

C H R I S T M A S 2 0 1 5

Flavour.ie Christmas Food

Your FREE recipe booklet for unique and flavoursome food for the festive season!

Christmas!

It needn't be as stressful as everyone makes out! I LOVE this time of year and yes, although it is difficult to try and squeeze everything in, it just wouldn't be the same without the buzz of everyone rushing to the post office to send off parcels to loved ones abroad; ordering turkey and ham from the local butchers shop, heading out with the family to choose your Christmas Tree and of course the "Merry Christmas" on everyone's lips!

Whether you are the chief cook on Christmas Day or just hosting a pre or post Christmas get-together, the food preparation side should not be hectic for you. A few simple things that celebrate seasonality, support local food producers and delivers on bags of flavour is all you need!



Follow my simple recipes and delivery tasty food for your guests!

In this booklet, I recreate the recipes published in the Southern Star over 3 weeks in 5 publications focusing on celebrating Christmas in West Cork!

There are a couple of additional recipes included here that are exclusive and not published before. These are all original recipes from Flavour.ie to you!

Merry Christmas and...Enjoy!

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Xmas Brekkie

Toasted Chocolate Brioche, Peanut Butter, Bananas and Dulche de Leche

No so much a recipe as a cunning way to get everyone to make their own breakfast without them realizing it!

Ingredients:

- A loaf of sliced chocolate brioche
- Bananas
- Peanut / Cashew / Almond Butter or Nutella
- Dulche de Leche / Caramel Sauce



Method:

Toast slices of the brioche (1-2 per person), slice the bananas and lay these out along with the range of butters and sauces on the table for everyone to delve in and help themselves!



Festive Nibbles

Two great recipes for party nibbles that take no time to make and taste wonderful!

Feta, Basil and Sun-Blushed Tomato Cracker-Jacks

The most important element of this dish is choosing a good quality cracker so spare no expense. Thin brown bread crackers or a gorgeously crisp multi-seed gourmet cracker work best. Whip up the mix and then spread generously over crackers just before guests arrive to keep their crunch.

Ingredients (makes about 25 small cracker portions):

- 100g feta
- 15g pack of basil (use the leaves only, but keep the stalks for adding to sauces or soups)
- Scant squeeze of lemon
- Lots of freshly ground black pepper
- Sea salt (to taste)
- 25g sun-blushed (please not sun-dried) tomatoes

Method:

- Add the feta to a mini-blender and whizz until broken up into small grain like pieces.
- Add in the basil leaves and black pepper and whizz again thoroughly until fully combined. The mix will ball up inside the blender, add the lemon juice and watch the mix relax and turn into a smooth paste like texture flecked with green from the basil.

Just before your guests arrive, lavish onto the crackers and top with a small slice of sun-blush tomato.





Seasonal Root Crisps

Use a mixture of carrot, parsnip and beetroot to create a beautiful mix of seasonal colour in this great alternative to a bowl of crisps! This recipe will yield about the same amount as a large bag of crisps. Cook in batches as overcrowding the baking tray will result in limp crisps!

Ingredients:

- 2 large carrots
- 2 large parsnips
- 2 large beetroot
- olive oil
- sea salt and black pepper
- fresh thyme leaves

Method:

- Preheat the oven to 200 degrees Celsius.
- Using either a mandolin, spiraliser or a y-shaped vegetable peeler create thin strips of your veggies.
- Place each one on a separate baking tray to ensure the colours do not bleed into each other.
- Toss lightly in some olive oil to just about coat each piece. Season with salt and black pepper and scatter with the fresh thyme leaves.
- Place in the oven for 5 minutes, then turn the heat down to 180 degrees Celsius.
- Cook for a further 5 minutes, then turn and place back in the oven and cook for a further 5-10 minutes or until browned.
- Be careful as the roots can go from bronzed to burnt in a matter of seconds!
- Take out of the oven and place on kitchen paper to take away any excess oil. Place in a serving bowl and season with a little more sea salt and fresh thyme.





Christmas Soups

Two warming soup recipes that make the best of seasonal ingredients!

Roasted Beetroot, Fennel Seed & Chili Soup

Ingredients (makes about 6 servings):

3-4 good sized beetroot (about the size of your hand, if they are small you will need more)
 2 cloves of garlic, smashed in their skins
 1/2 red chili
 2tsp of fennel seeds
 Rapeseed oil
 Smoked sea salt and freshly ground black pepper
 500ml vegetable stock



Method:

Heat the oven to 180 degrees celcius
 Peel the beetroot and chop into medium sized chunks (halved, halved and halved again should be perfect)
 Place onto a lined baking try and add the chopped red chili, fennel seed, garlic, rapeseed oil, salt and pepper.
 Toss everything together to ensure it is well coated and place in the oven until the beetroot is cooked through.
 Give the beetroot mix a stir about half way through the total cooking time, which will be no more than an hour or less depending on the size of the beetroot pieces.
 Place everything, and I mean everything, into a blender and add 400ml of vegetable stock.
 Blitz, then check for texture. If slightly too thick, add the remaining 100ml of stock.
 Check for seasoning, adjust if necessary and blitz again to combine.
 Serve into warmed bowls and serve with a spoonful of sour crème, a sprig of fennel herb and a slice of chili to garnish.



Squash and Chestnut Soup

Ingredients (makes about 4 servings):

500g of squash, peeled and deseeded
 1/2 tbsp rapeseed oil
 1 clove of garlic, unpeeled but smashed
 1/8 tsp ground allspice
 1/2 tsp ground mace
 100g chestnuts (vacuum packed is fine)
 500ml vegetable stock
 1 medium white onion, finely diced
 1 tbsp vegetable oil
 50g butter
 1 tbsp finely chopped curly parsley
 1 tsp fresh cream
 sea salt, freshly ground black pepper



Method:

Preheat the oven to 180 degrees celsius

Peel and deseed the squash and cut into half moon crescents

Place on a baking tray and drizzle with the rapeseed oil, a small amount of sea salt, plenty of freshly ground black pepper, mace and allspice and lastly the clove of unpeeled smashed garlic.

Toss everything to coat well and place in the oven for 10 mins, after which turn the squash, add in the chestnuts (separated but not crumbled) and shake again to cover.

Place back in the oven to cook for another 10 minutes or until soft and cooked through. Some slight caramelisation on the squash is OK, but not burnt!

Meanwhile, in a pan sweat the finely chopped onion in the vegetable oil and butter until soft and translucent.

Add in the parsley for the last couple of minutes of cooking.

Meanwhile, make up 500ml of vegetable stock.

When the squash is cooked, place the squash and onion into the blender. Squeeze the garlic from its skin and add to the blender also.

Add all but a small few bits of chestnut to the blender (the remainder will be for the garnish)

Add in the stock a little at a time and blend until completely smooth.

Transfer the soup into a clean saucepan.

Taste for seasoning and adjust as required. If the soup is too thick for your liking, add a little water at a time and stir until the consistency is right.

Warm through until piping hot. Transfer into warmed bowls.

Add a teaspoon of cream onto of each portion and swirl gently. Slice a roasted chestnut and place on top along with a small sprig of parsley and a final grind of black pepper.

Serve piping hot with some crusty sourdough bread and creamy butter.



Picnic Treats

Heading out on St Stephens Day? Make these treats ahead to sustain you on your bracing walk!

Rosemary and Salted Dark Chocolate Tartlets with Candied Walnuts

Ingredients:

For the Pastry:

- 300g unbleached flour
- 150g chilled butter, diced
- 1/2 tsp salt
- 100-150ml ice-cold water
- 1 tblsp fresh chopped rosemary

For the Ganache Filling:

- 75g salted dark chocolate this will be enough for 12 tartlets.
- Match the same quantity of double cream (75ml / 100ml).

For the Candied Walnuts:

- 100g walnut halves
- 25g sugar
- 1/2 teaspoon unsalted butter

Method:

- Make sure that the butter is straight-out-of-the-fridge cold.
- Put the flour, salt, rosemary and butter into a food processor and pulse until the butter is evenly distributed throughout.
- Then add the water a bit at a time and pulse in-between until it comes together. Again, it's advised not to overdo this part.
- Take out the pastry, push it all together in a ball using the ball of your hand and then flatten into a disk, cover in parchment paper and place in the fridge to chill for a couple of hours.
- Whilst the pastry is chilling, make the candied walnuts. Heat up a pan and add in the walnuts, butter and sugar. Keep tossing the nuts in the melted butter and sugar until well coated and hot. Spoon out onto baking parchment and set aside to cool and set.
- When ready, onto a cold work surface lightly dusted with flour, roll out the pastry until about the thickness of a E2 coin. Cut out disks to fit your muffin tin and push gently down and prick the bottom with fork to stop the pastry from rising during the bake. Place in baking beans at this stage if you have them. Place in a fan oven 180 degrees celsius for a minimum of 15 minutes or until the pastry is cooked and browned.
- When they have cooked, turn them out onto a wire rack to cool.
- Make the ganache by gently warming through the cream, then take off the heat and add in the chocolate and stir through until the mixture becomes dark and silky.
- Pour the ganache into the pastry cases and top with a candied walnut. Leave to cool. The ganache will set a little but not hard so that when you bite into it, it is still soft and yielding.





Takeaway Turkey, Mango and Smoked Freekeh Salad

Ingredients (per person, scale up as for as many as you need):

- You can either use leftover turkey / chicken or budget about 1 small chicken breast or 150g turkey breast per person.
- 50g smoked freekeh
- half a fresh and beautifully ripe mango, fine strips / julienne
- half a small kohlrabi, fine strips / julienne
- 1 baby red onion / ½ a small red onion
- pinch of chili flakes
- small handful of fresh mint and coriander, finely chopped
- fresh lime

For the dressing:

- Mix together sour crème, drizzle of sherry vinegar, black pepper and sea salt to create enough dressing to evenly coat the salad without drowning it. Think keeping it light rather than heavy.



Method:

- Cook the freekeh in boiling salted water until soft. Drain, rinse and fork through to prevent it clagging.
- If using fresh turkey / chicken, drizzle in olive oil and season well. Cook on a griddle until cooked through.
- Meanwhile, mix together the ingredients for the dressing. Set aside.
- Combine the mango, kohlrabi and red onion into a serving bowl and mix together with your hands. Add the cooked freekeh, most of the fresh herbs and repeat.
- When the meat is cooked, cut into thin slices and add to the bowl.
- Pour over the dressing and mix thoroughly to ensure everything is well coated.
- Garnish with a final sprinkling of fresh herbs and finish off with a spritz of fresh lime.



Lovely Leftovers

Leftovers give you the opportunity to get creative in the kitchen.
Try these for inspiration...

Boozy Christmas Cake Ice Cream & Caramelised Banana

Ingredients:

- Leftover Christmas Cake
- Splash of rum/brandy/sherry etc
- Vanilla ice cream, slightly softened
- 1 banana per person, split in half
- Soft brown sugar
- Walnuts
- Caramel / Dolce de Leche sauce

Method:

- Crumble some leftover cake into a bowl and lightly sprinkle with your chosen booze. Allow the ice cream to soften slightly, and mix the cake into the ice cream. Return to the freezer to re-set.
- Lightly sprinkle the banana with sugar and add to a hot pan. Turn after 30 seconds. Keep in the pan for apx 1 minute or until caramelised and set on a plate.
- In the same pan, add the nuts to slightly toast. At the end, sprinkle in a little of the sugar and shake the pan to coat the nuts so they begin to colour. This will happen fast so as soon as you start to see the



Chocolate Christmas Cake Truffles

Ingredients:

- Leftover Christmas Cake, cut into squares
- Dark chocolate (70% is best)
- Desicated coconut

Method:

- Place the chocolate in a bowl and melt in a microwave or over a bain-marie.
- Dip the squares of cake in the melted chocolate.
- Lightly toast the desicated coconut and scatter over the truffles.





Wild Rice, Turkey and Cranberry Salad

This fab salad can be eaten warm or cold, and is a fulfilling meal on it's own served up with some flatbreads, or as part of a spread for a St Stephen's Day buffet feast!

Ingredients (serves 2 as a generous main course or up to 6 as a side dish, scale up quantities depending on how many you have to feed):

- 120g wild rice (Tilda's mixed wild and basmati rice is quick to cook)
- 300g leftover turkey
- 25g radish, cut into eighths
- 25g dried cranberries, roughly chopped
- 25g nuts – cashew, walnut or pecans work best
- Handful of curly parsley, finely chopped
- Drizzle of runny honey
- Slices of fresh chili to serve

For the dressing:

- 2 tblsp extra virgin olive oil
- Juice of ½ lime
- 2 tblsp pecan / maple syrup
- ¾ tsp ground allspice
- 1/8 tsp ground cayenne pepper
- Sea salt and freshly ground black pepper



Method:

- Place a pan of salted water onto boil, add the rice. When cooked, drain and rinse, fork through and put to one side.
- Meanwhile, season your leftover turkey with some olive oil, salt and pepper.
- Heat a frying pan and add the turkey and heat through thoroughly.
- Mix together all the ingredients for the dressing and whisk to combine.
- In a serving bowl add almost all of the parsley, reserving a little for at the end, radish, cranberries, turkey and rice. Pour over most of the dressing and toss everything so that it is thoroughly coated.
- In a searing hot pan, add the nuts and toast lightly. Then drizzle a little honey, and shake to coat. As soon as the nuts start to colour, empty out of the pan into a bowl to stop them cooking and burning.
- Add the sweet nuts to the bowl and mix through with the remaining dressing.
- Finish off the dish with a final pinch of sea salt and pepper, sprinkle over the parsley and fresh chili and serve.

Get your festive party off to a swinging start with these fun-loving cocktails!

This is my festive take on a Martini - dry with the sweet tang of cranberry juice.

- 15ml Triple Sec / Cointreau
- 60ml Vodka
- 30ml Martini Blanco
- Juice of half a lime
- 120ml Cranberry Juice

Pour out and top with a garnish of lime zest.



Make great use of seasonal, homemade sloe gin in this cocktail! The gin and agave give a syrupy sweet body with the lemon juice and tonic water giving a bitter edge to cut through the sweetness. Heady, best sipped slowly with friends!

- 75ml Sloe Gin (you can use store bought but homemade is best, 1 year vintage minimum)
- 15ml Cointreau
- 1 tsp Agave Syrup
- Squeeze of lemon juice
- 75ml Tonic Water

A close-up photograph of a glass filled with a warm, reddish-brown beverage, likely mulled wine. A slice of yellow citrus fruit is perched on the rim of the glass. The background is softly blurred, showing a nutcracker figurine, a red Christmas ornament, and warm, glowing lights, creating a cozy holiday atmosphere.



That's your Christmas sorted!

Hope you enjoy making these recipes (especially the cocktails!) and treat yourself to a Christmas full of FLAVOUR and minimal stress! Have fun this festive season and Flavour.ie will be back with more tasty recipes, news and reviews in 2016!

Merry Christmas

From all at
Flavour.ie

