



*** All recipes serve 4-6 people.**

SESSION 1

The Brasserie Beef Hotpot

Slow cooked beef with chunky vegetables in a red wine, and herb gravy and topped with scalloped potatoes

- 1 kg diced Beef supplied by Ashgrove Meats
- 1kg Fresh Vegetables by Gold City Fruit & Vegetables
- Prime diced Beef, Tomato, Carrots, Parsnip, Celery, Onion, Potatoes
- 100g Butter, 100ml Oil, Rosemary, Thyme, Parsley, 1 clove Garlic, 1 pt Beef Stock (homemade), 100g Flour, Seasonings, half pint Red Wine

Pre heat the oven to 180C/Gas Mark 4. Flour the meat. Heat a little oil in pot. Fry the floured meat until brown and remove from pot. Fry off the chopped vegetables in the same pot and replace the meat. Add the beef stock, red wine and fresh herbs. Season with salt and pepper and bring to the boil. Remove the pot from the heat, arrange sliced potatoes and brush with melted butter. Put in a pre-heated oven (180C) for one and half hours. Remove and serve.

Dessert – Roasted Bramley Apples with Autumn Berries

Sweet Irish Bramley apples roasted in Honey & Cinnamon, topped with delicious autumn berries, ice cream or Killowen natural yoghurt

- Locally sourced fruit & vegetables supplied by Gold City
- 4 Whole Irish Bramley Apples, Lemons, 100g Sugar, 100g Honey, 200g Butter
- 1 tub Ice Cream from Silver Pale (Cork) or Killowen Natural Yoghurt

Preheat the oven to 180C/Gas Mark 4. Core the apples and mark the skin across the middle. Mix the butter with the sugar and lemon zest. Spoon the butter mixture into the apples. Stand the apples in oven proof baking dish and pour in 150ml [5 fl oz] water. Roast for 45-60 minutes as required. The apples should be close to bursting. Whip the cream and add cinnamon to taste. Serve apples straight from the oven with cinnamon cream and sugar dusted autumn berries.



SESSION 2

Fish Course

Grilled Fillets of Mackerel with Green Leaves and Tomato & Caper Salsa

- 4 Fillets of Mackerel – supplied by Atlantis Seafood
- 200g Fresh Seasonal Leaves supplied by Gold City Fruit & Vegetables
- 2 Fresh Tomatoes and 50g Capers
- 50ml Olive oil, 1tbl herbs, garlic, seasoning's

Get filleted mackerel from local fishmonger. Blanche tomatoes in boiling water for 30 seconds. Carefully remove the skin and seeds. Chop the tomato and place in bowl. Add chopped onion, capers, olive oil, chopped parsley, a splash of white wine vinegar and mix. Season to taste and place in fridge. Prepare and thoroughly wash leaves. Put tablespoon olive oil in frying pan and heat. Place the lightly seasoned fillets, skin side down in heated pan for 2 mins. Turn over and leave for further 1-2 mins until fully cooked. Place lettuce in serving dish, and put fillets of mackerel on top and drizzle with salsa. Serve with homemade soda bread.

Kids Fish n' Chips

Fresh Pollock in breadcrumbs **grilled/oven baked and served with homemade Potato Wedges and Mushy Peas

- 4 fillets Fresh Pollock – supplied by Atlantis Seafood
- 100g Flour, 2 Egg, 200g Breadcrumbs, Olive Oil, Rosemary & Thyme
- 4 Seasonal Rooster potatoes (supplied by Gold City Fruit & Veg)
- 200g Garden peas, mint

Heat the deep fat fryer and pre-heat oven to 180C/Gas Mark 4. Peel potatoes, blanche until half cooked and cut into wedges. Place in bowl. Lightly oil and season and place in pre heated oven. Then remove any bones and cut the Pollock fillets into 2 inch strips. Put seasoned flour into a bowl, beaten eggs into a bowl and breadcrumbs into another bowl. To make the pea purée put frozen peas into water, bring to the boil. Strain and place in liquidiser. Purée and lightly season. First dip the fish strips into the seasoned flour, then beaten eggs and finally breadcrumbs. Place in heated fryer for 3 mins until golden and crispy (alternatively bake in preheated oven 180C /Gas Mark 4 for 12 mins). Put on kitchen towel to absorb any excess oil. Plate dish and serve.



SESSION 3

Chicken Course

Pan-fried breast of free-range chicken served on a bed of a garden pea risotto with basil pesto

- 4 Free range Irish chicken breasts– supplied by BBQ Poultry
- 200g Arborio rice, 1lthomemade chicken stock, 100mlwhite wine,bunch parsley, basil, 75g parmesan, 1 clove garlic, olive oil, seasoning's
- 400g Frozen garden peas, white onion

Melt butter in heavy based pan and add chopped onion. Cook gently until softened but not coloured. Add the rice and stir in to coat in melted butter. Ensure they are warm and then add wine. Allow to evaporate completely until onion and rice are dry. Add saffron. Start slowly adding stock using a ladle. Stir the rice as you do so. When each addition of the stock has almost evaporated add the next full ladle. Continue cooking for a further 15-17 mins, adding stock continuously. After 12-14 mins ease up on stock to avoid risotto becoming sloppy when you add butter and Parmesan. The risotto is ready when grains are soft but still al dente. Turn down the heat and allow risotto to rest for a minute. While the risotto is resting place the free range breast of chicken, skin down in a heavy based pan, for 10 mins or until cooked through. Plate dish and serve.

Homemade Soup

Chunky Homemade Vegetable Soup

- 400g Seasonal vegetables supplied by Gold City Fruit & Veg
- Onion, carrots, parsnips, leek, celery, and potatoes
- bunch Parsley, thyme, rosemary, garlic, vegetable stock (homemade), seasoning's

Heat pan with knob of butter. Dice vegetables, place in pan and sweat off. Do not allow to brown. Add stock and seasoning and bring to the boil. Simmer until all vegetables are cooked. Check seasoning and add as required. Garnish with chopped flat leafed parsley. Serve with warm homemade soda bread.