



Cookery Demonstration

Recipes

*A Gift
from Neven*



With Celebrity Chef
Neven Maguire

Welcome!

I'm genuinely delighted to have you here today for my cookery demonstration and hope you thoroughly enjoy it. Please accept this booklet as a token of my appreciation. I have picked a selection of recipes from 'The Nation's Favourite Food.'

In my fantastic new cookbook, I have assembled my all-time top 100 recipes. These are my tried and tested definitive versions of the food Ireland makes every day of the week. Each section contains 5 absolute classics, so you won't be overwhelmed by choice, but rather, you will be inspired to learn the recipes off-by-heart as you make them over and over again. The Nation's Favourite Food will become the most hard-working thing in the kitchen - so you don't have to be!

Neven



Cookery School

I am very excited to be working on my new cookery school at the moment. A cookery school has been a dream of mine for many years so it is a great achievement to finally see it come to life. My cookery school will appeal to everyone who enjoys cooking good food for friends and family. We will be taking bookings later in the year so watch out for more news on the cookery school through my web site www.nevenmaguire.com and facebook page.

Vera's Seafood Chowder

This is a very filling soup that is actually a recipe of my mum's that we have been making on and off in the restaurant for years. Use the very best quality fish and shellfish for the best flavour.

Serves 6

- 1 tbsp rapeseed oil
- 1 tbsp butter, softened
- 2 large potatoes, cut into 1cm (1/2in) dice
- 1 small onion, cut into 1cm (1/2in) dice
- 1 carrot, cut into 1cm (1/2in) dice
- 1/2 small leek, cut into 1cm (1/2in) dice
- 1 tbsp plain flour

- sea salt and freshly ground black pepper
- 150ml (1/4 pint) dry white wine
- 300ml (1/2 pint) fish stock
- 100g (4oz) skinless salmon fillet, cut into cubes
- 100g (4oz) smoked coley fillet, cut into cubes
- 100g (4oz) cooked mussel meat
- 100g (4oz) cooked peeled prawns
- 150ml (1/4 pint) Avonmore cream
- 1 tsp chopped fresh flat-leaf parsley
- 1 tsp chopped fresh dill
- 1 tbsp parsley oil, to garnish
- fresh micro salad, to garnish

Method

Heat the oil in a large pan over a medium heat and then add the butter. Once it stops sizzling, tip in the potatoes, onion, carrot and leek and cook over a medium for 5 minutes or until softened but not coloured. Add the flour and cook on a low heat for 2 minutes, stirring continuously. Season to taste

Gradually pour the wine into the pan and allow it to bubble down, stirring continuously. Add the stock and bring to the boil. Reduce the heat and simmer for 5 minutes. Stir in the salmon and coley and simmer for 5 minutes, then add the mussel meat, prawns and cream and simmer for another 2-3 minutes, until warmed through. Stir in the herbs and season to taste.

To serve, ladle the soup into warmed bowls and garnish each one with the parsley oil and micro salad.

Cook Ahead

This soup can be made up to 24 hours in advance and kept covered in the fridge. Just be careful when reheating not to allow it to come to the boil or the fish will lose its texture.

Spicy Chicken Salad with Mango Salsa

This is a great rustic salad that everyone seems to enjoy. The chicken can be prepared well in advance, ready to deep-fry at the last minute. If you don't fancy the mango salsa, try serving it with an avocado and tomato salsa.

Serves 4

- 4 slices of day-old white bread, crusts removed
- 2 tsp medium curry powder
- 2 tsp mild chilli powder
- 2 tsp sesame seeds
- 1 tbsp chopped fresh flat-leaf parsley
- 50g (2oz) plain flour
- 2 eggs
- 2 tbsp Avonmore milk
- 4 skinless chicken breast fillets, cut into strips lengthways
- vegetable oil, for deep-frying
- 100g (4oz) mixed baby salad leaves
- 1-2 tbsp rapeseed oil
- 1 tsp balsamic vinegar

- sea salt and freshly ground black pepper
- balsamic Avonmore cream, to serve

Mango salsa:

- 1 ripe mango, peeled and finely diced (stone removed)
- 1 small roasted red pepper, peeled, seeded and diced
- finely grated rind and juice of 1 lime
- 2 tbsp sweet chilli sauce
- 1 tbsp rapeseed oil
- 1 tbsp chopped fresh coriander
- 1 tbsp chopped fresh basil

Method

To make the mango salsa, place the mango in a bowl and stir in the roasted red pepper, lime rind and juice, sweet chilli sauce, oil, coriander and basil. Season to

taste. Cover with clingfilm and set aside at room temperature until needed.

Place the bread in a food processor or liquidiser and whizz to fine crumbs. With the motor still running, add the curry powder, chilli powder, sesame seeds and parsley and blend until just



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combined. Tip into a shallow dish and season well.

Place the flour on a plate. Beat the eggs and milk together in another shallow dish. Toss the chicken strips in the flour until well coated, shaking off any excess, then dip into the egg mixture and coat in the flavoured breadcrumbs. Heat a deep-fat fryer to 160°C (325°F) or half-fill a deep-sided pan with vegetable oil. Cook the breaded chicken strips in batches for 6-8 minutes, or until cooked through and golden brown. Drain on kitchen paper and keep warm in a low oven while you cook the rest.

Meanwhile, dress the salad leaves with the rapeseed oil and balsamic vinegar and season to taste. To serve, spoon a little balsamic cream into the middle of each warmed serving plate and add a mound of the spicy chicken.

Spoon the mango salsa around the outside and put the dressed salad leaves on top.

Caramelised Pork Belly with Honey and Ginger Sauce

Ask your butcher for pieces of pork belly that are between 5-7.5cm (2-3in) thick. The best ones come from the front belly for a good balance of meat and fat. The way to tell is to look at how much lean meat is layered with the fat and choose a slab that's about 50/50 lean to fat and ensure that it is well trimmed down. This dish works best if you start it 24 hours in advance.



Serves 6

- 2 tbsp rapeseed oil
- 1.5kg (3lb) pork belly, boned and rolled
- 2 carrots, diced
- 1 onion, diced
- 1.2 litres (2 pints) beef stock
- 600ml (1 pint) red wine
- 600ml (1 pint) freshly pressed apple juice
- 2 garlic cloves, crushed
- 2 fresh thyme sprigs
- 2 fresh rosemary sprigs
- 1 tsp softened butter
- 4 tbsp clear honey
- 4 tbsp dark soy sauce
- 2 star anise
- wilted spinach, to serve

- honey and ginger sauce, to serve
- creamy mashed potatoes, to serve

Method

Preheat the oven to 160°C (325°F/gas mark 3). Heat 1 tablespoon of oil in a heavy-based pan over a medium heat. Add the pork belly and brown all over, turning regularly with tongs. Transfer to a casserole dish. Add the carrots and onion to the pan and cook for a further 5 minutes, until golden brown, stirring regularly to ensure they cook evenly.

Tip the vegetables over the seared pork belly and stir in the beef stock, red wine, apple juice, garlic and herbs. Cover tightly with a lid or foil and bake for 3 hours, until the pork belly is meltingly tender. Remove from the oven and leave to sit for 1 hour in the braising juices, then remove, cut the string and wrap

twice in tin foil. Reserve the braising juices to use in the sauce. This is all best done 24 hours in advance. To reheat the pork belly, put a large frying pan on a medium heat with the remaining tablespoon of oil and the butter.

Cut the pork into 12 even-sized slices and arrange in a single layer in the heated frying pan – you may have to do this in batches. Cook for 2–3 minutes on each side, until just golden. Transfer to a plate and keep warm. Add the honey, soy sauce and star anise to the pan and allow to bubble down for 1–2 minutes, until syrupy. Return the pieces of pork belly to the pan and cook for another 3–4 minutes, basting regularly, until sticky and caramelised.

To serve, place 2 slices of the caramelised pork belly on each

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warmed serving plate and add some wilted spinach. Spoon the honey and ginger sauce alongside the pork belly and serve the mashed potatoes in a separate warmed dish.

Sticky Toffee Pudding and Salted Whiskey Butterscotch Sauce

In the restaurant we sometimes serve individual sticky toffee puddings for lunch. It's derived from a recipe my mum often made for Sunday lunch and is still a firm favourite with our family. I just love the combination of hot pudding and sauce against the cold ice cream. Sticky toffee pudding is a

classic. When I made it on TV for Home Chef, I really noticed how many people in the restaurant asked for it. It's traditionally thought of as a heavy dessert, but this is a light version. I like to use Medjool dates. They're more expensive but worth it for this dessert. I love their sticky caramel texture and taste.

Serves 8

- 200g (7oz) butter, at room temperature
- 175g (6oz) self-raising flour, plus extra for dusting
- 175g (6oz) Medjool dates, stoned and roughly chopped
- 1 tbsp dark rum
- 1 tsp bicarbonate of soda
- 175g (6oz) light brown sugar
- 1/2 vanilla pod, split in half and seeds scraped out



- 2 eggs, beaten
- 1 tsp vanilla extract
- salted whiskey butterscotch sauce, to serve
- caramel foam ,to serve
- vanilla ice cream to serve
- toasted chopped pecan nuts, to serve
- melted plain chocolate, to decorate
- fresh raspberries, to decorate
- fresh mint sprigs, to decorate

Method

Preheat the oven to 180°C (350°F/ gas mark 4). Melt 50g (2oz) of the butter in a small pan or in the microwave and use to brush the insides of 8 x 200ml (7fl oz) small pudding bowls, then lightly dust with a little flour, shaking out any excess. Set aside until needed.

Place the dates in a pan with 300ml (1/2 pint) water and the rum. Bring to the boil, then reduce the heat to a simmer and cook for about 5 minutes, until the dates are soft. Add the bicarbonate of soda to the date mixture, which will cause it to foam up, then set aside to cool a little. Place the date mixture in a food processor and blend for 2 minutes. Pour into a bowl.

Meanwhile, cream the sugar, the remaining 150g (5oz) of the butter and the vanilla seeds together in a bowl for about 10 minutes, until light and fluffy. Add 1 tablespoon of the flour to the butter and sugar mixture, then slowly add the eggs and beat well to combine. Add the blended date mixture with the remaining flour and the vanilla extract and combine everything gently to give a smooth dropping consistency.

Pour the pudding batter into the prepared pudding bowls and arrange on a baking sheet, then bake for 35-40 minutes, until slightly risen and firm to the touch.

To serve, leave the puddings to settle for a minute or two before turning out onto warmed plates. Spoon over the salted whiskey butterscotch sauce and finish with a scoop of ice cream to each one with a little of the chopped pecans underneath to prevent the ice cream from slipping around the plate. Decorate with the melted chocolate, raspberries and mint sprigs.

Cook Ahead

The puddings can be made up to 2 days in advance once they been cooked and kept covered in the fridge until needed. To serve, just warm them through in the oven for about 10 minutes. This sauce will keep for 2 weeks in fridge.

Salted Whiskey Butterscotch Sauce

Makes about 120ml (4fl oz)

- 100g (4oz) caster sugar
- 25g (1oz) butter, diced
- 100ml (3 1/2fl oz) Avonmore cream
- 2 tbsp Irish whiskey
- 1 vanilla pod, split in half and seeds scraped out
- 1 tsp sea salt flakes

Bring the sugar and 200ml (7fl oz) water to the boil, stirring until the sugar has dissolved. Reduce the heat and simmer for 15–20 minutes, until reduced by a quarter and syrupy.

Add the butter, cream, vanilla seeds, salt and whiskey to the caramel, stirring until combined, then simmer gently for another 5 minutes, until thickened. Leave to cool for 10–15 minutes, until thickened a little further.

This is ready to serve warm or transfer to a bowl and leave to cool completely, then cover with clingfilm and keep in the fridge until needed. This can also be put in a squeeze bottle. Use warm or cold as required.

Cook Ahead

This will keep happily for up to 1 week covered with clingfilm in the fridge.

Spun sugar Curls

- 225g (8oz) caster sugar
- 1 tbsp powdered glucose

Place the sugar, glucose and 250ml (9fl oz) of water into a heavy-based pan. Bring to the boil and then reduce the heat and simmer for 15–20 minutes until you have achieved a golden caramel colour. The sugar syrup should be a thick honey consistency but not too runny. It thickens a little as it cools so if it gets too thick, then simply heat it again and it will loosen fairly instantly. Using a clean, small metal spoon and a knife-sharpening steel, dip the spoon into the caramel and lift it out again, then twist it around the steel to create some sugar curls, working very carefully as the caramel is extremely hot.



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