



# Beef Bourguignon

## INGREDIENTS

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- 2.5kg Beef Dice Round [BF105](#)
- 50ml Rapeseed Oil [490138](#)
- 4 Onions [VW707](#)
- 60g Millers Plain Pastry Flour [490048](#)
- 400ml Red Cooking Wine [T212](#)
- 6 Carrots [VG878](#)
- 3 Garlic Cloves [VW733](#)
- Sprig of Thyme [491013](#)
- Sprig of Parsley [490066](#)
- 2 Bayleaf [HB554](#)
- 4 tbsp Parsley [490066](#)
- Tamper Pots Proof Tub & Lid [PD9860](#)

## METHOD

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- 1 Season the meat with salt and pepper and in a heavy bottomed pan heat the oil until smoking. Add the meat and brown, do this in small batches if necessary - its important that the meat is brown not grey. When this is done set the meat to one side.
- 2 Add the onions into the pot and cook over a medium heat until the onions are golden brown, sprinkle the flour over them and continue to cook for 5 minutes, stirring around and add the red wine. Scrape the pot with a wooden spoon and bring up any sediment, bring the mix to the boil.
- 3 Return the meat to the pot and add the carrots, garlic and bouquet garni. Add just enough water to cover the meat and vegetables by one third.
- 4 Bring to the boil, then simmer and cook for 2 hours, stirring the dish every 15 to 20 minutes.
- 5 When finished, discard the bouquet garni and add in the freshly chopped parsley and serve with creamed mashed potato.



# Beef Stew

## INGREDIENTS

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2.5kg Irish Nature Diced Beef [BF104](#)

2 Onions [VW707](#)

1 tbsp Vegetable Oil

3lt Brown Veal Stock [G129](#)

3 Garlic Cloves [VW733](#)

8 Carrots [VG878](#)

1 Leek [VW787](#)

50g Pearl Barley [Z433009](#)

10 Mini Potatoes [VW709](#)

Sprig of Thyme [491013](#)

1 Bayleaf [HB554](#)

3 tbsp Parsley [490066](#)

3 Baby Carrots [VW722](#)

## METHOD

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**1** Place the meat in a pot, cover it with cold salted water and bring to the boil. Drain and rinse the beef.

**2** In a fresh pot, sweat off the onions, leek and garlic until soft. Add the meat, carrots, bayleaf and thyme then cover with veal stock. Simmer the stew for an hour. Skim off the foam as it appears.

**3** Add the potatoes and continue cooking until they're al dente

**4** When the meat and vegetables are cooked, stir in the chopped parsley and adjust the seasoning.

**5** Serve with some creamy mash potatoes and 3 poached baby carrots.



# Pork & Black Pudding Sausages With Creamy Mash & Onion Gravy

## INGREDIENTS

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8 Pork & Black Pudding Sausages [PK085](#)

400ml Demi Glaze Beef Stock [SB224Z](#)

30g Kerrygold Butter [DY173](#)

1 Onion [VW707](#)

15g Caster Sugar [Z313002](#)

15g Millers Plain Pastry Flour [490048](#)

10g Parsley [490066](#)

6 Rooster Potatoes [VW748](#)

100ml Full Fat Milk [DY232](#)

Salt & Pepper to Taste

## METHOD

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**1** To make the mash, peel the potatoes and boil in salted water until tender then purée. Heat the milk and half of the butter and stir into the mash, season well and reserve.

**2** To make the gravy, heat the remaining butter in a large frying pan. Add the onion and sugar and cook over a low heat for 15 minutes until the onion is soft and browning.

**3** Add the flour to the onion, and cook into the onions. Add the stock slowly. Bring to the boil, then reduce the heat and leave to simmer until thickened.

**4** Pan fry the sausages until brown on all sides then finish in the oven at 160 degrees .

**5** Serve the sausages on the mash with a little of the gravy.



# Braised Beef Cheek

## INGREDIENTS

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- 10 Beef Cheeks Irish [BF131](#)
- 3 Shallot Banana [VW801](#)
- 2 Garlic Cloves [VW733](#)
- 3 Carrots [VG878](#)
- 1 Celery [VW809](#)
- 2 Leeks [VW787](#)
- 1lt Red Cooking Wine [AL914](#)
- 300g Chopped Tomatoes [TM139](#)
- 1.5lt Brown Veal Stock [G129](#)
- Sprig of Thyme [491013](#)
- Sprig of Rosemary [491011](#)
- 2 Bayleaf [HB554](#)

## METHOD

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- 1 Pre heat oven to 160 degrees.
- 2 To braise the cheeks, heat some oil in a pan, season the meat and seal them on all sides until coloured. Remove them from the pan and set aside.
- 3 In the same pan, sweat off the shallots, garlic and remaining vegetables. Add the red wine, tomatoes and veal stock and simmer.
- 4 Place the beef into the liquid in a tray with the herbs and braise for 2 1/2 hours.
- 5 Once the beef cheek is ready remove them from the tray.
- 6 Strain the cooking liquid and reduce to make the sauce.
- 7 Serve with creamed mashed potato and roasted root vegetables.



# Braised Lamb Shanks

## INGREDIENTS

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12 Slaney Valley Lamb Hind Shanks [LM632](#)

100ml Rapeseed Oil [490138](#)

3 Onions [VW707](#)

8 Garlic Cloves [VW733](#)

4 Carrots [VG878](#)

2 Leeks [VW787](#)

2 Celery Sticks [VW809](#)

60g Tomato Paste [Z410](#)

1.5ly Dungarvan Beer Red Ale [AL515](#)

4 Shallots Banana [VW801](#)

3 Sprigs of Thyme [491013](#)

400ml Red Cooking Wine [T212](#)

## METHOD

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**1** Heat the oil in a heavy bottomed pan and fry the lamb shanks until browned. Remove them and place to one side.

**2** Add the onions, leek, celery and 5 garlic cloves and fry. Then add the carrots and tomato paste and brown them.

**3** Place the shanks back into the pan and add the beer followed by enough water to cover them.

**4** Bring to simmering point and cook, cover with a lid until the meat comes away from the bone (about 1.5 hours).

**5** To make the sauce for the lamb strain off the cooking liquid and set to one side to settle and remove the fat. Fry the shallots, thyme and 3 garlic cloves, add the wine and reduce. Add the skimmed stock and reduce until sauce consistency, season to taste and strain.

**6** Serve with creamed potatoes and root vegetable puree.



# Southern Fried Chicken Goujons and Chips

## INGREDIENTS

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4 Southern Fried Chicken Goujon's [CC811Z](#)

150g French Fries [VP759Z](#)

30ml Kenny's Tomato Ketchup [MS153](#)

## METHOD

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- 1** Cook the goujons in a pre-heated oven at 180 degrees or in a deep fat fryer at 180 degrees until cooked through and golden.
- 2** Deep fry the chips at 180 degrees until crisp.
- 3** Serve in a takeaway box with a side portion pot of tomato ketchup.



# Chicken Curry Served With Steamed Rice and Crisp Poppadoms

## INGREDIENTS

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- 50ml Rapeseed Oil [490138](#)
- 2 Large Onions [VW707](#)
- 4 Garlic Cloves [VW733](#)
- 2.5kg Diced Chicken Breast [C225](#)
- 3lt Knorr Medium Curry Sauce [Z414373](#)
- 550g Mango Chutney [89121](#)
- 24 Sharwoods Poppadoms [Z414127](#)
- 1200g Basmati Rice [490967](#)
- 1tsp Flaked Almonds [5874](#)
- 1tsp Coriander [490071](#)

## METHOD

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- 1 Heat the oil in a pan, add the onions and garlic and cook until the onions are soft and golden brown in colour.
- 2 Add the chicken and cook until browned
- 3 Add the medium curry sauce and simmer until the chicken is cooked through.
- 4 Meanwhile cook the rice in boiling salted water.
- 5 Serve with a sprinkle of coriander, toasted almonds, poppadoms and a little mango chutney on the side.



# Cod Bites and Chips

## INGREDIENTS

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- 5 Chunky Battered Cod bites [FS968Z](#)
- 150g French Fries [VP759Z](#)
- 30ml Kenny's Tomato Ketchup [MS153](#)
- 1 Per Fish and Chip Box [PD8175](#)

## METHOD

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- 1 Deep fry the cod bites at 180 degrees until cooked through and golden.
- 2 Deep fry the chips at 180 degrees until crisp.
- 3 Serve in a corrugated fish box with a portion pot of tomato ketchup.





# Irish Nature Beef Striploin, Gratin, Greens Beans And A Red Wine Jus

## INGREDIENTS

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2 Irish Nature Beef Striploin Steaks [493727](#)

400g Potato Gratin [VG139](#)

Sea Salt and Black Pepper

60g Smoked Bacon Pieces [BC103](#)

6 Shallots [VW801](#)

3 Garlic Cloves [VW733](#)

200g Green Beans [VW700](#)

3 Carrots [VG878](#)

100g Kerrygold Butter [DY173](#)

1 Celery Stick [VW809](#)

1 Leek [VW787](#)

50ml Rapeseed Oil [490138](#)

700ml Red Cooking Wine [T212](#)

1.5lt Brown Veal Stock [G129](#)

## METHOD

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**1** For the beans, fry off the lardons in a little oil until crisp. Add 50g of butter followed by the shallots and 2 garlic cloves.

**2** Cook the beans in boiling salted water until al dente, toss them in the lardons, shallot, garlic and butter, season with sea salt and serve.

**3** Divide the gratin into 400g tubs, for two portions.

**4** To make the jus, heat a heavy bottomed pan and add a little oil, when the oil heats add the chopped vegetables sweat until coloured and then add the wine. Reduce by two thirds. Add the stock and the bouquet garni and simmer until reduced again by two thirds. Season and strain through a fine sieve and serve.

**5** Heat a frying pan until you see some smoke appearing from the pan. Meanwhile, season the steak on both sides with sea salt and freshly cracked black pepper.

**6** Put the steak on the pan and cook until one side is coloured, turn the steak and repeat the process until cooked to your liking.

**7** Once the steak is cooked, allow it to sit for 5 minutes for the meat to rest, then serve with sides.



# Fillet of hake In A Crisp Batter With Mushy Peas, Tartare Sauce & Chips

## INGREDIENTS

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- 2kg Hake Fillets [FS839Z](#)
- 2kg French Fries [VP759Z](#)
- 300g Millers Plain Pastry Flour [494408](#)
- Ballygowan Sparkling Water [Z918805](#)
- Maldron Sea Salt to Taste [490054](#)
- 300g Garden Peas [3205](#)
- 20ml Extra Virgin Olive Oil [OL102](#)
- Juice of 1 Lemon [FW611](#)
- 400g Colemans Tartare Sauce [Z418601](#)
- 1 Per Fish & Chip Box [PD8175](#)

## METHOD

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- 1 To make the mushy peas, cook the peas in boiling water for 5 mins. Drain them, then break them up with the back of a fork. Mix in the oil, lemon juice and sea salt and set aside.
- 2 Cut the hake fillets into 10 x 200g pieces.
- 3 Whisk the sparkling water and flour until smooth and season with sea salt.
- 4 Put flour onto a tray. Dip the fillets into the flour, then into the batter and deep fry at 180 degrees until cooked through and crisp.
- 5 Serve with chips and tartare sauce.



# Lamb Stew

## INGREDIENTS

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2.5kg Diced Lamb [LM105](#)

2 Large Onions [VW707](#)

1 tbsp Vegetable Oil

3 Garlic Cloves [VW733](#)

8 Carrots [VG878](#)

1 Leek [VW787](#)

50g Pearl Barley [Z433009](#)

10 Mini Potatoes [VW709](#)

Sprig of Thyme [491013](#)

1 Bayleaf [HB554](#)

3 tbsp Parsley [490066](#)

## METHOD

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**1** Place the meat in a pot then cover it with cold salted water. Bring to the boil, drain and rinse the lamb.

**2** In a fresh pot, sweat off the onions, leek and garlic until soft. Add the meat, carrots, bayleaf and thyme and cover with water. Simmer the stew for an hour. Skim off the foam as it appears.

**3** Add the potatoes and continue cooking until they're al dente.

**4** When the meat and vegetables are cooked, stir in the chopped parsley and adjust the seasoning.

**5** Serve with some creamy mash potatoes.



# Pork & Black Pepper Sausages With Creamy Mash & Onion Gravy

## INGREDIENTS

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8 Pork & Black Pepper Sausages [PK039](#)

400ml Demi Glaze Beef Stock [SB224Z](#)

30g Kerrygold Butter [DY173](#)

1 Onion [VW707](#)

15g Caster Sugar [Z313002](#)

15g Millers Plain Pastry Flour [490048](#)

10g Parsley [490066](#)

6 Rooster Potatoes [VW748](#)

100ml Full Fat Milk [DY232](#)

Salt & Pepper to Taste

## METHOD

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**1** To make the mash, peel the potatoes and boil in salted water until tender then purée. Heat the milk and half of the butter and stir into the mash, season well and reserve.

**2** To make the gravy, heat the remaining butter in a large frying pan. Add the onion and sugar and cook over a low heat for 15 minutes until the onion is soft and browning.

**3** Add the flour to the onion, and cook into the onions. Add the stock slowly. Bring to the boil, then reduce the heat and leave to simmer until thickened.

**4** Pan fry the sausages until brown on all sides then finish in the oven at 160 degrees .

**5** Serve the sausages on the mash with a little of the gravy.



# Seafood Pie

## INGREDIENTS

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- 260g Kerrygold Butter [DY173](#)
- 2 Large Onions [VW707](#)
- 3 Garlic Cloves [VW733](#)
- 5 Carrots [VG878](#)
- 2 Celery Sticks [VW809](#)
- 1 Leek [VW787](#)
- 2kg Seafood Mix [FS105](#)
- 80g Parsley [490066](#)
- 100g Millers Plain Pastry Flour [494408](#)
- 1.5lt Fish Stock [Z414437](#)
- 1 Lemon [FW611](#)
- 5 Sprigs of Thyme [491013](#)
- 10 Rooster Potatoes [VW748](#)
- 200ml Fresh Cream [DY228](#)
- 2 Egg Yolks [EG106](#)
- Salt and Pepper to Taste

## METHOD

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- 1 Firstly make the velouté, melt 80g of butter, add the flour, little by little, stirring as you go. Use a wooden spoon to stir in the flour at this stage. When all of the flour is stirred in it should have a sandy texture. Cook the mix out for 10 minutes, stirring occasionally.
- 2 After ten minutes, slowly add the boiling fish stock to the roux, whisking as you pour. When the liquid is all in the pot add the lemon zest, juice and thyme cook gently for 30 minutes.
- 3 Sweat the onion and garlic in 100g of butter for 2-3 minutes., add the leek and sweat for another 2 minutes, followed by the carrots. Cook the vegetables for a further 3 minutes then add the seafood mix. Seal the seafood and pour on the velouté, just enough to cover the pie filling. Add the parsley and season.
- 4 For the mash, boil or steam the potatoes until cooked and mash them. Heat the cream and 80g of butter in a pot and add them to the potatoes. Add the egg yolk and mix thoroughly. Season the mash to taste.
- 5 Put the seafood mix into an oven proof dish and pipe the mashed potatoes on top. It's best to do this while the potatoes are hot. The pie can also be cooled and kept for later.



# Irish Beef Lasagne

## INGREDIENTS

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9 Cloughbane Beef Lasagne [490293](#)

450g Lettuce Mixed Leaf [SL327](#)

27 Vine Cherry Tomatoes [SL291](#)

1 Cucumber [VW705](#)

30g Pumpkin Seeds [10844](#)

250ml Extra Virgin Olive Oil [OL102](#)

80ml White Wine Vinegar [VR106](#)

Maldron Sea Salt to Taste [490054](#)

2kg French Fries [VP759Z](#)

## METHOD

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**1** Cut the lasagne into 9 portions.

**2** To re-heat, place on a tray in an oven at 180 degrees for 10 to 15 minutes.

**3** Decant into the takeaway container.

**4** For the vinaigrette, whisk the oil, vinegar and sea salt into a bowl and decant into take away dip containers.

**5** For the salad, toss the leaves together and place in a salad bowl if the lasagne is sold hot, or into the take away tray alongside the lasagne if being served cold.



# LAMB JALFREZI

## INGREDIENTS

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- 2.5kg Traditional Irish Stew Lamb Diced [LM105](#)
- 1 tbsp Vegetable Oil
- 4lt Knorr Pataks Sauce Jalfrezi RTU GF [Z414423](#)
- 2 Onions Large (Finely Diced) [VW707](#)
- 3 Red Peppers (Diced) [VW771](#)
- 4 Tomatoes (Diced) [TM193](#)
- 2 Red Chillies (Sliced) [VW757](#)
- 50g Coriander (Chopped) [490071](#)
- 1 Round Plain Naan Bread [BR482Z](#)
- 100g Veetee Rozana Basmati Rice [490967](#)
- 50g Compsey Natural Yoghurt 3% [YT476](#)

## METHOD

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- 1 Place the meat in a pot then cover it with cold salted water. Bring to the boil, drain and rinse the lamb.
- 2 In a fresh pot, cover the lamb with cold salted water and simmer until it's tender.
- 3 Meanwhile, sweat off the onions and peppers until they're al dente, then add the sauce to the pot to simmering.
- 4 When the lamb is tender, add to the sauce and vegetables.
- 5 Add the diced tomato to the sauce.
- 6 Serve with boiled basmati rice, some sliced red chillies, chopped coriander and a side pot of natural yoghurt.



# Veef Burger With Cheese, Roasted Pepper Relish & A Pickled Slaw

## INGREDIENTS

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- 4 Loughnanes Veef Burgers [493002](#)
- 4 Kaiser Seeded Burger Buns [BR447Z](#)
- 1 Beef Tomato [TM196](#)
- 60g Rocket [SL326](#)
- 4 Violife Cheese Slices [122001](#)
- 80g Kenny's Vegan Mayonnaise [MS637](#)
- 80g Roasted Pepper Relish [Z703](#)
- 250g Coleslaw Dry Mix [VP793](#)
- 1 Red Onion [VW401](#)
- 15g Santa Maria Pickling Mix [Z494073](#)

## METHOD

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- 1 In a bowl, combine the pickling mix, red onion and coleslaw mix. Cover with cling film and allow to chill for one hour.
- 2 To cook the burger, pan fry until coloured on each side, then place into the oven at 160 degrees until cooked to your liking.
- 3 Once the burger is cooked, top it with sliced tomato and a slice of violife cheese and place back into the oven for 30 seconds until the cheese starts to melt.
- 4 Meanwhile, toast the Kaiser buns.
- 5 Put some mayonnaise on the bottom slice of the bun and fire roasted pepper relish on the top slice.
- 6 Remove the burger from the oven and place onto the bun, followed with some rocket and pickled slaw and serve.