



Foreword



Antrim Borough Council is staging a culinary celebration at Antrim Lough Shore Park during the 'Flock to the Lough' Food Festival. Set on the shores of Lough Neagh which captivates visitors with its tranquil atmosphere and unspoilt scenery, the two day food festival will be a showcase for local gourmet produce.

"As Ambassador for Good Food Northern Ireland, I am delighted to be working alongside **Antrim Borough Council** in creating awareness and promoting the benefits of a healthy diet of fresh, nutritious, locally produced food. It is wonderful to join with **Antrim Borough Council** and many other exhibitors listed below in bringing the best of local produce to the Loughside Festival."

The following recipes have been created specially for this two day event and showcase the quality and diversity of the many local independent food producers.

- Absolute Wood
- Allied Vintners Ltd
- Carrick Cottage Wicked Chocolate
- Coffee and Crepes
- Currysauceni
- Direct Wine Shipments
- Glastry Farm Ice Cream
- Hoys Farmhouse Ice Cream
- Irwins Bakery
- Lough Shore Coffee House
- Millers Traditional Bakery
- Pueblos
- Shazzam
- Simply Irresistible
- Something Fishy
- Soul Bakery
- Spice
- Spice Deli Company
- Squeeze Juice Bar
- The Amber Room
- Toastabags
- Totally Organic



Loughside Extravaganza of Local Fish in a Crunchy Filo Tart

(Serves 8)

Ingredients

(Pastry)

6-8 sheets of filo pastry
1 dsp olive oil
25g/1oz melted butter
1 egg to brush

(Filling)

500g/1lb assorted local e.g. silverhaks, lemon sole, prawn, salmon
110g/4oz streaky bacon
4 spring onion
1 courgette
1 cucumber
110g/4oz baby tomatoes
1 lemon rind & juice
110g/4oz ballybrie cheese from Five Mile Town Creamery
50g/2oz assorted olives
50g/2oz sun dried tomatoes
1 dsp fresh herbs e.g. parsley or basil
3 eggs
110g/4oz yogurt
Pinch paprika pepper
125ml/¼pt cream or fromage frais

Method

Pastry

Brush the layers of filo pastry with melted butter, olive oil and lightly beaten egg. Layer into a 10" lightly oiled flan dish.

Filling

Trim and cut the fish into evenly bite sized pieces. Place on a plate and sprinkle with lemon juice and rind. Cut spring onion into small pieces, dice the courgette and cucumber. Place the fish in the flan case, add the prepared vegetables, sprinkle with cubes of cheese, olives, sun dried tomatoes.

Topping

Lightly beat the eggs, add the cream, yogurt and paprika pepper. Pour over the fish tart, sprinkle with diced bacon and bake in the oven at 400°F/200°C/Gas No. 6 for 15-20 minutes until cooked and golden brown. Serve with a fresh garden salad.



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
25g/1oz caster sugar
2 egg yolks

(Filling)

4-6 bramley apples, peeled, cored and quartered
50g/2oz butter
110g/4oz caster 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 caramelise. 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.

Serve with cream or yoghurt.



Local Fish Wrapped in Herbs

(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 fraîche
2 dsp yoghurt or 140ml/¼pt cream

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 fraîche 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 brill.

To serve

Garnish with lemon and lime twists Paprika pepper



Roasted Summer Fruit with a Hot Cinnamon Sauce or Yoghurt

(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 caster 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.



Loughside Symphony of Seafood in Champagne Sauce with Toasted Irish Soda Bread or Pasta

(Serves 4-6)

Ingredients

680-900g (1 ½ - 2lb) assorted seafood: salmon, prawns, scallops, smoked trout, lemon sole, turbot or brill.

(Sauce)

55g (2oz) butter
140ml (¼ pint) fish stock
140ml (¼ pint) dry champagne or dry white sparkling wine
12g (½ oz) cornflour
280ml (½ pint) whipping cream
115g (4oz) finely sliced leeks
A pinch of cayenne and black pepper
225g (8oz) pasta or soda bread

Method

Cook the pasta in boiling water to which 1-2 tsp olive oil has been added. (This prevents the pasta sticking together during cooking).

Melt the butter in a large pan and lightly toss the fish for 1-2 minutes. After cooking remove from the pan and cook the sauce.

To the melted butter add the fish stock and finely sliced leeks and cook gently for a further 2 minutes. Add the champagne, lightly whipped cream and blended cornflour and cook until bubbling lightly. Do not overcook or the sauce will become thin. Return all the fish to the pan, stirring very gently until all the fish is lightly cooked (2-3 minutes).

Adjust the seasoning and serve on a bed of lightly buttered pasta or toasted Irish soda bread.



Seafood Margarita

(Serves 2-3)

Ingredients

225g/8oz peeled, cooked jumbo prawns
110g/4oz crab meat – fresh, canned or frozen and thawed
½ yellow pepper – deseeded and finely sliced
¼ small red onion – finely sliced
½ mango – peeled, stoned and diced
1 tbsp chopped fresh coriander

Dressing

2 dsp lime juice
1 dsp olive oil
1 tsp English mustard
1 tsp Tabasco
Freshly ground black pepper

To Serve

Mixed salad leaves
1 lime – cut into wedges

Method

Mix the prawns, crab, pepper, onion, mango and a sprinkle of the coriander (reserve some for the dressing).

In a small bowl, make the dressing by mixing the lime juice, olive oil, remaining coriander, mustard, Tabasco and black pepper. Pour the dressing over the prawns and crab meat. Toss and allow the flavours to infuse for 15 minutes before serving.

To serve, place a few salad leaves in each of the bowls. Spoon the seafood mixture on top. Garnish with wedges of lime on the side.



Apple & 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/3floz 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.