

CELTIC CUISINE

DEMONSTRATION

Hookhead lighthouse

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THE DRUID CHEF

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THE Irish Coastal stew

4 portions

15 minutes prep time

25 minutes cooking time



Ingredients

100g Turbot

100g Sole

100g plaice

5g saffron

200ml fish cream sauce

50g barley

150g Arborio rice

100g Mixed green

10g Herbs

t.t Salt

t.t Pepper

Method

Poach off the white fish sole Plaice, and turbot in fish stock

Remove from pan

Cook rice with barley and add saffron to make yellow

Blanch green vegetables

Heat fish cream sauce and season to taste, finish the sauce with a squeeze of lemon

To Dress

Place the saffron rice and barley in the centre, dress the white fish around the tower of rice. Pour the sauce over the fish and top with the green vegetables

THE SALMON OF KNOWLEDGE

4 Portions

15 minutes prep time

20 minutes cooking time



Ingredients

180 g salmon fillet (skin on)

10 g honey

1 lemon

10 ml vegetable oil

10 g butter

100 ml buttermilk

20 g oatmeal

20 g flour plain

2 eggs

20 g spinach

10 g parsley

10 g leeks

2 leaves Savoy cabbage

30 ml cream

Seasoning

Method

Drizzle the salmon fillet with oil and melted butter and place on a grilling tray. Season with salt and pepper. Cook for 5-6 minutes.

For the pancake mix

Mix the eggs, oatmeal, flour and buttermilk. Add in the carrot and leek strips and fry the pancake mixture in a pan.

Thinly slice the cabbage, leeks, parsley, and spinach and sautéed in butter for two minutes. When soft, add a dash of cream and seasoning.

Fill the pancake with the vegetable mix. Set the salmon on the plate with the pancake roll. Finish the dish with a drizzle of melted butter, honey and lemon.

THE STORY OF THE SALMON OF KNOWLEDGE

In Irish mythology a special salmon swam in the Boyne River and was imbued with great wisdom, a gift to be passed on to the first to taste the salmon flesh. The story goes that the salmon was caught by the bard Finnegas, who gave his apprentice Finn MacCumhaill the task of cooking it and warned Fionn not to taste the salmon until his return.

In the process of cooking the fish, Finn tried to take a pin bone from the salmon but he cut his finger and sucked on the wound to clean it.

On his return, Finnegas saw a fire in the young boy's eyes that had not been there before and asked Fionn if he had tasted the salmon of knowledge. Fionn denied that he had eaten the salmon but when pressed, he admitted his accidental taste.

The wisdom gained from the Salmon of Knowledge allowed Fionn to become the leader of the Fianna, the famed heroes of Irish mythology.

The story of the Salmon of Knowledge shows us that salmon was plentiful and part of the Celtic diet in times gone past.

The catching of the salmon was in itself an art form and was done using a three-prong spear made from forest branches. The spear was then used as a spit on which to cook the fish over a turf fire. Cooked in the traditional way, it is a dish to grace any table

Baked Crab Crusted Turbot With a Red Butter Sauce

4 portions

15 minutes prep time

20 minutes cooking time



Ingredients

4 x 120g Fillets of turbot
100g Crab Meat
100g brown bread crumbs
25g Oatmeal
2 each Shallots
150g Butter
300ml Red wine
100ml Fish stock
1 Beetroot medium sliced
Sapphire grass (asparagus of the sea)
.5g Herbs
Asparagus
T.t Celtic seasoning

METHOD

Peel and chopped the shallots, chop the herbs and make crumb form the brown bread .Mix all these ingredients in a bowl with the crab meat add a squeeze of lemon and a couple of knob of butter season

Place a pan on the stove and seal off the brill fillets

Place the mixture on top of the brill and smooth it over

Place on parchment paper and bake in the oven @ 200 OC Gas 7 for 12 – 15 minutes. Fry off the samphire grass in a little butter fish stock and slightly season with Celtic seasoning.

Red wine butter Sauce

Place red wine fish stock sliced beetroot and shallots in a pot, Add some fresh herb Bring to the boil and simmer for 10 minutes Strain off the liquid and reduce by half Slowly add in the butter and whisk until it has dissolved and the sauce is a rich ruby shining glaze

To Dress

Place the samphire grass on the plate

Remove the baked brill from the oven and centre on the samphire grass

Dress the plate with the ruby butter sauce

Garnish with asparagus tips and fresh herbs

Rory's Tips

Add a gelatine leaf which will help the ruby butter sauce to stabilize

THE CELTIC CRANACHAN

4 PORTION

PREP TIME 10

ASSEMBLE TIME 5



Ingredients

300g Raspberries (strawberries can also be used).

280ml Double cream.

50g Irish honey.

50ml Irish whiskey

50g Oatmeal.

20g Nettle puree

Method

Place the oatmeal in a cool, dry pan and turn on to a medium heat. Stirring occasionally, toast the oatmeal until it is golden brown. This process will take up to 20 minutes.

Turn off the heat and allow the oatmeal to cool. Place the cream in a bowl and whisk until thick. Add the honey and single malt whiskey and fold it into the cream until it is soft and creamy.

Place three or four raspberries in the bottom of each serving glass, leaving a few for final decoration. Add the rest of the raspberries to the cream mixture and fold in carefully, breaking up a few of the raspberries to colour the cream.

Spoon the mixture into the serving glasses; add cream on top to make an even base for the oatmeal. Sprinkle the oatmeal over the dessert. Add a raspberry for the finishing touch and chill for about three hours, or overnight.

Mix some honey with the nettle puree and drizzle over the top of the Cranachan to finish it off.

Serving suggestion

For an added treat, prepare some extra raspberry cream and freeze it to create a fresh ice cream.

The Cranachan is a traditional Scottish dessert. Many Scots still use the name "crowdie cream" because, in the past, a soft Scottish cheese called crowdie was used in place of cream.

