

# 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 Kajuter 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

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



## **Martijn Kajuter, The Cliff House Hotel**

Executive Chef Martijn Kajuter 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 Kajuter'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 tbspc 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)

# *Pro-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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Finally, the biggest thanks must go to the catering colleges across Northern Ireland for supporting the Loaves and Fishes, bringing students to the event and developing the fantastic seafood recipes in this booklet. It was wonderful to see students and lecturers from every catering college in NI at the Loaves and Fishes and to see their passion for keeping the traditions of local breads and seafood alive while creating new and novel techniques and dishes for the 21st Century.

The creation of this booklet was managed by Karine McGuckin, Ards and North Down Borough Council, and Dr Lynn Gilmore, Seafish, with recipes kindly supplied by the pro-chefs and Northern Ireland's catering colleges that participated in the 'Loaves and Fishes'. The images are by Neil Harrison Photography.

