



## **CRYING CHEESE WITH SCALLION SODA FARL AND CARROT JAM**

### **Crying Cheese**

2 litres whole milk

½ teaspoon seasalt

40ml distilled white vinegar

Bring the milk to boil in a stainless steel saucepan until it reaches 82oc on a probe – or if your finger is hot!

Add the vinegar and remove from heat.

Stir for a minute then cover with a towel and leave for an hour.

Strain through a sieve lined with muslin or a coffee filter. Press into a mould and chill.

### **Scallion Soda Farl**

325g soda bread flour

1 teaspoon salt

4 chopped scallions

350ml buttermilk

Mix together to a dough and turn onto a floured surface.

Roll out to about a 2cm thick round and cut into 4 farls. Leave for 5 minutes then place on a medium hot griddle, cook for about 4 minutes each side.

### **Carrot Jam**

4 medium carrots, scrubbed and coarsely grated

1 onion finely chopped

25g root ginger, chopped

1 teaspoon cumin seeds

1 teaspoon ground coriander

2 tablespoons rapeseed oil

100ml distilled white vinegar

100g castor sugar



Cook the onion and ginger in the oil until soft. Add the spices and cook for a minute.

Add the carrots and wilt down for 10 minutes.

Add the sugar and vinegar and simmer for 30 minutes.

Season with salt.

## **SPICED BEEF WITH CABBAGE AND SAVOURY OATS**

1kg silver side beef

100g Demerara sugar

75g seasalt

1 teaspoon cloves

6 juniper berries, crushed

1 teaspoon crushed peppercorns

1 teaspoon crushed coriander seeds

2 bay leaves

1 sprig rosemary

1 onion, quartered

Toast the cloves, berries, peppercorns and coriander seeds in a pan. When they pop add the sugar, salt and a litre of water. Simmer until the sugar and salt have dissolved. Add the bay, rosemary and onion and cool. Submerge the beef in the brine and chill for 24-48 hours.

Pat dry.

2 onions, peeled and halved

2 carrots, peeled and halved lengthwise

2 sticks celery

1 tablespoon oil

250ml beef stock



Heat the oil in a large casserole dish and set oven to 180oc.

Add the beef and seal off. Add the carrots, onions, celery and stock. Cover with a lid or foil and cook for about 2 and half hours or until fork tender.

Rest the beef for 15 minutes then slice and serve with the vegetables.

### **Cabbage and Savoury oats**

1 savoy cabbage, cut into 6 wedges through the root

Boil the cabbage wedges in salted water for about 5 minutes and remove from pan. Pat dry on kitchen paper.

75g oats

25ml rapeseed oil

½ egg white

½ onion finely chopped

2 tablespoons mixed seeds

1 teaspoon smoked black pepper

Salt

Whisk the egg white with a fork and add the oil and oats.

Mix in the onion and spread onto a tray lined with parchment paper. Cook until crisp and add the seeds, pepper and salt. Cook for another 5 minutes and cool.

Brush the cabbage with oil and grill on a hot pan. Scatter over the oats and serve.

### **GRISKINS WITH BLACK APPLE BUTTER, TURNIP AND BACON**

500g griskins – ask a good butcher

2 tablespoons oil

1 tablespoon Irish apple black butter

Salt and pepper

100ml chicken stock

Heat the oil in a large pan until smoking hot.



Add the griskins and season with salt. Seal on both sides until golden.

Lower the heat and cook for 10 minutes or until cooked through.

Add the apple butter and stock and simmer for 5 minutes.

Remove griskins and rest. Boil the juices to spoon coating consistency. Add the griskins to glaze and serve.

### **Turnip and bacon**

1 turnip, cut into 2cm dice

1 onion, finely chopped

2 rashers dry cure smoked bacon

25g Abernethy butter

1 teaspoon smoked black pepper

Boil the turnip until just cooked, drain well and dry on kitchen paper.

Cook the bacon in a little oil until crisp and golden.

Add the turnip and onion and cook until onion is golden. Add the butter and pepper. Cook for a minute and serve.

### **PORTAVOGIE PRAWN, SMOKED DULSE AND LEEK CHOWDER**

1 leek, split, washed and chopped

1 onion, chopped

1 stick celery, finely chopped

50g butter

1 tablespoon flour

500ml vegetable stock

200ml cream

2 potatoes, peeled and diced

200g prawn meat

2 teaspoons smoked dulse



Gently cook the celery and onion in the butter until soft and golden – about 15 minutes.

Add the flour and mix to a roux. Add the stock, stir well and add the leeks and potatoes. Simmer until potatoes are soft. Add the prawns and dulse. Simmer 5 minutes.

Serve.

## **GINGERBREAD WITH CANDIED APPLE COMPOTE, CANDIED WHEY**

165g plain flour

90g dark brown sugar

½ teaspoon baking soda

¾ teaspoon baking powder

1 teaspoon mixed spice

1 teaspoon ground cinnamon

¼ teaspoon ground nutmeg

25g chopped preserved ginger

1 egg

80ml vegetable oil

125ml Longbridge Ginger Ale

60g golden syrup

60g treacle

Set oven to 180oc and butter and line a cake tin or loaf tin with parchment paper.

Sift the flour, baking soda and baking powder into a bowl and mix in the spice, cinnamon, nutmeg and ginger.

Place the egg in a bowl with the oil, water, syrup and treacle ( to avoid mess with the treacle and syrup, dip a spoon into boiling water to take it out of the jar). Whisk together and then mix into the dry mixture to a smooth batter.



Spoon into cake tin and bake for about 35-45 minutes – an inserted skewer will come out clean.

### **Candied Apple**

2 Armagh bramley apples

100g castor sugar

100ml water

Heat the sugar in a large pan until caramelized. Add the water and cook to a thick syrup.

Peel, quarter, core and chop the apples and add to the syrup. Cook for 3 minutes.

### **Candied Whey**

750ml whey from cheesemaking

100g brown sugar

4 tablespoons golden syrup

Boil to a thick caramel.

## **FLAKEMEAL BISCUITS, CUSTARD AND RHUBARB POACHED IN ISLAY GIN**

### **Flakemeal Biscuits**

100g soft butter

50g castor sugar

50g plain flour

125g porridge oats

Pinch baking soda

Set oven to 170oc. Line 2 baking trays with parchment paper.

Beat the butter and sugar until pale and fluffy.

Fold in the flour, porridge and baking soda and mix until it comes together.

Roll out to ½ cm thick and cut into rounds.



Place on the trays and bake for 15-20 minutes or until golden.

Cool for 5 minutes on the tray before transferring to a cooling rack.

Store in an airtight tin.

### **Custard Cream**

4 egg yolks

50g castor sugar

2 tablespoons cornflour

150ml whipping cream

250ml whole milk

1 teaspoon vanilla extract

Scald the milk and cream with the vanilla.

Whisk the egg yolks, sugar and cornflour and pour over the hot cream mixture. Whisk and return to pan. Stir constantly until thick and then pour into a bowl and cover the surface with cling. Chill when cool.

Fold in 150ml whipped cream.

### **Poached Rhubarb**

4 sticks rhubarb cut into 3cm pieces

100g sugar

100ml water

50ml Islay gin

Place the rhubarb in a baking dish and set oven to 170oc.

Boil the sugar and water until the sugar has dissolved and add the gin.

Pour over the rhubarb and top with parchment paper.

Cook for about 15 minutes or until just done and cool in the liquor.