



Foreword

The Maritime Festival is a wonderful opportunity for local producers to showcase the best of Northern Ireland produce. It is a splendid arena set in front of Odyssey on the Lagan River with the magnificent tall ships as a backdrop and a real culinary experience for all the visitors.



As Ambassador for Good Food Northern Ireland I am delighted to be working alongside Malcolm Emery, Chief Executive of Northern Ireland Seafood in creating awareness and helping to promote the diversity of quality local food.

The following recipes have been created specially for this event and are showcasing a selection of entrepreneurial local businesses with prime produce.

- P & P Produce
- Country Harvest
- Glastry Farm Ice Creams
- Orchard Organics
- Company of Irish Bakers
- Silverfinn Fish Merchants
- Mash Direct
- Dolphin Sea Veg
- Fivemiletown Creamery



A Seafood Extravaganza in a Crunchy Filo Tart

A great idea for a tart, ideal for a picnic, starter or al fresco lunch. Great to eat on the lawn at the Maritime Festival. This dish comprises ingredients passionately fresh and locally sourced – fish in its prime from Silverfinn Fish Merchants, local vegetables some organic from P&P Produce, John Mc Ardle Organics, ingredients with a Mediterranean flavour from Country Harvest and local cheeses from the award winning Ballybrie Cheese from Five Mile Town Creamery and Country Harvest. This dish is a delight with the freshest and best of local ingredients and served with salad ingredients from Dolphin Sea Vegetables.

(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 fish from Silverfinn Fish Merchants 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.



Carrageen Jelly with Irish Mist

Carrageen or moss as it is often referred to makes a delightful dessert. Here the carrageen and other products are supplied by Dolphin Sea Vegetable Company. In this recipe I have combined it with Irish Mist and served with seasonal berries tossed again in Irish Mist.

(Serves 2)

Ingredients

10g carrageen/moss
2 strips of lemon peel
2 tbsp sugar
250ml whole milk
1 tsp lemon juice
1 egg yolk
Lemon slices
Whipped cream
Few drops vanilla essence
Mint sprig
4 dsp Irish Mist

Method

Soak carrageen for 15 minutes. Put milk, lemon peel and carrageen into a saucepan. Bring to the boil and simmer for 30 minutes. Carrageen will become gelatinous and break up and the mixture will start to thicken and coats the back of a spoon. Strain into bowl.

Rub the soft carrageen through the sieve. Return milky mixture and Irish Mist to the saucepan and add sugar, egg yolk, lemon juice and vanilla essence and simmer for 1-2 minutes. STIR CONTINUOUSLY. Pour into mould/dish and leave to set. This will take approximately 2-3 hours.

To serve

Decorate with lemon slices, mint sprig, fresh berries and whipped cream.

Hints / Other Suggestions

Add or replace lemon with orange/lime/drinking chocolate. Add cinnamon/nutmeg instead of vanilla essence.



Ice-cream Cheese Cake

A cake where you can totally change the flavour by alternating the topping. I find it best made with fresh fruit especially the berries of the summer season. In this recipe I am combining the unique flavours of Glastry Farm Ice Cream with a selection of summer fruits from P&P Produce in Ballywalter where the best of County Down unite together.

(Serves 8)

Ingredients

(Biscuit base)

225g/8oz digestive or oatmeal biscuits coarsely crushed
125g/4oz melted butter
2 dsp honey

(Filling)

500g/1lb cream cheese
150g/6oz caster sugar
4 eggs
1 tsp vanilla extract
2 tsp cornflour
200g/8oz ice-cream e.g. strawberry blend with
200g/8oz strawberries

Or

200g/8oz rhubarb or ginger ice-cream with
200g/8oz poached rhubarb

Or

200g/8oz yellow man ice-cream with seasoned fruit.

Method

Biscuit Base

Grease a tin approximately 9" diameter 23-24 cm wide on inside. Prepare the biscuit base. Crush the oatmeal biscuits, then add to a small saucepan along with the melted butter and honey. Mix well then use to line the tin. Press along the bottom then two-thirds up the side.

Filling

Cream together the cheese, caster sugar and vanilla essence. Add the eggs one at a time and beating well in between additions until you have a smooth cream. Pour onto the biscuit base and bake in the oven at 180°C/350°F/Gas No. 4 for approximately 45 minutes until firm and set. Cool then chill in the fridge for 1 hour before decorating with Glastry Farm ice-cream and local berries or fruit.



Irish Porter 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, light porter cake from Irish Bakeries and crunchy meringues around the outside.

(Serves 8)

Ingredients

1 Porter cake from Irish Bakeries

(Filling)

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

(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. Whisk egg whites with 2-3 dsp of caster sugar until light and fluffy. Carefully fold in the remainder of the sugar and beat until the meringue is stiff.

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.



Maritime Style Barbecue Fish

"Cooked in foil or newspaper"

Ideal to cook either on barbecue or in the oven. Local fresh seasonal fish fresh from the water from Silverfinn Fish Merchants.

(Serves 6-8)

Ingredients

1 whole salmon 3-4lbs (approx.)
2 lemons – cut into wedges
2 limes – cut into wedges
1 bunch herbs – dill, coriander,
flat leaf parsley
1 dsp peppercorn - crushed
(pick green or black)
50g/2oz butter or polyunsaturated fat
125ml/¼ pt white wine or lemon juice and
wine mixed
1 small red onion – sliced
2 chillies (red) - finely chopped
4-6 spring onions
2 dsp olive oil

(Simple Sauce)

4 dsp olive oil
6 dsp lemon juice
1 red chilli deseeded and finely chopped
1 dsp soft brown sugar or honey
¼ tsp mustard
freshly ground black pepper
1 dsp freshly chopped herbs
e.g. coriander or parsley.

(Cooking Time)

Approx. 20-25 minutes
(Time varies with size)

Method

Prepare the salmon

Wipe the fish dry inside and out, do not remove the back bone. It's always a good idea to remove the gills using sharp scissors.

Fill the cavity of the salmon with finely sliced onion, herbs, wedges of lemon and lime and spring onions.

Place the salmon onto foil or damp newspaper and cover with olive oil, butter, white wine, lemon juice then sprinkle the top with peppercorn, remainder of chopped herbs and a little chopped chilli.

Fold over the foil to seal in all the juices and place on a pre-heated barbecue. Cook on each side turning occasionally.

Cooking time will vary depending upon the temperature of the coals.

Approx 5-6 minutes on one side then turn for 5-6 minutes and allow to cook until the flesh is tender and becomes a paler pink and falls easily from the bone.

Towards the end of the cooking time open the foil, scatter over a little fresh herbs, peppercorn, chilli and lemon.

Simple Sauce

Mix all ingredients together in a screw top jar until sugar has dissolved. Serve poured over the barbecue vegetables.

To serve

Remove from the foil serve on a plate, then skin if preferred on both sides. Serve hot or cold.



Smoked Oat Cakes from Irish Bakers with Smoked Mackerel Pate

“Salmon Al Fresco”

These oak cakes have a special flavour made by roasting or toasting the oats before being incorporated into the oat cakes. They are ideal topped with cheese, bacon or a fish pate. This combination of smoke mackerel I think works well with these crunchy biscuits. These oat cakes are made by Company of Irish Bakers at Ditty's Bakeries.

(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. Choose a variety of local fish from Silverfinn Fish Merchants.

(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

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.

To serve

Garnish with lemon and lime twists Paprika pepper



Beef with Mango and Ginger

(Serves 4)

Ingredients

450g (1lb) lean beef sliced thinly
1x5ml (1tsp) olive oil
2x5ml (2tsp) grated ginger
1 ripe mango, peeled and sliced
2 spring onions sliced into 3cm (1inch) slices

(Marinade)

1x15ml (1tbsp) white wine
1x15ml (1tbsp) dark soy sauce
1x15ml (1tbsp) dark soft brown sugar

(Sauce)

1x15ml (1tbsp) dark soy sauce
1x15ml (1tbsp) runny honey
2x5ml (2tsp) lime juice
1x5ml (1tsp) cornflour

Method

Prepare meat. Combine the marinade ingredients and marinate meat for 15 minutes (or longer if time allows).

Heat olive oil in a non-stick pan. Drain meat from the marinade and add to the pan with the ginger, making sure that all pieces are touching the base. (If the pan is small, cook the meat in two batches so that all pieces are sealed quickly by the heat). Cook the meat thoroughly.

Combine the sauce ingredients, stirring well to disperse the cornflour.

Add mango and spring onions to the pan, stir briskly only long enough to heat the fruit and onions through.

Add the sauce and stir gently for 2 minutes to thicken the sauce and to cook the cornflour. Serve with boiled rice.

Tip: Dark soy sauce contains less salt than light soy sauce (a low salt version of light soy sauce is now available)

Suitable cuts: sirloin, rump, topside steaks.