



STARTER: BOXTY WITH SAFFRON CREAM CHEESE AND KACHUMBAR

MAIN: DHAL BALLYMALOE WITH SODA BREAD

DESSERT: BARMBRACK WITH APPLE JAM

STARTER: BOXTY WITH SAFFRON CREAM CHEESE AND KACHUMBAR

Ingredients

Boxty:

1 large potato, peeled and grated
 1 large potato, peeled, boiled and mashed
 1/2 cup all purpose flour
 1 tsp roasted & crushed jeera seeds
 1/2 tsp dhanian powder
 1 egg, beaten
 1/2 cup milk
 1 clove garlic, crushed (1/2 tsp)

oil for frying

Saffron Cream Cheese:

1/2 tsp saffron, dried & crushed
 2 tbsp hot milk
 1 cup cream cheese

Kachumbar:

1 seeded and finely chopped tomato (1 cup)
 1/2 finely chopped onion (1/2 cup)
 1 tsp finely chopped mint
 1/2 finely chopped green chilli, (1/4 tsp)
 1 tsp vinegar

1 small cucumber, sliced lengthwise with a peeler

salt and pepper

Method

- Mix all the boxty ingredients in a large bowl, season, and fry desired-sized spoonfuls in hot oil until browned on both sides. Drain on paper towel. Test one to check that they are cooked throughout - if not, place in a hot oven for a few minutes until done.
- Infuse the saffron in the hot milk for a few minutes, then mix with cream cheese.
- Combine all the kachumbar ingredients and let rest for a few minutes to allow the flavours to mix.
- Plate as desired and garnish with the cucumber strips.

MAIN: DHAL BALLYMALOE WITH SODA BREAD

Ingredients:

Ballymalloe:

2 tbsp ghee
 2 cloves garlic, crushed (1 tsp)
 1 tsp crushed ginger
 1 crushed red chilli (1/2 tsp)
 1/2 tsp turmeric powder
 1/2 tsp jeera powder
 500g mutton/ostrich/lamb/beef, cut into chunks
 1 cup mixed dhal/lentils, par-cooked
 4 baby onions, cut in half
 4 baby carrots, cut in half lengthwise
 1 small tomato, chopped (1/2 cup)
 3-4 cups water or stock
 2 cinnamon sticks
 2 elachi pods
 1/2 cup parsley, chopped
 1/4 cup dhanian, chopped
 1 sprig thyme
 1/2 tsp gharum masala

Soda Bread:

3 cups flour
 2 tbsp sugar
 1 tsp baking soda
 1 tsp salt
 1 tsp crushed jeera seeds
 1/4 cup butter
 1 1/2 cups buttermilk

dried fruit pickle:

1 cup mixed dried fruit, chopped
 1/4 cup vinegar
 1 tsp chilli powder
 1/2 tsp salt
 1 tbsp dark brown sugar

salt and pepper

garnish:

finely chopped herbs

Method

- Cook the ballymalloe in the sequence of ingredients. Allow to simmer on low heat, adding more stock or water during cooking if necessary to maintain a liquid gravy.
- For the bread, sift the dry ingredients, then add the wet and knead until smooth. Shape into a round, set on a baking tray and bake for 30 to 40 minutes at 180 degrees Celsius until lightly browned.
- For the pickle, cook all the ingredients on low heat until softened and thick, adding water during cooking if necessary. Season all items.
- Plate and garnish as desired



DE'LISH 2 RECIPES

EPISODE 11 - IRELAND

STARTER: BOXTY WITH SAFFRON CREAM CHEESE AND KACHUMBAR

MAIN: DHAL BALLYMALOE WITH SODA BREAD

DESSERT: BARMBRACK WITH APPLE JAM

DESSERT: BARMBRACK WITH APPLE JAM

Ingredients

Barmbrack:

2 cups strong black tea
2 cups dried fruit, chopped
1 cup warm milk
8g yeast
1 tbsp sugar
3 cups flour
1/4 cup sugar
1 tsp cinnamon powder
1 tsp clove powder
1/2 tsp nutmeg powder
1 egg, beaten
1/4 cup marmalade
1/3 cup butter, melted
1 tsp salt

Jam:

3 apples, peeled, cored and
grated with the juice of 1
lemon
1 cup water
1 tbsp butter
2/3 cup condensed milk
1 tbsp lemon zest
1 tsp elachi powder

garnish:

icing sugar
dried fruit
fresh fruit
fresh mint

Method

- Soak the dried fruit in the tea until the fruit softens. Add the yeast with the tablespoon of sugar to the warm milk and allow to ferment and dissolve for about 10 minutes. Sift the dry ingredients into a large mixing bowl, then add the wet, mixing thoroughly. Cover and set aside in a warm place, allowing to rise for an hour. Turn out into a greased tin or dish and bake for 30 to 40 minutes at 200 degrees Celsius.
- Simmer the jam ingredients until the apples have softened, adding more water during cooking if necessary. Allow to cool.
- Serve the bread warm with the cooled jam. Plate and garnish as desired