

Recipe Booklet

Irish Farmhouse Cooking



Thank you for visiting Cooks Academy Cookery School. We hope that you had a memorable Irish Farmhouse Cooking experience with us in Dublin and that you really enjoyed your time touring these lands with Collette.

We have prepared a little recipe booklet for you so that you can re-create your Irish Farmhouse Recipes at home for your family and friends.

Go n-éirí an bóthar leat!
(May the road rise to meet you)



Please review Cooks Academy on your favourite social channel
Facebook, TripAdvisor, Yelp, Twitter, LinkedIn or Instagram

Cooks Academy, 19 South William Street, Dublin 2, IRELAND
tel: +353 1 611 1667 | info@cooksacademy.com | www.cooksacademy.com



Farmhouse Brown Scones with Smoked Salmon

Makes 10-12

Ingredients

1.5 cups wholemeal brown flour
1.5 cups plain white flour
1 heaped tsp salt
1 level tsp bread soda
10 fl oz buttermilk
1 egg, lightly whisked
porridge oats, optional to sprinkle over the top

To Serve

Butter

5 slices of smoked salmon, cut in half
Cracked black pepper
1 lemon cut into wedges

Preheat oven to 400°F

Method

1. Sieve both flours, salt and bread soda into a large wide mixing bowl (any wheat flakes left in the sieve can be tipped into the bowl).
2. Make a well in the centre and pour in three quarters of the milk. Using a spatula, stir the liquid through the dry ingredients as quickly as possible, until just combined, drawing in the flour from the sides of the bowl as you stir. If you still have dry flour in the bottom of the bowl, pour in the remaining milk and stir again (the dough should come together without being too wet and sticky – add more flour if sloppy).
3. Prepare a very well-floured work surface and turn the dough out onto it. Shape it into a round cake and pat it flat to 1¾ inches thickness before cutting out rounds with a medium scone cutter.
4. Place the scones on a baking sheet lined with parchment paper and brush the egg over the top of each scone (optional: sprinkle over porridge oats before they go into the oven).
5. Bake in the oven for 15-20 minutes (large scones, they will take slightly longer to cook). Transfer to a wire rack to cool.
6. Once cool, cut in half across the equator and spread with butter and top with sliced Smoked Salmon. Season with cracked black pepper and a squeeze of lemon juice!

Note: The scone dough should be quite moist, so it is important to flour the work surface very well, so that you can shape the dough and cut out the scones easily.



Honey & Mustard Glazed Limerick Ham

Serves 6-8

Ingredients

Ham

3.3lb Ham Fillet (boneless joint of cured pork leg)
17 fl. oz cider (or 3.4 fl. oz apple juice)
1 onion, quartered
1 stalk celery, halved
1 carrot, halved
1 bay leaf
1 tbsp whole peppercorns
cold water

Honey & Mustard Glaze

2 tbsp honey
2 tbsp English mustard
15-20 cloves



Method

1. To reduce the saltiness of the ham soak it in cold water in the fridge for at least 6 hours, preferably overnight. Discard the soaking water.
2. To cook the ham, place the fillet skin side upwards in a deep saucepan. Add in the cider, onion, celery, carrot, bay leaf and peppercorns. Adding enough cold water to just cover the ham.
3. Cover with a lid and bring to the boil before reducing the heat to a simmer for 20 mins per lb and add an extra 20 minutes simmering at the end.
4. Remove the ham from the water and allow to stand for 10 mins before glazing with honey.
5. To glaze, allow the ham to cool. Then peel the tough outer skin away with a sharp knife, leaving a thick layer of fat. Lightly score the fat in a criss-cross pattern at 2cm intervals. Smear honey and mustard generously over the surface. Stick cloves into the surface of the ham where the diagonal criss-cross scores intersect.
6. Place the ham under a hot grill until the top is caramelised, basting from time to time with the deliciously sweet juices collecting around the ham (for a large ham use the grill setting inside the main oven, if this is available).

Traditional Cabbage

Serves 6

Ingredients

1-2 tbsp oil
1 small Savoy Cabbage, sliced
1 carrot, finely diced
1 onion, finely sliced
1 garlic clove, crushed
1 sprig thyme
1 tbsp grainy mustard
1 tbsp honey
1 tbsp parsley
1 tbsp butter
salt and pepper



Method

1. Prepare vegetables.
2. Heat pan and add some oil, then add the cabbage, carrot, onion, garlic and thyme and cook gently without colouring.
3. Once softened and cooked, add mustard, honey, parsley, butter. Season with salt and pepper. Serve warm in a large bowl in the centre of the table.

Parsley Sauce

Serves 6

Ingredients

2 cups milk
1 onion, (peeled and studded with cloves)
3 tbsp butter
3 tbsp flour
1 tbsp chopped parsley
salt and pepper



Method

1. In a saucepan warm the milk and the studded onion. Don't let it boil.
2. In a separate saucepan, melt the butter. Once melted, add the flour to make a paste (roux) and stir and cook over a gentle heat for 1 minute. Slowly add the milk, stirring it in in batches, approximately 3 fl. oz at a time until you have a smooth sauce consistency. Season to taste with salt and pepper and add the chopped parsley.

Red Onion Marmalade

Serves 6

Ingredients

2 tbsp olive oil
14 oz red onions, chopped or sliced thinly
2 tbsp red wine vinegar
2 tbsp light brown sugar
1 sprig thyme, leaves



Method

1. Heat the olive oil in a frying pan and gently fry the red onions with the red wine vinegar for 30 minutes, turning regularly until softened but not coloured.
2. Add the sugar and cook for another 5 minutes until the onions are tender. Add the thyme leaves and season to taste.
3. Turn down to a very low heat and simmer to really soften the onions with the lid on for a further 10 to 15 minutes. Stir occasionally to prevent them sticking.

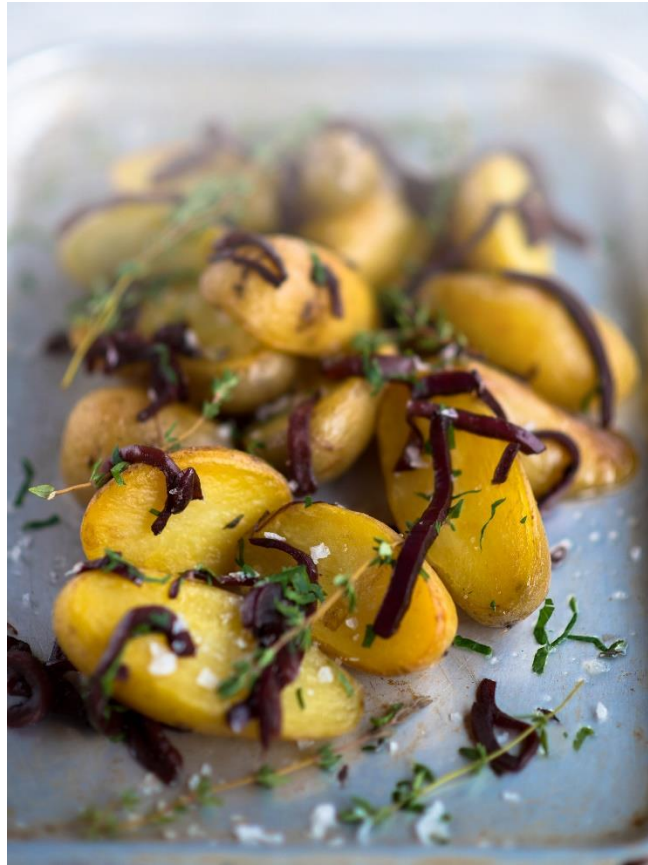
Note: If you double the recipe, it will take longer to cook using slow cooking method. To speed it up, turn the heat up, but you must keep stirring.

Tip: once cool you can keep your marmalade in the fridge in a jar for weeks. It makes a great accompaniment for cheese and meats.

Roasted Baby Potatoes with Red Onion Marmalade

Serves 6

7 oz of partially cooked baby potatoes,
sliced in half
Sunflower oil
1.7 oz red onion marmalade
1 sprig thyme
1 tbsp chopped fresh parsley
salt and pepper



Method

1. Place the baby potatoes into a mixing bowl and toss them in oil along with the red onion marmalade, thyme, salt and pepper.
2. Transfer everything to a baking tray.
3. Cook in an oven preheated to 350°F for approximately 20 minutes until golden.
4. Garnish with fresh parsley and serve.

Granny Sullivan Apple Cake

Serves 6

Ingredients

3 Eggs
6 oz Sugar
5 oz Self raising flour
2 bramley cooking apples
1 slice of lemon
Vanilla essence
Cinnamon
Demerara brown sugar
Butter or oil for the tin
Round Tin



Method

1. Preheat the oven to 350 °F
2. Wash, core and quarter the apples. Slice thinly, place in the bowl and sprinkle with lemon juice of 1 slice of lemon to prevent the apples from turning brown and toss.
3. Using a hand whisk, beat the eggs with the sugar and vanilla essence. Use a spoon to fold in the flour and cinnamon and mix well.
4. Grease the tin with butter or oil and lightly sprinkle with flour.
5. Place apples in the tin and pour over the batter. Sprinkle with brown demerara sugar.
6. Bake at 350°F for 35-40 minutes.
7. Do not open the oven during baking. The cake is ready when a light brown crust is formed on top. Use a tooth pick to check inside.
8. Serve warm or cold. It is delicious warm with our Brown Bread Ice Cream or freshly whipped cream.

Brown Bread Ice Cream

Serves 6

Ingredients

3.5 oz brown soda bread, with crust removed
2 cups double cream
3.5 oz icing sugar
½ tsp vanilla essence
1.7 oz granulated sugar
3 tbsp water



Method

1. Put the bread slices on a baking sheet and dry out in a pre-heated, very cool, oven 248°F for about 1 hour (or until crisp).
2. Make into fine breadcrumbs with a blender, or crush with a rolling pin.
3. Whip the cream until thick. Fold in the icing sugar and vanilla essence and turn into a rigid container or freezing tray. Freeze for 1 hour, or until the edges have begun to set.
4. Meanwhile, dissolve the granulated sugar in the water in a saucepan. Bring to the boil, and boil for 2 minutes without stirring. Remove from the heat, stir in bread crumbs and leave to cool.
5. Turn the semi-frozen ice cream into a bowl and beat until smooth. Mix in the breadcrumb mixture.
6. Return to the freezing container and freeze until solid.

Cooks Academy Irish Coffee

Serves 1

Ingredients:

1½ fl. oz / 45ml Irish Whiskey
1 tsp Muscovado / Brown Sugar
6 oz hot Coffee
2 Tbsp Double Cream (lightly Whipped)

Method:

1. Pre-heat the glass with some boiling water and pour off.
2. Add the whiskey and the sugar and mix well.
3. Pour in the HOT coffee and stir.
4. Gently float the cream on top
5. Enjoy!



OPTIONAL Garnish with Cinnamon or Freshly Grated Nutmeg

For other International coffees, you could substitute the Irish Whiskey with:

Brandy / Cognac, Kahlua, Dark Rum, Tia Maria, Poteen.