

## Smoked Salmon on Potato Cakes

Very good, easy to prepare starter, potato cakes can be made ahead and reheated

Serves 6



### Ingredients

- ▶ 450g cooked, mashed potatoes
- ▶ 75g flour
- ▶ 2 eggs, beaten
- ▶ 2 tablesp. scallions, finely chopped
- ▶ Salt, pepper and nutmeg
- ▶ 50g butter, melted
- ▶ 125 ml soured cream
- ▶ 1 tablesp. dill, chopped
- ▶ Salt and black pepper

### To Cook

Mix the potato, flour, eggs, scallions, salt, pepper, nutmeg and half the butter. Mix well together and shape into 12 small potato cakes. Heat the remaining butter in a non-stick pan and then cook the potato cakes until browned on each side. The cakes can be served immediately or kept overnight in the fridge. 15 minutes before serving reheat in a hot oven.

### Serving Suggestions

Mix the soured cream, dill and seasoning. Place a slice of smoked salmon on each potato cake and top with the cream mixture.

## Colcannon

A great accompaniment to any meal



Serves 4

### Ingredients

- ▶ 1kg potatoes, peeled, roosters work well
- ▶ 250g curly kale, well washed and finely sliced, discard any thick stalks
- ▶ 100mls milk
- ▶ 100g butter
- ▶ Salt and freshly ground black pepper

### To Cook

Cook the potatoes in a covered pan of boiling salted water for 15-20 minutes until tender.

Meanwhile, cook the kale. Heat a knob of butter and two tablespoons of water in a heavy-based pan with a lid. When the butter has melted and formed an emulsion, add the kale with a pinch of salt. Cover, shake well and cook over a high heat for 1 minute. Shake the pan again and cook for another minute. Drain off any liquid and then season the kale with pepper.

Drain the potatoes, add in the milk and mash until smooth, then beat in the kale and the remaining butter. Season to taste with salt and pepper.

### Note:

If curly kale is not available you can use finely chopped scallions which you add into the potatoes with the milk. Savoy cabbage also works well - use the same method as for the kale.

## Irish Stew



Serves 4-6

### Ingredients

- ▶ 1-1½ kg neck or shoulder of lamb
- ▶ Bouquet of parsley, thyme and bayleaf (tied together with twine)
- ▶ 3 large onions, finely chopped
- ▶ Salt and freshly ground black pepper
- ▶ 3-4 carrots, chopped into bite-sized pieces
- ▶ 1 leek, chopped into bite-sized pieces
- ▶ 1 small turnip, chopped into bite-sized pieces
- ▶ Some small new potatoes, peeled and quartered, or large potatoes, peeled and chopped
- ▶ 75-100g cabbage, shredded
- ▶ Finely chopped parsley and dash of Worcester Sauce

### To Cook

Remove the meat from the bone, trim off all the fat and cut into cubes. Keep the bones, place the meat in a pot, cover with cold salted water. Bring to the boil, drain and rinse the lamb.

In a fresh pot put the meat, bones, bouquet of herbs, onions, seasoning, carrots, leeks and turnip and cover with water. Simmer gently for one hour. Skim off the foam as it rises. (this is very important for the final flavour and appearance of the stew.) Add the potatoes and continue cooking for 25 minutes. For the last 5 minutes add in the cabbage. When the meat and vegetables are cooked remove the bones and bouquet of herbs. Stir in the chopped parsley and a dash of Worcester sauce.

## Fish Pie

Always a family favourite.



Serves 4

### Ingredients

- ▶ 700g fish, e.g. haddock, hake, monkfish, trout, skinned and boned
- ▶ 625ml milk
- ▶ ½ onion
- ▶ 1 bay leaf
- ▶ 6 pepper corns
- ▶ 100g butter
- ▶ 50g plain flour
- ▶ 2 tomatoes, skinned and sliced
- ▶ 3 tablesp. flat-leaf parsley, chopped
- ▶ 1 tablesp. lemon juice
- ▶ Salt and freshly-ground black pepper

### Topping

- ▶ 900g freshly mashed potatoes
- ▶ 25g cheddar cheese, grated

### To Cook

Preheat the oven to Gas Mark 6, 200°C (400°F).

Place the milk, onion, bay leaf and pepper corns in a large saucepan and bring to a boil. Reduce to simmer, add the fish and cook gently for 4-5 minutes. Remove the fish from the pan, allow to cool a little, then flake into bite-sized pieces and place in a bowl.

Melt the butter in a saucepan, then stir in the flour. Cook for 2-3 minutes, stirring all the time until golden brown. Gradually stir in the fish cooking liquid until the mixture boils, season with salt and pepper. Reduce the heat and allow to simmer gently for 3-4 minutes until thickened.

Now add the sauce to the fish along with the parsley and lemon juice and taste for seasoning.

Spoon half the fish mixture into a 1½ litre baking dish, arrange the sliced tomatoes on top and then spoon in the rest of the fish. Spread the mashed potatoes on top, finely sprinkle the cheese all over and bake in the oven for 15-20 minutes until heated through and browned.