

UFU CONFERENCE RECIPES

Flatbread with spiced lamb, yoghurt, carrot jam, mint yoghurt

Flatbread

350g wholemeal flour

½ teaspoon salt

2 tablespoons Clandeboye Greek yoghurt

1 tablespoon Brighter Gold rosemary and garlic oil

200ml lukewarm water

Mix together to a dough and cover with a teatowel.

Leave for an hour then divide into 4 pieces. Roll each piece out to ½ cm thick and cook on a dry grill pan until bubbles appear. Flip over and cook for a minute on the other side.

Carrot Jam

25g finely chopped root ginger

1 onion, finely chopped

1 crushed clove garlic

2 tablespoons cooking oil

2 teaspoons garam masala

1 teaspoon turmeric

Pinch chilli flakes (optional)

300g coarsely grated carrot

100g sugar

100ml white wine vinegar

Cook the ginger, onion and garlic in the oil until soft and golden.

Add the spices and cook for 30 seconds.

Add the carrots and stir to wilt down for about 3 minutes.

Season with salt and add the sugar and vinegar.

Cook gently for about 20 minutes or until carrots have soaked up all the vinegar. Check seasoning.

Spiced lamb

500g lamb leg cut into strips

1 teaspoon garam masala

½ teaspoon turmeric

1 tablespoon Brighter Gold rapeseed oil

4 chopped scallions

Salt and fresh ground pepper

Mix the spices into the lamb and marinate for a couple of hours.

Heat the oil in a large pan until smoking hot. Cook the lamb until done and season with salt and pepper. Add the scallions.

Mint yoghurt

250ml Clandeboye Greek yoghurt

Handful fresh chopped mint leaves

Salt and pepper to taste.

Smoked duck, orange cardamom caramel, beetroot salad

4 duck breasts

500ml water

2 crushed juniper berries

1 tablespoon crushed peppercorns

75g brown sugar

35g seasalt

Few sprigs thyme

Bring the water to the boil with the juniper, peppercorns, sugar and salt. When sugar and salt have dissolved add the thyme and cool completely. Submerge the duck breasts in the liquid and chill for 24 hours. Remove from brine and pat dry with kitchen paper.

To smoke – line a roasting tin with tin foil, scatter on oak chips and place a cooling rack on top. Place duck breasts, skin side down, onto the rack, cover tightly with foil and place on direct high heat. Cook for 2 minutes, turn off the heat and allow to smoke for 10 minutes. Remove duck from tin and place skin side down into a cool pan over low heat. Cook for about 10 minutes or until duck is golden turn over and cook for 2 minutes on the other side. Remove fat and set aside – great for roasties.

75g castor sugar

25ml Burren Balsamics orange and cardamom vinegar

Place the sugar in a large frying pan and cook to an amber liquid. Add the water and vinegar and cook to a thick syrup.

Add the duck breasts and cook until glazed.

Rest and slice.

Beetroot Salad

2 beetroots, peeled and finely sliced

1 red onion, finely sliced

1 teaspoon North Coast smokehouse smoked black pepper

2 tablespoons Burren Balsamics beetroot vinegar

50ml Brighter gold rapeseed oil

1 teaspoon mustard

1 teaspoon honey

Whisk the mustard, vinegar and honey together and then whisk in the oil. Add the pepper and season with salt. Toss into the beetroot and onion.

Chocolate buttermilk cake, gin spiced plums, vinegar sticks

275g castor sugar

125g chopped dark chocolate

90g butter

175ml water

225g plain flour

$\frac{3}{4}$ teaspoon baking soda

100ml buttermilk

2 eggs

Set the oven to 170c. Line a 10 inch cake tin with parchment paper.

Place the sugar, chocolate, butter and water in a saucepan and cook gently until the chocolate and butter have melted. Cool

Whisk in the buttermilk and eggs. Sift the flour and baking soda together and fold into the mixture.

Spoon into the cake tin and bake for 45 minutes or until an inserted skewer comes out clean.

Gin spiced plums

Zest and juice 1 orange

100g sugar

75ml local gin

8 plums, halved, stoned and quartered

Boil the orange zest, juice, sugar and gin to a syrup. Add the plums and cook for 5 minutes. Cool.

Chocolate Orange sticks

25g Burren Balsamics blood orange and cardamom

100g chopped dark chocolate

100g chopped milk chocolate

1 tablespoon double cream

Cocoa powder for dusting

Place the chocolates in a heat proof bowl over a pan of hot water and allow to gently melt. Boil the vinegar to reduce by half and add the cream. Warm together and add to the chocolate. Stir and place in a plastic piping bag. Cut a small hole and pipe into 5 inch lengths onto a tray lined with parchment paper. Chill to set and then dust with cocoa powder.

Potato and mushroom brioche pie

Brioche Dough

250g strong plain flour

1 sachet yeast

½ teaspoon salt

3 eggs

125g soft butter

Mix the flour, yeast, salt and eggs in a mixer with dough hook.

Mix for 5 minutes then add the butter a tablespoon at a time until fully incorporated.

Cover with cling and chill for at least 4 hours

Filling

300g diced potatoes, boiled and drained

1 leek, split, washed and chopped

1 onion, peeled and chopped

2 cloves garlic, minced

2 tablespoons Broighter Gold rapeseed oil

25g butter

250g mushrooms sliced

100g double cream

100g grated cheddar

Handful chopped parsley

1 egg yolk

Heat the oil in a frying pan and when smoking add the mushrooms. Dot around half the butter and season with salt and pepper.

Cook until the mushrooms are golden. Cook the leeks in the remaining butter until soft.

Add the cream and cheddar and cook until it all comes together.

Mix into the potatoes and mushrooms and add the parsley. Check seasoning.

Cool.

Roll out 2/3 of the brioche and press into a metal baking dish.

Fill with the cold filling and brush round the edges with some egg yolk. Roll out remaining brioche and press on top and crimp the edges. Trim the edges and brush the top with egg yolk.

Bake in a 180oc oven for about 30 minutes or until golden and crisp.