

Rigney's Farm Crispy Bacon & New Leaf Urban Farmer Beetroot Pickle Salad with Green Tomato Chutney, Sourdough Crouton, and Limerick Greenway Elderflower Vinaigrette

Rigney's Farm Crispy Bacon

1/2 lb (200gr) Dry Cured Streaky Bacon

- Lay bacon on a greaseproof paper lined tray
- Cook in preheated oven at 325F for 15-20 mins or until crispy

Beetroot Pickle

1/2 lb (200gr) Golden Beetroot (thinly sliced)

2/3 c (150 ml) Attyflin cider vinegar

2/3 c (150 ml) Water

1/2 c (100 gr) Sugar

2 tsp (10 gr) Coriander seeds

2 tsp (10 gr) Turmeric

2 tsp (10 gr) Peppercorns

2 tsp (10 gr) Salt

- Add salt to beetroot in a bowl and allow to marinate for 30 mins
- Bring all other ingredients to the boil
- Place beetroot into sterlised jars
- Pour boiling pickling juice into jars

Seal and store for up to 6 months

Green Tomato Chutney

3.5 lb (1.5 kg) Green tomatoes (chopped)

1 lb (500g) Cooking apples (peeled & diced)

1 large onion (250 gr) Onion (chopped)

1.5 tbsp (20 gr) Ginger (chopped)

1.5 tbsp (20 gr) Garlic (chopped)

2 c (250 gr) Sultanas

2 c (250 gr) Brown Sugar

2 c (250 ml) Apple cider vinegar

2 tsp (10 gr) Mustard seeds

4 Chillies (chopped)

Salt Pinch to taste

- Put all the ingredients into a large pan, with a lid.
- Bring to the boil, simmer for about 1/2 an hour, then take the lid off and cook until the mixture has thickened (takes around an hour).
- Stir regularly.
- Taste and add more salt or other spices if you like.
- Fill into sterilised jars while hot, seal and store for up to 6 months

Elderflower Vinegar

2.5 c (500 ml) Cider Vinegar

6 Heads fresh Elderflower free from insects

- Place flowers in a sterilised jar
- Ensure no flowers are exposed to air above the vinegar, use cartouche to keep flowers below surface if you wish
- Store for min 2 weeks before use and keep indefinitely in a covered jar
- Ensure the elderflower is clean & free from insects
- Cover completely with vinegar in a covered jar or bottle, strain if you wish

- Mix all ingredients together, season to taste add more or less vinegar depending on your preference of sharpness

Elderflower Vinaigrette

1/2 c (100 ml) Elderflower Vinegar

1 1/2c (300 ml) Rapeseed oil

Salt & Pepper to taste

Sourdough Crouton

1/4 loaf sourdough (thinly sliced)

- Place thinly sliced sourdough on a flat tray in an oven at 100C for 20 mins or until crispy, allow to cool, store in an air tight container until needed

Assembly

1/4 lb Mixed leaves, Rocket, Mizuna, Mustard leaves, Bulls Blood salad (picked and washed) or whatever salad you want to use

- Place the ribbons of beetroot along the center of the plate
- Arrange the salad next to the beetroot
- Remove crispy bacon from oven tray and arrange next to the salad
- Put little drops of Green tomato chutney on the plate
- Drizzle with elderflower vinaigrette
- Garnish with sourdough crouton

Irish Apple Crumble

with Attyflin Apple Juice & Rigney's Granola

Ingredients

- 4 medium cooking apples (Bramley)

- 1 squeeze lemon juice
- 1 cup (230 ml) of Attyflin Estate Apple Juice
- 1/2 cup (4oz/115g) granulated sugar/ caster sugar (divided, half for apples the other half for crumble topping)
- 3/4 cup (6oz/170g) all-purpose/plain flour
- 1/3cup (3oz/85g) Irish Butter (cold and cubed)
- 1/3 cup (3oz/85g) Rigneys Farm Granola


Procedure

1. Peel, core, and chop the apples into 2cm chunks, squeeze the lemon over to prevent from oxidising.
2. In a thick bottomed pot add 1/2 the sugar & Attyflin Estate Apple Juice, bring to the boil & reduce to light syrup
3. Add chopped apple to syrup and stir gently until thick syrup is formed, transfer the apples into an 8 x 8-inch ovenproof dish..
4. Place the flour and half sugar in a mixing bowl. Add the cold butter and use your finger tips (or a pastry blender) to rub in the butter until the mixture resembles large breadcrumbs. Add Rigney's Farm Granola and mix well.
5. Pour this evenly on top of the apples.
6. Bake the crumble at 350°F (180°C) for 35-45 minutes or until nicely browned on top and the apples are bubbling. Serve hot with whipped cream or vanilla ice-cream.

Irish Stew with Guinness

Joe Parajecki

- 1/2 lb bacon, diced
- 1 1/2 lb lamb stew meat
- 1/4 c corn starch or flour
- 1 tsp salt



1/2 tsp pepper
3 onions, diced
3 cloves garlic, minced
12 oz Guinness
2 1/2 c beef broth
8 medium potatoes, cut into bite size pieces
2 c carrots, cut in bite sized pieces
1 c frozen peas
1 tsp thyme
1 bay leaf
fresh parsley, minced

Over medium heat, tender fat from the bacon. Remove bacon pieces and drain on paper towel.


Turn the heat up to medium high. Mix corn starch, salt, and pepper. Reserve 1 tbsp of mix. Coat the lamb stew meat in the remaining mix. Shake off excess and brown the lamb in the bacon fat. Work on batches and set aside.

Lower the heat to medium and sauté one diced onion and minced garlic. Once softened dust with reserved seasoning and cook for 1 minute.

Add the Guinness to deglaze the pot and use a wooden spoon to scrape all the brown bits. Add the beef stock and bring to simmer. You can add 1 tbsp of tomato paste for richer flavor.

Add the browned lamb pieces back to the simmering pot then add the bacon pieces. Cover and simmer on medium low for 1 1/2 hours.

Add potatoes, carrots, and two remaining onions. Add thyme and bay leaf. Stir, cover, and simmer for another 20-25 minutes or until vegetables are soft.



Add frozen peas about 3 minutes before turning off heat.

Serve with generous garnish of parsley.

Pan Seared Sea Scallops over Mint/Pea Purée with Orange Butter Sauce

Scallops:

8 sea scallops, 10 - 20 count

1 tbsp ghee/clarified butter

Salt and pepper to taste

Place scallops on paper towels to remove liquid. Heat a nonstick pan on medium high heat and add butter. Sear scallops on one side for 2-3 minutes until scallops are caramelized. Turn scallops over and continue cooking another minute and then remove to a plate and cover lightly with foil to keep warm.

Purée:

1 lb frozen peas or fresh if available

3 tbsp fresh chopped mint

1 garlic clove, finely minced

1 shallot, chopped fine


3 c chicken or vegetable stock

2 tbsp olive oil

Salt and pepper to taste

Orange zest, optional

In a medium heavy saucepan, add olive oil and heat pan on medium. Sweat garlic and shallot until soft but do not brown. Add peas and mint and cook two minutes then add stock and cook until peas are tender about 5 minutes. Drain peas in a colander and purée the peas in a food processor or large blender until smooth. Add salt and pepper and cover purée until ready to serve.



Spoon 3 tbsp of purée on plate and set 4 scallops on the purée and garnish with orange zest and melted butter and a little chopped mint. You can make compound butter if you like.

Bacon bits is also a nice additional garnish.

