

C H R I S T M A S 2 0 1 6

# 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 deliver tasty food for your guests!

Let Flavour.ie help you to take the stress out of Christmas!

Reduce the stress by letting the flavours of your food do the work while you can make the most of your time with your guests!

I have recreated recipes here that have been featured in The Southern Star and the Evening Echo in the run up to Christmas 2016!

Merry Christmas and...Enjoy!

### Inside...

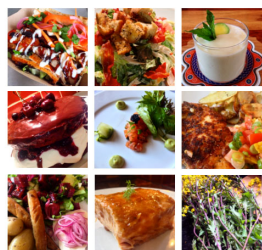
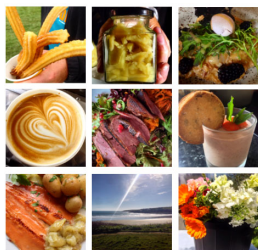
Canapés &  
Cocktails  
Soup

Sides

Main Course

Dessert

St Stephens' Day



## Canapés & Cocktails

Fabulous things to nibble and sip that are delicious and stress free!

### Bloody Elderberry

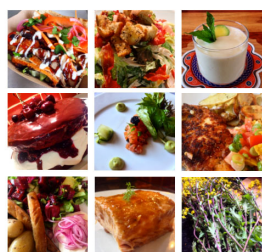
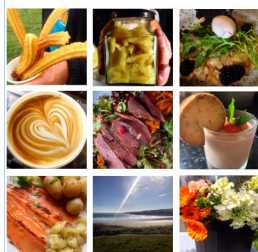
#### Ingredients (makes 1 serving):

- 1 Martini Glass
- Juice of 1 super ripe and sweet blood orange
- 50ml of West Cork Distiller Two Trees Vodka
- 20ml of Elderberry Syrup
- Dusting of vanilla sugar (store bought or ready-made – either is good, but it's important to the recipe!)



#### Method:

- Squeeze all the juice from the orange into a cocktail shaker
- Using the discarded orange skin, coat the rim of the Martini glass with the remnants of the orange juice
- On a plate, pour out a little of the vanilla sugar and generously coat the rim of the cocktail glass (the orange juice helping to keep it in place)
- To the cocktail shaker add the West Cork Distillers Two Trees Vodka and the Elderberry Syrup.
- Add a handful of ice cubes, put the lid on and shake furiously until all well combined.
- Pour into the glass, and add a garnish of orange peel.
- Sip, do your happy dance and repeat...



## Mulled Whiskey Sour

All the flavours of the classic sour but mulled for extra festive smoothness!

### Ingredients (makes 1 serving):

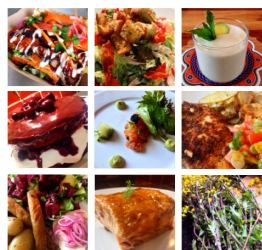
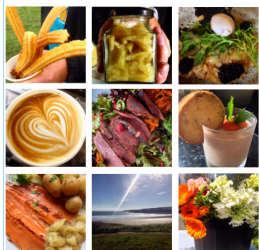
- 400ml West Cork Distillers Bourbon Cask Whiskey
- 200ml sieved fresh lemon juice
- 100ml runny honey
- 2 cinnamon stick (plus 1 for each glass as garnish)
- 2 maraschino cherries per glass
- 1/2 slice of lemon per glass



### Method:

- Put the whiskey, lemon juice, honey and 1 cinnamon stick into a pan and very slowly warm it through.
- Be very careful not to boil it, but this should take about 5-10 mins.
- Carefully pour out equally between the crystal tumblers.
- Spear the half-moon slice of lemon and two cherries on a cocktail stick and place in the glass. Ensure that the cherries are submerged in the whiskey. Add a cinnamon stick and serve.





## Easy Canapés

Three great things to eat to rustle up in no time but tastes like they took forever!

### Watermelon, Feta and Balsamic Bites

#### Ingredients

- One whole watermelon
- 200g best quality feta cheese
- Micro mint leaves
- Balsamic glaze – either shop bought or mix 1 cup of balsamic vinegar with  $\frac{1}{4}$  cup of light brown sugar, cook in a saucepan and reduce by half, allow to cool before using.

#### Method:

- Cube the watermelon into apx 1cm cubes pieces, place on a piece of kitchen towel to allow some of the juice to soak away.
- Cube the feta into pieces that are half the size of the watermelon
- Place the feta on top of the watermelon.
- Drizzle the balsamic glaze over the feta and watermelon from a height using sweeping strokes.
- Plate up and place the mint micro leaves on top of the feta.
- Serve and enjoy!







## Mini Spiced Lamb Kofte

**Ingredients (makes about 12, scales up easily depending on number of guests – they are addictive!)**

### **For the Kofte**

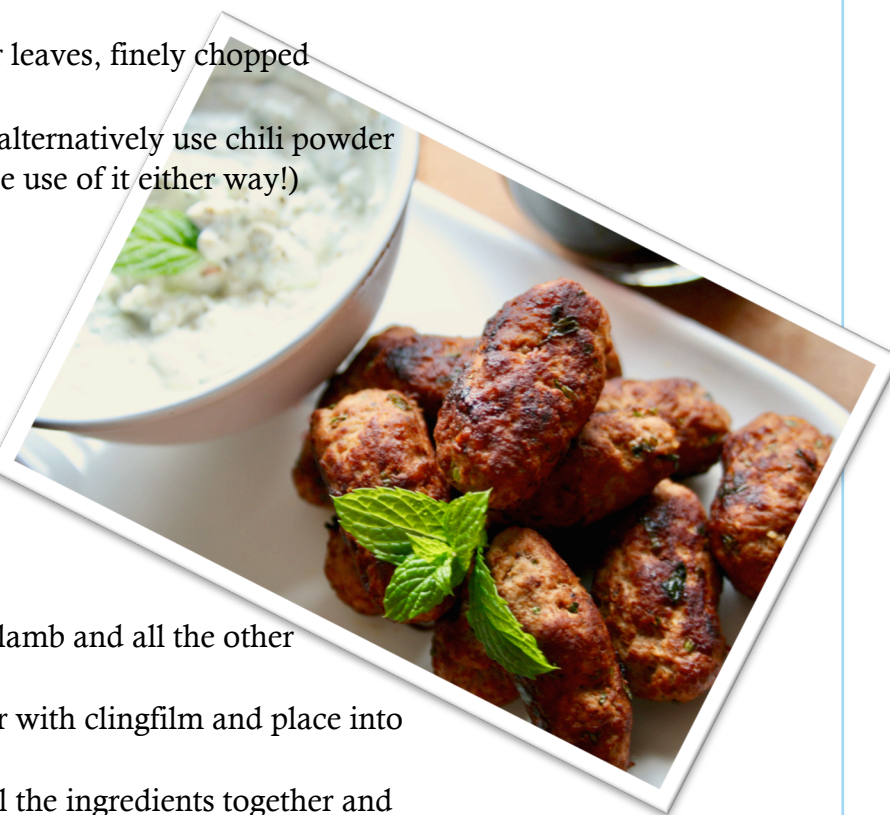
- 200g minced lamb
- 1 clove of garlic, grated
- Small handful of fresh mint and coriander leaves, finely chopped
- 1 tsp of smoked paprika
- Scant amount of hot Turkish chili flakes (alternatively use chili powder or cayenne pepper, but be delicate with the use of it either way!)
- Zest of half a lemon
- Sea salt and freshly ground black pepper

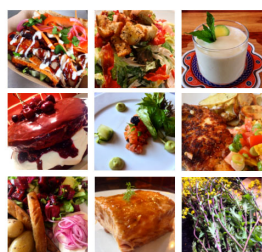
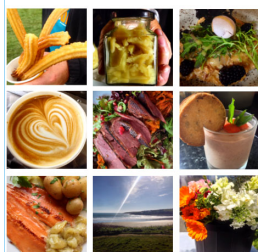
### **For the Yoghurt Dip**

- 4 tbsp of real Greek yoghurt
- ½ tsp ground cumin
- Freshly ground black pepper and sea salt
- Fresh mint (a few leaves, finely chopped)
- Squeeze of lemon juice

### **Method:**

- To make the Kofte, into a bowl place the lamb and all the other ingredients.
- Mix together well using your hands, cover with clingfilm and place into the fridge for 10 mins to firm up.
- Meanwhile make the dip by combining all the ingredients together and giving it a whisk with a fork to bring it all together into a smooth dip.
- Cover and place in fridge until ready for use.
- Just before your guests are due to arrive, mould the lamb mix into small sausages about the size of a chipolata. Fry the Kofte in a tiny bit of olive oil over a medium-low heat turning every couple of minutes until browned on all sides.
- Place onto a piece of kitchen towelling to drain away any excess fat, then pile high onto a plate with the dip in a bowl. Garnish with a sprig of fresh mint.





## Spiced & Zesty Deep Fried Prawns

If you are really pressed for time, you can use ready cooked prawns but just make sure they are well rinsed and patted dry before serving. Likewise if you can't be bothered to make the paper cones then don't! Just serve up in a shot glass instead.

### Ingredients (makes about 6 servings)

- 300g of large prawns, e.g. tiger prawns, deveined (very important!)
- 50g plain flour, seasoned with sea salt and pepper
- 500g of vegetable oil, heated to about 190 degrees Celsius (in a deep fat fryer or a deep saucepan but either way – be careful!)
- To make the seasoned salt: grind together 1 tsp of sea salt, 10 black peppercorns, 1 dried chili or scant dried chili flakes, 1 tbsp of fennel seeds.
- 1 lemon and 1 lime sliced thinly and cut in half
- Toothpicks

### Method:

- If making the paper cones, do that now ahead of time. Take a square of newspaper, fold in half corner to corner and then roll across itself to make the cone. Secure it by tucking a small bit of paper over into the cone. Place each cone inside a shot glass and set aside.
- Making sure that your prawns are perfectly dry, toss into the seasoned flour and when the oil is up to temperature, fry them until cooked through (apx 5-7 mins). If you are using fresh prawns you don't need to do this step!
- While the prawns are cooking, place all the seasoned salt ingredients into a pestle and mortar and grind together to create a fine dusting salt.
- Once cooked, place onto kitchen towel to drain off any excess oil.
- Place four prawns into each cone, and sprinkle with the seasoned salt.
- Skewer a piece of lemon and lime together, and place in with the prawns.
- Guests can use the lemon and lime to spritz over the prawns and then use the toothpick to pick up the prawns and devour!





## Christmas Soup

### Winter Squash Cuppa Soups with Candied Bacon Soldiers

*Ingredients (serves 4-6 depending on the size of the cup)*

For the Soup

- 600g Organic winter squash (any type will work), peeled and seeds scooped out, chopped into equal sized cubes, about 2cm
- 60g of Gubbeen smoked bacon lardons
- 1 small red onion, finely diced
- 3 sprigs of fresh thyme
- 2 dried Morita chillies or 1 dried Chipotle chilli
- 2tsp smoked paprika
- 1tsp ground cumin
- 1 ltr of good quality veg stock (home made or shop bought)
- Pinch of smoked sea salt
- Ground black pepper
- Dash of olive oil
- Dash of chili oil and fresh thyme leaves to garnish

For the Candied Bacon

- 2 packs of Caherbeg Free Range Pork Streaky Rashers
- ½ tbsp light brown sugar
- ½ tbsp real maple syrup
- Small pinch of ground cayenne pepper
- Dash of water

**Method:**

- In a large pan, heat the olive oil and add the bacon lardons. Add the red onion and cook slowly on a low heat until the onion begins to soften and the lardons cook and take on some colour.
- Add the dried chillies and spices, stir and cook through for a minute or so.
- Add in the chopped squash and stir to coat with the spices, bacon and onion mix.
- Add in the stock and fresh thyme sprigs. Cover and turn up the heat to bring to boil.
- When boiling uncover and turn the heat down to a simmer until the squash is tender and cooked through – about 15 mins or so.
- Meanwhile, heat the grill to about 190 degrees Celsius (fan preferably) and prepare the bacon.
- Place the streaky bacon directly onto a rack in a grill pan.
- Mix together the maple syrup, sugar, cayenne pepper and a dash of water, and baste the bacon with it.
- Place the bacon under the grill for apx 10 mins. Turn the bacon (use tongs to protect your hands against the hot sugar), baste again and cook for another 5 mins. Repeat until bacon has become crisp and shiny from the glaze – but be careful not to burn it!
- When the squash is cooked through but still holding its shape, drain it but keeping aside the cooking liquor.
- Put the squash into a blender and blitz. Add in the stock a little at a time until you have your desired consistency – not too thick and not too thin.
- Return the mixture to the pan and reheat through adding a little more of the stock if it begins to thicken. Remember – this soup is supposed to be light!
- Ladle the soup into a small pretty cup of some kind and garnish with a small drizzle of chili oil and a few sprigs of thyme. Serve up with two slices of the maple glazed bacon per person.







## The Main Event

### Black Pudding, Ham and Apple Stuffed Turkey Breast, Parsnip Puree

Top tips: the turkey can be stuffed and tied the day before – just make sure that the apple sauce is completely cooled before placing it inside the turkey. The parsnip puree can also be made ahead the day before too and just reheated on the hob.

#### Black Pudding, Ham and Apple Stuffed Turkey Breast, Parsnip Puree

##### *Ingredients (feeds 6 – 8 people)*

##### For the Turkey

- 1 turkey breast, butterflied and apx 2kgs, skin on
- 3 medium cooking apples, peeled, cored and quartered
- 1 pack of parma ham
- 1 standard sized Clonakilty Black Pudding
- Sea salt and black pepper

##### For the Herb Brush

- 1 wooden spoon
- 1 ball of butchers twine
- Large handful each of rosemary, thyme, sage and flat leaf parsley
- 200g butter
- ½ slice of lemon

##### For the Parsnip Puree

- 1 large / 2 medium parsnips, peeled, halved lengthways and cut into apx 1cm slices
- 250ml of Gloun Cross Dairy cream
- 2 sprigs of fresh thyme
- Sea salt and freshly ground black pepper
- Dash of water

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

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### Method:

- To make the apple sauce, place the apples in a saucepan with a spritz of lemon juice and a dash of water. Cover with the lid and cook down until it breaks down into a puree, apx 5-10 mins. Take off the heat and work out any last little lumps with a wooden spoon. Set aside to cool a little.
- Turn on the oven to 200 degrees Celsius.
- Open out your turkey breast, maybe make another couple of incisions top and bottom of your butchers cuts just to make sure it is opening fully like a book.
- Spoon most, but not all, of the apple sauce in the middle of the turkey and on the pages of the “book” of the breast.
- On top of the sauce and down the middle, lay the slices of parma ham so that they slightly overlap each other.
- Take the Clonakilty Black Pudding, take off the wrapper, top and tail it and then cut it in half lengthways. Place each piece in the centre of the bird on top of the ham.
- Prepare a good length of butchers twine. Gently fold the two sides of the turkey breast together. Some of the apple sauce may seep out but don’t worry about that! Thread the twine underneath the turkey breast at one end and tie a knot tight enough to hold everything together. Repeat all the way down. Trim off any excess twine. Season on top with sea salt and freshly ground pepper.
- In a small saucepan, melt the butter and add in the slice of lemon.
- While the butter is melting, take the bunches of fresh herbs and using the butchers string again, tie them onto the handle end of the wooden spoon. Place into the melted butter.
- Generously baste the turkey with the butter and herb brush, place in the oven and cook for apx 1 hour to 1 ¼ hours. Take out of the oven as soon as the juices are running clear, cover with tin foil and cloths to keep in the heat and to rest it for at least 15 mins before taking to the table and carving.
- Meanwhile place your peeled and sliced parsnips into a pan with the cream, thyme, salt and pepper and 100ml of water. Cook gently until soft, this may take apx 15mins. The pan may have a tendency to boil up so watch that and if the cream is reducing quicker than the parsnips are cooking, just add a dash more water to prevent any burning.
- When cooked, drain the parsnips but retain all the liquid. Place the drained parsnips into a blender and blitz. Slowly add in the cream mixture and continue to blend until you have a beautifully smooth puree. Take as long as you need to do this to get the right consistency and texture, apx 5 mins. Note that you will not need to use all of the cream mixture as the puree should be thick enough to hold itself and not runny.
- Place the beautifully smooth puree back in the pan and reheat just before serving. Check for seasoning and adjust.
- When everything is ready, bring the turkey to the table and carve thick steak-like slices. Serve up with the puree and the remaining apple sauce along with all your other trimmings.



## Awesome Sides

Two ways to spruce up your sides – quick and easy!

### Beetroot, Orange and Rosemary Chutney

**Ingredients:** *(serves 4, and can easily be scaled up for more)*

- 500g beetroot, whole, skin on, root on, leaves off
- Zest and juice of 1 large, sweet orange
- 2 tbsp of Organic Apple Cider Vinegar (I recommend The Natural Rebel AVC from April Danann)
- 1 tbsp of fresh rosemary, finely chopped
- Sea salt and freshly ground pepper

#### Method

- Place the beetroot into a heavy bottomed pan and cover with water (do not add salt at this stage). Place on a high heat until boiling. Reduce heat to a simmer and cook through. Ideally the beetroots should all be about the same size for equal cooking time and time to cook will also depend on the size of the veg. But apx 20 – 30 mins.
- When cooked, drain the water and allow to cool off slightly. Using a teaspoon, gently scrape away the skin of the beetroot, then chop off the root and any rough surface around the base of where the leaves were.
- Then chop into a fine dice (apx 1cm or less) and put back into the pan.
- Add the orange zest and juice, rosemary and vinegar and heat through.
- If making it ahead, at this point allow it to cool and then place in an airtight container and place in the fridge. You can reheat on Christmas Day but make sure it is piping hot.
- Add salt and pepper to taste prior to serving and garnish with a spring of rosemary and some trimmed orange peel.







## Asparagus Wrapped in Parma Ham

Believe me when I say that probably one of things I most look forward to with my dinner are the pigs in blanket...tiny cocktail sausages wrapped in streaky bacon and roasted with the turkey. I always make too many so I can go back and have a couple more later dipped in mustard or cranberry sauce, but with so much meat being had, it's always to good to find an alternative that is as tasty (if not more so), but lighter and a little kinder to the waistline! My wrapped asparagus does exactly that. The beauty of these is that you can prepare them in advance the day before and they take literally minutes to cook up on the stove. They look amazing and the taste is divine too – delivering on the salty hit from the parma ham. If you can't find or aren't a fan of truffle oil, then you can substitute for walnut oil.

**Ingredients (serves 4 but can be easily scaled up, work on the basis of 3 spears per person)**

- 12 Asparagus spears
- 1 pack of parma ham / serrano ham / prosciutto ham
- Zest of half a lemon
- Handful of flaked almonds, toasted
- Fresh thyme leaves
- Drizzle of truffle oil (or walnut oil)
- Smoked sea salt and freshly ground black pepper

### **Method:**

- Cut each slice of ham into two down the middle.
- Trim off the woody ends of the asparagus
- Wrap each spear in half a slice of ham.
- Toast the flaked almonds in a dry pan
- Heat a large frying pan (do not add any oil) and place in the ham-covered spears. Turn occasionally to cook through and crisp up the ham, careful not to burn them.
- Plate up and top with fresh thyme leaves, a grate of lemon zest, tiny bit of sea salt and a couple of twists of black pepper.
- Sprinkle the toasted almonds and finish with a small drizzle of truffle oil (it's very strong so be very light handed with it!)





## Dessert

### Pavlova...but not an egg white in sight!

#### Tropical Vegan Pavlova

TOP TIP: although the meringue holds its shape by itself well enough, leave adding the cream and garnishes to the last minute before serving.

**Ingredients (makes a pavlova that can serve 6-8 people):**

*For the Meringue*

- 1 tin of chickpeas, drained – retain the liquid!
- 250g icing sugar, sieved
- 1 tsp of white wine vinegar
- 1 tsp of cornflower
- 1 tsp of vanilla essence

*For the Coconut Cream:*

- 1 x 400ml can of coconut milk (pre-chilled for at least 4 hours)
- 1 tsp of vanilla bean paste
- 2 tbsp of runny honey
- 1/8 tsp ground cardamom
- Zest of 1 fresh lime

*To garnish:*

- 3 fresh passion fruit
- 1 lime
- Fresh mint leaves

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### Method:

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## St Stephen's Day Feast

### Get fishy with it...!

## Luxurious Lobster Mac and Cheese

### Ingredients:

- 1 whole cooked lobster
- 1 white onion sliced
- pinch of whole black pepper corns
- 2 fresh bay leaves
- small bunch of fresh thyme
- smoked sea salt
- 1 tbsp salted butter
- 500ml best quality full fat milk (I suggest the beautiful Gloun Cross Dairy milk from Dunmanway, West Cork)
- 75g of strong cheddar, grated. I recommend Collea Cheese (50g for the sauce; 25g on top before grilling)
- 1 ball of fresh mozzarella, I recommend Macrooom Mozzarella Company
- Smoked paprika
- Zest of 1 lemon; juice of 1/2 a lemon
- Handful of fresh coriander, finely chopped
- 1 whole fresh sweetcorn on the cob
- 250g dried macaroni pasta
- 1 tblsp of anchovy butter (bought or home made)



### Method:

- Firmly but gently break open the cooked lobster. Take out the tail and the claws whole. Set aside the head and legs (shell on)
- Slice the white onion and add these to a heavy bottom medium sized pan. Add the black peppercorns, 2 fresh bay leaves, sprigs of thyme, smoked sea salt, the lobster head and legs and the milk. Poach everything very gently for about 10-15 mins. Watch it carefully to avoid boil over or burn.
- Strain the liquid into a bowl and discard the poaching ingredients.
- Put on a large pot of well salted water to boil.
- Stand the sweetcorn on a chopping board. Slice the sweetcorn off of the cob by using your knife to slice lengthways down the cob.
- When the water is boiling, add the macaroni pasta to it. After 5 mins add the sweetcorn kernels.
- In a small, heavy bottomed pan, add 1 tbsp of salted butter and allow to slowly melt. Add in a heaped tbsp. of plain flour. Cook the flour off in the butter using a wooden spoon and stirring constantly. Slowly start to add in the infused milk and stir with a mini hand whisk to ensure that all lumps are worked out. Leave to cook and thicken a little, stirring every now and again with a wooden spoon.

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- Drain the macaroni and sweetcorn and set aside.
- Add 50g of the grated medium strong hard cheese and add this to the milk. Stir to melt and thicken further. Check for seasoning and adjust.
- Add in 2 tsp of smoked paprika, grate in the zest of a lemon and the juice of half a lemon. Add in most of the chopped coriander. Stir to combine and to thicken so it coats the back of the spoon very well indeed.
- Chop up the lobster tail into small bite-sized chunks. Not too small that the chunks of lobster will be lost in the dish, but then not too large that the pieces are then few and far between! Set aside.
- Place the drained pasta and sweetcorn back in the saucepan. Pour over the cheese sauce, then add in the chopped lobster. Stir to combine and then place in a deep, oven proof dish.
- Scatter the other 25g of grated cheese over the top and dot half a ball of mozzarella around the top. Scatter another small amount of paprika over the top. Place under a really hot grill until the cheese had melted and browned.
- Meanwhile, gently rinse the lobster claws and drain on some kitchen towel.
- Melt some anchovy butter in a pan and gently add the dry lobster claws. Slowly and gently warm the claws through in the butter, basting as you go.
- Take the Mac n Cheese out from under the grill, and finish off with a final twist of black pepper, and scatter the remaining coriander. Place the two warmed through lobster claws on top.
- Serve with a slice of lemon and some fresh crusty bread. Eat immediately, and try to stop yourself from going back for seconds!





# 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, events, news and reviews in 2017!

Merry Christmas

From all at  
Flavour.ie

