

## SODA BREAD

MAKES 4 LOAVES



### INGREDIENTS

100g Plain flour

355g Wholemeal flour

30g Unsalted butter  
(Diced at room temp)

1 Tbsp sodium bicarbonate

1 Tbsp Table salt

1 Tbsp treacle, or brown sugar or  
honey

Buttermilk to bind the mix,  
approximately 300-400 ml

### METHOD

1. Mix flours, salt, sodium bicarbonate.
2. Add the butter and crumble through the flours.
3. Add sugar to buttermilk and add slowly until incorporated, the dough shouldn't be too wet or too dry.
4. Roll the dough into a cylinder shape and cut into 4 even quantities.
5. Shape into a ball shape and cut an x into the top of the bread.
6. Brush some butter onto a tray and place the soda bread on the tray and dust on-top with some flour.
7. Cook in a preheated oven at 210°C (Gas between 7 and 8), for 20 minutes.
8. Check with a knife that it's cooked though the middle before taking out of the oven.
9. Rest for 30 minutes before serving.

# CELERIAC SOUP

SERVES 4



## INGREDIENTS

50g Butter

1 onion finely diced

4 garlic cloves

2 sprigs of thyme

1 celeriac washed, peeled and diced

1L of vegetable stock or just use water if not available

100g Crème fraîche or double cream

(50g Roasted walnuts and fresh diced apple - optional for texture )

Salt and pepper to season.

## METHOD

1. Add the butter to a pot and then add the celeriac, caramelize evenly in the butter.
2. Add the garlic, onion and thyme and cook for 15 minutes, cook all the vegetables until soft.
3. Add the stock or water and a little salt.
4. Cook for 30 minutes on gently heat.
5. Add the Crème fraîche or double cream and blend in a blender until smooth, add water if needed to make correct pouring consistency.
6. Season, pour in serving bowl and top with roasted walnuts and some freshly diced apple if available.

## OTHER GREAT OPTIONS FOR THE CELERIAC

- Celeriac gratin, onions, garlic, cream and cheese
- Celeriac mash
- Raw celeriac grated, salt, olive oil, lemon and Sherry vinegar
- Celeriac cooked with cumin and purée, lemon, chilli, olive oil
- Madras spiced or spice mix available mixed with butter, then roast the diced celeriac and finished with roasted almonds and coriander.
- Celeriac dip, mustard, egg yolk, lemon juice and zest, chilli or paprika, veg oil and olive oil and grated celeriac, blitz in a blender and season.

# BRAISED BEEF FEATHER BLADE

SERVES 4

## INGREDIENTS

### Braising the Beef

700g piece of beef featherblade  
2 large onions  
2 carrots  
5 crushed garlic cloves  
2 sprigs of thyme  
2 large spoons of tomato purée  
1 large tablespoon of plain flour  
200 ml of red wine  
2 litres Beef stock or water  
Vegetable oil, salt and pepper

## METHOD

1. Peel and cut the onions in half, wash and peel the carrots and chop them into quarters.
2. Peel the garlic cloves.
3. Heat a sauté pan and caramelize the onions face down, blacken one side of the onion, then add the carrots and caramelize them also.
4. Add these to a Le Creuset casserole or a large type pot for stewing.
5. Add the garlic and thyme to the pot.
6. Next add the beef to the sauté pan and brown on all sides.
7. Add the tomato paste and flour cook out for 3 minutes, then add the wine to deglaze the pan.
8. Add the beef, tomato paste and wine to the Le Creuset pot, add salt and pepper and cover with stock or water.
9. Place the lid on and cook on 170 degrees for 4 hours, that's gas mark 3 on a gas oven.
10. For best results the featherblade should be kept to cool in the cooking liquid so it reabsorbs some of the liquid it loses during cooking.

Sauté the onions and garlic until soft in the butter.

Braising and stewing is an ancient method of cooking meats; in Ireland the Celts introduced bronze cauldrons along with spits which became a great cooking technique for many centuries and one that brought immense warmth into homes during the colder months.

As a medium for cooking tougher cuts of meats, braising is gastronomic alchemy. It creates layers of flavour that are utterly delicious. The perfect braise is one that is moist, tender and full of flavour, the ultimate comfort food and a richness and aroma that lifts spirits.

It can also be prepared the night before and used the next day for a perfect lunch.

I've given a basic recipe for this technique but one can certainly use various root vegetables during the cooking process, depending on ones larder.

# CELERIAC GRATIN

SERVES 4

## INGREDIENTS

500g sliced celeriac  
1 onion sliced  
3 cloves of garlic sliced  
1 sprig of thyme chopped  
400ml double cream  
200ml Milk  
30g butter  
100g emmental or cheddar cheese  
Salt, pepper and nutmeg

## METHOD

1. Sauté the onions and garlic until soft in the butter.
2. Add the celeriac slices and cook for 3 minutes, mixing all ingredients well.
3. Add the milk, cream and chopped thyme.
4. Cook until the celeriac has absorbed some of the milk and cream and has just started to get soft.
5. Season with salt, pepper and nutmeg to taste.
6. Place in a gratin cast iron dish or similar.
7. Cover with grated cheese and then bake in the oven at 180 degrees or gas mark 4.
8. Cook for approximately 20 minutes or until nice and golden on top.

# CELERIAC MASH

SERVES 4

## INGREDIENTS

300g Celeriac diced

1 large peeled potato (cut into the same size dices as celeriac)

3 cloves of peeled garlic

1 sprig of thyme

30g butter

100ml milk or Crème fraîche

Salt and pepper

## METHOD

1. Cook the celeriac, potatoes, garlic, thyme in salted water.
2. Once the vegetables are soft, pass and dry in a colander; if you feel that the vegetable appear to have too much water then you can place them back in the dry pot for a few minutes on a low heat to dry out.
3. Remove the thyme sprig.
4. Using a vegetable masher or preferably a potato ricer crush the vegetables.
5. Add the butter and warmed milk.
6. Season to taste with salt and pepper and serve.