are loaded with important vitamins and minerals, as well as being a fantastic source of fibre and folate. Whole oats are high in antioxidants and beneficial plant compounds called polyphenols; most notable is a group of antioxidants called avenanthramides, which are almost solely found in oats and may help lower blood pressure levels.

This is just the tip of the iceberg when it comes to healthy Irish foods!

Don't forget our root vegetables, dark leafy greens, wild garlic, apples, white fish, shellfish, cold-pressed rapeseed oil, hazelnuts, raw honey, mushrooms, wild game and summer berries.

Barley risotto with dillisk

Serves 4

10g dried dillisk (also known as dulse)
50g blanched hazelnuts, chopped
30g butter
1 tbsp cold-pressed rapeseed oil
1 large onion, chopped
3 garlic cloves, crushed
Salt and black pepper
400g pearl barley
120ml white wine
1.4l vegetable stock
Zest and juice of 1 lemon
60g cream cheese
30g mature hard cheese (such as Mount Callan or Coolea), grated, plus extra to serve
100g baby spinach, finely chopped

1 Place the dillisk in a bowl and cover with hot water. Leave to soak for 10 minutes, then drain, reserving the soaking liquid. Roughly chop the dillisk and set aside.
2 Place the chopped hazelnuts in a dry pan over a medium heat and toast for 3-4 minutes until fragrant, shaking the pan often and being craeful not to burn them. Transfer to a bowl and set aside.
3 Melt the butter with the oil in a large, heavy saucepan over a medium heat. Cook the onion, garlic and a pinch of salt and pepper for 5-6 minutes until softened, stirring constantly.
4 Add the barley and stir to coat in the butter. Cook for 2-3 minutes.
5 Add the wine and the seaweed soaking liquid and simmer for 3-4 minutes until the barley has absorbed the liquid. Adjust the heat to maintain a gentle simmer.
6 Add the stock one ladleful at a time, stirring constantly and waiting until all of the stock has been absorbed before adding the next ladleful.
7 When the barley is tender, remove from the heat and stir in the lemon zest, cream cheese and grated cheese. Add the dillisk and spinach and stir for 1-2 minutes. Add extra salt and pepper to taste.
8 Serve topped with the toasted hazelnuts and some extra grated cheese, if desired.

Per Serving 446kcals, 18.7g fat (8g saturated), 59.8g carbs (3.8g sugars), 11.4g protein, 12.5g fibre, 0.715g sodium



TOP TIP

Flip to p.116 for more recipes using barley!



Salmon with creamy mussel sauce

Serves 4

1kg mussels
Olive oil, for brushing
4 salmon fillets
Salt and black pepper
40g butter
1 onion, finely chopped
2 garlic cloves, crushed
80ml white wine
80ml double cream
Handful of fresh parsley, chopped

To serve:
Brown bread
Lemon wedges

1 Wash the mussels under cold water. Discard any broken ones and any that do not close when tapped firmly against the counter.
2 Turn the grill on to a high heat. Line a baking tray with foil, brush with olive oil and add the salmon fillets. Season with salt and pepper, then place under the hot grill and cook for 6-7 minutes per side or until cooked to your liking.
3 Meanwhile, melt the butter in a large pan (one with a lid) over a medium heat and cook the onion for 4-5 minutes until softened. Add the garlic and cook for two minutes longer.
4 Add the mussels and the wine and stir gently. Cover with a lid and allow to cook for four minutes.
5 Pour in the cream, season with salt and plenty of black pepper and add the parsley. Stir and continue to cook for 2-3 minutes longer, uncovered, until the sauce has thickened.
6 Place the salmon fillets into four wide, shallow bowls, then ladle the mussel sauce around them, discarding any mussels that have not opened. Serve with some brown bread and lemon wedges, for squeezing.

Per Serving 619kcals, 32.1g fat (12.4g saturated), 13.6g carbs (1.4g sugars), 64.7g protein, 0.7g fibre, 0.9g sodium

€ DF GF

MAKE IT YOURS

If you prefer, you can pan-fry, oven-bake or poach the salmon.



Braised beef stew with oat dumplings

Serves 6

1 tbsp olive or rapeseed oil
500g stewing beef, cubed
150g smoked bacon lardons
5 shallots, finely chopped
3 parsnips, peeled and chopped
1 medium turnip, peeled and chopped
3 carrots, peeled and chopped
Salt and black pepper
3 thyme sprigs
3 bay leaves
400ml red wine
500ml beef stock

To serve:
70g fine porridge oats
70g plain flour, plus extra if needed
1 heaped tsp baking powder
1 tsp salt
1 tsp fresh thyme leaves
80g cold butter, finely chopped or grated
5 tbsp water

1 Preheat the oven to 170˚C/150˚C fan/gas mark 3.
2 Heat the oil in a large casserole dish over a medium-high heat. Working in batches to avoid crowding the pan, brown the beef on all sides, then transfer to a plate.
3 Add the bacon lardons to the pan and cook for 3-4 minutes until golden. Use a slotted spoon to transfer to the plate with the beef, reserving the fat in the pan.
4 Reduce the heat to medium and cook the shallots, parsnips, turnip and carrots for 5-6 minutes until softened and slightly coloured. Season with salt and black pepper and add the thyme sprigs and bay leaves.
5 Add the wine and bubble for 2-3 minutes, scraping any sticky bits from the bottom using a wooden spoon. Pour in the stock and return the beef and bacon to the pan. Bring to the boil, then season with salt and black pepper, cover with a lid and transfer to the oven. Cook for two hours until the beef is very tender.
6 Meanwhile, make the oat dumplings. In a bowl, combine the porridge oats, flour, baking powder, salt and thyme leaves. Stir well to combine. Rub in the butter with your fingertips until the mixture resembles breadcrumbs. Add the water and mix to form a dough. Roll the dough into small balls, adding a little flour if necessary.
7 Remove the stew from the oven and turn the temperature to 200˚C/180˚C fan/gas mark 6. Carefully lower the dumplings into the stew, spaced a little apart. Cover with a lid and return to the oven for 20 minutes until the dumplings rise.
8 Ladle into serving bowls and enjoy.

Per Serving 562kcals, 25.6g fat (11.6g saturated), 36.9g carbs (6.2g sugars), 34.2g protein, 6g fibre, 1.077g sodium

MAKE IT YOURS

Serve with poached or fried eggs for a fantastic brunch or hearty supper.

Black pudding and leek stuffed baked potatoes

Serves 4

4 large floury potatoes,scrubbed
60g butter, softened
1 small leek, trimmed, washed and chopped
1 tsp dried rosemary
Salt and black pepper
150g black pudding, cooked and crumbled
4 tbsp crème fraîche
1 tsp fresh parsley, chopped, plus extra to serve
1 tbsp rapeseed oil

1 Preheat the oven to 200˚C/180˚C fan/gas mark 6. Pierce the potatoes 2-3 times per side with the tip of a sharp knife, then place directly on the centre rack and bake for around one hour and 15 minutes until tender when pierced. Place the potatoes on a cutting board for 10-15 minutes until cool enough to handle.

2 Melt the butter in a pan over a medium heat and cook the leek for 6-8 minutes until softened. Add the rosemary and season with salt and pepper. Set aside.

3 Cut a 1cm-inch-thick slice from the top of each potato. Scrape the flesh from these slices into a large bowl.

4 Carefully scoop out the flesh of the potatoes into the bowl using a spoon, leaving about ½cm of flesh lining the skins. Roughly mash using a potato masher or the back of a fork.

5 Add the buttered leeks, crumbled black pudding, crème fraîche and parsley and stir to combine well. Add extra seasoning to taste, if necessary; you shouldn't need much salt.

6 Using your fingers, rub the outsides of the potato shells with the rapeseed oil. Spoon the filling back into the shells, mounding it generously over the top. Place on a rimmed baking tray.

7 Bake the potatoes for 25-30 minutes until hot throughout. Scatter over some extra fresh parsley and serve.

Per Serving 538kcals, 24.8g fat (12.2g saturated), 68.5g carbs (5.7g sugars), 11.2g protein, 11.4g fibre, 0.159g sodium



3 WAYS WITH BARLEY

BARLEY PORRIDGE

Serves 3-4

The night before eating, cook the barley. In a saucepan, combine **225g pearl barley** with **720ml water** and **½ tsp salt.** Bring to a boil, then reduce the heat and simmer for around 40 minutes until tender. Drain well and store in the fridge overnight. When ready to eat, place the barley in a saucepan and add **180ml milk, 1 tbsp brown sugar** and **¼ tsp cinnamon**. Place over a medium heat and cook for 15 minutes, stirring occasionally, until the barley has absorbed almost all of the milk. Divide the barley amongst 3-4 bowls and top with **toasted nuts, a splash or cream and/or some chopped fresh fruit**.



ROASTED VEGETABLE BARLEY SALAD

Serves 2

In a saucepan, combine **225g pearl barley** with **720ml water** and **½ tsp salt.** Bring to a boil, then reduce the heat and simmer for around 40 minutes until tender. Meanwhile, preheat the oven to 220˚C/200˚C fan/gas mark 7. In a baking dish, combine **2 chopped courgettes, 2 deseeded and chopped peppers (any colour)** and **1 chopped red onion**. Drizzle with **1-2 tbsp olive oil**, then add **1 tsp smoked paprika**, **1 tsp turmeric** and **1 tsp cumin** and some **salt and pepper.** Toss to coat. Spread out evenly in a single layer and roast for 25 minutes. Drain the cooked barley and season with **salt, pepper** and **½ tsp smoked paprika**. Toss to combine. Transfer the barley to a large mixng bowl and add the roasted vegetables. Stir in **3 chopped spring onions, 1 crushed garlic clove, a handful of chopped fresh parsley, a squeeze of lemon juice** and a **generous drizzle of extra-virgin olive oil**. Toss to combine and top with **crumbled Feta**. Serve warm or at room temperature.

HEARTY MUSHROOM, BARLEY AND BACON SOUP

Serves 6

Heat **1 tsp olive oil** in a large saucepan over a medium heat. Sizzle **200g bacon lardons** for 8-10 minutes until golden. Transfer to a plate using a slotted spoon. To the same pan, add **1 chopped onion, 1 trimmed, washed and chopped leek, 3 peeled and chopped carrots, 2 chopped celery stalks, 2 tbsp fresh thyme leaves** and **3 crushed garlic cloves**. Season with **salt and black pepper.** Turn the heat to low, cover the pan and cook gently for 10 minutes. Place **30g dried mushrooms** in a measuring jug and cover with **500ml boiling water**. Set aside for 10 minutes to soak. Use a slotted spoon to transfer the mushrooms to a board and chop them roughly. Add to the pan with the vegetables and turn the heat to medium-high. Cook the mushrooms for 2-3 minutes. Add the wine and allow to bubble for 20-3 minutes, scraping any sticky bits from the bottom using a wooden spoon. Add the reserved mushroom liquid, **1.8l chicken stock** and **160g pearl barley**. Return the bacon to the pan and simmer for 40-45 minutes until the barley is tender. Stir in **200g chopped baby spinach** and allow to wilt, then ladle into bowls. Top with some **grated Parmesan** and serve with **crusty bread**.

NEW WAYS WITH IRISH GRAINS

CRUNCHY OAT-CRUSTED CHICKEN GOUJONS

Serves 4

Preheat the oven to 200˚C/180˚C fan/gas mark 6. Coat a large baking tray with cooking spray. Place **270g rolled oats** in a food processer and whizz for about 15 seconds. Transfer to a shallow bowl and add **60g sesame seeds** and **3 tbsp mixed Italian herbs**. Stir to combine. In a second shallow bowl, beat **2 eggs** with **120ml milk**. Cut **4 chicken fillets** into strips. One at a time, dip the chicken strips in the egg mixture, then dredge in the oat mixture, pressing on with your fingertips to coat. Place the coated chicken goujons on the prepared baking tray and spray with **cooking spray**. Bake for 30-35 minutes or until golden and completely cooked throughout, turning halfway through.





ESPRESSO OVERNIGHT OATS

Serves 2

In a large bowl, combine **90g rolled oats, 1 tbsp chia seeds** and a **pinch of salt.** Add **180ml almond milk (or other milk of choice), 120ml strong, cold coffee, 2 tbsp honey** and **1 tsp vanilla extract**. Stir to combine well. Cover and place in the fridge for at least three hours or overnight. Scatter with **dark chocolate chips,** to serve.

CHEESE AND TOMATO OAT CRACKERS

Makes about 45

Preheat the oven to 180˚C/160˚C fan/gas mark 4. Line two baking trays with parchment paper. In a food processor, whizz **80g oats** until they form a fine flour. Add **30g grated Parmesan (or vegetarian alternative), 1 tsp salt** and **¼ tsp baking powder** and pulse to combine. Add **2 tbsp tomato chutney** and **3 tbsp olive oil**, then pulse until a dough starts coming together. Place the dough between two pieces of parchment paper and roll out to about ½cm thick. Use a pastry cutter to cut out crackers, re-rolling when needed until all of the dough is used up. Bake for around 15 minutes or until just golden brown. Transfer to a wire rack and allow to cool. Store in an airtight container.



WAYS WITH OATS



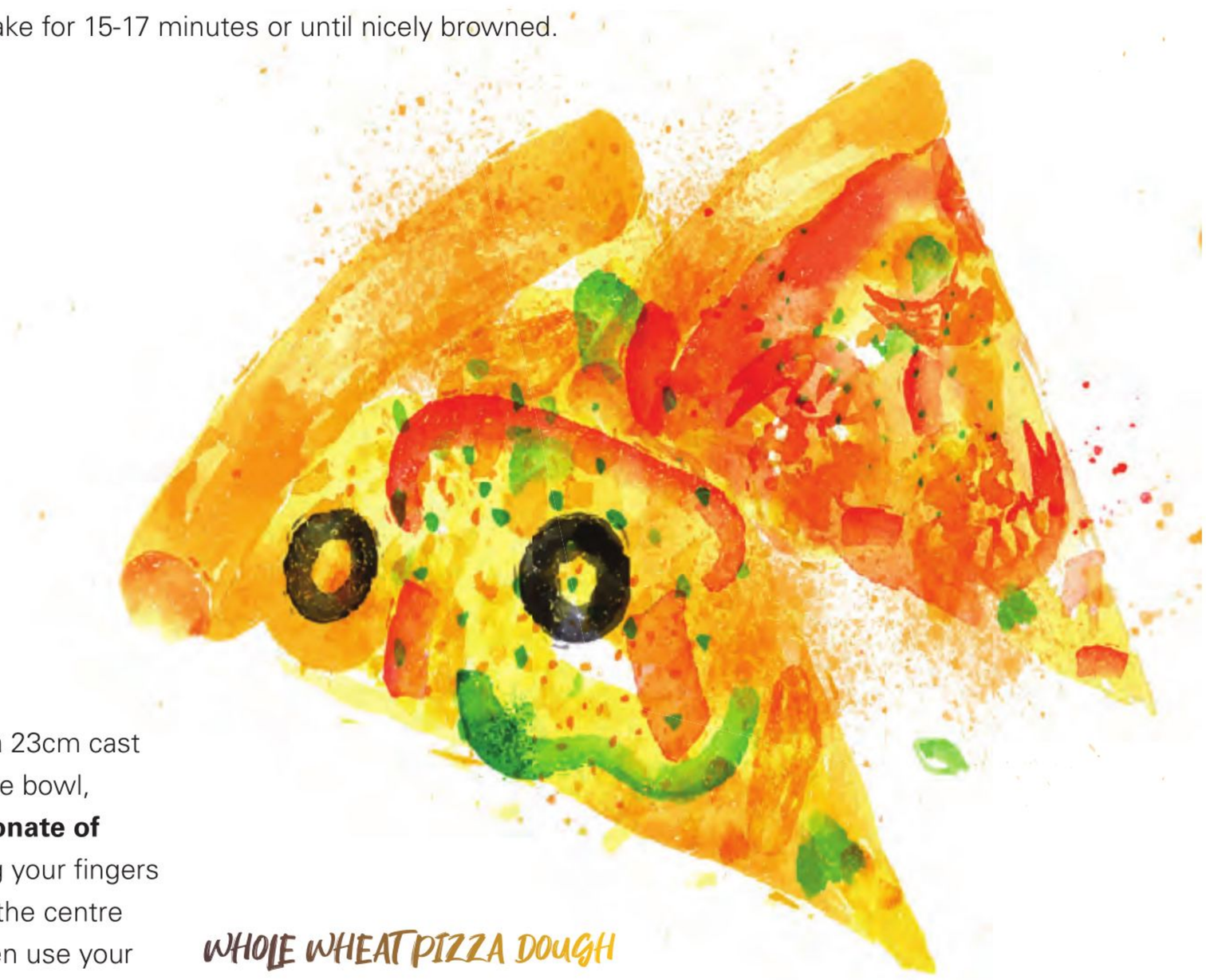
3 WAYS WITH WHEAT

WHOLE WHEAT MUFFINS

Makes 12

Preheat the oven to 200˚C/180˚C fan/gas mark 6. Line a 12-cup muffin tin using paper baking cups or use **cooking spray** to coat. Using an electric mixer, cream together **115g butter, 100g white sugar, 100g brown sugar** and **1 tsp bicarbonate of soda**, scraping the sides of the bowl with a spatula. In a small bowl, beat together **1 egg** and **¼ tsp vanilla extract**. Add the egg to the butter mixture and beat until light and fluffy. Add **240ml milk**, then gradually add **240g whole wheat flour** and lightly stir until the mixture is just combined – do not overmix. Fill the wells of the muffin tin to about two-thirds full. Bake for 15-17 minutes or until nicely browned.





WHOLE WHEAT SODA BREAD

Makes 1 loaf

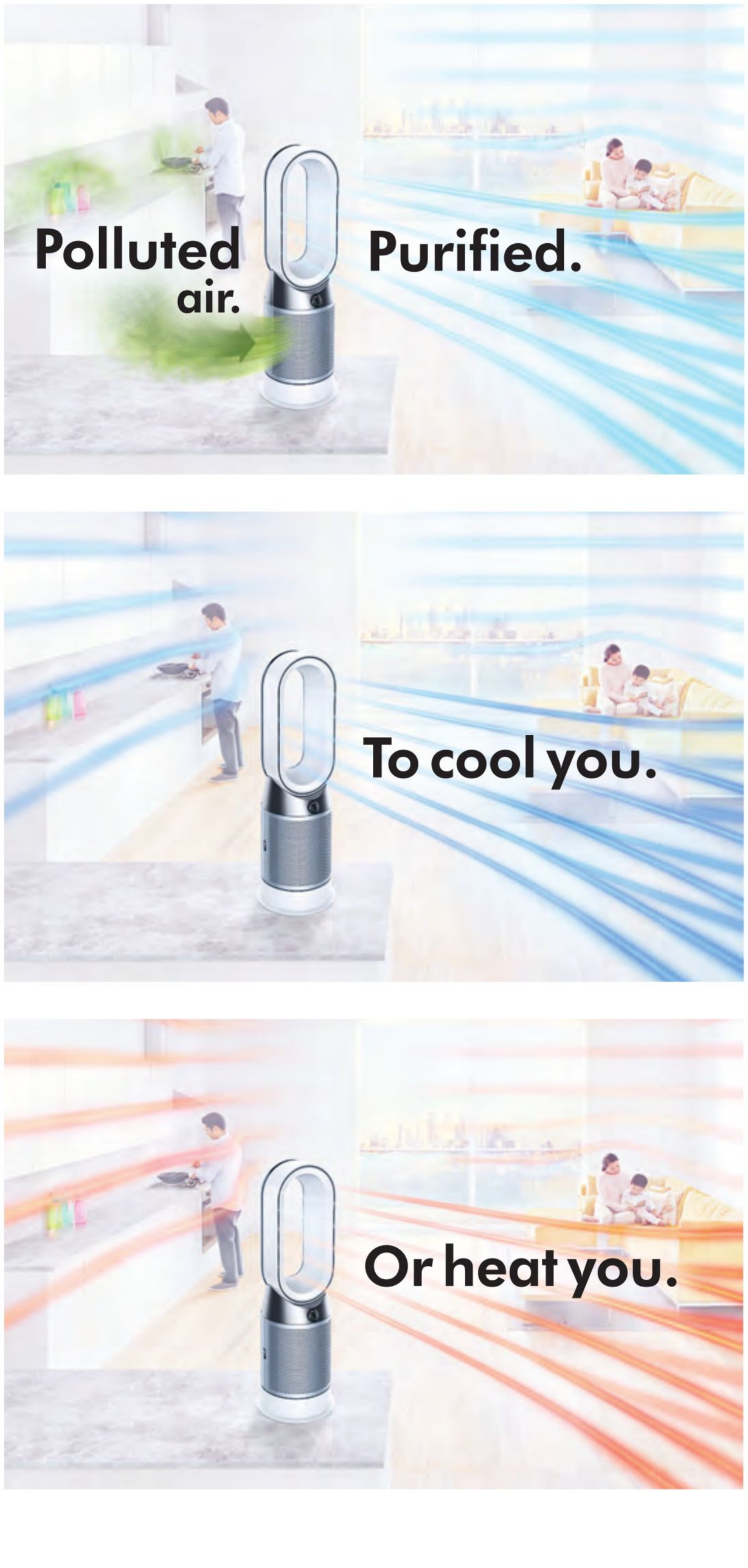
Preheat the oven to 200˚C/180˚C fan/gas mark 6. Grease a 23cm cast iron pan or a baking tray with a little vegetable oil. In a large bowl, whisk together **480g whole wheat flour, 1 ½ tsp bicarbonate of soda** and **1 tsp salt**. Add **30g cold butter** and rub in using your fingers until the mixture resembles breadcrumbs. Make a well in the centre and add **480ml buttermilk**. Stir with a wooden spoon, then use your hands to bring the mixture together into a sticky dough. Form into a rough ball, then pat the top down slightly. Using a knife, score the top with a 2cm-deep cross. Transfer to the oiled pan or baking tray and top with a **generous pinch of flaky sea salt**. Bake for 45-55 minutes, or until bottom of the bread sounds hollow when tapped. Allow to cool for at least 15-20 minutes before slicing.



WHOLE WHEAT PIZZA DOUGH

Makes 2 pizzas

Preheat oven to 240˚C/220˚C fan/gas mark 9. In a measuring jug, whisk together **240ml warm water, 1 tbsp sugar, 1 tbsp olive oil** and **1 x 7g packet or fast-action yeast**. Set aside for five minutes until the yeast is foamy. In a food processor, pulse **330g whole wheat flour, 4 tbsp grated Parmesan (or vegetarian alternative)** and **1 tsp salt** until combined. With the food processor running, slowly stream in the yeast mixture and whizz for one minute until a shaggy ball forms. Transfer onto a floured work surface and knead for 2-3 minutes until the dough comes together. Divide in half. Use a rolling pin to roll into two thin rounds around 30cm in diameter. Coat two baking trays with **cooking spray** and place the dough on top. Brush the outer 2cm of the dough lightly with **olive oil**. Spread the pizzas with your favourite **pizza sauce** and add **grated Mozzarella** and your favourite toppings. Bake in the top half of the oven for 10-12 minutes or until the crust and cheese are lightly golden, rotating the trays halfway.



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[1]The standard purification and heating performance tests are AHAM AC1-2015 and IEC 60675 respectively. Dyson goes beyond these, by testing filtration efficiency at 0.1 microns (EN1822), air projection, purification coverage in a 81m^3 room with multiple sensors and heating performance in a 35m^3 room with multiple sensors.



eco-conscious eating

Easy Food Intern Alison Egan expains how we can all be more sustainable consumers

Everyone knows that being environmentally friendly and living a sustainable, zero-waste lifestyle is more important now than ever. Given the current state of the climate and the harm it's doing to our planet, it's pretty much a no-brainer that in order to sustain our Earth, things need to change – now!

We're not saying that everybody needs to go vegan or live 100% waste-free (although, let's face it, that would solve a lot of problems), but if everyone made a few small lifestyle changes, the world would be a lot better off. Being both a 'foodie' and environmentally conscious can be tricky. Being faced with so many single use plastics with very few alternatives every single day is a challenge – not to mention the ethical foods dilemma!

We're here to share our ultimate tips and tricks, product recommendations and our ethical food guide, to help you make the right choices and reduce your carbon footprint.

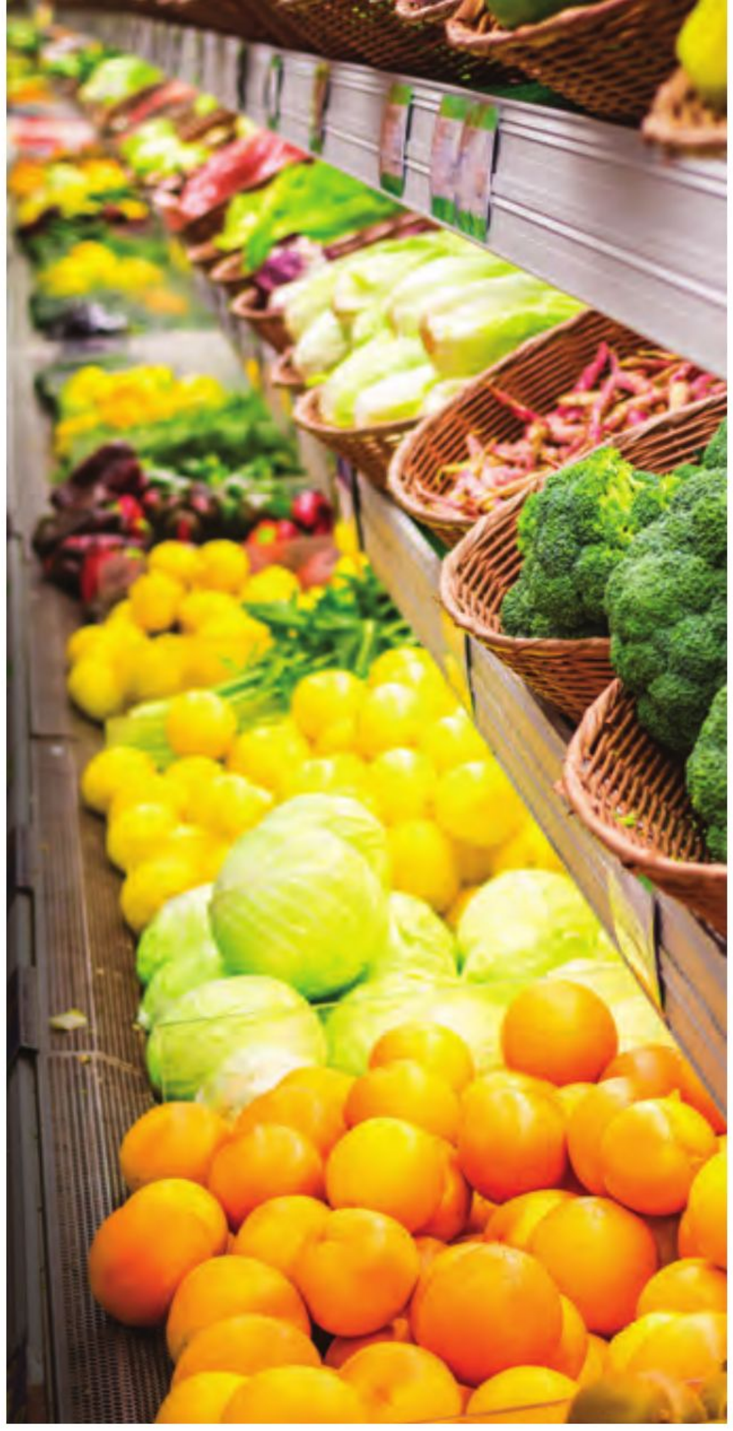
Eating out and ordering in

With eating out or ordering in comes a lot of waste – it's inevitable. From plastic throw-away utensils to napkins and straws, it all adds up to a hefty amount of unnecessary waste. We recommend investing in a few sustainable products that can significantly decrease the amount of single-use plastics in your life.



1 Instead of grabbing a couple of napkins at every food establishment you enter, bring a handkerchief with you when you go out. Use it, wash it, re-use it – it's as simple as that!
2 Invest in a reusable coffee cup or flask. Not only are you helping the environment, but many coffee shops offer a discount for bringing your own cup.
3 Rather than buying multiple plastic bottles every week, invest in a nice reusable one instead. If it's pretty, you'll use it more!
4 Say "no thank you," to single-use eating utensils and whip out your cute and convenient spork! Reusable chopsticks would be another great alternative if you're so inclined.
5 Instead of asking for a doggy bag at the end of your meal, bring your own container. Bring it in with you or leave it in your car, ready to use when needs must.
6 Save the turtles! Invest in some reusable straws and carry one around with you whenever you're going out – or simply go without!

Figuring out the most environmentally-friendly food choice can be a headache. When perusing a menu and deciding what to order, you might



When you're doing the weekly food shop, you might notice that nearly everything comes in single-use plastic wrapping.
It goes without saying that this is not good for the environment. Try and buy as many zero-waste products as you can.

want to reconsider the options that are the most harmful to the environment. In general, beef, pork and lamb are the most harmful meats to consume. This is because of the harmful gases found in the animal waste (such as methane), which pollute our air, water and soil. Raising these animals also requires a lot of land-mass and water – two resources which are dwindling. If you ever wondered why environmentalists are always harping on about going vegan, it's because it's believed that our livestock farming industry is responsible for 14.5% of global greenhouse gases, which is more than all of the carbon emissions produced from cars all over the world, combined!

The next time you're deciding what to order, consider choosing a veggie or vegan option. We know that eating out is a treat, and you want to be able to enjoy yourself and eat whatever you want; if you really can't give up the meat, try and look for ethically-sourced options: organic and wild meats are best for the environment. Alternatively, go for chicken or turkey, rather than red meat. These birds don't produce any methane, and they use less food and water than other animals.

In the shops

When it comes to cooking at home, the good news is that you have a great deal more control over the food waste you're producing.

When you're doing the weekly food shop, you might notice that nearly everything comes in single-use plastic wrapping. It goes without saying that this is not good for the environment. Try and buy as many zero-waste products as you can. This can be daunting, but start small. Buy loose fruit and veg whenever possible. Pack them all together in a reusable fruit and veg bag. You can pick these up in various supermarkets or online.

Once you've mastered fruit and veg, it's time to tackle everything else. We know what you're thinking: it's practically impossible to buy things like washing up liquid, shampoo, crisps, honey or cooking oils waste-free. Luckliy, zero-waste shops are starting to spring up around the country. Dublin is home to The Source Bulk Foods in Rathmines and reuzi in Foxrock; there's Twig Refill in Clonakilty, Co. Cork; you'll find &Keep in Greystones, Co. Wicklow; and if there's none near you, check out Little Green Shop, an online retailer. These shops offer people organic, sustainable and waste-free alternatives for all of their household and food essentials.

Alternatively, an easy way to cut down on food packaging waste is to buy in bulk. Buying the larger sized products, which have a relatively long shelf-life, once every 2-3 weeks as opposed to smaller sizes once a week is better for the environment – plus it'll likely save you money in the long run.



In your kitchen

There are some simple ways to help the environment right from your very own kitchen. First of all, start composting. Recycling is important, but composting is ultimately better for the environment. Nowadays, compost bins are very accessible, meaning there really are no excuses. Whether you live in an apartment, a basement, a loft or a townhouse, there's a compost bin to suit everyone! Do some research on the type you're looking for and implement it into your everyday lifestyle.

Another way in which you can help the planet is to use your dishwasher. Controversial, we know. However, research published in the International Journal of Consumer Studies has revealed that, on average, dishwashers use up to 13 litres of water on a quick cycle, opposed to the 140 litres of water used whilst hand-washing – making dishwashers the most eco-friendly option by far! Keep that in mind the next time someone nags you to do the dishes.

There you have it – simple ways to reduce your carbon footprint while still living a fulfilling 'foodie' lifestyle.

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Back to black

HISTORY BITES

Arthur Guinness began his beer business in 1759 by renting an unused, four-acre brewery at St. James's Gate in Dublin for the next 9,000 years. The original lease included free access to a water supply; In 1775, local authorities sent the sheriff and a body of men to make Arthur Guinness pay for his water. Legend has it that he seized a pick-axe from one of the sheriff's men, and then swore at them until they gave up and left.

DID YOU KNOW?

Guinness Draught went vegan in 2017 when it stopped using isinglass — derived from fish — as a filtering agent.



If Guinness isn't your thing, why not celebrate Paddy's Day with a **baby Guinness**?

BABY GUINNESS

Makes 1

Fill a shot glass **two-thirds full with chilled coffee liqueur** (e.g. Tia Maria or Kahlua). Pour some chilled **Irish cream liqueur** over the back of a spoon, down the inside of the glass. It should layer on top of the coffee liqueur to form the 'head'. Enjoy immediately!

TEST KITCHEN TIPS – cook better potatoes!

PICK THE RIGHT POTATO

Choosing the correct potato for your recipe ensures it will taste its best. Waxy varieties hold their shape when cooked, making them the best option for potato salad, seafood chowders and stews where you want them to hold their shape. Floury potatoes (think Roosters) become fluffy when cooked and don't hold their shape as well; this is why they're best for mash, baked potatoes and in soups.

BE STARCH-SAVVY

The natural starches in potatoes will help to thicken the sauce for dishes like potato gratin. However, if you're making homemade chips or roast potatoes, it's better to wash the starches away to prevent them sticking to each other and to ensure crispy exteriors. Soak cut chips or potatoes in cold water for at least 30 minutes, but overnight if possible, then rinse under fresh water before you start cooking.

PEEL WHEN APPROPRIATE

Nutritionally speaking, it's best to keep the skins on your potatoes, as they contain much of the fibre and mineral content. However, for floury varieties and especially older potatoes, the skins may not be as pleasant to eat. A good rule of thumb is that waxy potatoes don't usually need to be peeled, but starchy potatoes often do. Always trim away eyes, small sprouts or green flesh.

START COOL

When boiling potatoes, always start them in cold water with a pinch of salt and then bring up to a boil. This helps them to cook evenly. If you place them straight into boiling water, the outside of the potato can cook before the heat reaches the inside.

SPEEDY SPUDS

If you want baked potatoes but don't have an hour to wait, speed things up by making use of your microwave. Scrub your spuds and prick them all over with a fork, then microwave on high for four minutes or until soft when poked with a knife. Once the potatoes are cool enough to handle, rub the skins with olive or rapeseed oil. Bake in an oven preheated to 220˚C/200˚C fan/gas mark 7 for around 20 minutes until the skins are crisp.

In the cabbage patch

History bites

Cabbage has been eaten for more than 6,000 years, longer than almost any other vegetable on record. In ancient China (roughly 1000 B.C.). cabbage was promoted as a magic cure-all for baldness.

Reap the benefits

Cabbage is an excellent source of vitamins K, C and B6. It is also a good source of manganese, dietary fibre, potassium, vitamins B1 and B2, folate, copper, choline, phosphorus, magnesium, calcium, selenium, iron, pantothenic acid, protein and niacin!

The health benefits of cabbage include reducing the risk of cancer, improving brain, bone and nervous system health, maintaining blood pressure, increasing bowel regularity, regulating sugar levels and promoting weight loss.

How to...

..select: Look for cabbage heads that are firm and heavy for their size, but not too large. Leaves should be crisp; avoid cabbages with wilted or blemished leaves.

...store: Keep cabbage in the vegetable drawer of your fridge.

...prepare: Remove the outermost leaves and rinse the cabbage under cool, running water. Cut the cabbage in quarters and remove the white core, then slice, shred or chop as needed. Cabbage can be stir-fried, sautéed, roasted, simmered, grilled or even barbecued!

TEST KITCHEN TIPS

If you're using cabbage to make coleslaw, salt it first. Toss a head of shredded cabbage with one tablespoon of salt. Let it sit in a colander for at least an hour, then squeeze out as much liquid as possible. This will avoid a soggy slaw.



TEST KITCHEN TIP 1

When cooking meat in particular don't overcrowd the pan, as you'll end up steaming your ingredients instead.

TEST KITCHEN TIP 2

ALWAYS TRY TO CLEAN AS YOU GO. A MESSY KITCHEN MEANS A MESSY MIND AND OFTEN A MESSY DISH.

TEST KITCHEN TIP 4

Always think of texture in your dishes, even in a simple sandwich: egg mayonnaise on white bread is fine, but adding crunchy cucumber and crisp lettuce can make it special. Soups love a crunchy element, such as toasted nuts or seeds or croutons. With bakes and cakes, opt for smooth additions such as fresh cream, mascarpone or ice cream to offset flaky pastry or crispy crumble toppings.

TEST KITCHEN TIP 4

Did you know you can make sponges in advance? Wrap cooled sponges in cling film and freeze. Remove from the freezer an hour before decorating. Brushing them with lemon syrup it will not just moisten the sponges, it will add extra flavour.

TEST KITCHEN TIP 10

If you're trying our oat recipes, p.117, experimenting with the braised beef stew with oat dumplings on p.114, or making porridge with our easy method on p.130, be careful if someone for whom you're cooking has been diagnosed with coeliac disease. While oats don't naturally contain gluten, cross contamination of oats is common. Any possible trace amounts of gluten would be too small to affect gluten intolerance, but could make someone with coeliac disease very ill. Be sure to look for brands that are specifically labelled as gluten-free.



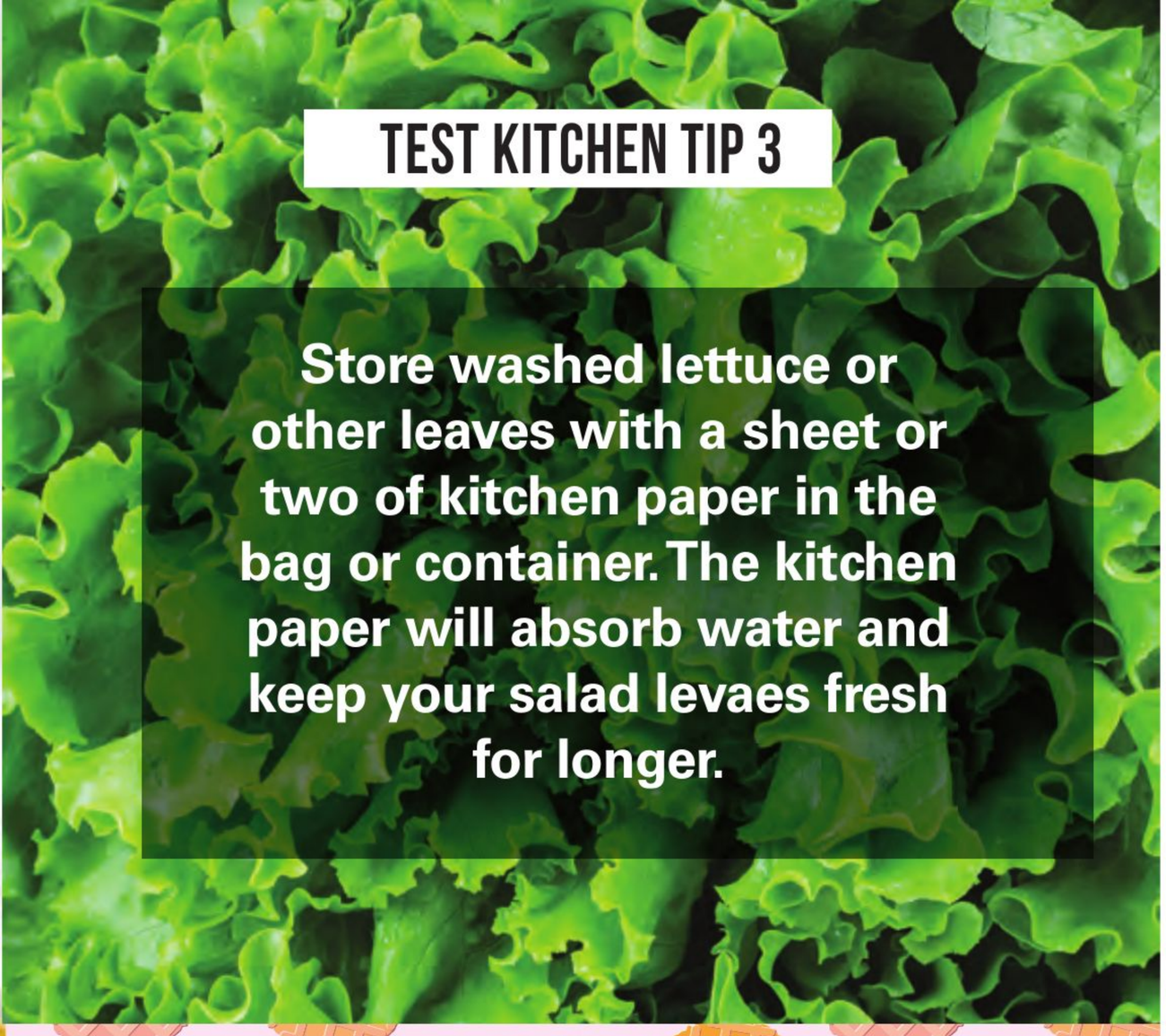
TEST KITCHEN TIP 9

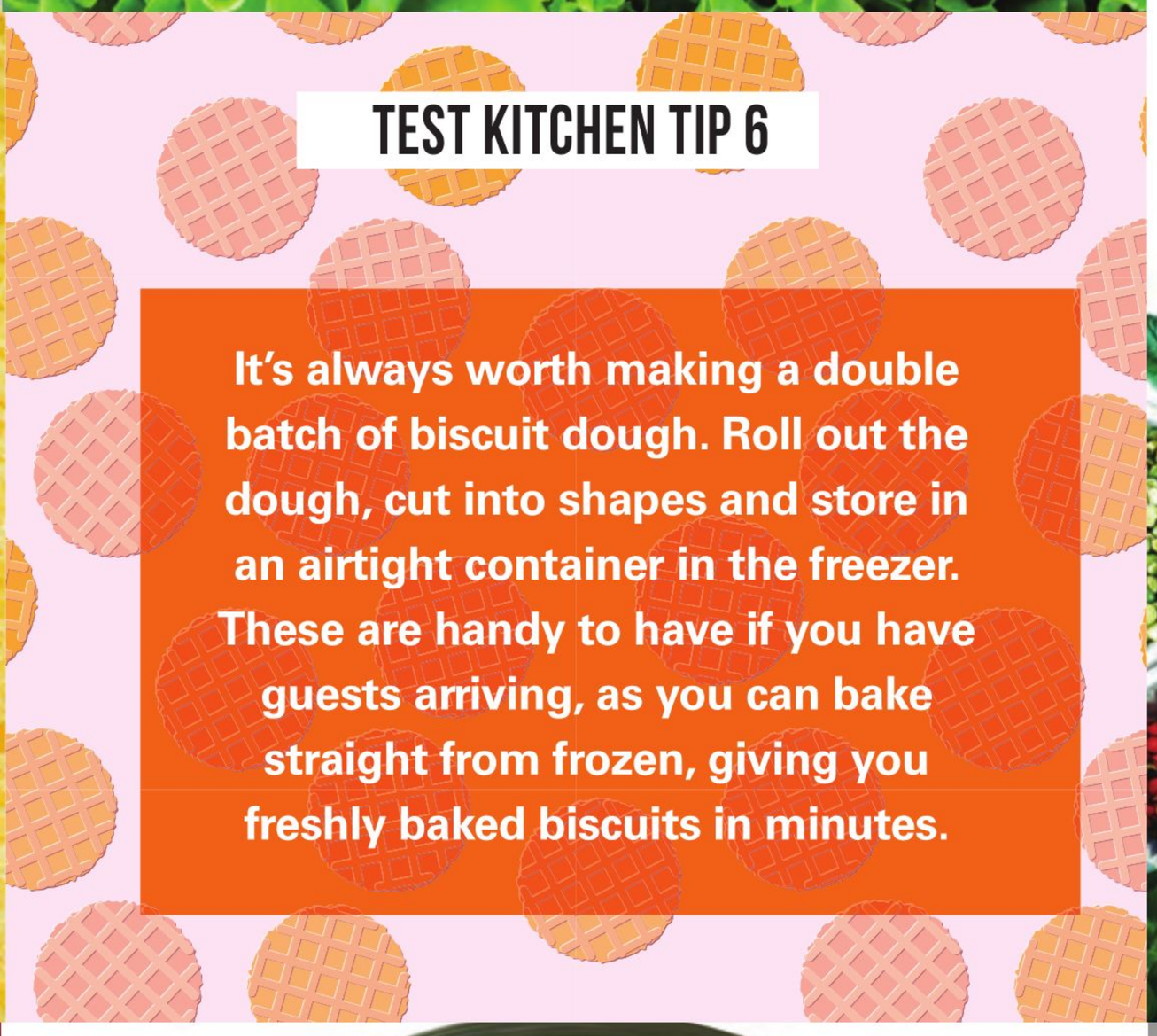
A GOOD RULE OF THUMB WHEN COOKING WITH CHICKEN THIGHS? ALWAYS BROWN THE SKIN. THIS WILL LOOK BETTER IN YOUR DISH AND ADD EXTRA FLAVOUR.

Kitchen confidence

Gaining confidence in the kitchen is very important for your cooking, and your food will taste better for it. Recipes change with each person who makes them. So many details can influence the final dish, even with tried and tested recipes. For instance, what actual temperature is "medium heat"? How big is a large potato? How much is a pinch of salt? Concentrating on only measurements, cooking times and temperatures is not what it's all about.

So what to do? **Taste, taste, taste.** Gain confidence in how you cook, and how you like your food to taste. Watch your food as it cooks, taste it often and trust your instincts. Try to use recipes as guidelines, not rigid rules. Baking is a different story but, for general cooking, your own confidence gained through trial and error is as important as anything else!











Irish seaweed, explained

Want to eat more seaweed, but unsure where to start? Here are a few of the main types that grow in Ireland…



Also known as **dulse, dillisk** is a deep red seaweed found on the shores of the North Atlantic. It is necessary to wait for a low tide to collect this amazing 'sea vegetable' from rock pools and shallow water, as it grows at the bottom of the shore. Dillisk can be eaten raw, fresh or dried and is popular for its salty, nutty taste. Dillisk is an excellent source of protein, fibre, vitamins, minerals (including plenty of iron) and trace elements. Try adding it to champ, chowders, stews and salads.

Kombu is a brown seaweed and one of the many varieties of kelp found on Irish shores. As kelp is known for its quick growth rate, harvesting is an extremely sustainable practice. Eaten dried, kombu is a delicious low calorie snack, but when flaked or crumbled it can also be used as a flavour enhancer in cooking — not only is it a healthy alternative to salt, but it is also rich in umami, the fifth human taste. Kombu adds luxurious richness and body to dishes like soups or stews, or baked into soda bread or scones.





Carrageen moss is a type of red algae that grows in the Atlantic waters along our west coast, and is also known as Irish moss or simply carrageen. Thanks to its naturally high levels of gelatine, it can be used as a vegan-friendly thickening agent. Carrageen is widely available in dried form and needs to be cooked in liquid before use. In Ireland, it's a common old-fashioned remedy for colds and coughs and is incredibly soothing for a sore throat.

Nori is the Japanese name for a type of red algae, best known for its use in sushi-making. Most people are familiar with nori when it has been processed into thin sheets; these sheets are used to wrap sushi and added to miso soup. Nori can also be sprinkled over food for extra flavour and crunch.





Sea spaghetti is a brown seaweed that grows in thin strands, and has a mild taste and asparagus-like texture that can be particularly appealing to those just starting to introduce seaweed to their diets. Like all seaweeds, it contains a variety of vitamins and minerals, but is especially rich in magnesium. Once cooked, sea spaghetti is a delicious and fibre-rich addition to pasta or noodle dishes, and works well in salads dressed with vinaigrette. Fresh sea spaghetti

IN THE NEXT ISSUE...

GET FRESH WITH THE APRIL ISSUE OF EASY FOOD!



ON SALE
MARCH 28TH

INSIDE...

- Sandwiches fit for dinner
- Sweet ideas with fresh rhubarb
- Easy Easter baking
- Quick weeknight meals
- Simple and seasonal soups
- Elegant seafood recipes

OAT SO GOOD

Make the perfect porridge every time with this step-by-step method.

Perfect porridge

Serves 1

50g rolled oats
120ml whole milk
200ml water
Generous pinch of salt

To serve:
Milk or cream (optional)
Toppings of choice

1 Heat a dry pan over a medium-high heat and toast the oats for 2-3 minutes until fragrant.

2 Transfer the oats to a saucepan and add the milk and water. Turn the heat to medium and slowly bring to the boil, stirring frequently.

3 Turn down the heat even further, and simmer for about 10 minutes, stirring very regularly, for reach your desired consistency you require. Stir in the salt.

4 Remove the pan from the heat and cover with a lid. Allow to sit for five minutes.

5 Transfer to a bowl and pour around a little milk or cream, if desired. Add the toppings of your choice and serve.

Per Serving 263kcals, 7.2g fat (2.8g saturated), 39.4g carbs (6.9g sugars), 10.5g protein, 5.1g fibre, 0.213g sodium

€ ☺ V LF DF



Toasting the oats is technically optional, but adds a delicious nutty depth. Even if you prefer sweet toppings on your porridge, don't skip the salt — it brings all of the flavours out.

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