



A St. Patrick's Day Feast

All Recipes provided by CSCA and Chef Jody O'Sullivan

Cured Salmon with Pickled Cucumber and Soda Bread

Cured Salmon

1oz kosher salt

1 teaspoon sugar

1 lemon zest

½ teaspoon ground fennel

1 salmon fillet (4oz)

Method for Cold Cured Salmon

- Mix together salt, sugar, zest, and ground fennel
- Rub on to the salmon
- Wrap in cling film and refrigerate for 24 hours
- Unwrap and wash off the marinade
- Slice as thin as possible before serving

Method for Cooked Cured Salmon

- Preheat oven to 350°F.
- Mix together salt, sugar, zest, and ground fennel
- Rub on to the salmon
- Wrap in cling film and refrigerate for 2 hours
- Remove the salmon from the fridge and wash off the marinade
- Place the salmon skin-side down on a sheet tray lined with baking parchment and pat dry the flesh of the salmon
- Heat a pan with a tablespoon of vegetable oil on high heat until the pan is hot.
- Place the salmon skin-side down on the pan and leave to cook on this side until the sides begin to cook and the skin has released from the pan
- Remove from the pan and turn on to a baking sheet
- Finish cooking in oven until cooked through about 4-6 minutes.



Pickled Cucumber

- 1 cucumber shaved into ribbons with vegetable peeler or mandolin
- 1 teaspoon coriander seeds
- 1 teaspoon fennel seeds
- 1 teaspoon mustard seeds
- 1 cup brown sugar
- 1 cup white wine vinegar

Method

- Boil together the aromatics, brown sugar, and vinegar.
- Place peeled cucumber in a medium bowl. Pour vinegar mixture over the shaved cucumber and leave to stand for 1-2 hours until the cucumber is pickled to taste.
- The 'pickling liquor' can be drained off and reserved for future use.

Brown Soda Bread

- 2 cups milk
- 2/3 cups yogurt
- 2 cups whole wheat flour
- 1 ½ cups ap flour
- 1 cup wheat germ
- 2 eggs
- 5.5g baking powder
- 4g baking soda
- 8g salt

Method

- Preheat the oven to 350°F and grease a large (2lb) loaf tin.
- In a small bowl, mix together the milk and yoghurt.
- Add the baking soda and stir to combine. Leave to stand for 10 minutes.
- In a separate bowl, mix together the whole wheat, all-purpose, and wheat germ.
- Add the eggs to the milk/yogurt mixture and whisk to combine.
- Add the liquid ingredients to the dry and using your hand, blend together.
- Transfer the mix to the loaf tin and, using a wet hand, level the top.
- Bake in the oven until a skewer comes out clean (around 40 minutes).
- Wrap in a cloth while cooling to ensure the crust is not too crispy.



Braised Beef with Red Cabbage, Mashed Potato, and Onion Gravy

Braised Beef

4 tablespoon oil, divided
2 onions, halved and thinly sliced
3 carrots, diced
3 lb beef chuck
QS salt
QS pepper
2 cups red wine
1 sprig rosemary
2 sprigs thyme
2 bay leaves
3 garlic cloves

Method

- Pre-heat oven to 325 degrees.
- Heat 2 tablespoons of oil in a Dutch oven over medium/high heat.
- Add diced carrots and cook until they begin to brown, about 10 minutes. When the carrots start to brown, add the onions.
- Cook the vegetables until the onions begin to caramelize stirring only occasionally.
- Use a slotted spoon to remove the vegetables and set aside in a bowl.
- Pat the beef dry and season with salt and pepper.
- If there is not enough oil left in the Dutch oven, add a little more oil and return to heat.
- Add the beef and sear on all sides until caramelised and well browned.
- Remove from pan and set aside.
- Pour the wine into the Dutch oven to deglaze. Using a firm spatula, scrape up all the brown bits at the bottom of the pot. Return vegetables to the pot. Lay browned beef on top of vegetables.
- Add fresh herbs, garlic and bay leaves into the liquid, (not on top of the beef).
- Cover and place in oven at 325 degrees for 3-4 hours or until tender. It should fall apart using a spoon. Season to taste. *If using an instapot, set the pot to 50 minutes and leave to cook. Check for doneness and return for more time if necessary

Onion Gravy

4 tablespoons vegetable oil, divided
3 onions quartered
2 tablespoon demerara sugar
3 sprigs thyme
1.2oz butter



1.2oz flour

20oz chicken stock or 2 stock cubes dissolved in 20oz boiling water

Method

- Preheat the oven to 375°F
- In a sauté pan, heat 2 tablespoons vegetable oil on medium-high heat until just smoking.
- Place the onions flat side down in the pan and leave to blacken.
- Transfer the onions to a baking tray lined with foil and sprinkle with the sugar and thyme.
- Drizzle with remaining oil and close up the foil around the onions to form a bag.
- Roast in the oven until caramelised and soft. Remove and let cool slightly.
- While still warm, transfer to a food processor and blend to a pulp and set aside.
- In a medium-sized pot, over medium heat, melt the butter. Add the flour and cook until a blonde roux forms, about 2-4 minutes. Gradually add the stock while whisking.
- Add the onion pulp and cook until the gravy is thickened (about 15 minutes) and the flavour has infused.
- Pass through a sieve to remove any lumps. Season with salt and serve.

Braised Red Cabbage

1 Red cabbage

4 tablespoons

1 small onion, julienne

2oz light brown sugar

2oz vinegar

½ cup Red Wine

1 Cinnamon stick

QS salt

Method

- Cut cabbage into quarters, removing the dense stem. Slice cabbage into ¼” strips.
- Heat butter in a large saucepan and add the onion.
- Stir until the onion begins to soften then add the remaining ingredients.
- Bring to a simmer and cover the pan.
- Leave to cook on low heat until the cabbage is tender and soft (about 90 minutes). Season to taste with salt.
- If not serving immediately, place in a baking dish, cover with foil, and place in a low oven.



Mashed Potato

2 medium potatoes

2lb butter

1pt cream

QS salt and white pepper

Method

- Cover the potatoes in foil and bake in a 375°F oven until soft.
- Remove from the oven and peel.
- Pass the potatoes through a ricer or a colander to remove lumps.
- Meanwhile, boil together the cream and the butter.
- Add the still-warm potatoes to the cream and butter mix well over the heat.
- Season to taste.

Bread and Butter Pudding with Crème Anglaise

Crème Anglaise

5oz Granulated Sugar

10 Egg Yolks

2pt Milk

1 teaspoon Vanilla Extract

Method

- In a medium bowl, whisk the sugar and yolks until light coloured.
- In a small saucepan, bring milk and vanilla to bare simmer and then turn off heat.
- Gradually add the milk to the whisked egg/sugar, gently raising its temperature.
- Get an ice bath ready to stop the cooking process once the ideal temperature has been reached.
- With a rubber spatula, and while constantly stirring, cook to 170°F degrees.
- Immediately place mixture into a bowl set over the ice bath and chill.

B&B Pudding

8oz Raisins

2oz Rum

1oz Water

3pts Heavy Cream

1pt Milk

1 teaspoon Vanilla Extract

1 Cinnamon Stick

2 Oranges Zested



8 Egg Yolks
4 Whole Eggs
9oz Sugar

2oz Rum

1.5 lb Sliced Bread, crusts off, buttered and cut into $\frac{3}{4}$ " cubes

Method

- Preheat the oven to 350°F. Grease and line a 9"x13" baking dish.
- In a small saucepan place the raisins, rum, and water and heat gently over low heat. Once steaming, remove from the heat and cover with plastic wrap. Leave to macerate for 30 minutes or until the raisins have soaked up the liquid.
- In a large saucepan, place the cream, milk, extract, cinnamon, and orange zest and bring to a boil over medium heat. Turn off heat and leave to infuse for 30 minutes. Pass mixture through a sieve and return to pot on medium heat.
- In a medium bowl, whisk together the eggs, yolks, and sugar.
- Gradually pour the hot milk over the eggs, whisking all the time to combine. Add the rum.
- In a large bowl, lightly mix together the raisins and bread.
- Pour half of the egg/milk mixture over the bread and mix to combine. Leave to soak for 10 minutes.
- Add the rest of the milk and leave to soak another 10 minutes before transferring to the baking tray. Pour any excess liquid on top.
- Bake at 350°F until golden and a skewer inserted into the centre comes out clean.

Cut into portions, plate, and serve with chilled crème anglaise