



RAISING DOUGH FOR

Marymount

A CORK COOKBOOK



GLUTEN-FREE CHOCOLATE & ORANGE CAKE

 SERVES 8

INGREDIENTS

1 vanilla pod
180g soft butter
180g brown sugar
6 eggs, separated
180g dark chocolate (70%)
Zest of 2 oranges, finely grated
1 tsp orange essence
180g ground almonds
2 tsp cocoa powder for dusting

METHOD

Heat the oven to 180°C. Grease a 23 cm spring-form cake tin well. It's very important that you grease the tin properly or the cake will stick.

Split the vanilla pod lengthways and scrape out the seeds. Beat together the butter, sugar and vanilla seeds, and whisk until light and creamy. Add the egg yolks, making sure they are mixed well.

Melt the chocolate in a bowl set over a pot of simmering water. When melted, add the orange zest and essence and the ground almonds, and mix well.

Combine the chocolate mixture with the creamed butter and sugar. In a separate bowl, whisk the egg whites until they form soft peaks. Add a third of the egg white to the chocolate mixture and combine gently. Then fold in the remaining egg white.

Gently transfer to your greased cake tin and bake for 45 minutes. The cake should be firm. Stick a small knife in the centre, and if it comes out clean then the cake is cooked. Usually I would dust this with some cocoa powder before serving, or make an orange icing.





CRISPY TEMPURA OF VEGETABLES



SERVES 4–6

INGREDIENTS

TEMPURA BATTER

130g cornflour

1 egg, beaten

200ml sparkling water

Pinch of salt

1 tsp black sesame seeds

Pinch of saffron strands

VEGETABLES

1 courgette, halved lengthways
and cut into wedges

1 aubergine, cut into wedges

1 bunch of asparagus tips

1 small head of cauliflower,
quartered and cut into wedges

1 yellow pepper, cored and cut
into six pieces, lengthways

1 red pepper, cored and cut
into six pieces, lengthways

BLUE CHEESE DRESSING

50g blue cheese

40g sour cream

40g mayonnaise

Juice and zest of 1 lime

1 tsp chopped chives

2 tsp cream

METHOD

First make your batter. Put the cornflour in a bowl, followed by the egg. Slowly add the water, whisking constantly. You should have no lumps and the batter should be nice and smooth, then add the salt and sesame seeds.

Add 1 teaspoon of boiling water to the saffron strands. This will react with the saffron, turning the colour to a bright yellow. Add this to the batter and mix, then leave in the fridge until ready for use.

Preheat a deep-fat fryer to 180°C. If you don't have a fryer, fill a pot with enough oil to fully cover the vegetables as they fry and heat to 180°C – use a thermometer to check. Dip the vegetables in the batter, shaking off any excess, and gently place them into the hot oil. Keep turning the vegetables until nice and crispy. Once they are ready, take out and put on kitchen paper to remove any excess oil.

For the blue cheese dressing, blend all the ingredients together. Serve in a ramekin on the side.

*TIP:

You could also use this tempura recipe for fish: squid, prawns and sole are all beautiful. We have that on our menu plenty.

♡ VARIATION:

Change your sauce to chilli jam or wasabi if you want it spicier. For the batter, you could add some fennel seeds instead of black sesame seeds.



CASTLETOWNBERE SCALLOPS, PANCETTA & GARDEN PEAS WITH PEA CREAM

This is the show-stopper if you want to impress at a dinner party – you will be talked about for weeks.
It's a pretty, tasty and class-act starter.



INGREDIENTS

150g pancetta, diced
1 clove of garlic, chopped
½ shallot, diced
Olive oil
150g peas (if frozen, thaw before using)
1 tsp chopped fresh mint
8 large scallops
Sea salt
20g hard butter
½ lemon

PEA CREAM SAUCE
2 cloves of garlic
½ shallot, diced
1 tsp olive oil
400g fresh peas
400ml vegetable stock
1 tsp cream
Sea salt

METHOD

First get your sauce made. In a pot on a low heat, sauté the garlic and shallot in the olive oil until soft, but don't allow them to colour.

Add your peas and cook for 5 more minutes. Then add the hot vegetable stock to the peas and cook for a further 2 minutes. Blitz and pass through a fine strainer so it's nice and smooth. Add the cream and then season with salt to taste to make sure it isn't bland. Set aside and keep warm until needed.

In a pan, fry the pancetta, garlic and shallot with a dash of olive oil until crispy. Add the peas and cook for a further 3 minutes. Add the fresh mint at the last second. Turn off the heat and set aside.

Season the scallops with sea salt. Then heat a non-stick pan until nice and hot. Add some olive oil, then the scallops. Fry on one side for 2 minutes, then add the butter and turn the scallops over. Cook on the other side for 2 more minutes, basting the scallops with a spoon until they are caramelised and cooked. Place on a plate and squeeze a little lemon juice on top.

To plate up, here comes the theatre. Put the pea cream into a sauce jug. Place the peas and pancetta in the middle of your bowl with the scallops on top. If you can get edible flowers to surround the scallops, that will be some fancy stuff. Place your bowl in front of your guest and pour the sauce around the scallops. Well done, chef. Take a bow!



SPICY CARROT & LENTIL SOUP



SERVES 6–8

INGREDIENTS

200g red lentils
2 tsp olive oil
1kg carrots, peeled and chopped
1 medium onion, chopped
3 cloves of garlic, chopped
2 sticks of celery, peeled and chopped
1 leek, washed and chopped
2 tsp chilli flakes
1 tsp garam masala
1 tsp turmeric
1.5 litres vegetable stock

METHOD

Cover the lentils in water and soak for 1 hour before using.
To a pot over a low heat, add the olive oil, then the carrots, onion, garlic, celery and leek. Sauté for 3 minutes until the vegetables are soft. Add your chilli flakes, garam masala and turmeric and continue to cook for 4 more minutes.
Drain the lentils, then add to the vegetables. Add the stock and cook for roughly 45 minutes on a medium heat. While it's cooking you should be able to smell the lovely flavours.
When it is cooked, blitz and pass through a sieve to make it smooth. If you like your soup chunky, don't use the sieve. Serve with brown bread (see p. 22). Beautiful!

COTTAGE PIE WITH SMOKED APPLEWOOD CHEDDAR MASH

Every family has their own version of this old-time favourite. My kids love this pie and so do their parents.

 SERVES 6–8

INGREDIENTS

800g mince
Rapeseed oil
Salt and pepper, to season
1 medium onion, finely diced
3 cloves of garlic, finely diced
2 sprigs of thyme, picked and finely chopped
2 sticks of celery, finely diced
3 carrots, finely diced
10 button mushrooms, finely sliced
2 tsp tomato paste
600ml beef stock

CHEESE MASH

6 large baking potatoes
120g butter
150g Applewood cheddar, grated
3 spring onions, finely sliced

METHOD

In a large pot, fry the mince in some rapeseed oil until nice and brown. Make sure you season with salt and pepper – mince can be bland. Add the onion, garlic and thyme and cook for 2 more minutes. Then add the celery, carrots and mushrooms and cook for a further 5 minutes. You are allowing all the flavours from the vegetables and meat to marry into something tasty.

Add the tomato paste and cook for another minute. Then add your beef stock and allow to cook slowly for 25–30 minutes until the beef is tender and the sauce has thickened. Once ready, pour into a casserole dish and leave to cool for at least 1 hour before adding the mash.

Peel the potatoes and cut in half. Put in salted water on a high heat. Once the potatoes come to the boil, turn the heat down and simmer for 20–25 minutes until cooked.

Preheat the oven to 170°C.

When the potatoes are cooked, strain the water and mash the potatoes until there are no lumps. Add the butter, cheese and spring onions, and season to taste. Spoon on top of the cooked mince and spread evenly. Cook for 30 minutes until the surface of the mash is golden brown.

• VARIATION:

You can make a shepherd's pie by swapping the beef with lamb.



RASPBERRY MILLEFEUILLE

This is a nice, fluffy dessert – fresh raspberries between lemon curd, and the pastry is beautiful.



SERVES 4

INGREDIENTS

2 ready-made puff pastry sheets (320g each)
3 tsp icing sugar
1 vanilla pod
500ml cream
4 tsp lemon curd (see p. 179)
200g raspberries

METHOD

Preheat the oven to 200°C. Unroll the pastry and place on a non-stick baking tray. Dust with 1 teaspoon of icing sugar and bake in the oven for 15–20 minutes until the pastry is golden and glazed. Remove and leave to cool slightly on a wire rack.

For the cream, cut the vanilla pod lengthways and scrape the seeds into the cream. Whisk with 1 teaspoon of icing sugar until it forms soft peaks. Spoon the cream into a piping bag with a plain nozzle, and do the same with the lemon curd.

When the pastry has cooled, slice each sheet gently into six equal-sized lengths using a serrated knife; you should have 12 pieces in total.

To assemble each individual millefeuille, put a piece of pastry on the plate first, then a layer of cream. Add some raspberries, then pipe dots of lemon curd onto the raspberries. Add the second piece of puff pastry and repeat with the cream, raspberries and lemon curd. Finish with a top layer of pastry, and dust with the remaining icing sugar.

*TIP:

Before putting the pastry on a serving plate, put a dot of cream on your plate to act as glue, so your pastry won't slide off.



LEMON TART WITH FRESH RASPBERRIES & RASPBERRY PURÉE

 SERVES 8

INGREDIENTS

SWEET PASTRY

- 175g plain flour
- 85g unsalted butter
- 45g caster sugar
- 1 egg

RASPBERRY SAUCE

- 300g fresh raspberries
- 200g caster sugar

FILLING

- 5 eggs
- 200g caster sugar
- Juice and zest of 4 lemons
- 200ml single cream

TO GARNISH

- Icing sugar
- Fresh raspberries

METHOD

To make the sweet pastry, add the flour, butter and sugar to a food processor and pulse until it resembles breadcrumbs. Then add the egg and pulse until the pastry draws together into a ball. Roll out the pastry on a lightly floured surface, then place in a greased 23 cm loose-bottomed tart tin. Put in the fridge to chill for 20 minutes.

For the sauce, place the raspberries in a pot with the sugar and 100ml of cold water. Mix and heat gently until the sugar has dissolved. Bring to the boil, then reduce the heat and simmer for 5 minutes. The sauce should reduce by half and thicken. Pass through a sieve.

Preheat the oven to 190°C.

For the filling, beat the eggs and sugar together until combined. Then beat in the lemon zest and juice. Whisk in the cream and chill.

Line the pastry case with greaseproof paper, then fill with baking beans and bake blind for 12 minutes. Then remove the paper and baking beans and turn the temperature of the oven down to 150°C. Cook for a further 10 minutes until the base is crisp. Once the base has cooked, reduce the oven temperature to 120°C.

Pour the lemon filling into the pastry case. Be careful the filling doesn't spill over the edges. Bake for 20–25 minutes or until the tart is set. Remove from the oven and allow to cool.

Dust with icing sugar and serve it with fresh raspberries and the raspberry sauce.



MIXED BERRY & PEAR CRUMBLE WITH CUSTARD

 SERVES 4

INGREDIENTS

CRUMBLE

- 75g plain flour
- 50g butter
- 30g brown sugar
- ½ tsp ground cinnamon
- 25g porridge oats
- 25g walnuts, chopped

FILLING

- 400g pears, peeled and sliced
- Cinnamon to taste
- 20g caster sugar
- 15g butter
- 100g mixed berries (frozen or fresh)

CUSTARD

- 175ml cream
- 175ml milk
- 1 vanilla pod, split
- 2 egg yolks
- 60g caster sugar

METHOD

To make the crumble, place the flour in a bowl and rub in the butter until the mixture resembles fine breadcrumbs. Stir in the sugar, cinnamon, oats and chopped walnuts.

To make the filling, put the pears, cinnamon and half the sugar in a pot with the butter. Cook on a low heat, stirring often. When the sugar has dissolved and the pears have lightly softened and caramelised, add the berries and the remaining sugar. Cook for another 4 minutes, then put on a tray to cool.

Preheat the oven to 180°C. Place the fruit mixture into four small ovenproof dishes and scatter the crumble on top, covering all of the fruit. Cook in the oven for 15–20 minutes. The crumble should be a nice golden colour, and the filling should be bubbling up around the sides.

Meanwhile, for the custard, put the cream, milk and seeds from the vanilla pod into a pot and bring to the boil. Whisk the egg yolks and sugar together in a heatproof bowl until pale and smooth. Add the hot cream to the egg mixture, whisking to combine. It should be smooth and have thickened. Pass the custard through a sieve into a serving jug and serve alongside the hot crumble.





From local favourites like Timoleague sticky pork ribs, Ballycotton chunky seafood chowder and the Mahon knickerbocker glory, to mouth-watering inventions like duck pastilla roll with roasted plums and guacamole, the recipes from *Raising Dough for Marymount* will delight everyone around the table. Gary Burke is a Cork chef who loves his work, and this is food for young and old alike. Children will love the dedicated kids section, which includes eggy bread with blueberries, banana and raspberries, and chocolate nests with popping candy, while blackened turkey tacos with bean salsa and avocado, or chocolate soufflé with Jameson anglaise will go down a treat with all the family.

Gary Burke began his culinary career at the Rochestown Park Hotel and has since worked and trained in kitchens in Kerry, Clare and Wexford, including a stint as Head Chef at Dunbrody House and Cookery School, which won best restaurant in Leinster during his tenure. Twenty years after he started there, he returned to the Rochestown Park as Executive Chef. He has appeared on TV3 and was twice a finalist in the Baileys Euro Young Chef of the Year competition. Gary and his family are extremely grateful to Marymount for their care of his father in his final days.

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