



Foreword



The Castledawson Food Festival is a wonderful opportunity for local producers to showcase the best of produce from the area and will be converted into a colourful culinary celebration today Saturday 15th September. This is the first ever Lough Neagh Food Festival organised by a steering group made up of Castledawson Enterprises Ltd, Magherafelt Area Partnership and Magherafelt TIC.

This one day event will see the main street come alive with stalls offering all sorts of taste sensations plus culinary delights. As Ambassador for Good Local Food Northern Ireland I am delighted to be working with and alongside so many enthusiastic people who are passionate about good local food. I will be cooking up a real feast of dishes at 3-4pm created specially around the produce of the area and all with a local seasonal and healthy twist.

I have included for you a great family dish of Local Prime Roast Beef with Seasonal Autumn Vegetables in Garlic with Maple Syrup. To delight those with a love of desserts there will also be dishes with apples, plums, blackberries even cranberries. I will be using local cheeses, foods, breads from the deli counter and lots more.

For me this event is a great opportunity to showcase a selection of entrepreneurial and local businesses set in such the picturesque location of Castledawson and a great fun filled day for all the family.



Hot Spicy Beef with Irish Toasted Soda Bread

This dish is quick and easy and ideal for those with a busy lifestyle. I use a similar cut of beef as I would for a stew yet this recipe radically reduces the cooking time from 2 hours to 10 -15 minutes.

(Serves 4-6)

Ingredients

Juice of 2 limes
Juice of 1 lemon
2 dsp balsamic vinegar
½ tsp olive oil
700g/1½lbs chump steak – cut into wafer thin slices

225g/8oz mushrooms – sliced

1 dsp chilli sauce
3-4 dsp tomato paste
1 spring onion – chopped
150mls/¼pt vegetable stock

Fresh salad leaves
Soda bread

Method

Combine the juices and vinegar in a bowl to form a marinade. Cut the beef into wafer thin slices and place in the marinade for about 10 minutes.

Heat ½ tsp oil in a non-stick wok. Add all the meat a little at a time keeping the temperature high and stir-fry continuously. This cooking should take approximately 7-8 minutes until all the liquid from the marinade has almost disappeared.

Add the mushrooms and cook for a further 2 minutes.

Add the chilli sauce, tomato paste and spring onion and cook thoroughly for 2-3 minutes. If you find the dish is drying out add a little stock

Garnish with fresh salad leaves and serve with soda bread.



Irish Cake and Vanilla Bean Ice-Cream "Iceberg Style"

Have you ever tried baking with cream in the oven and eating it cold. Here's a stunning dessert that anyone can make. Baked with seasonal berries, cake and crunchy meringues around the outside.

(Serves 6-8)

Ingredients

1 Madeira Cake

(Filling)

225g/8oz vanilla bean ice-cream (Glastry Farm)
225g/8oz seasonal local fruits and berries e.g.
strawberries, blueberries, raspberries, cherries,
blackberries

(Meringues)

2 egg whites (free range or organic)
175g/6oz caster sugar
Vanilla essence (few drops)
2 dsp Irish Liqueur

Method

(Prepare the Fruits)

Wash well, remove stalks, cut into half (if large), mix together in a bowl.

Use a little fruit to make a puree by sieving gently into a small bowl.

(Make the Meringues)

Separate the yolks from the egg whites carefully. Place the whites in a bowl that is clean, cool, dry and totally fat free.

(Assemble the Pudding)

Place the layer of sponge on a flat baking sheet, sprinkle with liqueur. Top with half the prepared fruit and a little of the fruit puree.

Remove the very chilled ice-cream from the freeze compartment and very quickly cover the sponge and fruit with ice-cream.

Bake in oven at 200°C/Gas No. 6 for 4-5 minutes. Serve hot.



Apples Maple Pandowdy

(Serves 6-8)

Ingredients

700g/1½lbs Bramley apples – peeled, cored and cut into wedges
1 tsp ground cinnamon
2 tbsp maple sugar or caster sugar
4 tbsp maple syrup
50g/2oz caster sugar
1 egg – lightly beaten
75ml/3fl oz milk
1 tsp vanilla essence
1 dsp maple syrup
75g/3oz butter – softened

(Topping)

110g/4oz plain flour
½ tsp ground cinnamon
½ tsp freshly grated nutmeg
2 tsp baking powder

(To Serve)

25g/1oz icing sugar

Method

Preheat the oven to 180°C/Gas Mark 4. Butter an ovenproof dish such as a deep pie dish. Place the apples in the dish and add the cinnamon and maple sugar or caster sugar. Pour over the maple syrup, cover with foil and bake for 20-25 minutes, until the apples have softened slightly.

Sift the flour, cinnamon, nutmeg and baking powder into a bowl then add the sugar. In another bowl, beat the egg with the milk and vanilla extract slowly add this to the flour mixture, stirring all the time but being careful not to overheat. Add the maple syrup and keep stirring to form a batter-like mixture. Fold in the butter.

Pour the batter over the apples, ensuring it covers them completely and return the dish to the oven. Cook, uncovered for 20-25 minutes, until the topping is golden and firm. Dust with icing sugar and serve warm, with whipped cream or yoghurt.



Local Prime Roast of Beef with Seasonal Autumn Vegetables in Garlic with Maple Syrup

This is just one of those wonderful dishes that warms the heart of families. A simple roast of Farm Quality Assured Beef cooked simply and surrounded by local seasonal vegetables cooked with a twist of garlic, oil and maple syrup.

(Serves 6)

Ingredients

1.25kg/2-3lb approx lean rib of beef, topside or sirloin

(To Coat)

2 red onions – cut into chunks
2 carrots – cut into chunks
2 parsnips – cut into chunks
1 butternut squash – cut into chunks
1 yellow pepper – sliced and de-seeded
100g/4oz sugar snap peas (optional)
100g/4oz pak choi – cut into wedges
6-8 baby potatoes – cut into half
2-3 cloves garlic
2-3 dsp olive oil
60ml/4tbsp maple syrup
Black pepper – freshly milled

(To Serve)

Parsley
1-2dsp redcurrant jelly

Method

Wrap the beef in foil, sprinkle with 2-3 dsp olive oil, 1 tsp mustard and 2-3 dsp maple syrup.

Wrap the foil around the meat and place in a pre-heated oven at 200°/Gas No. 6 for 40-50 minutes. In a large heavy based pan, heat 2-3 dsp olive oil. Add the whole cloves of garlic, red onion cut into chunks and toss for 1-2 minutes.

Add the carrots, parsnips, squash to the pan and toss for 2 minutes. Add the yellow pepper and potatoes and cook for 1 minute. Finally add the remainder of the vegetables - sugar snap peas, pak choi and cook with the maple syrup and black pepper. Cook until well coated then pour around the roast of beef.

Return to the oven and cook for a further 25-30 minutes until all vegetables are softened and golden at 180°/Gas No. 4-5. Continuously baste the meat during cooking.

The juices of the roast can be thickened slightly by the addition of 1-2 dsp redcurrant jelly just before serving.

To Serve

Place the meat on a platter and garnish with Autumn roasted vegetables. Garnish with freshly chopped parsley just before serving.



Roasted Autumn Fruit with Hot Cinnamon Sauce

This is a hot fruit salad with a difference. The cinnamon sauce gives it a suitably festive feel. Alternatively for a quick pudding use yogurt for the sauce

(Serves 6-8)

Ingredients

2 pears – peeled, cored and sliced
2 plums – stoned and cut into segments
1 peach – stoned and cut into segments
110g/4oz whole cherries – stoned
110g/4oz raspberries
110g/4oz strawberries
4 clementines – peeled and sliced
Liqueur – optional
Zest and juice of ½ lemon – optional
25g/1oz caster or icing sugar

4 egg yolks
4 dsp castle sugar
½ tbsp orange juice
½ tsp cinnamon

25g/1oz icing sugar
25g/1oz Demerara sugar
50g/2oz flaked almonds
Redcurrants
Sprigs of mint

Method

Place all the fruit in an ovenproof dish. If you like, drizzle a little liqueur, such as Irish Mist or Cointreau, over the fruit. Alternatively you can use a little lemon juice. Sprinkle with the sugar. Brown the fruit below a hot grill for 2-3 minutes. You can also use a blow torch.

Place the egg yolks and sugar in a bowl and whisk together until the mixture is light and fluffy. Now place the bowl over a large pan of simmering water. Continue to beat the mixture for about 10 minutes, either by hand or with an electric mixer, until it becomes creamy, light and frothy – it will lose its eggy flavour as it cooks. Add the orange juice and cinnamon and cook for a further minute, beating continuously.

Pour the sauce over the fruit and sprinkle with a mixture of icing sugar, Demerara sugar and flaked almonds. Place the fruit below the hot grill for another 2-3 minutes until the top is brown and bubbling.

Serve the fruit decorated with redcurrants and sprigs of mint.



Irish Bramley Apple Upside Down Cake

(Serves 6-8)

Ingredients

(Pastry)

225g/8oz plain flour – sieved
½ tsp baking powder
½ tsp vanilla essence
125g/4oz butter or polyunsaturated fat
25g/1oz caster sugar
2 egg yolks – lightly beaten

(Filling)

4-6 bramley apples, peeled, cored and quartered
50g/2oz butter
110g/4oz caster sugar
Pinch of cinnamon powder

(To Serve)

25g/1oz icing sugar

Method

(Pastry)

Place the flour, baking powder, vanilla essence, butter, sugar and egg yolks in a food processor and whiz for approximately 2 minutes until all the ingredients bind together. Alternatively, this pastry can be made by hand. Place the flour and baking powder in a bowl, cut and rub in the butter, then add the sugar, vanilla essence and egg yolks. Mix well until the pastry comes together to form a dough. Wrap the pastry in cling film and rest in the fridge for 15-30 minutes.

(Filling)

Mix the butter and sugar in an oven-proof frying pan or tarte Tatin dish until the mixture starts to caramelize. Place the apples rounded side down on top of the mixture in a circular pattern. Cook for 10-12 minutes until the apples are golden in colour and the sugar has turned to caramel. Remove from the heat.

Roll out the pastry to fit the size of the tarte Tatin dish and lay it over the top of the apples, tucking in any excess pastry tightly around the apples. Place the tarte Tatin in the oven @ 200°C/Gas Mark 6. for 10-12 minutes, then reduce the heat to 180°C/Gas Mark 4. for a further 10 minutes or until the pastry is golden and has risen slightly.

Remove from the oven and leave to cool slightly. Using a knife, loosen the pastry around the edge of the dish and place a plate on top of it. Quickly turn upside down so that the tarte Tatin is flipped onto the plate. Dust with icing sugar and serve with cream or yoghurt.



Smoked Oat Cakes with Smoked Mackerel Pate

(Serves 2-4)

Ingredients

220g/8oz smoked mackerel (skinned and flaked)
110g/4oz low fat mayonnaise
2 tsp herbs finely chopped e.g. basil or parsley
2 dsp yogurt
1 lemon rind and juice
½tsp horseradish sauce

Method

Carefully skin the mackerel and flake into a bowl. Mix lightly with the yogurt, mayonnaise, horseradish sauce, lemon rind and juice. Mix well then add the coarsely or finely chopped herbs. Mix well then transfer to lightly oiled greaseproof paper. Shape into a log and chill in fridge or store in individual ramekin dishes.



Wild Irish Salmon and Local Catch Wrapped in Herbs

Wild Irish Salmon cooks beautifully whichever way you choose: grill, poach, bake or fry. In this recipe I have used the salmon fillets and local catch cut into strips or pieces lightly tossed in herbs and peppercorns then served in a light sauce spiced with paprika and textured with cucumber

(Serves 4)

Ingredients

680g/1½lbs salmon/local fish cut into chunks or strips
½ cup finely chopped herbs (parsley, basil, dill and fennel)
1 dsp finely crushed peppercorns
30g/1oz butter and 2 dsp oil
2 dsp lemon juice
½ tsp paprika pepper
¼ cucumber cut into strips
2 dsp crème fraiche
2 dsp yoghurt or 140ml/¼pt cream

(To Serve)

Garnish with lemon and lime twists
Paprika pepper

Method

Cut the salmon fillets into strips or chunks then toss in the chopped herbs. A variety of herbs can be used but I like the combination of flavours of parsley, basil and fennel. Use on a little fennel as it has a stronger aniseed flavour yet has the ability to bring out the flavour of fish. Sprinkle with lightly crushed peppercorns and pat down well. The oil in the salmon will help the herbs bind to the salmon without the addition of any extra oil or egg.

Heat the oil and butter in the pan then carefully add the salmon pieces. Cook for 2 minutes on either side and only turn once or the fish will break up. When the salmon is almost cooked pour over the lemon juice, sprinkling of paprika pepper, cucumber peeled and cut into strips. Do not attempt to stir the salmon or it will break up. Add 2 dsp of crème fraiche and 2 dsp of low fat yoghurt and heat through for a further minute.

Garnish with lemon rind and paprika pepper. Turn off heat and just allow the sauce to heat through gently before serving.

This dish can also be cooked with trout. A combination of pink and white fleshed fish works well together e.g. salmon and turbot or trout with bull