

The Loaves and Fishes *Recipes*



SEAFISH
The Quality of Seafood


**Ards and
North Down**
Borough Council



Recipes

The Loaves and Fishes 2016 was a unique event aimed at celebrating Seafood Week and the Year of Food and Drink in Northern Ireland. Led by Ards and North Down Borough Council, with support from other partners – Seafish, FoodNI and Ballywalter Park – the *Loaves and Fishes* was held on the 9th and 10th October 2016 in the grounds of Ballywalter Park in Co. Down, ancestral home of Lord and Lady Dunleath, and only a few miles from the important fishing village of Portavogie.

The event was opened by the Mayor of Ards and North Down, Deborah Girvan, and was a celebration of local food, in particular local seafood and traditional breads.

Cookery demonstrations by some of Ireland's foremost Michelin star chefs, included Stephen Toman of 'OX' in Belfast and Martijn Kajüter of 'The Cliff House Hotel' in Ardmore, Co Waterford. These ran alongside bread making masterclasses with Mark Douglas AKA the Krazi Baker, and fish filleting demos by Master Filleter Hal Dawson.

A food village with 30 local artisan producers and tours of the Walled Garden at Ballywalter Park, with the Head Gardener, made the *Loaves and Fishes* at Ballywalter a two day foodie paradise.

The event also saw catering colleges from across Northern Ireland compete for the title of 'Student Seafood Masterchef' which was judged by a host of fabulous foodies, including renowned critic Charles Champion. Belfast Met were crowned champions with their fabulous Portavogie Bouillabaisse.

The aim of Seafood week is to get more people to eat more seafood, more often and with pro-chefs and student chefs making local seafood star of the show at the *Loaves and Fishes*, it is hoped that their recipes may just inspire you to get all fired up about fish!

This recipe booklet has been produced by Ards and North Down Borough Council and Seafish so you can enjoy the wonderful dishes from the 'Loaves and Fishes'.

Bon appetite!



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College Recipes





Belfast Met

The Winning 'Student Seafood MasterChef' Recipe

Portavogie Bouillabaisse

Method

- 1 Roughly chop the onion, leek, celery, fennel and sweat gently
- 2 Add the peppers, tomatoes, tomato puree and saffron and sweat gently
- 3 Add the pernod and reduce, then add the wine and again reduce
- 4 Add the shellfish stock and bring to the boil, allow to simmer for 5 minutes
- 5 Add to the blender and pass through a fine sieve (chinois)

(serves 6)

100g onion
100g leek
100g celery
100g fennel
100g tomatoes
(peel, remove seeds and reserve half for garnish)
1 red pepper
1 yellow pepper
5g tomato puree
pinch of saffron
10ml pernod
100ml white wine
800-1000ml shellfish stock
1 sprig of thyme
1 sprig of rosemary

-
- 1 Bake the Roosters in the oven. Once cooked, scoop out the flesh and mash with the garlic puree
 - 2 Mix with the remaining ingredients (except mayo) then gradually feed in the mayo to achieve the desired consistency

Rouille

French stick
5g salt and black pepper
¼ lemon, juiced
1g saffron
2g cayenne pepper
2 garlic cloves puree
100g Rooster potatoes
50g mayonnaise

Continued overleaf...

Portavogie Bouillabaisse ...continued

Modern Fondants

300g baby potatoes
200g butter – press
into pot
3 garlic cloves crushed
and 2 sprigs each of
thyme and rosemary
– press a pinch of
saffron and smoked
paprika into the butter
400ml chicken stock
greaseproof or
parchment paper

- 1 Seal potatoes to a golden colour
- 2 Press butter and herbs into a pot and heat gently until butter turns nut brown
- 3 Add potatoes to the butter mix and add the chicken stock – add enough to cover potatoes, then cover with the greaseproof or parchment paper

Leek Confit

1 leek – [steam, chill]
chop into discs (5mm)
200ml olive oil
2 limes – zest and juice

- 1 Place all ingredients in a cold pot and season
- 2 Gently heat up before placing in oven at gas mark 4 (180°) for 10-15 minutes
- 3 When cooked, drain off the lime oil and retain for service

Turned Veg

200g carrots
3 courgettes
0.5l of vegetable stock
1 sprig of thyme
50g butter

- 1 Peel and chop vegetables as desired
- 2 Braise the chopped vegetables in the thyme and butter, then add the vegetable stock

Baby Veg

3 turnips
3 fennel
500g of asparagus (12)
50g crispy kale shards
micro herbs

- 1 Blanch turnips and asparagus
- 2 Blanch fennel then char-grill
- 3 Deep fat fry crispy kale shards

- 1 Cook the mussels in a hot pot with a tight lid, adding diced shallots, garlic and 1 tbsp of white wine. Cook for 2 minutes to open shells
- 2 Drain and pass cooking liquid, add to bisque
- 3 Reheat shellfish in sauce before serving

Steamed mussels

300g mussels
diced shallots
garlic
1 tbsp white wine

Sear in a hot pan in oil, flambé with pernod and place in the oven for 3 minutes – shell and serve (if damage – slice)

Roast Langoustine

600g langoustine
30ml pernod

Marinade in oil and lemon for 5 minutes then chargrill

Griddled Squid

1 squid – prep oil
1 lemon

6 scallops – clean and prep. Sear to order

Seared Scallops

2 seabass – prep and pan-fry to order

Seabass

- 1 Sieve dry ingredients and whisk in water slowly till correct consistency, chill before using
- 2 Lime zest and chopped tarragon/chervil to add to flavour

Oyster Tempura

6 oysters
85g flour
15g corn flour
½ tsp salt
200ml ice-cold sparkling water
Lime and chopped tarragon/chervil to garnish

Southern Regional College

Roast Fillet and Brandade of Pollock, Ragout of Cockles, Mussels, Leeks, Bacon and Cider, Lemon Pearls with Oyster Foam

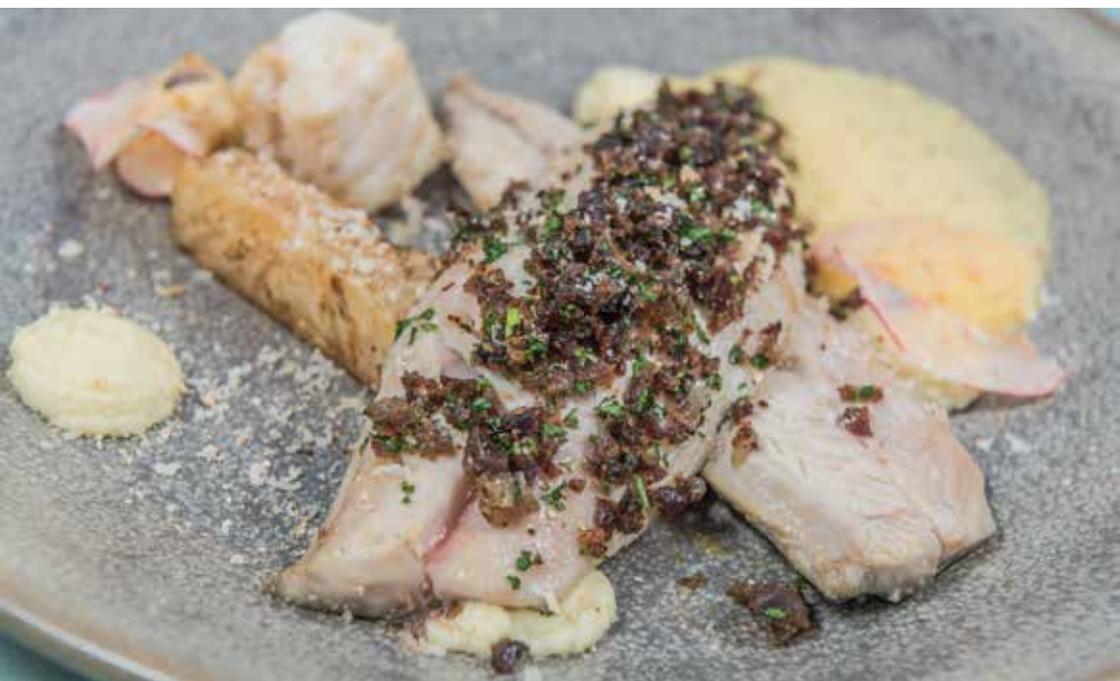
pollock
cockles
mussels
oysters
bacon
lemon
fennel
shallot
thyme
tarragon
dill
cider
butter
vermouth
samphire
celeriac
Jerusalem artichoke

Method

- 1 Fillet and portion fillets of pollock, retaining tail ends to poach for brandade
- 2 Make a puree from celeriac
- 3 Par-boil Jerusalem artichokes for roasting
- 4 Boil Jerusalem artichoke, crush, add herbs and poached pollock to make brandade
- 5 Shuck oysters and combine with vermouth and lecithin for oyster foam
- 6 Steam mussels and cockles with leeks, bacon and cider till open. Remove meat and return cooking liquor to heat, reduce, then monte with butter, add mussel/cockle meat, fresh herbs
- 7 Roast fillets of pollock
- 8 Lightly sauté samphire
- 9 Assemble dish



College Recipes



Northern Regional College

Pan Fried Mackerel, Monkfish Cheeks, Guanciale Crumb with Celeriac Puree, Apple Crisps, Warm Apple Mayonnaise and Celeriac Chips

Method

- 1 Cook mackerel fillets and monkfish cheeks in a hot pan, finish with smoked butter
- 2 Sprinkle over guanciale crumb

4 mackerel fillets
4 trimmed monkfish cheeks
smoked butter
100g guanciale, cooked gently to render and dehydrated, finely chopped
handful chopped parsley

- 1 Roast in foil, 180°C, until soft with a little of the oil, thyme and salt
- 2 Remove thyme and blend with remaining oil

Celeriac Puree
200g celeriac
100ml Brighter Gold rapeseed oil
few sprigs thyme
pinch of salt

- 1 Whisk the egg yolks with vinegar over bain marie
- 2 Add oil in a steady stream, whisking all the time
- 3 Add puree
- 4 Add to espuma gun, charge with 2 gas and shake vigorously

Warm apple mayonnaise
3 egg yolks
1 tablespoon white wine vinegar
100ml Brighter Gold rapeseed
2 red apples, quartered, cored, pureed

- 1 Simmer in the stock with the thyme until just cooked
- 2 Fry in oil and finish with butter

Celeriac Chips
4 chips of celeriac
vegetable stock
thyme
oil and butter for cooking

To assemble: Dot the celeriac around the fish
Garnish with dehydrated apple
Add the chips and serve with the mayonnaise on the side

South East Regional College

'Lough and Sea' - Pan Fried Line Caught Wild Halibut, Smoked Eel Tortellini, Monkfish Cheek, Brassicas, Wild Mushrooms, Foraged Sea Vegetables

1 whole halibut about
2-3 kg weight
5 scallops
1pkt smoked eel
1 bottle Brighter Gold
oil
nasturtium
1 romanesco
1 radish
1 baby carrot
1 purple cauliflower
sea lettuce
sea kelp
10 ceps
1 celeriac
100g girroles
salt, pepper
1 block butter
oil for frying
500ml cream
thyme
500g flour
4 eggs
1 pkt dill
chervil
dijon mustard
shallots
garlic
rock salt
lecithin
milk
sea vegetables such as
sea beet, sea lettuce,
scurvy grass

Method

- 1 Make pasta and rest for half hour
- 2 Fillet halibut and prepare the bones for stock
- 3 Blanch and refresh all vegetables
- 4 Prep scallops and eel
- 5 Panee monkfish cheeks
- 6 Make a dill emulsion, sweat the shallots and add other ingredients to make a mayonnaise
- 7 Reduce fish stock
- 8 Make a tarragon foam using shallots, tarragon, milk, reduced stock, lecithin
- 9 Prepare sea vegetables
- 10 Make eel tortellinis
- 11 Gather all components and cook
- 12 Plate to serve



College Recipes



South West College

Hot Smoked Gurnard/Brill, Charred Fennel, Sauté Mushroom, Kale and Bacon, with Salt Baked Celeriac, Beetroot Fondant, Rosehip and Cider Vinegar Pearls, and Fennel Beurre Blanc

Method

- 1 Pre heat the oven to 200°C and place the oil in the freezer
- 2 Make the mixture for the salt baked celeriac, when made coat the celeriac in the mixture, place on a baking tray and put into the oven for 2 hours at 200°C
- 3 Cut out the beetroot fondants and braise in the oven
- 4 Prepare the brine
- 5 Prepare the fish [remove all fins and clean out], when prepared portion into 5 fillets
- 6 Soak the fish in the brine for 15 minutes
- 7 Prepare all the vegetables [cauliflower into small heads and sliced down the middle] [mushrooms ¼] [¼ onions] [dice shallots]
- 8 Boil the cider vinegar and rosehip syrup, cool slightly, add the agar and allow to cool to 55°C, syringe droplets into the cold oil, drain the oil off and place into water and rinse
- 9 Set up the smoker with the woodchips and fresh fennel seeds and place on a high heat
- 10 Coat flat side of cauliflower in curry powder and fry until golden brown, place on a tray with the oils from the pan and place in the oven for 5/6 minutes
- 11 Griddle the fennel and blanch the kale and fry off in butter
- 12 Cut the bacon into fine dice and fry off until golden brown
- 13 Remove fish from brine, dry and place in the smoker until cooked
- 14 Prepare the sauce, sauté the shallot in oil, add in the cockles, a splash of white wine and cook with a lid on. When open, remove and reduce the liquor, add lemon juice and reduce, whisk in the butter
- 15 Fry the onions until the bottom side is burnt. Fry the mushrooms until cooked
- 16 Place the bacon chestnut and kale all into a frying pan and fry off. Check the beetroot
- 17 Plate up to serve

5 fillets of gurnard or brill
3 slices of bacon
250ml egg white
250ml water
500g salt
500g flour
1500ml water
15g salt
100ml cider vinegar
1g agar-agar
5 baby fennel
¼ cauliflower
2 onions
2 shallots
150g chestnut mushrooms
100g wild mushrooms (girolles)
20g curry powder

fresh:

kale
fennel seeds
field sorrel
dandelion
chickweed
astirsian
girolles

North West Regional College

*Pan-Fried John Dory Fillet, Crispy Soft Egg,
Chicken and Brandade Salad***Main Dish**

john dory fillet
oil, clarified butter,
lemon, salt, pepper
john dory brandade
300ml/½ pint full-fat
milk

1 lemon, zest only
1 garlic clove, chopped
5g chopped chives,
garlic/lemon olive oil,
seasoning

Pea puree

100ml chicken stock
25g butter
150g peas
salt, pepper to taste

Razor clam shell garnish

3 per plate broad beans
3 per plate marinated
grilled plum tomato
tomato jelly to taste
1 per plate (cut in 3)
caramelized chicken
wings for razor clam
3 pieces per plate
samphire
3 per plate pickled wild
mushrooms
3 per plate apple batons
(granny smith)
chive oil to taste

aubergine caviar to taste
pea shoots to garnish

Deep fried soft egg

1 egg yolk per plate
panko, seasoning
flour, egg wash

Method

- 1 Put the milk, lemon zest and garlic into a saucepan. Bring to the boil over a medium heat. Remove from the heat, add the fish and set aside for 6 minutes, or until the fish is cooked. Once cooked, drain, flake, season, add chopped chives and garlic and lemon oil. Reserve until required
- 2 Cook peas in stock, butter and seasoning for 1 minute, drain reserve liquid. Puree and add liquid as desired until smooth
- 3 Lightly poach egg yolk to set, refresh and pane in breadcrumbs and deep-fry to finish
- 4 Poach chicken wings in chicken stock, once cooled remove bone and fry to make crispy and golden, finish with honey
- 5 Prepare components for garnish
- 6 Heat broad beans and samphire stock, butter and seasoning for 1 minute, drain. Lightly grill baby tomatoes. Cut granny smith apple and reserve, warm pickled mushrooms. Warm aubergine caviar
- 7 Pan-fry john dory fillets 1.5 minutes, finish with butter to glaze
- 8 Plate up to serve





*Martijn Kajuter's Grey Mullet, Cauliflower,
Winter Cantherelle, Quails Egg, Bread and
Seafood Crunch, with Smoked Leek*

Martijn Kajüter, The Cliff House Hotel

Executive Chef Martijn Kajüter is the man behind the Michelin star food at 'The Cliff House Hotel'. Martijn's cooking plays true to his instincts, elegant palette and deep-felt love of food from the earth, field and sea, cooked with technical precision. A maverick to the core, Martijn's obsessive passion resists the influences and trends of his industry, his contemporary take on traditional Irish food combines innovative presentation and commitment to great regional produce.



The Dutch-born chef, who joined 'The Cliff House Hotel' in October 2007, worked with food from a young age. His parents ran a bistro and café in the town of Groningen. He was quick to rise through the ranks, working as Head Chef for De Kas restaurant in Amsterdam before coming to Ireland.

At 'The Cliff House Hotel', Martijn spearheaded a unique initiative: he set up a kitchen garden with polytunnels that are supported by the St Raphael's Centre in nearby Youghal where people with special needs work and grow seasonal vegetables outdoors. This co-operative part supplies the hotel with local produce.

At the Loaves and Fishes Martijn cooked a fantastic seasonal dish with grey mullet.

Recipe on following page...

Martijn Kajüter, The Cliff House Hotel

*Martijn Kajüter's Grey Mullet, Cauliflower,
Winter Cantherelle, Quails Egg, Bread and
Seafood Crunch, with Smoked Leek*

Grey Mullet

6 fillets
sea salt, black pepper
lemon zest
neutral oil, butter
winter cantherelles
fresh cantherelles
french dressing
black pepper
cauliflower
preparations
mirin

Pickled Cauliflower

100g cauliflower florets
50ml chardonnay
vinegar
10ml water
1tsp mustard seeds
½ a bay leaf
salt
sugar

Crème of Cauliflower

trimmings of the
cauliflower
lemon zest
oil
seasoning

Method

Grey Mullet

- 1 Fillet the sides off the grey mullet with a spoon, scrape the remaining meat off the bone, and keep aside
- 2 Debone the fillets: trim the belly with a flexible knife
- 3 Portion the sea bass by slicing the 2 fillets length wise in 2, you will end up with 4 parts; slice the bluer back part in 2 even pieces, slicing off the ends to make them rectangular in shape, leave the skin on to end up with 3-4 nice fillets
- 4 Remove skin from the belly part, and repeat the same process of portioning, making them even rectangular pieces
- 5 The "back" fillets we use for pan frying
- 6 The skinless belly pieces you can turn into "Boudins"

Cauliflower preparations

- 1 Slice the core out of the cauliflower – slice very thin on the mandolin and place in mirin, compress in vacuum pouch and store in fridge until use
- 2 Then slice the bigger florets in silhouettes – sear 1 side of the raw cauliflower and then dress with clarified butter and place in vacuum pouch with spring of lemon thyme. Vacuum seal completely and steam the bag for 6-8 minutes – the cauliflower should feel less hard but not too soft
- 3 Cool
- 4 Then select small florets and place them in a pickle made with the mentioned ingredients
- 5 With the rest of the trimmings, finely slice and dress with oil, lemon zest and seasoning. Place in a vacuum bag and steam until completely cooked and soft
- 6 Open bag and put the content over a sieve, keeping any cooking liquid. In a food processor, mix the cauliflower to

a smooth crème; if too thick, add a bit of the preserved juices. A few drops of oil will make the crème shine. Season to taste and sieve, place in a squeeze bottle and store in fridge

Smoked Leek “Fondue”

- 1 Slice the leeks in very fine rings and sweat them in butter until tender and soft, remove from heat
- 2 Cover the pot with cling film and smoke the leeks with the instant smoker, repeat this process twice, or until the leeks have adapted a good smoky flavour
- 3 Then place the leeks in a blender and add spinach and the fish stock. Blend until a green smooth sauce appears, then season and add the olive oil, blend further and then pass through a very fine sieve

Quails Egg

- 1 Cover eggs in sea salt and place into the deep freezer [min -20] and let it freeze for 4 weeks
- 2 Then let it defrost and peel the egg – the egg white is useless but the yolk will be perfectly round, ‘cooked’ and intact. Marinate the yolk in tarragon vinegar and some oil for a minimum of 2 hours to infuse and flavour

Seafood and Bread Crunch

- 1 Deep fry small shrimps and anchovies until crisp
- 2 Dehydrate black olives and chop very fine
- 3 Dice small cubes of sea vegetable brioche and fry until crisp
- 4 Deep fry lovage leaves until crisp
- 5 Slice very fine strips of lovage (chiffonade)
- 6 Very finely chop garlic and fry until crisp and golden
- 7 Mix this to order and zest lemon over it
- 8 Add to this when serving



Confit Cauliflower

2 small cauliflower silhouettes per person
clarified butter
lemon thyme
seasoning

Smoked Leek Fondue

200ml fish stock
250g leeks
25g spinach
30g butter
40ml olive oil
seasoning

Quails Eggs

quails eggs
sea salt
tarragon vinegar
olive oil
black pepper

Bread and Seafood Crunch

sea vegetable brioche
croutons
crisp baby shrimps
crisp baby anchovy
dehydrated black olive
crisp garlic
lovage chiffonade
lovage crisp
lemon zest

Chef Recipes



*Stephen Toman's Halibut, Curry, Romanesco,
Bergamot and Oyster Leaf*

Stephen Toman, OX Belfast

In March 2013, two long standing friends, each passionate about their craft, each with a desire to bring something new to the Belfast restaurant scene, combined forces and opened 'OX' overlooking the River Lagan.

Belfast-born Stephen and Brittany native Alain met in Paris. Working in various influential and inspirational restaurants they have honed their skills, developed their talents and percolated ideas to put into practice against the backdrop of their own relaxed riverside restaurant.

With experience gained in the Michelin starred kitchens of Paris including the 3-star 'Taillevent', and an enthusiastic and unique approach to seasonal produce, chef owner Stephen uses imagination and creativity to help bring fresh ingredients to life on your plate. 'OX' guarantees menus which feature top quality meat and sustainably sourced fish, while also giving careful attention to seasonal vegetables and fruit.

Recipe on following page...



Stephen Toman, OX Belfast

*Stephen Toman's Halibut, Curry, Romanesco,
Bergamot and Oyster Leaf*

4 x 120g pieces of
halibut (skin on)
1 head romanesco cut
into small florets
12 oyster leaves

Sauce

1lb halibut bones
½ cup vin jaune
2 litre filtered water
300ml cream
salt
lemon
1-ounce butter

Curry

50g butter
1 bulb fennel
½ medium onion
1 tbsp curry powder
heaped, good quality
1 unwaxed lemon zest
200ml water

Method

Sauce

- 1 Cover bones in water and bring to a simmer (30-40 minutes)
- 2 Pass off liquid and reduce to a ¼
- 3 Add wine and return to boil
- 4 Add cream and reduce by ½
- 5 Season with salt and lemon juice
- 6 Add butter
- 7 Keep hot

Curry

- 1 Finely slice fennel and onion
- 2 Melt butter in pan on medium heat
- 3 Add fennel and onion to the pan and sweat off until soft
- 4 Add curry powder, stir for a few minutes on the heat to release aroma of powder
- 5 Add water, bring to the boil
- 6 Stir in lemon zest, simmer for 15 minutes
- 7 Remove from heat and puree in blender, add salt to taste
- 8 Keep in warm place until needed

Bergamot Oil

- 1 Heat rapeseed oil to 80°C in a pan over a gentle heat, add rind
- 2 Remove from heat, cover with cling film and allow to infuse for 30 minutes
- 3 Pass oil into squeeze bottle

To Serve

- 1 Cook romanesco in salted boiling water until tender (3-4 minutes)
- 2 Cook fish in hot pan, skin side down
- 3 Turn and finish in hot oven (160°C) for 3-4 minutes
- 4 Rest in warm place for 3-4 minutes
- 5 Peel off skin and sprinkle with salt
- 6 Place on hot plate
- 7 Spoon curry on to plate
- 8 Garnish with hot romanesco and oyster leaf
- 9 Drizzle with bergamot oil
- 10 Foam sauce using hand blender and spoon onto fish

Bergamot Oil

200ml rapeseed oil
bergamot rind (1-2 bergamot)

Chef Recipes



*Davey Cardwell's Pan-fried Monkfish, Spring
Onion and Honey Mustard Sauce with Pencil
Asparagus and Pea Shoots*

Davey Cardwell, Katch 27

'Katch 27' has been a highlight of the Peninsula dining scene for over 5 years. With Head Chef Davey Cardwell and partner Leigh Gamble at the helm, 'Katch 27' has gone from strength to strength. This year, 'Katch 27' have won two major awards, LCN Cafe Bistro of the Year and Best Restaurant in County Down – well-deserved recognition of the quality of this local restaurant. Daily seafood landings determine what's on the menu with freshly sourced hake, monkfish, Strangford Lough mussels, Portavogie prawns and local Lobster all featuring. Here is Davey's recipe for pan-fried monkfish with a spring onion and honey mustard sauce.



Method

- 1 Mix flour with paprika, salt and pepper; coat the monkfish in the flour mix
- 2 Heat a non-stick pan, add butter, oil and lemon juice, place the monkfish in the pan pressing down lightly, cook for 3/4 minutes then turn fish over and cook for a further 3/4 minutes, place fish in a hot oven around 180°C to finish off
- 3 Make the sauce in a new pan: add cream, white wine, mustard and honey, mix together and bring to the boil, reduce heat to a simmer – which will reduce the sauce to a thick consistency – taste (adding more honey or mustard if required). At the last minute (just before serving) pop in chopped spring onions, this keeps the colour of the spring onion vibrant
- 4 Power boil asparagus in salted water, finish off in pan-fried butter, adding salt and pepper to season
- 5 To serve, spoon some sauce onto the middle of a warm plate, set some asparagus on the sauce, rest the monkfish on top of the asparagus, finishing off with a handful of pea shoots for presentation

1 large monkfish tail,
cut into four
monkfish fillets
2oz self-raising flour
and a pinch each of
salt, ground pepper
and paprika
2 spring onions
250ml cream
1 tsp English mustard
50ml white wine
1 dessertspoon of
honey
a lemon wedge
knob of butter
splash of olive oil
pencil asparagus
pea shoots



Mackerel

2 mackerel fillets (pin-boned); marinade in lemon, oil, garlic and ginger

Relish

½ lemon (juice)
 ½ lime (zest)
 ½ orange (segmented and chopped)
 1 plum tomato (deseeded and chopped)
 1 tsp hot chilli sauce
 ¼ red chilli (finely diced)
 1 tbsp of rapeseed oil
 1 tsp of honey
 1 tsp sushi ginger (chopped)
 coriander (chopped)

Potatoes

1 sweet potato (peeled and Parisian scooped)
 1 shallot (sliced)
 1 tbsp orange peel
 1 clove of garlic (grated)
 pinch of chilli flakes
 parsley (chopped)

Stephen Jeffers, Forestside Cookery School

Stephen has had a wealth of experience in the catering industry in Northern Ireland.

Once described as a senior statesman in the Northern Ireland restaurant scene, Stephen started his career working as the youngest ever head chef in Parliament Buildings at Stormont, afterwards becoming personal chef to one of the Guinness family. Later Stephen opened his own restaurants – ‘Grace Neill’s’, ‘Jeffers’ and ‘The Boat House’. After running the Belfast Cookery School with the ‘Mourne Seafood Bar’ for 2 years, Stephen has now taken on a new role, developing the ‘Forestside Cookery School’.

Stephen has been widely acclaimed and is particularly talented when preparing and cooking local seafood. The Guardian Newspaper said “Chef Jeffers, scores on all seafood.”

Here is Stephen’s dish of mackerel with citrus relish and herb roast sweet potatoes which he cooked at the ‘Loaves and Fishes’ in Ballywalter Park.

Mackerel With Citrus Relish And Herb Roast Sweet Potatoes

Mackerel

- 1 Simply marinate mackerel for 1 hour
- 2 When ready to cook, place a non-stick pan on a high heat, place mackerel skin side down until skin is crispy, now turn and cook for 30 seconds and season well

Relish

- 1 In a small bowl add oil, honey, ginger and lemon juice
- 2 Now add tomato, orange, lime zest, chilli sauce and chilli, infuse for 15 minutes
- 3 Finish with coriander

Potatoes

- 1 In a small pot, cover base with butter, add shallot and garlic, cook until soft
- 2 Now add orange, potato and flakes: cook until potato is soft, add salt and parsley
- 3 Plate

Wayne Carville, Mourne Seafood Bar

Wayne is a well-known chef and teacher, passionate about local food and seafood in particular.

Wayne has been cooking professionally since he was seventeen years old, throughout Europe, Scandinavia and the USA. He joined the team at 'Mourne Seafood' and was immediately thrown into the world of teaching and demonstrating his cookery skills at an event in the Kings Hall with 800 people watching! Since then, Wayne has inspired many with his simple, no-fuss approach to cooking and his skills with seafood in particular. He also worked with Seafish to produce a series of seafood preparation films, available on YouTube.

At the 'Loaves and Fishes' event, Wayne worked with professional fish filleter Hal Dawson, to prepare delicious seafood chowder and show the versatility of seafood and how many different species can be used to create a great chowder.

Seafood Chowder

- 1 In a large pot, over a medium heat, add butter, onions, bay and thyme. Season and gently sweat off for 5 minutes until onions are soft but no colour
- 2 Add fennel and celery and cook for another 3 minutes, then add celeriac, potato and leeks, and bring stock to the boil. Taste for seasoning and cook out for 25 minutes
- 3 Remove from the heat
- 4 With a hand blender, gently pulse blend the soup, just enough to thicken it, but not enough to puree it, put back on the heat and add seafood [seafood should be diced, no shells, bones or skin]
- 5 Bring to a simmer and add cream
- 6 Adjust seasoning with sea salt and a good pinch of cayenne pepper
- 7 Pour into warm bowls and top with croutons and parsley



125g mixed seafood (mussels, cockles, prawns, cod, salmon, etc.)

¼ onion, diced

¼ ribs of celery, diced

¼ leek, diced

50g celeriac, peeled and diced

¼ bulb fennel

100g potatoes, peeled and diced

1 bay leaf

1 sprig thyme

1 litre stock, fish or chicken

125ml double cream

25g butter

chopped parsley

The Krazi Baker AKA Mark Douglas



Anything that can be baked on a griddle, Mark Douglas does it. From soda farls to potato and apple cakes to fluffy pancakes, customers are wolfing them down as fast as he can make them. None of them need yeast, so all he has to do is mix the ingredients and he's good to go. This Krazi Baker bakes at markets across Northern Ireland and beyond. He's also recently branched out into oven bakes and his Butter Shortbread made with Abernethy Butter scooped a Gold Star at the Great Taste Awards. He already holds one for his Potato Apple Bread.

100g cheese
4 rashers of bacon
500g of Andrew's Mill
soda bread flour
320/340 ml of
buttermilk
rapeseed oil

Method

- 1 Put the flour in a bowl with the rapeseed oil. Then add a handful each of smoked cured bacon and some grated mature cheddar, or other strong cheese
- 2 Add the buttermilk and mix with your hand until you have a pliable dough, it will be quite a sticky mixture
- 3 Turn out onto a floured surface and divide in four. Knead each piece into a ball and pat down gently
- 4 Bake on a preheated griddle or heavy skillet. Turn sodas after 7 or 8 minutes on each side
- 5 If you want to make a bannock or loaf instead, don't divide up the mixture. Just shape it and put a cross shaped cut across the top to allow it to bloom and bake in a preheated oven at 220°C for 25/30 minutes



The Krazy Baker's Bacon and Cheese Soda Bread

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