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WADE MURPHY
1826 ADARE

Longcourt Hotel, Newcastle West

May 16th 2022

Recipes

1826 Adare Treacle Brown Soda Bread

Makes 3 loaves

Prep/cook Time - 1 hour 15 mins approx

Ingredients:

900g organic wholemeal flour
310g sifted plain flour
2 heaped tspns sifted bread soda
2 heaped tspns fine sea salt
4 tbsps treacle
2 tbsps melted butter
900mls buttermilk
2 organic free range eggs
125g sunflower seeds and more for the top
125g pumpkin seeds and more for the top

To make:

Preheat the oven to 170oC.

In a large bowl add all your dry ingredients. Warm the treacle and oil over a low heat. Whisk the eggs into the buttermilk and then whisk in the warm treacle mix. Add the wet mix to the dry ingredients and combine until evenly mixed.

Grease your loaf tins and lightly dust with flour. Distribute 650g of wet dough mix into each tin. Wet your hand and even out the top. Scatter the top with the seeds and press to make sure they stick.

Bake at 170oC for 60 mins.

Remove and allow to cool on a wire rack.

If you want you can substitute the seeds for things like walnuts, oatmeal or whatever you prefer.

Baby Spinach, Leek and Potato Soup

Makes 1.5 litres

Ingredients:

2 medium rooster potatoes - peeled and diced
2 large leeks- halved and sliced thinly
1/2 medium onion sliced thinly
1 sticks celery sleep sliced thinly
2 smoked streaky bacon rashers
200g picked baby spinach leaves
1 bay leaves
Sprig thyme
15 mls olive oil
1 litre fresh chicken stock
100g unsalted butter
370mls cream
Juice 1/2 lemon
Salt and freshly ground pepper

To make:

Place the olive oil in a heavy bottomed pot. Add the potatoes, onion, celery, bacon & leeks. Sweat over a low heat for 5-6 minutes or until the vegetables are soft but not coloured. Add the chicken stock, cream and butter and simmer for 10-15 mins until the potatoes are cooked. Add the picked watercress and blend immediately. Pass through a fine sieve. Season with salt and pepper. Add the lemon juice and cool down immediately.

Garnish with diced smoked bacon fried until crispy, some fried croutons, small diced sheep cheese and a drizzle of Irish rapeseed oil.

Finish the plate with 2-3 picked leaves of watercress on top

Slow Braised Lamb, Peas & Smoked Bacon

Serves 4/5

Prep/Cook time: Approx 2 to 3 hours

1.5 kg Lamb Neck - trimmed and you can get the butcher to tie it, if you can't get neck you can use shoulder.

2 tbsp olive oil

3 cloves garlic - chopped

1 medium onion - roughly sliced

8 sprigs of rosemary - chopped

3 sprigs thyme

2 teaspoons tomato purée

300 mls beer - you can also add red wine here if you prefer

700 mls chicken stock

2 carrots - chopped

2 sticks celery - chopped

150g frozen peas - when you can get fresh make sure you use them

100g smoked bacon (pancetta) - chopped

Salt & pepper

10 leaves mint to garnish

Rub the lamb with sea salt, pepper & rosemary at least 3 hrs before.

Heat the oven to 150oC

Place a large casserole dish or roasting tray over a medium to high heat. Add half the olive oil and when hot add the pancetta. Cook until golden and crispy. Remove and drain on kitchen paper until needed. Add the lamb and brown on all sides. Remove onto a plate until needed. Add the onions, garlic, celery and carrots. Cook until caramelised. Add the herbs. Add the tomato purée and coat the vegetables, cook out for a minute or two. Pour in the beer or wine and bring to the boil.

Reduce by half. Add the lamb and then pour in the stock until about half way up the lamb (keep the rest of the stock in case you need to add more to the lamb). Bring to a low simmer. Cover with a lid, or, if using a tray tightly with tin foil. Place in the oven for 2 hours and turn every now and then. Take off the lid or foil, turn the heat up to 175oC and cook for 30 mins. Carefully remove the lamb from the dish and place on a plate. Cover loosely with foil. Strain the cooking liquid from the lamb into a pot add the remaining chicken stock, if any. Discard the vegetables. Skim any fat from the top of the sauce and reduce slowly until a gravy consistency is achieved. Turn off the heat and add the cooked bacon and peas. You just want to warm these through. Tear the mint leaves into the sauce. Once ready to serve you can carve or, as I prefer, shred the lamb in chunks. Place onto your serving plate. Spoon over the pea, bacon & mint garnish.

Serve with roasted root vegetable and some creamy mash that you have added a couple of tablespoons of whole grain mustard to.

Rhubarb & Custard

Serves 5-6

Prep/ Cook Time: Approx 2 hours

Ingredients:

Crumble Topping Ingredients:

250g Plain Flour
70g Unsalted Butter
180g Hazelnuts
110g Dark Brown Sugar
3 Drops Vanilla Essence
Pinch Fine Sea Salt

For the Custard:

40g flaked almonds, toasted
380ml whole milk
190ml double cream
1/2 in piece of fresh ginger, peeled
6 large egg yolks
120g caster sugar

For the Rhubarb & Apple Mix:

3 bramley apples, peeled, cored and cut into chunks
4 rhubarb stems, trimmed and cut into 1 inch lengths
1 orange –zest and juice
220g Demerara sugar

To make:

In order to make the crumble topping, preheat the oven to 160oC. Place all the ingredients into a food processor and blend until you reach a breadcrumb texture. Evenly spread the mixture onto a greaseproof lined baking tray and place in the oven. Stir the mix every 10 mins and after 35 – 40 mins the mixture should be golden brown. Once you reach the correct colour set aside and allow to cool.

Put the toasted almonds, milk, cream and ginger in a medium pan and heat gently, stirring occasionally, until steaming but not quite simmering.

Whisk the egg yolks and sugar to combine in a bowl, then slowly whisk in a third of the hot milk. Repeat until all the milk is incorporated and the custard is smooth. Pass through a sieve into a clean pot. Return the pot to a medium heat and cook the custard gently, stirring continuously, for seven minutes, until it coats the back of a spoon. You may need to strain it again.

Heat the oven to 180oC. Put the apples, rhubarb, orange zest and juice, and sugar in a baking dish, then toss and leave to marinate for 20 minutes. Cover evenly with the crumble topping, bake for 40 minutes, until golden and bubbling, then remove and leave to rest for 5 to 10 minutes.

Dust with icing sugar and serve with the custard or some ice cream if you prefer