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The Taste Kerry “Real” Irish breakfast

**A real Irish breakfast has to be made using the best of Irish produce.
And this breakfast certainly ticks all of those boxes!
I prefer to grill the breakfast items but you can fry them if you wish.**

Serves 1

**2 Ashes pork sausages
2 Ashes smoked or dry cured Bacon rashers
2 Slices of Ashes black pudding or 1 Slice of Sneem black pudding
1 free range egg
2 slices of Bacus Artisan bread of your choice**

- 1. Preheat your grill to a medium heat.**
- 2. Place the sausages on a grill pan.**
- 3. Place the sausages under the grill.**
- 4. Grill the sausages for 3-4 minutes on each side until cooked through.**
- 5. Remove the sausages and tomato and sausages from the grill pan and keep warm.**
- 6. Grill the bacon and pudding for 2-3 minutes on each side until cooked through.**
- 7. Fry the egg with a little oil in a non stick frying pan.**
- 8. Serve with Harrington’s or Barry’s brown soda bread and butter.**

Fenit Leek and potato soup with Star sea foods smoked haddock

Serves 4

Leek and potato soup is a timeless classic.

You need good quality Potatoes and leek to make this soup special.

What we have done at Taste Kerry is add a little twist by serving it with some super Daly's smoked haddock.

As with all soups the secret is not to over cook them

1 small knob of butter or 1 tbsp olive oil

1 medium onion, chopped

1 garlic clove, finely chopped

250g Feint potatoes, peeled and chopped

2 leeks, tough green end removed, chopped

1.2 litres vegetable stock

1 sprig of fresh thyme (optional)

150ml cream of milk

salt and freshly ground pepper

200g Star sea foods smoked haddock

2 tbsp chopped fresh parsley

Artisan bread of your choice

- 1. Prepare and wash the vegetables and potatoes.**
- 2. Add the butter or olive oil to a thick bottomed pan.**
- 3. Place on a medium heat.**
- 4. Add the onions, fresh thyme and garlic to the pan and cover with a lid.**
- 5. Cook slowly without allowing the vegetables to go brown, until fully soft. This can take 6-10 minutes depending on how fine you have chopped the onions.**
- 6. When the onions are soft add the chopped leeks and cook for a further 3 minutes.**
- 7. Add the potatoes and vegetable stock.**
- 8. Bring to the boil and then reduce to a simmer.**
- 9. Simmer the soup until the potatoes are fully cooked (approx 12-15 minutes)**
- 10. Add the milk or cream and return to a boil.**
- 11. Blend the soup either with a hand blender or in a liquidiser.**
- 12. Return to the pan bring to the boil.**
- 13. Chop the smoked haddock into big chunks and add to the soup.**
- 14. Simmer the soup for 4-5 minutes until the haddock is cooked through.**
- 15. Season with a little salt and pepper and serve.**
- 16. Sprinkle with a little chopped parsley.**
- 17. Serve with bread of your choice from any of the Taste Kerry bakeries.**

Taste Kerry Moreish Nibbles

Finger food parties are an impressive way of entertaining.

Crostini are easy to make and you can top them with pretty much anything you.

Try these tasty nibbles next time you have a group of friends or family over.

For the crostini

2-3 tbsp olive oil

Bread of your choice from any of the Taste Kerry bakeries, cut into 16 small pieces

1. Pre-heat your oven to 200c/gas mark 6
2. Place the bread into a bowl and add the olive oil.
3. Toss the bread through the olive so that it is well coated with the oil.
4. Lay the bread on a tray and bake in the oven for 7-9 minutes until crispy and a little golden.
5. Remove the bread from the oven and leave on the tray to cool. This will ensure the bread will become nice and crispy.

Sneem black pudding crostini with brie and Hartys cranberry jelly

Serves 8 as finger food

4 slices of Sneem black pudding cut into ¼'s

100g Irish Brie

Harty's Cranberry jelly

16 peices of crostini (see recipe)

1. Top each crostini with a piece of the Sneem pudding.
2. Top the pudding with a little Harty's Cranberry jelly and a small piece of the Brie cheese
3. Pop into a hot oven for 4-5 minutes until the pudding is piping hot.

Daly's salmon gravlax, with scallions and Hartys ginger pepper jelly

Serves 8 as finger food

16 pieces of crostini (see recipe)

200g Daly's salmon gravlax

1 bunch of scallions, sliced

Harty's ginger pepper jelly

Ground black pepper

1. Top each crostini with a small slice of gravlax
2. Sprinkle of a few sliced scallions
3. Top each crostini with a small amount of Harty's ginger pepper jelly
4. Grind a little black pepper over each crostini

Mini open sandwich of Quinlans crab meat and pickled sea vegetables

Serves 16 as finger food

50g pickled sea vegetables from "On the wild side"
4 slices of Harringtons or Barrys Brown soda bread
Irish Butter
200g Quinlans fresh white crab meat
Salt and freshly ground pepper
2 tbsp mayonnaise
½ tbsp lemon juice

1. Pick through the crab meat ensuring you remove any shell that may be present.
2. Place the crabmeat into a bowl and add the mayonnaise and lemon juice.
3. Mix together and season with salt and freshly ground pepper.
4. Cut the soda bread into ¼'s and top each ¼ with some of the crab mix.
5. Top each mini open sandwich with a few pickled sea vegetables

The Taste Kerry tasting platter

When entertaining let Taste Kerry producers do the hard work for you.
Have platters of Artisan produce on your table and let your guests nibble away all night, whilst sipping on some wine.

There is no easier or tastier way of entertaining
No stress, no burnt pans, just very tasty, locally produced food.

Below is a few suggestions of what to include on your Taste Kerry platter

Daly's hot and cold smoked salmon served with Harty's ginger and red pepper jelly

A selection of Salami, seafood terrine, smoked trout and pickled sea vegetables from "On the wild side" served with Harty's Jelly

Quinlans Crab meat

Smoked Mackerel fillet from "On the wild side"

A selection of locally produced breads

And something sweet.....

At the end of the evening wow your guests with something sweet!

A selection of pastries from petit delice, Barry's or Harrington's Bakery

Shot glasses of Valentia Island Ice cream or sorbet

Skelligs Chocolates Truffles

A selection of Cupcakes or cake pops by Dee

Cheesy pork chops with Ashes black pudding, apple and mustard

Serves 4

8 Local Boneless Pork chops
2 Eating apples, peeled and sliced into 4 slices each
150g Grated cheddar cheese
6 tbsp Lee strand milk
2 tbsp Wholegrain mustard
8 slices of Ashes black pudding
A little olive oil
Salt and freshly ground pepper

1. Pre-heat your oven to 200c/gas mark 6
2. Place the pork chops on a baking tray and season with a little salt and pepper
3. Brush each pork chop with a slice of apple and drizzle with a little oil
4. Place the pork in the oven for 18 minutes then top the chops with the black pudding.
5. Cook for a further 4 minutes.
6. Meanwhile in a bowl, mix together the cheese, mustard and milk.
7. After the 5 minutes cooking, remove the pork from the oven and pre-heat your grill to a high heat.
8. Spoon the cheese, mustard and milk mix over the pork chops and place under the grill until the topping is golden and bubbly. Serve with Fenit potato mash with Scallions.

Strudel of leeks, onion and Fenit Potatoes

Serves 4 as a main course

1 packet of Filo pastry sheets
3 Leeks, washed and finely chopped
1 large onion, finely chopped
6 large Fenit potatoes, washed
2 tbsp Harty's Jalepeno or red pepper Jelly
200g Irish Brie
Salt and freshly ground pepper
2 tbsp toasted pine nuts
Olive oil to brush

1. Pre-heat your oven to 180°C/gas mark 4.
2. Pierce the potatoes with a fork a few times and place on a baking tray. Bake in the oven until just cooked.
3. Allow to cool slightly and then cut in half and scoop the potato from the skin, into a bowl
4. Lightly crush the potato with a fork.
5. Place the chopped onions and leek into a saucepan with 1 tbsp of olive oil or butter.
6. Place on a medium heat and cook slowly, without browning until they are soft.
7. Add the leeks and onions to the bowl with the potatoes and mix through.
8. Add the Harty's Jelly, toasted pine nuts and season with a little salt and pepper.
9. Mix well.
10. Remove from sheet of the filo and cover the rest with a damp tea towel to prevent drying out.
6. Brush each sheet of filo with olive oil and layer them into a pile.
7. Spread the prepared filling in the centre of the filo, covering an area of approx 4 x 12 inches)
8. Fold the sides of the pastry into the centre, then tuck in the ends. Carefully roll the strudel and then turn the strudel over and place on a baking tray, seam side down.
9. Lightly brush the top with a little more olive oil and sprinkle with the sesame seeds.
10. Bake for 35-40 minutes or until the pastry is crisp

Afternoon tea Taste Kerry style

There is no better way to serve afternoon tea than using some of the sweet and savoury delights from the Taste Kerry producers.

A selection of pastries from Petit Delice

Scones from any of our bakeries

Open sandwiches using smoked or cured fish from Daly's, Star seafoods or Quinlans

Open sandwiches using salami and cured meats from On the Wild side or Blair house farm served on any of our bakeries breads.

I love to toast the scones a little so the butter melts.

Honey roast Fenit vegetables with balsamic vinegar and honey

Serves 6

600g parsnips
600g turnip
Salt and pepper
4 tbsp of Olive or sunflower oil
2 tablespoons balsamic vinegar

600g carrots
4 tbsp honey

1. Preheat the oven to 190c
2. Quarter the parsnips lengthwise and remove the woody core from the centre.
3. Cut the carrots and turnip or celeriac into wedges approx the same size as the parsnips.
4. Place in a roasting tray and drizzle with the olive oil and season with salt and pepper, sprinkle with the dried herbs.
5. Heat the oil in a roasting tray on top of the stove.
6. Roast in the oven for 40-45 minutes, remove until they are just cooked. Remove from the oven and stir in the honey and balsamic vinegar.
7. Place back in the oven and roast for a further 2-3 minutes.

Fillet steak with garlic butter and a red onion and ginger jelly relish

Serves 4

For the red pepper relish

4 red onions, peeled and thinly sliced	50g caster sugar
50ml red wine vinegar	50ml red wine
2 tbsp Harty's Red Pepper and Ginger Jelly	

Place the onions and sugar in a heavy based saucepan and cook over a low heat for 10-15 minutes until the onions have softened.

Stir in the red wine and red wine vinegar, bring to the boil and then simmer for 8-10 minutes until the liquid has evaporated, and the mix is sticky.

Remove from the heat and whilst warm stir in the Harty's jelly until dissolved
Allow to cool and store in the fridge.

For the steak and butter

200g Irish butter, at room temperature
3 tbsp chopped fresh parsley
4 cloves of garlic finely chopped
A little salt and pepper
4 Fillet steaks (8oz each)
A little olive oil

Place the softened butter

Heat a frying pan over a high heat and add a little olive oil.

Season the steaks with salt and pepper and place in the frying pan.

Cook the steaks on one side until they are well sealed and brown.

Turn the steaks over and seal the other side until well sealed also.

Reduce the heat a little and add ½ of the garlic butter.

Allow the butter to melt and then cook the steaks to the degree you require, occasionally spooning the butter over the steaks and turning them. As a guide Medium will take approx 6-8 minutes and well done 14-16 minutes.

When cooked remove the pan from the heat, and set aside. Top each steak with some garlic butter and red onion relish.

Allow the steaks to rest for 3 minutes and serve.

Cupcakes by Dee

Deidre Powers cupcakes and cake pops are sure to impress your guests at any occasion. If you want a go at making them yourself Deidre has given you her top cupcake tips!

1. Read the recipe from start to finish before you start baking.
2. Have all your ingredients measured out at the beginning.
3. Make sure all your ingredients are brought to room temperature before baking. (leave the ingredients out for a few hours or even the night before)
4. If you find it difficult to fill a piping bag, place the piping tip into the bag and place the bag into a pint glass. Fold the top of the piping bag around the rim of the glass and fill the bag.
5. If you don't have piping bags use a freezer bag and cut of a corner.
6. Once made, sit down, relax and enjoy.