

Demonstration
 By
Darina Allen
 of
Ballymaloe Cookery School
 at
The Irish Examiner Food Festival
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Darina Allen
of
Ballymaloe Cookery School

Runs the internationally renowned Ballymaloe Cookery School at Shanagarry, Co. Cork, Ireland.

Darina Allen is Ireland's most famous cook and a best-selling author who has presented eight series of her cookery programmes Simply Delicious on television in Ireland. A tireless ambassador for Irish food both at home and abroad, Darina is also a passionate and committed teacher and students come away from Ballymaloe inspired by her energy and ideas and the enthusiasm she and her team bring to their work. She has been instrumental in setting up the Farmers Market movement in Ireland, the International Slow Food Movement for Ireland and is a member of the Consultation Council of the FSAI. Darina chairs the Artisan Food Forum which liaises with the FSAI to articulate the difficulties and challenges experienced by the Artisan and Speciality food sector. She is vehemently opposed to the growing of GM crops in Ireland

The Ballymaloe Cookery School was established in 1983, operates all year round and attracts students from all over the world. The school's culinary philosophy is based on enhancing the natural flavours of the best and freshest local ingredients. It offers a wide range of courses from 12 Week professional courses for students who wish to pursue a career in catering, to short courses ranging from a day to a week long on a variety of subjects Simply Delicious Food Fast, Bread Baking, Seafood, Entertaining, Vegetarian, Introductory, How to Keep Bees and Have your own Honey, How to Keep a few Chickens in the Garden, How to Build a Smoker and Smoke your own Food.....

Darina's book Forgotten Skills won the André Simon Award for Best Cookbook 2010 and the Listowel Food Fair Book of the Year 2010. It was also nominated for the finalist in the General category of the 25th Anniversary of the IACP Cookbook Awards 2011.

Darina continues to develop the gardens around the school - both the gardens and the surrounding farm are certified organic. The farm has Aberdeen Angus, Jersey and Kerry cattle and pigs (all of which are reared organically), free-range hens and other interesting poultry.

Gardens are open to the public from April to October, 10.00am-6.00pm daily, and guided tours can be pre-booked for groups.

**Afternoon cookery demonstrations and Farm
Shop
open to the public**

For further details please write or telephone the school.

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Chive and Cheddar Cheese and Pumpkin Seed Scones

Makes 16 scones approximately or 1 round loaf

450g (1lb/4 cups) white flour, preferably unbleached
 1 level teaspoon/1/2 American teaspoon salt
 1 level teaspoon/1/2 American teaspoon breadsoda
 25g (1oz) butter
 sour milk or buttermilk to mix – 350-400ml (12-14fl ozs/1 1/2 – 1 3/4 cups) approx.
 2 tablespoons (2 1/2 American tablespoons) chopped chives
 50g (2oz) finely grated cheese
 25g (1oz) pumpkin seeds

Preheat the oven to 230°C/450°F/Gas Mark 8.

Sieve the dry ingredients into a bowl. Rub in the butter. Add half the finely grated cheese. Make a well in the centre. Pour most of the milk in at once. Using one hand, mix in the flour from the sides of the bowl, adding more milk if necessary. The dough should be softish, not too wet and sticky. When it all comes together, turn it out onto a well-floured worked surface. **WASH AND DRY YOUR HANDS.** Tidy it up and flip over gently. Pat the dough into a round about 1 inch (2.5cm) deep. Cut into squares. Brush with egg wash. Sprinkle with pumpkin seeds and the remainder of the cheese.

Transfer to an oven tray and bake in the preheated oven for 15 minutes. If they are getting too dark reduce oven to 200°C/400°F/Gas Mark 6 for a further 10 minutes or until cooked. Cool on a wire rack.

13/07/2012 (SH/DA) (15438)

Homemade Buttermilk

If you can't buy commercial buttermilk easily, or want full-fat buttermilk, here is a simple method for producing your own. Commercial buttermilk is usually made with low-fat milk. This version, made with full-cream milk, will give you rich, thick buttermilk. To make low-fat buttermilk, use low-fat milk and 1 tablespoon (1 American tablespoon + 1 teaspoon) of white vinegar.

Makes 225ml (8fl oz/1 cup)

225ml (8fl oz/1 cup) full-cream milk
 1 tablespoon (1 American tablespoon + 1 teaspoon) freshly squeezed lemon juice

Put the milk into a deep bowl with the vinegar or lemon juice and leave to stand at room temperature for about 15 minutes. The milk will start to curdle. Stir well before using and store in a fridge in a covered container. The buttermilk will keep for a couple of days.

25/09/09 (SH) (*Forgotten Skills Book*) (13148)

Salad of Hot Smoked Salmon, Ruby Beetroot, Chervil Mayonnaise and Watercress

This is a classic combination of ingredients, but the making of the dish will be the use of best quality hot smoked salmon but its fun to smoke your own fish if you have a small smoker or even a biscuit box. All of the elements of the dish can be prepared ahead and assembled later. I like to serve this with Irish Brown Soda bread and Irish butter.

Serves 4

150 - 200g (5-7oz) hot smoked salmon (see recipe)

4 handfuls of watercress, gently washed and dried so as not to bruise the leaves

Pickled Beetroot

450g (1lb) cooked beetroot (see below)

225g (8ozs/1 cup) sugar

475ml (16fl oz/2 cups) water

225ml (8fl oz/1 cup) white wine vinegar

Chervil Mayonnaise

2 egg yolks, preferably free range

1/4 teaspoon salt

pinch of English mustard or 1/4 teaspoon French mustard

1 dessertspoon (2 American teaspoons) White wine vinegar

225ml (8fl ozs/1 cup) oil (sunflower, arachide or olive oil or a mixture) - We use **175ml** (6fl ozs/3/4 cup) arachide oil and 50ml (2fl ozs/1/4 cup) olive oil, alternatively use 7/1

3 tablespoons (4 American tablespoon) chervil, finely chopped

To cook the beetroot.

Cut the leaves off the beetroot leaving 2cm (3/4 inch) of the stalks attached. Do not pinch off the little mouse like tail. Run the beets under a cold running tap and rub them clean with your hands.

Place them in a small saucepan. Add a good pinch of salt and cover with cold water. Bring to a simmer and cook covered until the skins will rub off easily, indicating that the beets are cooked. If the cooking water evaporates, top up the level always ensuring that the beets are covered by the water. The cooking time will vary from 30 minutes to 2 hours. It depends on the size of the beets and how long they have been in the ground.

To make the pickled beetroot.

Peel the skins off the cooked beets and slice or cut into neat sections. Dissolve the sugar in water and bring to the boil. Simmer for 3-4 minutes. Add the vinegar, pour over the peeled sliced beets and leave to cool.

To make the chervil mayonnaise.

Put the egg yolks into a bowl with the mustard, salt and the white wine vinegar (keep the whites to make meringues). Put the oil into a measure. Take a whisk in one hand and the oil in the other and drip the oil onto the egg yolks, drop by drop whisking at the same time. Within a minute you will notice that the mixture is beginning to thicken. When this happens you can add the oil a little faster, but don't get too cheeky or it will suddenly curdle because the egg yolks can only absorb the oil at a certain pace. Taste and add a little more seasoning and vinegar if necessary. Add the freshly chopped chervil and stir gently to mix through. Thin with a little cold water so it's possible to drizzle over the salmon.

Note

If the Mayonnaise curdles it will suddenly become quite thin, and if left sitting the oil will start to float to the top of the sauce. If this happens you can quite easily rectify the situation by putting another egg yolk or 1-2 tablespoons of boiling water into a clean bowl, then whisk in the curdled Mayonnaise, a half teaspoon at a time until it emulsifies again.

To assemble the salad, scatter the watercress over a large flat dish or 4 individual serving plates. Divide the drained beets between the leaves. Flake on the smoked salmon. Drizzle the salads with the chervil mayonnaise. Serve immediately.

23/07/2012 (SH/DA) (15469)

Hot-Smoked Salmon

Hot-smoked salmon is quite different from cold-smoked salmon. Hot smoking a piece of fish can take as little as 15 minutes and it will have a more pronounced smokiness. Hot-smoked salmon has the texture of roast fish, rather than the pliable slices you may be more familiar with, and this makes it great for flaking into salads and pasta dishes. We use a stainless steel smoking box but a wok with a rack or even a biscuit tin would work just as well – here we use fine sawdust but a combination of dry rice, tea leaves, sea salt and Demerara sugar also works well if sawdust is unavailable.

500g (1lb 2oz) thick salmon fillet, skin on and pin bones removed.

1 tablespoon (1 American tablespoon + 1 teaspoon) dairy salt,

3 tablespoons (4 American tablespoons) of wood chips or sawdust

1 stainless steel smoking box with rack.

First cure the fish by placing the salmon fillet in a shallow dish and sprinkle the salt over the flesh side. Leave to rest at room temperature for 30 minutes.

Remove the salmon from the dish and dry well with kitchen paper. It is essential that the fish is dry before smoking.

Sprinkle the wood chips evenly over the base of the smoker, place the fish skin side down on the rack and put the smoker on a medium sized jet on a high heat. As soon as the smoke starts to rise, cover the smoker tightly with the lid.

After about 3–4 minutes, reduce the heat to medium and continue to smoke for another 10–12 minutes (the amount of time depends on the thickness of the fish). To test, turn the heat off and carefully remove the lid. There will be lots of smoke, so ensure the kitchen is well ventilated.

Test by inserting a small knife into the thickest part of the fish. The flesh should be almost opaque, but still moist and pink. If it still looks raw, put the lid back on and smoke for another few minutes.

NOTE: Wood chips and sawdust are available to buy from many fishing tackle shops or on-line. If you are sourcing your own sawdust ensure it is from hard wood such as Oak, Beech, Alder, Hickory or fruit woods such as Apple or Cherry. Pine and other soft woods can give the fish a bitter, acrid taste.

15354 (EF) 11/04/2012

Almond Tart or Tartlets with Raspberries and Blueberries

Serves 12

110g (4ozs/1 stick) butter
110g (4ozs/1/2 cup) castor sugar
110g (4ozs/generous 1 cup) ground almonds

Filling

fresh raspberries and blueberries
300ml (10fl oz//1 1/4 cups) whipped cream

Redcurrant Glaze (optional – see below)

To Garnish

Mint or Sweet Cicely leaves

Makes 24 tartlets or 2 x 7 inch (5 x 17.5 cm) tarts or 1 tart and 12 tartlets

Cream the butter well and then just stir in the sugar and ground almonds. (Don't over beat or the oil will come out of the ground almonds as it cooks.) Put a teaspoon of the mixture into 24 small patty tins or divide between 2 x 7 inch sandwich tins. Bake at 180°C/350°F/Gas Mark 4 for 20-30 minutes approx. or until golden brown, 10-12 minutes for tartlets or until golden brown. The tarts or tartlets are too soft to turn out immediately so cool in tins for about 5 minutes before turning out. Do not allow to set hard before removing to a wire rack or the butter will solidify and they will stick to the tins. If this happens pop the tins back into the oven for a few minutes so the butter melts and then they will come out easily. Just before serving, arrange whole raspberries and blueberries on the base. Glaze with redcurrant jelly. Decorate with rosettes of cream and tiny Mint or Sweet Cicely leaves.

NB: Use shallow tartlet tins.

Redcurrant Glaze

350g (12ozs) redcurrant jelly
1 tablespoon (1 American tablespoon + 1 teaspoon) water approximately

Melt the redcurrant jelly with 1 tablespoon water in a small stainless steel saucepan. Stir gently, but do not whisk or it will become cloudy. Cook it just for 1-2 minutes longer and the jelly will darken. Store any leftover glaze in an airtight jar and reheat gently to melt it before use.

The quantities given above make a generous 300 ml (10fl oz/1 1/4 cups) of glaze.

19/07/2012 (SH/DA) (15468)

Homemade Lemonades

If you keep some chilled 'stock syrup' made up in your fridge all these fresh fruit drinks are simplicity itself to make. They contain no preservatives so they should be served within a few hours of being made. Many different types of citrus fruit may be used.

Sweet Geranium Lemonade

juice of 5 lemons

350ml (12fl oz/1 1/2 cups) approximately Sweet Geranium Syrup (see below)

1.4L (2 1/2 pints/6 1/4 cups) approximately of still or sparkling water

ice

Juice the fruit and mix with the stock syrup, add water to taste. Add ice, garnish with sprigs of Sweet Geranium leaves and serve.

Sweet Geranium Syrup

Makes 770ml (1 pint 7froz)

Use as the basis of lemonades or fruit compotes.

450g (1lb/2 cups) sugar

600ml (1 pint/2 1/2 cups) water

6-8 large Sweet Geranium Leaves

Put the sugar and cold water into a saucepan, add the Sweet Geranium leaves. Bring slowly to the boil, allow to cool, strain and store in a fridge. It will keep for weeks.

30/8/2011 (SH/DA) (7865)

Homemade Candied Peel

Fruit should be organic if possible, otherwise scrub the peel well.

5 organic unwaxed oranges
5 organic unwaxed lemons
5 organic unwaxed grapefruit (or all of one fruit)
water
1 teaspoon salt
1.35kg (3lbs) sugar

Cut the fruit in half and squeeze out the juice. Reserve the juice for another use, perhaps homemade lemonade. Put the peel into a large bowl (not aluminium), add salt and cover with cold water. Leave to soak for 24 hours. Next day throw away the soaking water, put the peel in a saucepan and cover with fresh cold water. Bring to the boil cover and simmer very gently until the peel is soft, 3 hours approx. Remove the peel and discard the water. Scrape out any remaining flesh and membranes from inside the cut fruit, leaving the white pith and rind intact. (You could do the next step next day if that was more convenient).

Slice the peel into nice long strips. Alternatively cut each half in half.

Dissolve the sugar in 750ml (1 1/4 pints/generous 3 cups) water, bring it to the boil, add the peel and simmer gently until it looks translucent, 30 – 60 minutes and the syrup **forms a thread** when the last drop falls off a metal spoon. Remove the peel with a slotted spoon, fill the candied peel into sterilised glass jars and pour the syrup over, cover and store in a cold place or in a fridge. It should keep for 6-8 weeks or longer under refrigeration.

Alternatively spread on a baking tray or trays and allow to sit for 30 minutes to 1 hour to cool. Toss in castor sugar and store in covered glass jars until needed.

Candied Peel for Petit Fours

Cut the freshly made candied peel into 5mm – 1cm (1/4-1/2 inch) thin slices, roll in castor sugar and serve with coffee.

Alternatively dip one end of candied orange peel in melted dark chocolate, allow to set and serve.

20/01/2010 (SH/DA) (1243)

Dried Orange Peel - Firelighters

Left over citrus peel make brilliant firelighters when dried. We just throw them into the cool oven of the Aga and allow to dry out. Alternatively dry on top of a radiator or in some warm dry spot – they smell delicious as they burn.

13/10/2008 (SH)

Irish Traditional Cooking

Over 300 recipes from Ireland's heritage

Revised edition

Darina Allen

Published by Kyle Books on 15th March 2012, priced €25.00 hb

From its first publication in 1995 up to the present, Darina Allen's *Irish Traditional Cooking* has become a classic and a much trusted authority on the very best of Irish recipes. Now fans and food lovers will be treated once again with this thoroughly revised edition, containing 300 recipes, including 100 new ones, and accompanied by completely new and vibrant photography that captures Darina's passion for her subject.

Using only the freshest and finest ingredients, Darina takes her cue from history as she creates dishes that represent her own discoveries and journeys throughout Ireland. Each recipe is complemented by tips, tales, historical insight and common Irish customs, many of which have been passed down from one generation to the next. The chef's strong ties to her roots and a deep respect for Ireland's culinary heritage runs throughout the books and in chapters such as Broths & Soups, Fish, Game, Vegetables, Cakes & biscuits and Preserves from the Irish pantry.

Recipes include *Kerry Pies*, *Roast Duck with Sage & Onion Stuffing* and *Rhubarb Fool*, showcasing the very finest in local produce. There are also plenty of classic dishes some tweaked and perfected by Darina, making this the most comprehensive and entertaining tome on the subject, written by its greatest fan.

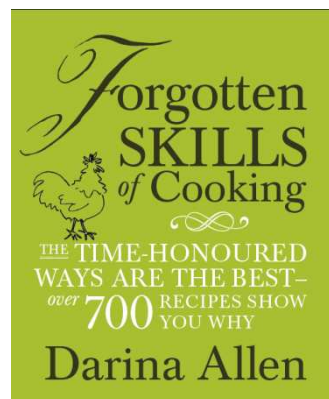
Darina Allen runs the world-renowned cookery school at Ballymaloe, Ireland, which

Forgotten Skills of Cooking

THE TIME HONOURED WAYS ARE THE
BEST

over 700 recipes show you why

Darina Allen



Published by Kyle Cathie Ltd November 2009, RRP €30.00

Winner of André Simon Cookbook of the Year Award 2010
Winner of the Listowel Cookbook of the Year Award 2010
Nominated for the finalist in the General category of the 25th
Anniversary of the IACP Cookbook Awards 2011

Once upon a time cooking skills would have been passed from generation to generation but when food started to get wrapped in plastic we started to forget where it came from. In her new book, *Forgotten Skills of Cooking*, Darina Allen, sets out to teach us the cooking skills that missed a generation or two, and shows that doing it yourself is not just economically sound but incredibly satisfying. With her infectious passion Darina shows us that if we learn about our ingredients then we can learn about the right way to cook them.

When she became a grandmother, Darina realised the importance of passing on her knowledge. The result was a series of 'Forgotten Skills' courses at Ballymaloe Cookery School that have been oversubscribed from day one. In *Forgotten Skills of Cooking* she shares this huge wealth of expert knowledge, from how to smoke your own food to making butter and yoghurt, and the recipes showing you how to use your home made produce to its best. It also includes lots of ideas for how to use leftovers in delicious ways – a skill that came naturally to our grandparents.

Divided into chapters, *Dairy, Keeping a Few Chickens, Using the Whole Pig, Lamb and Beef, Fish, Bread, Cakes and Biscuits, Home Growing, Foraging, Cider & Wine Making and Smoking*, the book contains over 600 recipes, with ideas for using forgotten cuts of meat, home-made tomato ketchup, Darina's foolproof Soda Bread, and good old fashioned cakes, stews and sausages. Discover the safe way to forage, learn how to cook, pickle, and store beetroot, and glean growing tips for even the smallest of window boxes. The chapter on 'Preserving' offers an inspiring host of oils, vinegars, pickles,

jellies, jams, pastes and chutneys and shows you how to make the most of a glut and capture the flavour of seasonal foods at their peak.

For many it may be an impossible dream to move out of the city and into the country but even in the tiniest of flats you can grow a salad in a seed tray, learn to bake bread or even consider an allotment. For those lucky enough to have an outdoor space to call their own, why not consider keeping chickens or geese, after all, the best way to source 100% organic free-range eggs is to keep your own hens. Just one chicken alone can produce up to 300 eggs a year, not to mention the best quality meat for your table.

Whether you fancy trying your hand at home-made cider and wine, this definitive modern guide to traditional cookery skills is a book for every household. Bursting with over 700 recipes and stuffed with helpful step-by-step instructions and engaging text from Darina, *Forgotten Skills of Cooking* will not only make us think about the food we eat and the money we spend, but inspire us to reconnect with essential life skills to pass on to the next generations.

Darina Allen is Ireland's best-known food ambassador and the author of *The Ballymaloe Cookery Course*, *Irish Traditional Cooking*, *A Year at Ballymaloe Cookery School*, *Healthy Gluten-free Eating* and *Easy Entertaining*. She has appeared on many television shows and has presented 9 series of *Simply Delicious* on RTE. She is a tireless campaigner for local produce, setting up Ireland's first Farmers' market and is on the board of The Soil Association. Recipient of many awards, IACP Cookery Teacher of the Year 2005, Darina's most recent recognition comes from the Monterey Bay Aquarium 'Cooking for Solutions 2008' for the 'Conservation Leadership Award – Chef of the Year 2008'.