

## Ready, Steady, Cook Westmeath Style! Recipes



.....WESTMEATH STYLE! Ready, Steady Cook... Westmeath Style! was organised by Co. Westmeath Tourism Ltd Tel: 044 9335389 in conjunction with Uisneach Catering Tel: 044 9355250 <http://www.uisneachcatering.ie/> and Belvedere House, Gardens & Park, Mullingar Tel: 044 9349060. Details of other events in Belvedere can be found on <http://www.belvedere-house.ie/> The following recipes were demonstrated at the Ready, Steady Cook... Westmeath Style Food Event held in November 2009 at Belvedere House.



Photography by Clare Frances Cassells <http://www.cfphotographer.com/>



### Trio of Rabbit *from Bloomfield House Hotel*

Roast Loin and Rack of Rabbit wrapped in Pancetta, Pan-seared Kidney with a Herb Crust, Celeriac Puree, Baby Spinach with Wild Mushroom & a Red Wine Reduction



Photography by Clare Frances Cassells

## **Trio of Rabbit**

Roast Loin and Rack of Rabbit wrapped in Pancetta, Pan-seared Kidney with a Herb Crust, Celeriac Puree, Baby Spinach with Wild Mushroom & a Red Wine Reduction

*Local Name: Bugs Bunny's last Hop, Skip & Jump through Belvedere!*

Prepared by Colin Goonan, Bloomfield House Hotel, Mullingar

### **Ingredients**

**Serves 2**

- 50g Vegetable Oil
- 20g Breadcrumbs
- 50g Butter
- 250ml Red Wine
- 25g Fresh Wild Mushrooms
- 100g Celeriac (peeled and diced)
- 100ml Cream
- 10g Salt (to season)
- 10g Pepper (to season)
- 1 Litre Chicken Stock
- 1 Rabbit Loin
- 1 Rabbit Rack
  
- 1 Pair of Rabbit Kidneys
- 25g Tomato Puree
- 2 Sheets Pancetta
- 2 Sprigs Rosemary (chopped)
- 4 Sprigs Thyme (chopped)
- 2 Sprigs Flat Leaf Parsley (chopped)
- 1 Shallot (diced)
- 100g Washed Baby Spinach
- 1 Pack Onion Shoots

See method below.



### Method

Boil celeriac in 500 ml of the chicken stock and half the thyme. Heat oil in pan .Fry the shallots, wild mushrooms and wine. Add the tomato puree, some more stock and reduce.

To make the crust, melt 20g of butter. Add the fresh herbs and the breadcrumbs. Season.

Sear the rabbit loin on a hot pan and baste in 25g of butter, wrap in the pancetta and set aside. Sear the rack on the same pan and coat top with crust, set aside.

Remove the celeriac from the stock. Mix the cream and a little of the stock. Boil and liquidize to a smooth puree. Season.

Cook the loin for 6 – 8 minutes and the rack of rabbit for 4 -6 minutes in a preheated oven at 170°C.

Sauté the spinach in 15g butter and season. Pass the sauce through a sieve and season. Check for consistency.

Rest the rabbit – basting occasionally with melted butter.

Sear the kidneys on the pan, half them to lengthen. Slice the loin into medallions, place the puree into a teardrop shape and place the loin along the outline of the puree. Place the rack on top of the spinach, drizzle the sauce on the plate and garnish with the flat leaf parsley.



*Photography by Clare Frances Cassells*

Colm Goonan representing **Bloomfield House Hotel, Belvedere, Mullingar**

Tel: 044 9340894 <http://www.bloomfieldhousehotel.ie/>



**Pan-fried Barbary Duck Breast** on a bed of Stir-fried Vegetables and Noodles *from The Greville Arms Hotel*



*Photography by Clare Frances Cassells*

**Pan-fried Barbary Duck Breast** on a bed of Stir-fried Vegetables and Noodles  
*Local Name: The Dysart Duck!*

Prepared by Peter Mc Dermot, Greville Arms Hotel Mullingar

**Ingredients**

**Serves 2**

1 Barbary Duck Breast (330g approx.)  
1 tsp Honey  
Pinch of Salt and Pepper  
1 Carrot  
1 Celery Stick  
½ Red / ½ Yellow/ ½ Green Pepper

1 Clove of Garlic Crushed  
1 tsp of Root Ginger (finely chopped)  
1 tbsp Dark Soy Sauce

Handful of Bean Sprouts

2 tbsp Vegetable and Sesame Oil  
Sprigs of Fresh Coriander  
80g Dried Egg Noodles

### Method

Score the Duck fat with a sharp knife. Season skin side with salt and pepper. Put skin side down on very hot pan and turn when crispy. Add honey to skin side.

Cook in oven for 10 – 15mins at 180/200°. Allow to rest for a few minutes before carving.

Cook Noodles in boiling salted water for 3-5mins and drain well.

Stir-fry Vegetables - Heat wok until very hot. Add oils and chopped garlic and ginger, then the carrots and peppers.

Stir-fry for 30 seconds then add celery and bean sprouts. Stir-fry for 30 more seconds. Add 1 tbsp of dark soy sauce. Then add the cooked noodles, mix well.

Carve the duck on to a bed of Noodles and serve garnished with sprigs of fresh coriander.

Peter Mc Dermott and Noel Flood representing Greville Arms Hotel, Mullingar

*Photography by Clare Frances Cassells*



*Photography by Clare Frances Cassells*



*Photography by Clare Frances Cassells*

**Greville Arms Hotel, Mullingar Tel: 044 9348563**  
<http://www.grevillearmshotel.ie/>



## Gourmet Beef Burger

*from Hodson Bay Hotel*



*Photography by Clare Frances Cassells*

## Gourmet Beef Burger

Prepared by Robin Aust, **Hodson Bay Hotel**

### Ingredients

Serves 1

180 gr beef fillet finely chopped  
Pinch of salt and pepper  
50 gr chorizo chopped  
30 gr blue cheese  
Breadcrumbs  
¼ egg yolk  
2 tsp olive oil  
Chopped roccola (or rocket if not available)  
80ge red onion sliced  
½ cup red wine  
Demerara sugar

Burger bun or ciabatta

To Serve: Duck Egg – optional

### Method

Add the red onion, red wine and Demerara sugar into a saucepan. Bring to the boil, reduce heat and simmer until wine has reduced and the sugar caramelized.

In a bowl mix the fillet, seasoning, chorizo, crumbled blue cheese, breadcrumbs and egg yolk.

Form into a patti.

Fry in a frying pan with the olive oil until done.

Toast the burger bun. Fill with the red caramelized onion, place on the burger and finally the roccola.

Serve with thick potato wedges and fried duck egg, if using.



*Photography by Clare Frances Cassells*

Lars Overik and Robin Aust from the Hodson Bay Hotel



*Photography by Clare Frances Cassells*

Robin Aust from the Hodson Bay Hotel and compere Ann Hamill

**Hodson Bay Hotel and Retreat Spa, Athlone Tel: 090 6442000**

**<http://www.hodsonbayhotel.com/>**



## Prawn Ravioli with Chorizo Butter

*from Ilia Tapas & More*

Homemade pasta parcels filled with prawn mousse and served with Chorizo butter sauce.



*Photography by Clare Frances Cassells*

### Prawn Ravioli with Chorizo Butter

Homemade pasta parcels filled with prawn mousse and served with Chorizo butter sauce

**Local Name** Offaly good prawn ravioli in Mullingar.

Prepared by Janice O'Brien, Ilia Tapas & More

#### Ingredients

**Serves** 10 - 15 portions of 3 pieces each

#### *Prawn Mousse*

200 gr shelled prawns  
2 egg whites  
1 fresh chillie  
1 clove garlic  
½ diced shallot  
1 tblsp chopped parsley  
1 tblsp chopped chives  
100 mls cream  
Pinch of salt  
Pinch of pepper

#### *Pasta*

550 grms plain flour  
4 eggs  
5 egg yolks  
2 tblsps saffron water  
Pinch of salt

#### *Chorizo Butter*

Diced Chorizo sausage  
Butter  
To Serve: Parmesan shavings

## Method

### *To make the Prawn mousse*

Whip egg whites

Bring all other ingredients together in a food processor

Fold in egg whites. Place in piping bag when made.

### *To make the pasta*

Add salt to flour. Place all ingredients into a turbo or food processor until the pasta is in one piece. Roll together and cover with cling film. Leave to rest for an hour.

Roll out pasta, pipe mousse

Make the raviolis - Mould the pasta and brush pasta with egg wash when making ravioli. Brush round the mousse so the ravioli is sealed.

and cook for 5 mins in simmering salted water

Sautè the diced chorizo sausage. Add butter and pour over the ravioli. Sprinkle on the Parmesan shavings.



*Photography by Clare Frances Cassells*



*Photography by Clare Frances Cassells*

## **Janice O'Brien representing Ilia Tapas & More, Mullingar**



*Photography by Clare Frances Cassells*

**Ilia Tapas & More, Mullingar Tel: 044 9345947 <http://www.iliatapasandmore.ie/>**



## **Mullingar seared Venison,**

Fillet of Mullingar Venison served with Spiced Pear, Whipped Vanilla Mash and Blackberry Reduction accompanied by Purple Cauliflower



*Photography by Clare Frances Cassells*

## **Mullingar seared Venison,**

Fillet of Mullingar Venison served with Spiced Pear, Whipped Vanilla Mash and Blackberry Reduction accompanied by Purple Cauliflower

***Local Name: Bambi seared Venison with Spiced Pear & Purple Cauliflower***

Prepared by Oliver Cassells, Sheraton Athlone Hotel,

### **Ingredients**

**Serves 4**

1lb Venison Fillet

### *Spiced Pears*

#### *Venison Rub Marinade*

- \*1 tsp Garlic
- \*2 tsp Chopped Thyme
- \*2 Juniper Berries Crushed
- 5ml Grape Seed Oil

- 4 small Ripe Pears peeled
- 1 Cinnamon Stick
- 3 Star Anise (finely crushed)
- 50g Sugar
- 200ml Dry White Wine
- 200ml Water

### *Vanilla Whipped Mash*

4/5 Medium Potatoes (peeled and chopped)  
6 tbsp Cream  
50g Butter  
1 Vanilla Pod (split with vanilla seeds removed)  
Salt and Pepper (for seasoning)

### *Blackberry Reduction*

200g Blackberries (collected from hedgerow)  
300ml Muscat Wine  
300ml Chicken Stock  
1 tsp Tomato Puree  
1 tsp Venison Rub Spices\* (see Marinade above)  
Knob of Butter

### **Method**

To prepare *Venison* – trim any fat and sinew lining along fillet, place in bowl rub in venison marinade remembering to keep a little aside for sauce. Cover with cling film and allow to marinate over night in fridge.

To prepare *Spiced Pear* – Place sugar, spices, wine and water in a small saucepan, bring to the boil, add peeled pears and simmer for 10mins until tender, remove and set aside. Continue to boil the liquor and reduce to a syrup consistency and use to glaze pears.

To prepare *Vanilla Whipped Mash* – Cook potatoes in boiling salted water until tender, drain and press through a ricer. Place cream, butter and vanilla seed in saucepan, bring to boil and reduce by half. Add potatoes, whip until smooth & season to taste.

To prepare *Blackberry Reduction* – Wash berries and puree. Place in saucepan, add Venison spices, tomato puree and gently simmer for a few minutes. Add chicken stock reduce by half, add Muscat Wine reduce by half until you reach a sauce consistency. Strain through a fine mesh sieve, if desired you can thicken with a little cornflour or whisk in a knob of butter bring back to the boil.

To Cook Venison Fillet – Remove Venison Fillets from marinade, season and place on a hot pan over medium heat, cook for 4 minutes on each side until Medium Rare or to your liking. Remove from heat and allow to rest for a few minutes.

To Assemble – Cut Venison into ½ inch thick slices and arrange on Vanilla Whipped Mash, add spiced pear and steamed purple cauliflower, drizzle with Blackberry Reduction. *Enjoy!*



*Photography by Clare Frances Cassells*



*Photography by Clare Frances Cassells*

Carol Curran and Oliver Cassells representing the Sheraton Athlone hotel



*Photography by Clare Frances Cassells*

**Sheraton Hotel Athlone Tel: 090 64 51000**

**<http://www.sheratonathlonehotel.com/>**



## **Pithivier of Apple & Black Pudding served with Creamed Cabbage & Sage Sausage** *from Temple Spa*

Two traditional preparations of pork with a twist



*Photography by Martin Nehyla*

### **Pithivier of Apple & Black Pudding served with Creamed Cabbage & Sage Sausage**

Two traditional preparations of pork with a twist

***Local Name: Ar Mhuin na Mhuca in Horseleap – On a Pigsback in Horseleap!***

Prepared by Pascal Onink, Temple Country Retreat & Spa

#### **Ingredients**

**Serves 4**

- 1 Packet of Frozen Puff Pastry (defrosted)
- 2 Large Cooking Apples
- 4 Finger Thick Slices of Black Pudding
- 1 Egg
- 1 Head of Cabbage (finely cut in julienne)
- 1 Onion (finely diced)
- 1 tbsp Mild Curry Powder
- 125ml Cream
- 8 Pork & Sage Sausages
- Olive oil
- Salt and Pepper (for seasoning)

## Method

Preheat oven to 200 C. Peel the apples, halve and core. Take the puff pastry and cut out 4 circles 1 inch bigger than the apple, whisk the egg and brush the pastry with some of the whisked egg.

Lay a slice of black pudding in the middle and top with half an apple, cut out 4 more circles of the puff pastry and cover the apple with this. Making sure to press down the sides of the pastry very well in to each other, glaze with some egg and bake for 15 minutes in the preheated oven.

In the meantime, blanch the cabbage in salted water, just cooked but keep a slight crunch in it, drain off and set aside, heat a dash of olive oil and glaze the onion, add some curry powder and stir in very well then add the cream and bring to the boil. Add the cabbage and mix in.

Heat some olive oil in a frying pan and fry the sausages nice and golden, cook off in the oven beside the puff pastry.

Dress the cabbage on a plate, and top with 2 sausages each, season with some pepper. Take the puff pastry parcels out of the oven and dress beside it. The curry cream from the cabbage will also function as the sauce.

*Photography by Clare Frances Cassells*



Pascal Onink representing Temple Spa

**Temple Country Retreat &  
Spa. Horseleap, Moate**

**Tel: 057 9335118**

**<http://www.templespa.ie/>**





*Photography by Clare Frances Cassells*

Keith Mc Fadden represented Glasson Hotel and Golf Club, Glasson Athlone

**Glasson Hotel & Golf Club, Glasson Athlone Tel: 090 6485120**

<http://www.glassongolfhotel.ie/>

Photography by Clare Frances Cassells



Dave Coyne represented the

**Annebrook House Hotel House Hotel.**

**Mullingar Tel: 044 9353300**

<http://www.annebrook.ie/>



*Photography by Clare Frances Cassells*



*Photography by Clare Frances Cassells*

George Stephens and Gary Quinn from  
**The Fish Market Mullingar**

Tel: 044 93 30610 <http://www.thefishmarket.ie/> Recipes available in shop.

*Photography by Clare Frances Cassells*  
<http://www.cfphotographer.com/>



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