

## Cabbage & Bacon

**Ingredients:**

1375g – 2250g (3-5lbs) piece of bacon

Cabbage

**Method:**

Steep bacon over night in fresh water. Place bacon in saucepan – cover with fresh water, bring to the boil and simmer gently (cooking time: allow 30 minutes for each 450g (1lb) of bacon). Prepare cabbage. 10 - 15 minutes before bacon is cooked, add in cabbage. Any longer than 15 minutes and the cabbage would lose its crisp texture.

Delicious served with boiled potatoes and parsley sauce.

## Onion & Guinness Soup (Serves 4)

### Ingredients:

For the soup -

400 grams of sliced large white onions

150 grams of sliced red onions

45 grams butter

40 grams plain flour

700 ml. Guinness

1.25lt good beef stock

Bouquet garni

Seasoning - to taste

For the garnish -

Crusty bread – baguette

150 grams grated Irish cheddar

Clove of garlic

### Method

For the soup -

Melt butter in a thick-bottomed pan over a medium heat with all the onions, until the onions start to caramelize and go golden brown. This gives the soup its colour

Add the flour and stir till the butter is absorbed – leave out, or reduce the amount of flour, for a lighter soup. Add the stock and then the bouquet garni for extra flavour.

Simmer for 30-45 minutes, skim off any excess fat if necessary, now add the Guinness, simmer for a further 5-10 minute and adjust the seasoning as required.

For the garnish -

Slice the bread into round croutes and toast the croute on both sides.

Rub one side with a clove of garlic, add the grated cheese and bake in the oven to melt the cheese.

To present

Ladle the soup into a soup bowl, place the bread croute in the centre and serve piping hot.

**Donna Thompson, Chef**

**The Bushmills Inn Hotel and Restaurant**

## Irish Coffee (per person)

### Ingredients:

One stemmed whiskey glass - very hot  
Strong black coffee  
1 tablesp. whipped cream  
2 - 3 teasp. sugar  
1 tablesp. Irish whiskey

### Method:

Heat glass. Heat whiskey and pour into the glass, fill with very hot black coffee in which the sugar has been dissolved, then float the cream on top. Do not stir. Irish Coffee is ambrosial if really hot, and a criminal waste of whiskey if served lukewarm!

## Traditional Irish Stew

### Ingredients:

900g (2lb) lamb cutlets  
8 onions (medium sized)  
900g (2lb) potatoes  
450g (1lb) parsnips  
600ml – 900ml (1 – 1 ½ pints) water  
Bouquet garni  
Salt and pepper

### Method:

Put the meat, onions, potatoes, and parsnips into a large saucepan, add the water and season with salt and pepper. Put in the bouquet garni and cover with lid. Bring to the boil and simmer gently for approximately two hours. An Irish stew may be made hours in advance and reheated gently before serving.

## Mango Chutney

### Ingredients:

2 teasp. Pickling spice  
12 ozs. Onions (peeled)  
2lb. Mangoes  
1lb cooking apples after peeling and coring  
2 teasp. Ginger  
1 pint vinegar  
1.1/4 lb brown or white sugar

### Method (Cooking time about 50 minutes)

Tie spices in a net bag. Chop the onions in small pieces. Chop apples in small pieces. Put all ingredients with a little vinegar into a pan, except the sugar. Simmer gently until soft, adding vinegar gradually. Remove the bag of spices. Add the sugar and boil until thick. Pot in dry jars and seal when cold.

Miss A Graham

The Manor Guest House

## Wild Irish Mushroom Soup

### Ingredients:

700 g / 1 lb 9 oz wild mushrooms or a selection of your choice mushrooms, sliced  
1 onion finely chopped  
2 scallions finely chopped  
40 g / 1 ½ oz butter  
25 g / 1 oz plain flour  
3 tbsp dry white wine  
1.4 litres / 2 ½ pints chicken or vegetable stock  
150 mls / 5 fl oz whipping cream  
2 tbsp fresh parsley chopped  
Squeeze fresh lemon juice  
Salt & freshly ground black pepper to season  
Creme Fraiche to garnish  
Freshly baked wheaten bread

### Method:

Melt half the butter in a frying pan, add the mushrooms and cook until golden brown. Remove from heat.  
Melt the remaining butter in a saucepan and the onion and cook until softened. Now add the chopped scallions.  
Stir in the flour and cook for 2 minutes. Add the wine and stock a little at a time and stir well.  
Add about 2/3 rds of the mushroom to the saucepan. Reduce the heat and simmer for 20 minutes. Stir occasionally.  
Once cooled slightly transfer to a food processor and liquidise.  
Return the liquidised soup to the saucepan. Add the remainder of the cooked mushrooms, the cream and the chopped parsley. Season as required. Bring to the required heat. Add a couple of drops of lemon juice.  
Pour into warmed bowls, swirl with cream fraiche.  
Serve with wheaten bread.

**Diane Megahey**  
**Tara Lodge**

## Traditional Soda Bread

### Recipe One

500 grams Plain Flour  
1 teaspoon Baking Soda  
1 teaspoon Salt  
568ml/1 pint Buttermilk

Sieve flour, baking soda and salt into a mixing bowl. Make a well in the centre and pour in the buttermilk and mix until most of the flour is taken up. Shape the dough on a floured board and place onto a hot griddle or hot frying pan. When cooked half way turn and cook on the other side.

### Mabel Dunlop Seaview Bed & Breakfast

### Recipe Two

900 grams (2lb) plain flour  
2 teaspoon cream of tartar  
600ml (1 pint) milk  
1 teaspoon salt  
1 teaspoon bread soda

Sieve flour, salt, soda and cream of tartar into a mixing bowl. Make a well in the centre and pour in the milk, mix with a knife until most of the flour is taken up. Knead with floured hands adding more milk if necessary- the dough should be soft. Shape the dough into a 22cm (9 inch) round flattish cake and place on a floured baking tin. Cut a cross on top to allow for raising and bake in a fairly hot oven (205°C) for an hour or more – cover with foil about half way through cooking time so that it does not get too brown.

## Potato & Leek Soup

### Ingredients:

2 pounds of boiling potatoes peeled and sliced  
1 pound of leeks washed and sliced  
1 onion chopped  
1 celery stalk sliced  
5 cups of chicken or vegetable stock  
2 ½ cups of milk  
4 tablespoons butter  
1 bay leaf  
2 tablespoons chopped fresh parsley  
Salt and pepper  
½ cup of half and half  
¼ cup chopped fresh parsley  
Chives chopped

### Method:

Melt butter over medium heat in a large saucepan.  
Add the vegetables, cover, and cook for 5 to 7 minutes, stirring frequently.  
Add the stock, ½ cup of milk, the bay leaf, parsley, salt and pepper.  
Reduce the heat to low, cover and cook until the vegetables are tender, 25-30 minutes.  
Discard the bay leaf and let the soup cool for 10-15 minutes.  
Transfer to blender in batches and process until smooth.  
Heat the puree in a saucepan over medium heat and stir in the remaining 2 cups of milk.  
Serve the soup in bowls and swirl in 1 tablespoon half and half into each serving.  
Sprinkle with the chives

## Steak & Guinness Pie

### Ingredients:

1kg of steak  
1 tablespoon cream flour  
1 teaspoon of brown sugar  
1 tablespoon raisins  
5 onions  
300ml Guinness Stout  
8 slices of Irish Bacon  
3oz of lard  
2-3 tablespoons parsley chopped  
1 sheet puff pastry

### Method:

Cut the steak into bite sized cube.  
Cover the steak with the flour.  
In a pan gently melt the lard.  
Add the steak and bacon and cook until it starts to brown.  
Peel and chop the onion and add to the pan.  
Place steak, bacon and onion in a casserole dish.  
Add the raisins and brown sugar and pour in the Guinness.  
Cover tightly and simmer over a low heat or in a very moderate oven (325-350F) for 2 ½ hours. Stir occasionally.  
Add more Guinness or water if the brown gravy gets to thick.  
Line a deep dish with half the puff pastry.  
Add the chopped to the mixture and add the mixture to the dish.  
Cover with a layer of the remaining pastry.  
Bake for around 15 minutes.