



Home Chef – Neven Maguire

PROGRAMME 1 – 12TH JANUARY 2012

LAMB & STOUT

Kerry Lamb and Murphy's

Ring of Kerry Lamb is a very new brand, started in 2009 by 35 sheep farmers in Kerry who realised that drastic action had to be taken to avoid the disappearance of the hill farming and shepherding traditions, and to remain in business. They now produce lamb 12 months of the year to meet the year-round demand for 'spring' lamb. Neven meets one of the farmers on his farm near Killarney.

Lamb Rogan josh and raita and pilau rice (Location)

Part two

Guinness gets all the coverage (President Obama, the Queen, Arthur's Day) so we decided to look at another stout, Murphy's, brewed in Cork continuously since the mid 1800s. Uniquely, Murphy's uses only Irish barley and Neven learns about how stout is made in the Kiln Bar at the brewery. Despite owning a restaurant with its own bar, Neven has never pulled a pint, so he learns how to pull the perfect pint, and discovers why the 'two part pour' is just for show.

Pork two-ways: braised shoulder in stout and wrapped in cabbage and then serve loin with creamed cabbage, diced root vegetables (CAVAN)

LOCATION RECIPE

LAMB ROGAN JOSH

Serves 4-6

3 tbsp sunflower oil
675g (1 1/2lb) lamb neck fillet, cut into bite-sized pieces
6 whole cloves
1 small cinnamon stick
2 bay leaves
1 large onion, peeled and chopped
5cm (2in) fresh root ginger, peeled and finely grated
4 garlic cloves, peeled and crushed
1 tbsp ground coriander
2 tsp ground cumin
1 1/2 tsp paprika
1 tsp cayenne pepper
1/4 tsp ground cardamom
200ml (7fl oz) thick Greek-style yoghurt
400g can of chopped tomatoes

FOR THE RAITA:

½ cucumber, seeds removed and coarsely grated
200g (7oz) Greek-style yoghurt
1 garlic clove, crushed
squeeze of fresh lemon juice
good pinch ground cumin
2 tbsp chopped fresh mint
Maldon sea salt and freshly ground black pepper
pilau rice, to serve

Heat 2 tablespoons of the oil in a large pan, add half of the lamb and fry until nicely browned all over. Transfer to a plate and fry the rest of the meat. Set aside.

Add the remaining oil to the pan, then fry the cloves, cinnamon and bay leaves for a few seconds. Add the onion and fry for 6–7 minutes until nicely browned. Add the ginger and garlic and fry for 2 minutes, then add the ground spices and fry for another minute. Add the yoghurt, a tablespoon at a time, frying for about 30 seconds between each addition.

Return the lamb to the pan and stir in the tomatoes with 150ml (5fl oz) of boiling water. Season to taste, cover and simmer very gently for about 1 hour or until the lamb is meltingly tender but still holding its shape and the sauce has reduced and thickened.

To make the raita, sprinkle the cucumber with a little salt and then set aside for 10 minutes to allow the excess moisture to come out. Squeeze dry and place in a bowl, then stir in the yoghurt, garlic, mint, cumin and season to taste. Stir until well combined, then transfer to a serving bowl and cover with clingfilm. Chill until needed.

Spoon the lamb rogan josh on to warmed plates with the pilau rice. Have the cucumber raita to hand around separately

PILAU RICE

Serves 4-6

1 tbsp vegetable oil
1 onion, finely chopped
1 garlic clove, finely chopped
1/2 cinnamon stick
2 cardamom pods, lightly crushed
1 tsp fennel seeds
350g (12oz) basmati rice, well rinsed
good pinch salt

Heat the oil in a heavy-based pan with a lid. Add the onion and sauté for 3-4 minutes until translucent. Stir in the garlic, cinnamon, cardamom and fennel seeds, add the rice and cook for a further minute taking care not to stir the rice.

Pour enough water into the pan so that it comes 2.5cm (1in) above the level of the rice. Bring to the boil, cover with a lid and boil fast for 5 minutes. Remove from the heat and set aside in a warm place for 20 minutes (do not remove the heat or the steam will escape!) or the steam will escape. Fluff the rice up with a fork and spoon into a serving dish to serve.

BLACKLION RECIPE

Grilled Loin of Pork, Caramelized Shoulder, Creamed Cabbage and Stout Jus

Serves 6

FOR THE CARAMELIZED SHOULDER:

2 tbsp rapeseed oil
900g (2lb) pork shoulder, boned and rolled and tied
2 carrots, diced
1 onion, diced
600ml (1 pint) stout
1.2 litres (2 pints) beef stock
600ml (1 pint) apple juice
2 fresh thyme sprigs
2 garlic cloves, crushed
4 tbsp clear honey
4 tbsp light soy sauce
1 tsp freshly grated root ginger

FOR THE STOUT JUS:

2 tbsp balsamic vinegar
1 tsp tomato puree
1 tsp brown sugar
1 tsp chopped fresh thyme

FOR THE GRILLED LOIN:

6 x 150g (5oz) loin pork chops, trimmed
3 fresh thyme sprigs
2 tbsp light soy sauce
2 tbsp rapeseed oil

FOR THE CREAMED CABBAGE:

1 tbsp rapeseed oil
100g (4oz) carrot, diced
75g (3oz) celeriac, diced
1 tbsp softened butter
175g (6oz) Savoy cabbage, finely sliced
100ml (3 1/2fl oz) cream
1 tsp chopped fresh parsley
Maldon sea salt and freshly ground black pepper
Roasted root vegetables, to serve

To prepare the caramelized shoulder, preheat the oven to 160C (325F), Gas mark 3. Heat one tablespoon of the rapeseed oil in a heavy-based frying pan. Add the pork shoulder and brown all over, turning regularly with tongs. Transfer to a casserole dish. Add the carrots and onion and cook for another 5 minutes until golden brown, stirring regularly to ensure they cook evenly.

Tip the vegetables over the seared pork shoulder and then stir in the stout, beef stock, apple juice, thyme and garlic. Cover tightly with a lid or with foil and bake for 3 hours until the pork shoulder is meltingly tender. Remove from the oven and leave to sit for 1 hour in the braising juices, then remove, cut string and wrap twice in tin foil. Reserve the braising juices to add to the stout jus. All this is best done 24 hours in advance so that everything can be well chilled

down in the fridge. Any excess fat then can easily be removed from the braising juices and discarded.

To make the stout jus, place the balsamic vinegar in a heavy-based pan with the tomato puree, sugar and thyme. Reduce by half, then add the reserved braising juice and simmer for about 25-30 minutes or until reduced to a sauce consistency, stirring occasionally. Season to taste, then pass through a fine sieve into a clean pan and keep warm or reheat as needed.

To prepare the grilled loin chops, place the chops into a non-metallic shallow dish, and add the thyme sprigs, soy sauce and oil. Turn until evenly coated and then cover with clingfilm and leave to marinade for 2-3 hours or overnight is fine.

Remove the loin chops from fridge 20 minutes before cooking. Heat a griddle pan until really hot and smoking, season the pork chops and carefully place on the pan, cook for 5-6 minutes on either side until golden brown. Keep warm.

Remove foil from the cooked pork shoulder and trim off the ends to neaten, then slice into six pieces that are about 2.5cm (1in) thick. Heat the rest of the oil in an ovenproof pan and very gently sear the pork for 2 minutes on each side until golden brown and warmed through. Mix together the soy sauce, honey and ginger and pour over the seared pork shoulder. Cook for another 4-5 minutes to caramelize and sweeten the pork.

Meanwhile, make the creamed cabbage, heat a pan, add oil and gently sweat the carrot and celeriac for 3-4 minutes. Then add the butter and once it has melted tip in, the cabbage and cook for 2-3 minutes until the cabbage is wilted. Pour in the cream, stirring to combine and then allow to simmer and reduce until slightly thickened. Sprinkle over the parsley and season to taste. Keep warm.

To serve, place a large spoonful of the creamed cabbage in the centre of each warmed bowl and carefully arrange the loin on top, place the caramelized shoulder beside. Drizzle over the stout jus and serve with a separate dish roasted root vegetables, if liked.

PROGRAMME 2 – 19TH JANUARY 2012

CHOCOLATE & YOGHURT **CADBURYS and GLENISK**

Cadburys have been making chocolate in Ireland since 1932 and many of their products are made exclusively in Ireland for the Irish consumer. It is the only large scale chocolate maker to use fresh milk, hence the name of its most popular bar, Dairy Milk. All of the milk comes from Kerry and Cork where it goes to make chocolate 'crumb', the base ingredient for the bars. Neven is given a tour of the factory in Coolock to see how Dairy Milk is made.

Chocolate truffle caramel cake (using food processor and salted caramel truffles and toasted hazelnuts) (Location)

Chocolate biscuit cake (using Cadbury's) (LOCATION)

Part Two

Glenisk is Ireland's largest consumer of organic milk, used to make a wide variety of organic dairy products. A relative newcomer, this award-winning company has established itself as a respected brand in a very competitive field. Neven meets the owner and is given a tour of the factory.

Butternut squash and pasta bake (**image available using app**) (Cavan)
Baked pears with walnuts & double cream (CAVAN)

LOCATION RECIPES

CHOCOLATE TRUFFLE CARAMEL CAKE

Serves 6-8

175g (6oz) butter, plus extra for greasing
2 tbsp cocoa powder
200g (7oz) dark chocolate
100g (4oz) light brown sugar
100g (4oz) ground almonds
4 large eggs
150g (5oz) self-raising flour
100g (4oz) salted caramel truffles
chilled pouring cream, to serve

Preheat the oven to 150C (300F), Gas mark 2. Generously butter a 25cm square baking dish that is at least 5cm (2in) deep and dust in half of the cocoa powder. Break up the chocolate into squares and place in a food processor with the butter, sugar, almonds and the rest of the cocoa powder. Blend until smooth, then with the motor running crack in the eggs one at a time. Tip in the flour and blend again briefly until smooth.

Using a spatula, transfer the cake mixture into the prepared baking dish and then scatter over the salted caramel truffles, pushing them down gently into the cake mixture so that they are just peeping out. Bake for 20-25 minutes until the cake is almost set but still slightly wobbly in the middle. Serve straight to the table and allow guests to help themselves. Have a nice jug of chilled cream to hand around separately.

JEAN'S CHOCOLATE BISCUIT CAKE

This recipe was given to me by Jean Dix from Howth, Co. Dublin whose recipe cannot be beaten although many have tried...It cuts beautifully even straight out of the fridge and keeps well wrapped in clingfilm for at least two weeks. It is a great one to do with the children as there is no cooking involved and the great thing about it is that it can be put into any shape you like depending on your requirements.

Makes 1 loaf

250g (9oz) milk chocolate
100g (4oz) unsalted butter
5 tbsp whipping cream
1 tbsp golden syrup
400g (14oz) packet digestive biscuits
100g (4oz) white chocolate (optional)

Break the chocolate into squares and place in a heatproof bowl with the butter. Set over a pan of simmering water and allow to melt. Remove from the heat and mix in the cream and golden syrup-by hand this takes a few minutes.

Finely chop the digestive biscuits and fold into the chocolate mixture. Using a white spatula, transfer to a 900ml (1 ½ pints) loaf tin that has been double lined with clingfilm as this makes the cake much easier to lift out.

Chill for at least 2 hours or overnight is best; turn out the chocolate biscuit cake on to a platter. Break the white chocolate into squares, if using and melt in a heatproof bowl over a pan of simmering water. Drizzle all over the chocolate biscuit cake and leave at room temperature to set for about 20 minutes before cutting into slices and arranging on plates to serve.

BLACKLION RECIPES

BUTTERNUT SQUASH AND PASTA BAKE

The roasted butternut squash adds a wonderful zap to this pasta gratin, while the mascarpone cheese helps to keep everything really moist. There's this on going debate about which pasta is better – fresh or dried, and I can honestly say that I think dried is best in most recipes. It uses hard durum wheat, which when cooked gives that lovely 'bite' that we talk about when cooking pasta.

Serves 4

1 tbsp olive oil
25g (1oz) butter, plus extra for greasing
1 butternut squash
4 fresh rosemary sprigs
1 red onion, sliced
175g (6oz) chestnut mushrooms, sliced
275g (10oz) penne pasta
250g (9oz) tub mascarpone cheese or YOGHURT ????
50g (2oz) freshly grated Parmesan
1 tbsp chopped fresh flat-leaf parsley
salt and freshly ground black pepper
lightly dressed fresh green salad, to serve

Preheat the oven to 200C (400F), Gas mark 6. Place the oil and butter in a large roasting tin and heat for 3-4 minutes in the oven until the butter has melted.

Peel the butternut squash and then cut in half and remove seeds; discard. Cut flesh into bite-sized chunks and then tip them into the heated butter and oil, tossing to coat. Season to taste and roast for 20 minutes. Stir in the rosemary, onion and mushrooms until well combined and roast for another 10 minutes or until all the vegetables are tender and just beginning to char.

Cook the pasta in a large pan of boiling salted water for about 10 minutes or according to packet instructions until 'al dente'.

Remove the roasting tin from the oven and stir in two tablespoons of water, then stir in the mascarpone cheese. Drain the pasta and tip into the roasting tin, stirring to combine. Season to taste. Transfer to a buttered ovenproof dish and sprinkle over the Parmesan. Bake for another 10 minutes until bubbling and lightly golden.

To serve, sprinkle the parsley over the butternut squash and pasta bake and place directly on the table, allowing people to help themselves on to warmed serving plates. Put the salad in a separate bowl on the table.

BAKED PEARS WITH WALNUTS AND GOLDEN SYRUP

This dessert is perfect for a cold winter's day and of course you could use honey instead of the golden syrup. It would also be delicious served with some custard...yum...

Serves 4

50g (2oz) butter, plus extra for greasing
4 large ripe pears
juice of 1/2 lemon
25g (1oz) walnuts, finely chopped
4 tbsp golden syrup
lightly whipped double cream, to serve

Preheat the oven to 200C (400F), Gas mark 6 and butter a dish large enough to take the pears in a single layer. Peel the pears and then cut each one in half and using a teaspoon scoop out the cores. Toss in the lemon juice to prevent them from going brown.

Place the butter in a bowl and beat in the walnuts then use the mixture to fill the cavities of the pear halves. Drizzle over the golden syrup and bake for 25-30 minutes or until the pears are softened and the sauce at the bottom of the dish is bubbling. Arrange the pear halves on plates and spoon over the sauce, then add a spoonful of the whipped double cream

PROGRAMME 3 – 26TH JANUARY 2012

WHISKEY & FLOUR

JAMESONS and ODLUMS

John Jameson began distilling whiskey in the 1780s when whiskey production turned from being an illicit, rural activity to a legal, urbanised one. Jamesons is now by far the most successful Irish whiskey, selling more than 3 million cases a year overseas and it's produced in Midleton where Neven goes to meet two of the master blenders and learn how whiskey is made.

Two household names which use Irish grain - wheat for Oldums and barley for Jamesons.
Seared rib-eye steak with cracked black pepper and mushrooms and served with roasted garlic mash (LOCATION)

French apple tart (**image available from app**) (CAVAN)

Quick recipe: Cheddar sables with feta and sun-dried tomatoes (CAVAN)

Part Two

Neven meets one of the wheat farmers who grows for Odlums and then visits the mill. The company has been milling flour in Ireland for 165 years.

LOCATION RECIPES

SEARED RIB EYE WITH MUSHROOMS AND ROASTED GARLIC MASH

Serves 2

1tbsp rapeseed oil
1/4 tsp cracked black pepper
2 x 150g (5oz) Sirloin or Strip loin steaks (dry aged if possible)

FOR THE ROASTED GARLIC MASH:

4 cloves of garlic, unpeeled
1 tbsp olive oil
2 tbsp softened butter
675g (1 1/2lb) cooked potatoes
1 tbsp cream

FOR THE MUSHROOM SAUCE:

2 tbsp olive oil
25g (1oz) butter
1 shallot, finely chopped
150g (5oz) button mushrooms, trimmed and sliced
120ml (4fl oz) **WHISKY**
150ml (1/4 pint) white wine
150ml (1/4 pint) beef stock
1 tbsp Worcestershire sauce
good pinch sugar
150ml (1/4 pint) double cream
1 tbsp chopped fresh flat-leaf parsley
squeeze of fresh lemon juice
Maldon sea salt and freshly ground black pepper

Preheat oven to 180C (350F), Gas mark 4. To make the roasted garlic mash, place the garlic cloves on a piece of foil and drizzle with olive oil. Scrunch up the foil into a purse and cook in the oven for 30 minutes. Remove from the oven and allow to cool.

To make the sauce, heat a pan and add one of the tablespoons of the oil and the butter, then swirl until the butter has melted and is foaming. Tip in the shallot and mushrooms and sauté for 2-3 minutes until tender. Pour over the brandy, then use a match or tilt up the pan to catch the flame. It will flare up for about 5-10 seconds and then subside when the alcohol flame burns off. Add white wine and simmer until reduced by half.

Stir the stock into the pan with the Worcestershire sauce, sugar and cream. Bring to the boil, then reduce the heat and simmer for 20-25 minutes or until thickened and reduced to a sauce consistency which will coat the back of a wooden spoon, stirring occasionally. Stir in the parsley and lemon juice.

Season to taste and use immediately or allow to cool down completely and store in a bowl covered with clingfilm in the fridge for up to 2 days. Reheat gently in a pan when needed.

Meanwhile, steam the potatoes for the mash for 20-25 minutes until tender. Open the cooled foil purse and carefully squeeze the garlic cloves from the skins. Melt the butter in a pan and add cream and the roasted garlic. Tip in the potatoes and mash until smooth, then season to taste. Spoon into a piping bag with a plain nozzle. Keep warm.

Heat the rapeseed oil in a heavy-based ovenproof frying pan over a high heat. Season the steaks with plenty of black pepper and cook for 2 minute on each side to seal in the juices, then transfer to the oven and cook the steak for another 5-10 minutes, turning once, depending on how rare you like your meat. (5 minutes for rare, 7 for medium and 10 for well done).

Transfer the cooked steak to warmed plates, season with salt and set aside in a warm place to rest while you assemble the dish. Pour any juices that run off the meat into your mushroom sauce for added flavour. Drizzle the mushroom sauce around the steaks and pipe the roasted garlic mash to one side to serve.

SMOKED SALMON TAGLIATELLE WITH WHISKEY

Serves 2

225g (8oz) egg tagliatelle (good quality)
2 tbsp softened butter
1 shallot, thinly sliced
150g (5oz) smoked salmon slices, cut into strips
1-2 tbsp whiskey
120ml (4fl oz) cream
1 tbsp chopped fresh flat-leaf parsley
Maldon sea salt and freshly ground black pepper

Bring a large pan of water to a rolling boil. Plunge in the tagliatelle and cook for 6-8 minutes until al dente or according to packet instructions.

Meanwhile, melt the butter in a heavy-based frying pan and sauté the shallot for a couple of minutes until softened but not coloured. Add the smoked salmon and continue to cook for a minute or so, stirring until it lightens in colour. Sprinkle over the whiskey and continue to stir until it has evaporated. Pour in the cream and allow to heat through, then season to taste.

Drain the pasta and return to the pan. Add the smoked salmon cream and parsley, stirring until evenly combined. Divide among warmed wide rimmed bowls and serve at once.

BLACKLION RECIPES **FRENCH APPLE TART**

The best way to arrange the apples in the tin is to start at the perimeter, in a pinwheel fashion, filling the middle after a full circle of slices is in place.

Serves 6

1 vanilla pod
150g (5oz) butter (at room temperature)
4oz (4oz) icing sugar, sifted
25g (1oz) plain flour
100g (4oz) ground almonds
2 eggs, lightly beaten
large pinch of ground cinnamon
450g (1lb) cooking apples

juice of 1/2 lemon
2-3 tbsp apricot jam
FOR THE PASTRY:
100g (4oz) butter, diced
175g (6oz) plain flour, plus extra for dusting
50g (2oz) caster sugar
1 egg yolk
1 tbsp cream
softly whipped cream and caramel ice cream, to serve

To make the pastry, place the butter in a food processor with the flour and sugar and pulse until just blended. Add the egg yolk and cream and blend again briefly. Cover with clingfilm and chill for one hour to rest.

To make filling, split the vanilla pod in half and scrape out the seeds. Place 100g (4oz) of the butter and the icing sugar in a large bowl and beat until light and fluffy, using an electric hand beater. Beat in the flour and almonds and then gradually beat in the eggs, vanilla seeds and cinnamon. Continue to beat for 5 minutes until light and fluffy.

Preheat oven to 190C (375F), Gas mark 5. Roll out the pastry on a lightly floured surface and use to line a 23cm (9in) loose-bottomed flan tin. Chill again for 15 minutes to allow the pastry to rest.

Peel the apples and cut into quarters to remove the cores, then cut into thin wedges. Tip into a bowl and toss in the lemon juice to prevent them from browning. Spread the almond filling in the pastry case and carefully arrange the apple slices on top in a fan shape and then gently press the apples down into the filling. Dot with the remaining 50g (2oz) of the butter.

Bake the tart for 25-30 minutes until the pastry is cooked through and the apples are golden brown. Remove from the flan tin and transfer to a plate. Melt the apricot jam in a pan or in the microwave and brush over the tart.

To serve, cut the tart into wedges and serve warm or cold on serving plates with a good dollop of whipped cream and a scoop of caramel ice cream.

CHEDDAR SHORTBREADS WITH ROAST CHERRY TOMATOES AND FETA

Makes 40

20 cherry tomatoes
2 tsp olive oil
½ tsp runny honey
100g (4oz) Irish feta cheese
5 pitted black olives, quartered
FOR THE CHEDDAR SHORTBREADS:
50g (2oz) plain flour, sifted, plus extra for dusting
pinch of cayenne pepper
40g (1 1/2oz) chilled butter, diced
50g (2oz) mature Cheddar, finely grated

Preheat the oven to 180C (350F), Gas mark 4. Place the flour, a pinch of salt and cayenne, butter and Cheddar in a food processor and pulse to form a smooth dough. Roll out the dough on a lightly floured surface to a 5mm (1/4in) thickness and stamp out 40 rounds with a 4cm (1 1/2in) fluted pastry cutter. Place the dough rounds on parchment lined baking sheets 2cm (3/4in) apart and chill for 30 minutes. Bake for 8 minutes until cooked through and golden brown. Transfer to a wire rack to cool completely.

Increase the oven temperature to 200C (400F), Gas mark 6. Cut the cherry tomatoes in half and arrange cut-side up in a baking tin. Drizzle over the olive oil and honey and season to taste. Roast for 20 minutes until well softened and lightly charred. Remove from the oven and leave to cool completely.

To serve, top each Cheddar shortbread with a roasted cherry tomato half and crumble over a little feta. Garnish with the olives and arrange on a platter.

PROGRAMME 4 – 2ND FEBRUARY 2012

JAM & CIDER

FOLLAIN JAM AND BULMERS CIDER

Two well known companies use vast amounts of Irish fruit. Neven travels to Clonmel to see new methods of growing apple trees: the 'fruit wall' is similar to a vineyard and contains 10 times as many trees per acre as the traditional orchard. Neven then tastes cider, for the first time, and learns how successful Irish cider has become in the UK.

Roasted confit of duck with marmalade jus and cider and served with pak choy, beech mushrooms and red onion (using shop-bought duck confit) (Location)

Part two

Most of the raspberries used in Follain's jam come from Keeling's farm beside Dublin airport. Neven meets MD David Keeling to learn about the new variety of raspberries they grow and to find out more about the farm which employs 1600 people at peak time. Neven then meets the owner of Follain in the factory in Co Cork to see how homemade recipes can be 'scaled - up' to produce jam in much larger quantities. Follain is by far the largest jam maker in Ireland.

Lemon scones with raspberry jam and sponge pudding with raspberry jam and homemade custard (Cavan)

LOCATION RECIPE

ROASTED CONFIT OF DUCK WITH MARMALADE SAUCE AND SERVED WITH POK CHOI AND BEECH MUSHROOMS

If you want to serve this marmalade sauce with the duck confit it is a good idea to make a double quantity. It keeps for up to a week in a rigid plastic container in the fridge and it is also good with roast pork or even chicken.

FOR THE SAUCE:

4 tbsp marmalade

1 tbsp Cointreau

2 tbsp dark soy sauce

2 tbsp balsamic vinegar
2 tbsp light muscovado sugar
2 tbsp tomato ketchup
1 tsp chopped fresh thyme
225ml (8fl oz) beef stock
FOR THE DUCK CONFIT:
6 cooked duck legs (Silver Hill)
2 tbsp rapeseed oil
1 tbsp softened butter
FOR THE POK CHOI:
2 tbsp rapeseed oil
1 red onion, thinly sliced
2 garlic cloves, crushed
2.5cm (1in) piece fresh root ginger, peeled and cut into fine strips (julienne)
100g (4oz) beech mushrooms, trimmed
400g (14oz) baby pok choi
1 tbsp oyster sauce
1 tbsp light soy sauce
2 tsp toasted sesame seeds
handful fresh coriander leaves
Maldon set salt and freshly ground black pepper
1 segmented orange and chopped fresh flat-leaf parsley, to garnish

To make the marmalade sauce, place the marmalade and Cointreau in a small pan with the soy, vinegar, sugar, ketchup, thyme and stock. Bring to the boil, then reduce the heat and simmer vigorously for 5 minutes or until the mixture has thickened to a sauce consistency which coats the back of a spoon. Season to taste, then pass through a sieve, discarding the thyme into a clean pan. Reheat gently and use as required. This quantity makes about 200ml (7fl oz) in total.

To prepare the pak choi, heat the oil in a wok or deep heavy-based frying pan. Add the red onion, garlic, ginger and stir-fry for 1 minute. Add the beech mushrooms to the pan and continue to stir-fry for 2-3 minutes until tender. Tip in the baby pok choi and stir-fry for another minute, then sprinkle over a tablespoon of water, reduce the heat and steam-fry for another 2-3 minutes until tender. Add the oyster sauce and soy sauce and toss together briefly until just combined, then scatter over the sesame seeds and toss to combine. Keep warm

Meanwhile, prepare the duck confit, heat a heavy-based frying pan. Add the rapeseed oil and butter and arrange the duck confit skin-side down in the pan. Reduce heat and cook for 5 minutes, turn over and heat for another 5 minutes. The skin should be crispy and golden brown and the flesh warmed through.

To serve, spoon the pok choi and mushroom stir-fry in the center of the plate, carefully arrange the crispy duck confit on top. Drizzle around the marmalade sauce and garnish with the orange segments and flat leaf parsley to serve.

BLACKLION RECIPES

LEMON SCONES WITH RASPBERRY JAM

This is my basic scone recipe; the scones cook in 15 minutes. You can also turn the dough into one large loaf. Cut a deep cross in the centre and bake in the preheated oven for 20 minutes, then reduce the heat to 200C (400F), Gas mark 6 and continue to cook for another 20 minutes until the base sounds hollow when tapped.

Makes 10

450g (1lb) plain flour, plus extra for dusting
1 tsp salt
1 tsp bicarbonate of soda or baking powder
1 tsp caster sugar
finely grated rind of 1 lemon
25g (1oz) butter
250ml (9fl oz) buttermilk
1 egg, beaten
whipped cream and raspberry jam, to serve

Sift the flour into a bowl with the salt and bicarbonate of soda or baking powder. Stir in the sugar and lemon rind and then, using your fingertips, rub in the butter until the mixture resembles fine breadcrumbs.

Make a well in the centre and pour in the buttermilk and beaten egg. Using a tablespoon, gently and quickly stir the liquid into the flour. It should be soft but not sticky. Lightly flour the work surface. Turn the dough out onto it and pat into a circle about 2.5cm (1in) thick. Cut into triangles with a sharp knife or stamp out 5cm (2in) rounds with a cutter.

Arrange the scones on a non-stick baking sheet and bake for 15 minutes until well-risen and golden brown. Leave to cool for at least 10 minutes on a wire rack, then serve on plates topped with the cream and raspberry jam.

QUEEN OF PUDDINGS

This is one of the first things I remember learning to cook at catering college. It's great if you fancy something sweet but don't have much in the cupboard.

Serves 4

4 eggs
600ml (1 pint) milk
100g (4oz) fresh white breadcrumbs
4 tbsp raspberry jam
75g (3oz) golden caster sugar
pouring custard, to serve

Separate three of the eggs into two bowls. Add the fourth egg to the egg yolks and beat until well combined. Stir in the milk, followed by the breadcrumbs. Cover the egg whites with clingfilm and set aside until needed.

Spread the raspberry jam on the base of a pie dish. Pour over the milk mixture and then set aside for 30 minutes to allow the breadcrumbs to swell up.

Preheat the oven to 150C (300F), Gas mark 2. Place the pie dish in the oven and bake for 1 hour until the custard is set and firm to the touch.

Using an electric beater, whisk the egg whites until stiff, then fold in the sugar to make a smooth meringue. Swirl the meringue on top of the set breadcrumb mixture and return to the oven for 15-20 minutes or until the meringue is set and golden. Serve warm straight on to the table with a separate jug of custard to hand around.

PROGRAMME 5 – 9TH FEBRUARY 2012

TAYTO & POTATOES

TAYTO

Tayto is arguably Ireland's best loved brand and the history is fascinating. Started by Joe Murphy in 1954, the company started with Joe cooking hand cut crisps on a stall in Moore Street. The company was bought and sold on a number of occasions, most recently by entrepreneur Ray Coyle who began his working life as a farmer supplying potatoes to Tayto. Having bought the brand, Ray took four years to create Tayto Park, following the example of Hershey's in the US and Cadbury's in Bourneville. Neven meets Ray at the Park.

Pan Boxy pizza (showing with selection of toppings) (Location)
Cheese and onion potato gratin with smokey bacon (LOCATION)

Part two

Neven meets a farmer who supplies Tayto with potatoes and learns how crisps are made. Within six hours, a potato in the ground can be turned into a crisp, bagged and ready for dispatch.

Roast beef with garlic & thyme roast potatoes (masterclass on making the perfect roast potatoes, using duck fat and rapeseed oil) (Cavan)

LOCATION RECIPES

PAN BOXTY PIZZA

Of course these boxy farls can be served with a variety of toppings, try splitting and spreading with a little butter, then top with black pudding and a scattering of your favourite blue cheese, then add a of onion marmalade to serve. Alternatively try smoked salmon, rocket and a horseradish dressing or flash crispy bacon, cubes of Cheddar and finely chopped scallions under the grill until bubbling.

Serves 4

FOR THE TOMATO SAUCE:

1 tbsp olive oil

1 onion, finely chopped

400g whole peeled plum tomatoes

pinch of sugar

FOR THE TOPPING:

100g (4oz) ball mozzarella, cut into small cubes

100g (4oz) mature Cheddar, cut into small cubes

FOR THE BOXTY:

225g (8oz) raw floury potatoes, peeled

225g (8oz) cooked floury mashed potatoes (still warm)

50g (2oz) plain flour, plus a little extra for dusting

a little butter, for frying

Maldon sea salt and freshly ground black pepper

Lightly dressed mixed salad, to serve

To make the tomato sauce, heat the olive oil in a pan and sauté the onions for about 5 minutes until softened but not coloured. Pour in the tomatoes and add the sugar, then season to taste. Mash down the tomatoes with a potato masher to a pulp and then simmer for 8-10 minutes until slightly reduced and thickened. Leave to cool, then blend with a hand-held blender until smooth.

To make the boxty, coarsely grate the potatoes into a clean tea towel, then over a bowl wring out all of the excess starchy liquid. Tip the squeezed potatoes into a separate bowl and cover with the mashed potatoes.

Once the squeezed out liquid has settled the starch drops to the bottom. Carefully pour off the clear liquid from the top and discard, then mix the starch thoroughly with the grated and mashed potatoes. Sift over the flour and salt and knead lightly in the bowl until the dough comes together.

Turn the dough out on to a floured board and roll out a circle that is about 2cm (3/4in) thick, then cut into 4 x farls (triangles). Heat a griddle pan or large frying pan and add a knob of butter. Add the boxy farls and cook for 6-8 minutes on each side until golden brown and cooked through.

Leave the farls to cool a little and then spread over a little of the tomato sauce. Scatter over the cheese and flash under a preheated grill for a couple of minutes until bubbling and golden. Serve at once on warmed plates with some mixed salad.

CHEESE AND ONION POTATO GRATIN WITH SMOKEY BACON

Serves 4

400ml (14fl oz) milk

300ml (1/2 pint) double cream

4 garlic cloves, crushed

good pinch freshly grated nutmeg

8 rindless smoked streaky bacon rashers

900g (2lb) potatoes, cut into wafer-thin slices

butter, for greasing

100g (4oz) mature Cheddar, grated

salt and freshly ground black pepper

lightly dressed mixed green salad, to serve

Preheat the oven to 160C (325F), Gas mark 3. Pour the milk and cream into a pan and add the garlic and nutmeg. Season to taste and just heat through but do not allow the mixture to boil, then quickly remove from the heat.

Meanwhile, preheat the grill. Arrange the bacon rashers on a grill rack for cook for about 5 minutes until crisp and lightly golden, turning once. Drain on kitchen paper and when cool enough to handle snip into pieces with a scissors.

Arrange a third of the potatoes in an ovenproof dish, that is about 23cm (9in) x 18cm (7in) and 5cm (2in) deep. Season to taste and scatter over half of the bacon , then add another third of the potatoes in an even layer, season to taste and scatter over the remaining bacon. Arrange the rest of the potatoes on top in an attractive overlapping layer and carefully pour over the milk mixture.

Cover the potato gratin with a piece of foil and sit on a baking sheet. Bake for 1 hour and 15 minutes until cooked through and lightly golden, then remove the foil. Sprinkle over the Cheddar and return to the oven for another 10-15 minutes or until the Cheddar is bubbling and golden brown.

Remove the gratin from the oven and leave to settle for 5 minutes, then cut into slices and arrange on plates with some salad to serve.

BLACKLION RECIPE

ROAST RIB OF BEEF WITH GARLIC AND THYME POTATOES

A rib of beef is an excellent cut for roasting and perfect when you've got to feed a crowd. Always allow a joint to come back up to temperature before roasting to achieve the best flavour.

Serves 6–8

- 1.75kg (4lb) rib of beef on the bone
- 1 tsp black peppercorns
- 2 tsp Maldon sea salt
- 1/4 tsp English mustard powder
- 1.5kg (3lb) even-sized potatoes, peeled
- 2 tbsp rapeseed oil
- 40g (1 1/2oz) duck fat
- 1 garlic bulb, broken into cloves (not peeled)
- 1 tsp fresh soft thyme leaves
- 1 large onion, roughly chopped
- 1 large carrot, roughly chopped
- 2 tsp plain flour
- 300ml (1/2 pint) beef or chicken stock

Preheat the oven to 230C (450F), Gas mark 8. Heat a small frying pan and toast the peppercorns until aromatic, then place in a pestle and mortar and grind until cracked. Mix in half the salt and the mustard powder. Wipe the meat with damp kitchen paper and then lightly criss-cross the fat with a sharp knife. Rub with the peppercorn mixture.

Place the potatoes in a pan of salted water and bring to the boil. Simmer for 2-3 minutes, then drain and return to the pan. Toss vigorously to knock off the sharp edges and then drizzle in one

tablespoon of the rapeseed oil and add the duck fat, garlic cloves and thyme. Toss again until the duck fat has melted and everything is evenly coated.

Pour the rest of the rapeseed oil into roasting tin and add the onion and carrot, tossing to coat. Season to taste and sit the beef on the bed of vegetables. Arrange the potatoes and garlic cloves around the joint and season with the rest of the salt. Roast for 15 minutes and then reduce the oven temperature to 200C (400F), Gas mark 6 and roast for 10 minutes per 450g (1lb) for rare; 12 minutes for medium-rare and 20-25 minutes for well done. Take out and baste halfway through the cooking and quickly turn over the roast potatoes. Therefore a joint this size will take just under an hour.

Remove the beef from the tin and place on a platter to rest for 15 minutes before carving. Pop the potatoes back into a roasting tin and continue to cook in the oven. To make the gravy, stir the flour into the juices in the roasting tin and then gradually stir in the stock. Place directly on the hob to heat and simmer for 5 minutes, stirring with a wooden spoon. Pour through a sieve into a gravy boat. Carve the beef into slices and arrange on warmed plates with the roasted potatoes. Hand round the gravy separately.

PROGRAMME 6 – 16TH FEBRUARY 2012

COFFEE & LIQUEUR

Bewleys and Coole Swan Liqueur

Coffee and liqueur are a natural fit and Neven starts the programme by interviewing Patrick Bewley, grandson of the man who founded Bewley's cafe on Grafton Street in 1937. Patrick is the last remaining Bewley in the business. Neven then visits Bewley's roasting plant in north Dublin where he is shown how to taste coffee by the master blender who tells Neven which beans are used in Ireland's best-selling coffee, but not the exact proportions of the different beans in the blend, which remains a secret.

Coffee & cardamon cake with pistachio cream (LOCATION)

Frozen coffee milkshake (Location)

Part two

Bailey's invented the cream liqueur, and is now owned by Diageo. Coole Swan is a small company based in Cavan which makes a cream liqueur which includes chocolate in the recipe. The science involved in making sure that the ingredients don't curdle is explained to Neven on site.

Chocolate and hazelnut roulade with raspberries (Bourneville chocolate, Cool Swan liqueur and Wicklow fine foods luxury chocolate & hazelnut spread) (**image available from app**) (Cavan)

LOCATION RECIPES

COFFEE AND CARDAMOM CAKE WITH PISTACHIO CREAM

This recipe was inspired by a recent trip to An Cupan Tae in Galway.

Serves 4-6

175g (6oz) butter, plus extra for greasing (at room temperature)

175g (6oz) caster sugar, plus extra for dusting

3 eggs, lightly beaten
175g (6oz) self-raising flour
3 tbsp strong coffee
8 cardamom pods, seeds removed and ground to a powder

FOR THE PISTACHIO CREAM:

300ml (1/2 pint) double cream, well chilled
75g (3oz) shelled pistachio nuts, finely chopped (unsalted)
1 tbsp icing sugar

FOR THE MOCHA ICING:

100g (4oz) icing sugar
1 tbsp strong coffee, warm

Preheat the oven to 190C (375F) Gas Mark 5. Grease 2 x 18cm (7in) non-stick sandwich tins and lightly dust with sugar, shaking out the excess.

Place the butter in a bowl with 175g (6oz) of the sugar and beat with an electric beater or wooden spoon until light and fluffy. Gradually beat in the eggs and coffee, adding a little of the flour if the mixture begins to curdle.

Sift over the remaining flour and ground cardamom and then fold in, using a large metal spoon or plastic spatula. Divide the cake mixture between the prepared tins and level the top, then make a slight dent in the centre with the back of a wooden spoon. Bake for 25-30 minutes until well risen, firm to the touch and just beginning to shrink from the sides of the tins. Turn the cooked cakes out on to a wire rack and set aside to cool completely.

To make the pistachio cream, place the cream in a bowl and whip until it is just holding its shape, then gently fold in the pistachio nuts and icing sugar. When the cakes have cooled, spread the pistachio cream over one cake and then sandwich the two halves together.

Sift the icing sugar into a bowl and gradually add the coffee. The icing should be thick enough to coat the back of a spoon. If necessary, add a little warm water or more icing sugar to adjust the consistency. Spoon the coffee icing over the cake, allowing it to drizzle down the sides. To serve, cut into wedges and arrange on plates.

FROZEN COFFEE MILKSHAKE

Serves 4-6

30 ice cubes
250ml (9fl oz) strong coffee, cold
120ml (4fl oz) condensed milk
few drops vanilla essence
2 tbsp coffee liqueur (optional)

Place the ice cubes in a blender or food processor with the coffee, condensed milk, vanilla and coffee liqueur if using. Blend until smooth and slushy in texture, pour into small tumblers and add straws to serve.

BLACKLION RECIPE

CHOCOLATE AND HAZELNUT ROULADE WITH RASPBERRIES

This delightful, rich chocolate coffee roulade always goes down a treat, and even if you are watching the calories a little goes a long way...

Serves 8

butter, for greasing
100g (4oz) plain chocolate
4 eggs
100g (4oz) caster sugar, plus extra for dusting
450g (1lb) fresh raspberries
FOR THE FILLING:
1/2 vanilla pod
1 tbsp Cool Swan liqueur
300ml (1/2 pint) cream
75g (3oz) Wicklow fine food luxury chocolate and hazelnut spread
icing sugar, to decorate

Grease a 33 x 23cm (13 x9in) Swiss roll tin, line with greaseproof paper and then grease the paper. Break the chocolate into pieces and place in a bowl set over a pan of simmering water.

Separate the eggs and whisk the egg yolks with the sugar until very thick and pale in colour. Beat in the egg whites until stiff, and then fold into the chocolate mixture.

Pour into the prepared tin and spread out evenly. Bake for 20-25 minutes until well risen and firm to the touch.

Turn the sponge out onto a sheet of greaseproof generously sprinkled with caster sugar. Carefully peel off the lining paper. Cover the roulade with a warm, damp tea towel and leave to cool.

To make the filling, split the vanilla pod in half and scrape out the seeds. Place the cream in a bowl and stir in the Cool Swan liqueur and vanilla seeds. Gently whisk with an electric mixer until stiff, then spread the chocolate and hazelnut spread over the cold roulade, followed by the cream mixture. Using the paper to help, roll up the roulade to enclose the filling.

To serve, transfer the roulade on to a serving plate and dust with icing sugar, then cut into slices and arrange on serving plates with the raspberries.

PROGRAMME 7 – 23RD FEBRUARY 2012

SALMON & SODA BREAD WRIGHTS and McCAMBRIDGES

Two more family firms with distinguished histories. Wrights began as a general merchants in the late 19th century and started smoking salmon in the 1940s. The smoked salmon is exported worldwide and introduces the company to overseas buyers seeking to import live Irish shellfish. Neven meets Mark Wright in Howth and is shown how the salmon is smoked, starting with the fishmongers who can each fillet 1000 salmon a day.

Smoked salmon and brown bread timbale with pickled cucumber strips, red onion, cherry tomatoes and micro herbs (Location)

Part two

Like Wrights, McCambridges started off supplying food to grocers but now it concentrates exclusively on its brown soda bread. It's the largest user of buttermilk in the country and Neven meets Michael McCambridge to learn how the soda bread is made commercially.

Monkfish with curried mussels and wilted spinach (then show how mussels can also be served as a soup) (Cavan)

LOCATION RECIPE

SMOKED SALMON AND CREAM CHEESE TIMBALES

A lovely easy starter with gorgeous flavours. It can be made ahead of time, leaving you to enjoy your guests.

Serves 4-6

200g (7oz) carton cream cheese

2 tbsp finely diced radish

1 tbsp snipped fresh chives

1 tsp prepared English mustard

2 tsp horseradish sauce

200g (7oz) packet smoked salmon slices

6-12 3-5mm (1/8-1/4in) slices brown soda bread

50g (2oz) tiny cherry tomatoes, halved

FOR THE PICKLED CUCUMBER AND RED ONION SALAD:

4 tbsp rice wine vinegar

2 tbsp caster sugar

1 baby cucumber, pared into thin strips with a vegetable peeler and then halved lengthways

1 red onion, cut into fine wedges

Maldon sea salt and freshly ground white pepper

micro herbs, to garnish

Place the cream cheese in a bowl and mix in the radish, chives, mustard and horseradish sauce. Season to taste. Line 50-120ml (2-4fl oz) espresso cups or dariole moulds with clingfilm. Stamp or cut out rounds from the soda bread in varying sizes to fit the cups - you'll need three for each cup. Repeat with the smoked salmon - you'll need six for each cup.

Spoon a tablespoon of the cream cheese mixture into the bottom of each cup and then arrange two pieces of the salmon on top. Add a round of soda bread and then repeat the layers until all the ingredients have been used up, finishing with a round of soda bread. Wrap in clingfilm and chill for at least 1 hour to allow the layers to set, or up to 8 hours is fine.

To make the pickled cucumber and red onion; place the vinegar into a bowl and stir in the sugar to dissolve. Add the cucumber strips and onion wedges and toss to coat. Cover with clingfilm and set aside for at least 10 minutes, or up to 8 hours is fine.

To serve, carefully turn out the timbales and peel away the clingfilm. Cut each one in half and arrange two halves on each serving plate. Spoon the pickled cucumber and red onion salad and scatter around the cherry tomatoes. Garnish with the micro herbs to serve.

BLACKLION RECIPE

SEARED MONKFISH, WILTED SPINACH AND CURRIED FOAM

Serves 4

FOR THE MONKFISH:

4x 200g (7oz) monkfish fillets (trimmed and cut into medallions)

1 tsp cracked black pepper

1 tsp salt

2 tbsp rapeseed oil

1 tsp softened butter

FOR THE SPINACH:

900g (2lb) fresh spinach

25g (1oz) butter

1 garlic clove, crushed (optional)

pinch freshly grated nutmeg

FOR THE CURRIED FOAM:

25g (1oz) butter

200g (7oz) fennel bulb, sliced

1 onion, chopped

1 tsp mild curry powder

pinch saffron threads

300ml (1/2 pint) vegetable stock

800g (1³/₄lb) mussels

250ml (9fl oz) cream

1 tbsp chopped fresh flat-leaf parsley

Maldon sea salt and freshly ground black pepper

fresh coriander leaves, to garnish

Season each monkfish medallion with salt and black pepper. Heat a frying pan. Add the oil and butter. Add the monkfish and cook for approximately 4-5 minutes on each side. Keep warm.

Meanwhile, prepare the spinach, wash and remove any large stalks, then dry well – a salad spinner works brilliantly if you have one. Heat a large heavy-based pan and add fistfuls of the spinach, adding another as one wilts down. Cook for 1 minute, then tip into a colander and gently press out all the excess moisture. Melt the butter in the pan and sauté the garlic for 30 seconds, if using, then add the drained spinach, season to taste and add a little nutmeg. Toss until heated through.

Melt the butter in a pan. Add the fennel and onion. Sauté gently until vegetables are soft but not brown. Add curry powder, saffron and vegetable stock. Cover and bring to the boil. Reduce the heat and simmer for approximately 12 minutes.

Clean the mussels thoroughly and then add the mussels to the pan. Cover with a lid and simmer for 4-5 minutes until all the mussels have opened. Discard any that do not. Stir in the cream and parsley, then remove the mussels from pan into a colander. Take the mussel meat out of the shells, discarding the shells. Season to cooking liqueur and then blitz with a hand

blender until frothy. Fold in the cooked mussels and allow to just warm through.

To serve, spoon wilted spinach onto centre of warmed serving plates and arrange the monkfish medallions on top. Spoon over the curried mussel foam and garnish with the coriander to serve

PROGRAMME 8 – 1ST MARCH 2012

PORRIDGE & HAM

FLAHAVANS and BRADYS

John Flahavans is the 6th generation of his family to work at Flahavans, owning the company that bears his name. The company itself is thought to be the oldest privately owned company in Ireland, it's certainly the oldest food company. 80 years ago, there were 70 oat mills in Ireland, now there are just two. Neven meets John and visits the factory to see how oats are turned into porridge flakes, and other products.

Muesli with variation for granola (showing another option to layer up the granola in a Martini glass with honey) **(image available from app)** (Location)
MacNean porridge (Location)

The Brady family started curing ham the old fashioned way in the 1970s and the company is now the largest producer of traditionally cured ham in the country. It's a simple process, but requires great skill to get right, in particular the butchery skills needed to bone and reshape the hams. It's a world away from the mass produced 'processed' ham which is injected with water and 'tumbled' before being reformed. Neven meets the current owner, Tipperary farmer Bill O'Brien for a tour of the factory.

Baked ham and leeks au gratin (CAVAN)

Ham, Irish Cheddar and balsamic pickled shallot platter (CAVAN)

LOCATION RECIPES

MUESLI

This is a great recipe to get the children involved and the best part is that they will be much more lightly to eat it for their breakfast! Get them to roll up their sleeves and use a teacup to measure the different ingredients.

Serves 10-12

450g (1lb) porridge oats
50g (2oz) flaked almonds
50g (2oz) sunflower seeds
50g (2oz) pumpkin seeds
50g (2oz) whole skinned hazelnuts, chopped
50g (2oz) wheat germ
100g (4oz) ready-to-eat dried apricots, chopped
50g (2oz) dried banana chips
50g (2oz) golden sultanas
50g (2oz) dried cranberries
25g (1oz) linseed (optional)

sliced banana, halved strawberries and/or seedless grapes, to garnish
cold milk or natural yoghurt, to serve

Preheat the oven to 200C (400F), Gas mark 6. Spread the porridge oats out on a baking sheet. On a separate baking sheet, sprinkle over the flaked almonds, sunflower seeds, pumpkin seeds and hazelnuts and place on the top shelf of the oven with the porridge oats underneath. Bake for 10-15 minutes until lightly toasted, tossing occasionally so that they cook evenly. Leave to cool.

Once cool, place the toasted porridge oats, nuts and seeds in a large bowl. Stir in the wheat germ with the apricots, banana chips, sultanas, cranberries and linseed, if using. Transfer to a large kilner jar or rigid plastic container and seal tightly with a lid.

To serve, spoon some muesli into a cereal bowl and scatter the sliced banana, strawberries and/or grapes on top to garnish. Pour over milk or add a good dollop of yoghurt.

VARIATION

FRUIT GRANOLA

This is a great recipe to make up and take in food bags to work, or to give to the kids to take to school as a crunchy portable snack. If you find the granola too sweet or not sweet enough adjust the quantity of maple syrup to taste. I also like to layer it up in Martini glasses with local honey. Preheat the oven to 160C (325F), Gas mark 3. Mix two tablespoons of light olive oil with 150ml (150ml) 1/4 pint of apple juice and 100ml (3 1/2fl oz) of maple syrup in a small pan and simmer for a few minutes to combine, then stir into the muesli omitting the dried fruits until thoroughly coated. You can squeeze the wet mixture together with your hands before spreading out on the baking sheet to encourage them to form clusters and spread out on to two large baking trays that have been lined with parchment paper. Bake for 45 minutes, turning and breaking up the cereal every 10 minutes or so. Stir in the dried fruits and bake for another 15 minutes. Cool, then store in an airtight container for up to two weeks. Serve as for muesli to serve.

MACNEAN PORRIDGE WITH IRISH MIST HONEY AND CREAM

Porridge is one of our most popular breakfasts in the restaurant, and this recipe goes down a treat. On cold winter mornings, it gets you off to a good start and takes no more than 10 minutes to prepare.

Serves 4

100g (4oz) porridge oats (organic if possible)
300ml (1/2 pint) whole-fat milk (plus a little extra if necessary)
4 dsp clear honey
4 dsp Irish mist
150ml (1/4 pint) cream (optional)

Simmer the porridge oats and milk together in a saucepan for 8-10 minutes, until the mixture is slightly thickened, stirring all the time. It is important that the porridge has a nice soft dropping consistency so add a little more milk if you think that it needs it.

To serve, spoon the porridge into warmed bowls. Drizzle each one with some honey and Irish mist and finally, serve with cream if you wish.

BLACKLION RECIPES

BAKED HAM AND LEEKS AU GRATIN

Of course you could use a cured Parma-type ham in this recipe or replace the Cheddar with Gruyere which also has excellent melting properties.

Serves 4

8 small leeks, well trimmed
16 thin slices cooked ham
butter, for greasing
150g (5oz) mature Cheddar cheese, grated
2 tbsp Dijon mustard
6 tbsp crème fraiche
crusty French bread, to serve

Preheat the oven to 200C (400F), Gas mark 6. Blanch the leeks in a pan of boiling salted water for 3-4 minutes until just tender. Drain and quickly refresh under cold running water to stop them from cooking any further, then drain well and pat dry on kitchen paper.

Wrap each leek in two slices of the ham and arrange them in a buttered baking dish. Place the Cheddar in a bowl and stir in the Dijon mustard and crème fraiche until well combined. Season to taste. Spread over the leeks and bake for 15-20 minutes until bubbling and golden brown. Serve at once straight to the table with plenty of crusty bread to mop up all of those delicious juices.

HAM, SELECTION OF IRISH CHEESES AND BALSAMIC PICKLED SHALLOTS

Serves 6-8

6-8 thin slices cooked ham
4-5 small wedges Irish cheese, such as Knockdrinna, Cashel Blue, Glebe Brethan and Mileens
FOR THE BALSAMIC PICKLED SHALLOTS:
450g (1lb) small shallots or pearl onions
350ml (12fl oz) white wine vinegar
50ml (2fl oz) olive oil
50g (2oz) golden caster sugar
1 tsp Maldon sea salt
¼ tsp cracked black pepper
small handful fresh small basil leaves
2 tbsp balsamic vinegar (good quality)
crusty bread, to serve

Tip the shallots or pearl onions into a bowl and pour over a kettleful of boiling water. Leave to stand for 1 minute and then drain. When cool enough to handle, peel away the skins and trim down the roots.

Place the white wine vinegar into a large pan with the olive oil, sugar, salt, basil leaves and 200ml (7fl oz) of water. Bring to the boil, then lower the heat and give it a good stir. Simmer for 3 minutes until the sugar has completely dissolved. Tip in the peeled shallots and simmer for 8-10 minutes until just tender. Use a slotted spoon to scoop up the shallots and basil and pack into a large sterilised jar.

Bring the remaining pickling liquid to the boil and boil fast for 5 minutes, then remove from the heat and stir in the balsamic vinegar. Pour enough over the shallots to cover. Seal the jars and leave for at least 3 days before using. These will keep very well stored in a cool dark place for 3 months.

To serve, arrange the ham on a nice platter with a nice selection of Irish cheeses that have been left at room temperature for at least an hour. Drain the balsamic pickled shallots and plate in a small serving dish on the platter. Serve straight to the table with plenty of crusty bread and serving plates so that guests can help themselves.

PROGRAMME 9 – 8TH MARCH 2012

RELISH & CHEESE

Ballymaloe Relish and Kilmeaden cheddar cheese

Neven interviews Mrs Allen, an inspiration to him and to so many Irish chefs and widely regarded as the person responsible for the renaissance of Irish food. Sprightly aged 86, Mrs Allen tells Neven how Ballymaloe Country Relish started, and admits that the recipe remains a secret. The relish is made commercially by Mrs Allen's daughter Yasmin and Neven visits the factory in Co Cork to learn - a little - about how it's made.

Recipes on location

Ryefield goat's cheese and potato filo tartlets with Ballymaloe relish (Location)

Sausage and red onion (shop-bought) soda farls with Ballymaloe relish (**image available from app**) (LOCATION)

In part two, Neven visits Co Kilkenny to see where Ireland's best selling cheddar cheese is made. Kilmeaden has been made using the same recipe for over 40 years and Neven speaks to the production manager who's made cheese with the company for all that time. The cheese is only made in the summer, to take advantage of the summer grass, and once made it's stored for 12 - 18 months. Each batch is checked by the chief cheese taster, who's worked at Kilmeaden for 30 years, and Neven joins him to taste some cheese.

Recipes featuring cheese and filmed in Blacklion to be confirmed. They may include Roasted tomato and red pepper soup with Ballymaloe Brown Yeast Bread (Cavan)

LOCATION RECIPE 1

ARDSALLAGH GOAT'S CHEESE AND CAMELISED ONION FILO TARTLETS WITH BALLYMALOE RELISH

Look out for the authentic Greek filo pastry; it really is a superior product. To prevent it from drying out, cover with a damp cloth until ready to use. This recipe would also work well as a bite-sized canapé, using mini muffin trays to make the baskets.

Serves 4 as a starter

50g (2oz) unsalted butter

3 sheets filo pastry, thawed if frozen

FOR THE FILLING:

2 tbsp olive oil, plus a little extra

2 onions, finely chopped

1 large egg yolk

3 tbsp cream

200g Ardsallagh goats' cheese log with rind

1/2 tsp fresh thyme leaves

a little cayenne pepper

Maldon sea salt and freshly ground black pepper

Lightly dressed mixed green salad leaves and Ballymaloe relish, to serve

Heat the olive oil in a frying pan and cook the onions for about 1 hour until caramelised, stirring regularly to prevent the bottom from catching. Season to taste and leave to cool.

Preheat the oven to 180C (350F), Gas mark 4. Melt the butter in a small pan or in the microwave, then remove from the heat and leave to cool.

Unfold the filo pastry and cut the sheets into quarters, then cover with a damp tea towel. Take 4 x 200ml (7fl oz) glass ramekins and turn upside down on a non-stick baking sheet.

Take a piece of the filo and brush with butter, then use to cover the top of the ramekin. Add another two layers of the brushed filo pastry, placing each square at a slightly different angle. Repeat until you have four covered ramekins in total.

Bake the filo baskets for 8-10 minutes until just cooked through and holding their shape but not coloured. When cool enough to handle carefully remove the filo baskets from the ramekins, then transfer to a wire rack and to cool.

Whisk the egg yolk and cream in a jug and season. Pour over the caramelised onions. Cut the goats' cheese log into 8 thin slices and use two to top each tartlet, then sprinkle over the thyme and drizzle with a little olive oil. Bake for 6-8 minutes or until lightly golden and set. Arrange on plates and add the garnish each one with a sprinkling of cayenne pepper. , Add a small mound of dressed salad to each plate along with a spoonful of the Ballymaloe relish to serve.

LOCATION RECIPE 2

SAUSAGE AND RED ONION SODA FARLS

Very simple, very tasty and very moreish. I like to use sausages from a good quality butcher as the flavour will always be so much better.

Serves 4

8 pork and leek sausages

1 red onion, thinly sliced

olive oil, for drizzling

4 soda farls

1-2 tsp Dijon mustard

4 heaped tbsp Ballymaloe relish
salt and freshly ground black pepper

Preheat a flat griddle or large frying pan until hot. Add the sausages and cook for 8-10 minutes until golden brown and cooked through, turning occasionally. Drain on kitchen paper and keep warm.

Add red onion to the pan, season to taste and drizzle over a little olive oil, then cook for about for 4 minutes until softened and lightly golden, stirring occasionally.

Split the soda farls open at one end to make pockets. Cut the sausages in half and put them into the farls with the sautéed red onion. Drizzle the mustard and Ballymaloe relish over the sausages and press the edges together. Toast the farls on the griddle for 1 1/2 minutes on each side until heated through and lightly toasted. Cut each farl on the diagonal and arrange on warmed plates to serve.

BLACKLION RECIPE

ROASTED TOMATO AND RED PEPPER SOUP

Serves 4

1kg (2 1/4lb) vine ripened tomatoes
2 tbsp olive oil
1 tsp balsamic vinegar
1/2 tsp chopped fresh thyme
1 large onion, finely chopped
2 garlic cloves, crushed
2 heaped tbsp Ballymaloe red pepper relish
900ml (1 1/2 pints) vegetable stock
1 tbsp torn fresh basil, plus extra sprigs, to garnish
Maldon sea salt and freshly ground black pepper
Ballymaloe brown yeast bread, to serve

Preheat oven to 190C (375F), Gas mark 5. Arrange the tomato halves in a baking tin, cut side up. Drizzle over half the olive oil and then sprinkle the vinegar and thyme on top. Place in oven and roast for 20-25 minutes until softened and lightly charred.

Heat the remaining tablespoon of oil in a pan, add the onion, and garlic and sweat for 10 minutes until lightly golden, stirring occasionally. Add the roasted tomatoes with the red pepper relish and stock and bring to the boil. Reduce the heat and simmer for 10-15 minutes until slightly reduced. Add the basil and then blitz with a hand blender until smooth. Season lightly and pass through a sieve for a really smooth finish. Return to a clean pan and reheated gently, then ladle the soup into warmed bowls. Garnish with the basil sprigs to serve. Arrange on plates with the Ballymaloe bread to serve.

BLACKLION RECIPE 2

Twice-baked Cheese Soufflé (NOTE: TWO VERSIONS MUST CHOOSE ONE)

Serves 4

40g (1 1/2oz) butter, plus extra for greasing
50g (2oz) plain flour
250ml (8fl oz) milk
4 eggs, separated
1 tbsp snipped fresh chives
3 tbsp crème fraîche or double cream
75g (3oz) Glebe Brethan cheese, coarsely grated (Irish Gruyère style cheese)
Maldon sea salt and freshly ground white pepper
lightly dressed mixed baby salad leaves, to garnish

Preheat the oven to 190°C (375°F), gas mark 5 and butter four ramekin dishes well. Slowly melt the butter in a heavy-based pan over a low heat. Remove pan from the heat and beat in the flour to form a smooth, shiny paste. With the pan back on the heat, add the milk and whisk to form a smooth sauce. Once the sauce has thickened, remove from the heat and leave to cool for a few minutes.

Add the egg yolks to the cooled sauce with the chives and a little seasoning and beat thoroughly to combine. Be careful not to do this when the mixture is too hot or the eggs will start to cook. Place the egg whites in a separate bowl and beat until lightly and fluffy, then fold into the sauce mixture, taking care not to lose the air.

Pour the mixture into the well-buttered ramekins and bake for about 25 minutes. Check at 20 minutes to ensure that the tops don't brown too much. Once they are done, leave for a couple of minutes in the ramekin dishes and then carefully take them out and leave on a baking sheet. (At this point you could leave them in the fridge once completely cooled and covered in clingfilm for a day or so, or you could freeze them.)

When you are ready to bake the soufflés for a second time, preheat the oven to 160°C (325°F), gas mark 3. Mix together the crème fraîche or cream with the cheese, then season to taste. Carefully make a small well in the top of each soufflé and spoon in a couple of teaspoons of the cheese mixture. Pop into the oven for at least 10 minutes until the cheese has melted. They can be kept warm at 130°C (250°F), gas mark 1/2 for up to 30 minutes, but no longer as they start to dry out and go rubbery.

Transfer to warmed plates with a fish slice and spoon any resulting sauce on top, then garnish around the plates with the lightly dressed mixed baby salad leaves.

Floating Twice-baked Cheese Soufflé (NOTE: TWO VERSIONS MUST CHOOSE ONE)

Serves 2

15g (1/2oz) unsalted butter, plus extra for greasing
1 tbsp plain flour
50ml (2fl oz) milk
3 egg whites, plus 2 egg yolks
300ml (10fl oz) double cream

100g (4oz) Glebe Brethan cheese, coarsely grated (Irish Gruyère style cheese)
Maldon sea salt and freshly ground white pepper
snipped fresh chives, to garnish

Preheat the oven to 200°C (400°F), gas mark 6. Butter two 12.5cm (5in) squares of parchment paper and place on a buttered baking sheet.

Place the butter, flour and milk in a small pan and bring to the boil, whisking continuously. Season to taste, reduce the heat and simmer for another 2–3 minutes until you have a smooth, thick sauce. Remove from the heat.

Whisk the egg whites until stiff peaks form. Stir the egg yolks into the sauce, then remove a tablespoon of the sauce, place in a small bowl, cover and set aside.

Transfer the remaining sauce to a large bowl and fold in a third of the egg whites to loosen the mixture, then carefully fold in the remainder. Divide the mixture between the buttered squares of parchment, shaping each one into a large quenelle and bake for 5–6 minutes until well risen and firm to the touch.

Meanwhile, heat the cream in an ovenproof frying pan and season generously. Whisk in the reserved tablespoon of sauce and bring to a gentle simmer. Remove the soufflés from the oven and carefully tip them into the cream. Spoon some of the cream mixture on top and then sprinkle with the Gruyère. Put the frying pan in the oven and bake for 5 minutes until the soufflés are puffed up and lightly golden.

Transfer to warmed wide-rimmed bowls and spoon around the sauce. Garnish with chives and serve at once.

BALLYMALOE BROWN YEAST BREAD (SPARE RECIPE)

Makes 1 loaf

450g (1lb) wholemeal flour or 400g (14oz) wholemeal flour and 50g (2oz) strong white flour
1 tsp salt
1 tsp black treacle
425ml (15fl oz) water at blood heat
25g (1oz) fresh yeast
a little sunflower oil, for greasing
sesame seeds, optional
farmhouse butter, for spreading

Preheat the oven to 230C (450F) Gas mark 8. Mix the flour with the salt. The ingredients should all be at room temperature. In a small bowl or Pyrex jug, mix the treacle with 150ml (1/4 pint) of water and crumble in the yeast.

Sit the bowl for a few minutes in a warm place to allow the yeast to start to work. After about 4-5 minutes it has a creamy, slightly frothy appearance. When ready, stir and pour it, with all the remaining water, into the flour to make a loose dough. The mixture should be too wet to knead. Put the mixture into a 13 x 20cm (5 x 8in) bread tin that has been greased with sunflower oil.

Sprinkle the top of the loaf with sesame seeds if you like. Cover the tin with a tea towel to prevent the skin from forming. Leave to rise. Just before the bread comes to the top of the tin, about 10-15 minutes depending on the temperature of the kitchen, remove the tea towel and pop the loaf in the oven for 50-60 minutes or until it looks nicely browned and sounds hollow when tapped. It will rise a little further in the oven. This is called oven spring. If however the bread rises to the top before it goes into the oven it will continue to rise and flow over the edges.

We usually remove the loaf from the tin about 10 minutes before the end of cooking and put it back into the oven to crisp all round, but if you like a softer crust there's no need to do this. Leave to cool completely on a wire rack before cutting into slices and spreading with butter to serve.

PROGRAMME 10 – 15TH MARCH 2012

TEA & CAKE

BARRYS AND BRODERICKS

Tea and cake is another natural combination, and in part one, Neven visits Barry's Tea, the only tea blended in Ireland specifically for the Irish palate. The company has been in business since 1901 and Denis the chief blender has been blending teas for 40 years. Neven joins Denis as he tastes teas sent in from all over the world. The tea in Barry's gold blend comes from India, Rwanda and Kenya and comprises 10 different teas - the exact blend remains a secret.

Blade of beef and thyme hotpot (using tea, carrots, onions, celeriac, bay leaves, thyme, baby onions and smoked bacon) Chervil root (LOCATION)

Part two

Brodericks is a small company that has been making cakes for 30 years. Neven visits the factory to see where new recipes are tested and packaging designed - a special cake for Neven will be created.

Irish tea bread (and mention how to use leftovers in version of bread & butter pudding with Baileys (make in ramekins) and French toast (Cavan)

LOCATION RECIPE

BLADE OF BEEF AND THYME HOTPOT

Serves 4-6

1kg (2 1/4lb) blade of beef (chuck)
4 tbsp plain flour
1 onion, sliced
1 large leek, sliced
2 large carrots, sliced
225g (8oz) celeriac, peeled and cut into cubes
1 tsp chopped fresh thyme
750ml (1 1/4 pints) beef stock
900g (2lb) even-sized potatoes
50g (2oz) butter
Maldon sea salt and freshly ground black pepper
chopped fresh parsley, to garnish

Preheat the oven to 180C (350F), Gas mark 4. Trim the beef very well and cut into bite-sized pieces. Place the flour in a shallow dish and season generously, then use to coat the beef, shaking off any excess. Arrange half of the beef in the bottom of a large casserole dish and add a sprinkling of thyme. Scatter the onion, leek, carrots and celeriac on top, then Season to taste and add another sprinkling of thyme. Arrange the remaining beef on top to cover the vegetables completely and sprinkle over the remaining thyme.

Pour enough beef stock to just come up above the last layer of beef. Cover the casserole with a lid and place in the oven for about 1 hour until the beef and vegetables are just tender and the stock has thickened slightly.

Place the potatoes in a pan of boiling salted water and bring to the boil, then simmer for 10 minutes. Drain in a colander and set aside for 5 minutes until cool enough to handle. Slice the potatoes lengthways into 1cm (1/2in) thick slices and lay them in a slightly overlapping layer on top of the stew.

Melt the butter in a small pan or in the microwave and brush over the potatoes. Season to taste and cook in the oven for another 40 minutes until the potatoes are cooked through and nicely golden and the beef stew is bubbling up around the edges of the dish. Garnish with the parsley and serve straight to the table.

BLACKLION RECIPE

IRISH TEA BREAD

This keeps very well wrapped in clingfilm and tin foil, of course the leftovers can be made into bread and butter puddings with a dash of Baileys or even just a simple French toast works well.

Makes 1 loaf

100g (4oz) sultanas
100g (4oz) currants or raisins
50g (2oz) glace cherries, chopped
50g (2oz) cut mixed peel
good splash Irish whiskey
300ml (1/2 pint) strong hot tea
225g (8oz) light brown sugar
a little sunflower oil, for greasing
275g (10oz) self-raising flour
good pinch of freshly ground nutmeg
1 egg, beaten
1 tbsp clear honey
farmhouse butter, to serve

Place the sultanas in a large bowl with the currants or raisins, glace cherries, mixed peel and whiskey. Pour over the tea and then stir in the sugar until dissolved. Cover with a plate and leave overnight to allow all the fruit to plump up.

Preheat the oven to 150C (300F), Gas 2. Lightly grease a 900g (2lb) non-stick loaf tin with sunflower oil and then base line with parchment paper. Sieve the flour and nutmeg into a bowl and then stir into the soaked fruit mixture with the egg until evenly combined. Turn into the

prepared tin and level the surface. Bake for 1 1/2 hours or until well risen and firm to the touch. A fine skewer inserted into the centre should come out clean.

Allow the tea bread to cool in the tin for about 10 minutes before turning out. Brush the top with the honey and then leave to cool completely on a wire rack. Cut into slices and spread with butter to serve.