



The Sober St. Patrick's Day®

Global Virtual Celebration MARCH 17th, 2021

Cook along Menu from **Saint Patrick's Plate**

Chef Terry McCoy will be in his kitchen in Skerries and invites you to be in your cooking right along with him for this very special culinary demonstration. Simply pick your favourite dishes from the menu, gather your ingredients and cook along... Or just enjoy watching.

STARTERS

Smoked Salmon tartar
or
Seafood Chowder

Mains

Patrick's Pork Medallions
or
Horseradish hake
Sea Spaghetti

DESSERT

Goat's Cheese and Blueberry Mousse
or
Apple and Carrageen tart

All of the recipes for menu items are available in **Saint Patrick's Plate**
www.saintpatrickspate.com

A **\$5 donation** will be made to Sober St. Patrick's Day® Foundation, Inc.
for every copy sold on March 17, 2021.

Register at www.SoberStPatricksDay.org

Serves: 4

Prep Time: 60 mins

Smoked Salmon TARTAR

Salmon are important creatures in several strands of Irish mythology and poetry, they are often associated with wisdom and knowledge. Classified as an oily fish, salmon is very healthy due to the fish's high protein, omega-3 and high vitamin D content.

Ingredients

4 tbsp of Mascarpone cheese
2 tbsp Maple syrup
1 tbsp Sherry vinegar
1 tbsp Horseradish sauce
250 g Raw salmon
250 g Smoked salmon
1 Apple peeled & chopped
2 tbsp chopped onions
1 stick celery finely chopped
Chopped mixed herbs
1 Lemon
Tabasco sauce
Salt & Pepper

Method

To make the horseradish dressing:
Place the mascarpone cheese in a bowl and whisk in the maple syrup, sherry vinegar and horseradish. Season with a little salt and freshly ground black pepper and leave to rest for one hour.

Meanwhile, to prepare the salmon, dice the fresh and smoked salmon as small as possible and mix in a bowl. Fold in the apple, red onion, tomato, celery and herbs.

Season to your liking with the juice of half a lemon, tabasco, a little olive oil and pepper. No need to add salt as the smoked salmon will be salty enough.

Place spoonfuls of the salmon in rounds on serving plates and drizzle around the dressing. Garnish each plate with the mixed salad leaves. Add a wedge of lemon to serve.



In Patrick's Time

St. Patrick and his followers likely used the rivers and the sea to navigate their journey throughout Ireland. There is no doubt that Salmon would have been an important food to St. Patrick and his followers.

Was the vibrant life and energy of wild salmon was bestowed upon the fish by St. Patrick himself?

One can imagine Ireland's Christian converts tucking into a hearty salmon dish, extolling its mythical qualities.



Serves: 4

Prep Time: 30 mins

PATRICK'S CHOWDER

The dish has its origins in French cuisine and indeed the word is derived from the French word "Chaudron" which means a large cooking pot traditionally cooked over a fire. In this recipe the focus is on seafood. It's a hearty simple meal and is full of protein, vitamins and minerals. Chowder works especially well as a lunchtime dish.

Ingredients

1 Onion
2 Sticks of celery
1/2 Red pepper
1/2 Green pepper
2 Bay leaves & 2 Cloves
4 Milled peppercorns
2 Streaky rashers
1 Clove garlic
2 Medium potatoes peeled.
2 oz. Butter.
500 ml Fish stock
500 ml Milk.
16 Mussels in shell (500 g)
16 Cockles in shell (500 g)
Razor Fish shelled (100 g)

Method

Chop all the vegetables into cubes including the potatoes. Crush the garlic. Cut the bacon into pieces and add them to a pot. Cook over a medium heat until the bacon pieces are turning brown. Add the butter, the chopped vegetables, potatoes & crushed garlic and sweat for 5 minutes, stirring constantly to prevent burning. Add the stock, the milk, bay leaves and cloves. Simmer for 10 minutes until the potato cubes are soft.

The potatoes will melt into the soup and thicken it. Now add all the seafood and bring back to simmer until the shellfish open. When they spring open the chowder is ready.

Serve in large soup plates with an optional teaspoon of whipped cream. Add two slices of wholemeal Irish brown bread (page 22) and butter. A pint of Guinness will wash this dish down well.

Optional: Smoked Haddock or Cod. Dublin Bay Prawns, Squid or white fish.



In Patrick's Time

Due to his Roman upbringing, Patrick would have had experience of exotic spices and foods not yet known by the native Irish.

Did St. Patrick impress the Irish pagans with his knowledge of foreign dishes while converting them to Christianity? This we can't know, but there is little doubt that while St. Patrick studied to become a missionary in France, he would have experienced different forms of chowder.



Serves: 2

Prep Time: 20 mins

In Patrick's Time

There is a tale attributed to St. Patrick as he was escaping slavery called the miracle of the pigs. The tale goes that St. Patrick boarded a ship which sailed from Ireland but on arrival to land there was no food to be found. The sailors were desperate but St. Patrick implored them to put their faith in God and He would provide food. Suddenly, a herd of pigs appeared and all were believers!

PATRICK'S PORK MEDALLIONS

From the very earliest of times, pork has been eaten both freshly cooked and cured or preserved. This dish takes a little effort and around 20 minutes to make. The results are very tasty so you will be pleased you've made the effort. Fresh pork is high in protein and essential vitamins, minerals and amino acid and is considered good for overall health.

Ingredients

500 g Pork fillet or tenderloin
Salt & Pepper to season
10 ml Rapeseed Oil
20 g Soft butter
30 ml Fresh cream
150 ml Vegetable stock (page 101)
100 ml Diluted Blackcurrant concentrate with a dash of soy sauce
10 g Blue cheese

Method

Carefully, with a knife, remove the grizzly membrane on the outside of the fillet. This must be done or it will cook extremely tough. Cut the fillet across diagonally into eight equal pieces. Slightly wet the pieces to make it easier to bash out. Using cling film, place a piece of pork under the film. Now bash out the pork with a meat mallet to tenderise it until it is quite thin. Season with salt & pepper on each side. Repeat for each piece of pork. Heat the frying pan and add the oil. When hot, add the butter and then place the pork medallions 3 or 4 at a time and brown for a few minutes on each side. Do not over-crowd the pan or the medallions will boil rather than brown. Remove the cooked medallions from the pan and keep warm. In the hot pan add the blackcurrant and soy. Now add the stock and cream and let the liquid reduce until it thickens. Now add the stock and cream and let the liquid reduce until it thickens. Place the sauce on a warmed plate and place 4 fillets on each sauced plate, serve with seasonal vegetables.



Serves: 4

Prep Time: 20 mins

HORSERADISH HAKE

Horseradish and Hake may seem like unusual bed fellows, but the versatile horseradish has been used to draw flavor from fish dishes in Europe and Asia since antiquity. Keep the head, skin and bones as you can make an excellent stock for the cooking process. An great source of vitamin C, potassium, calcium, magnesium and zinc.

Ingredients

1 Hake on the bone (2 kg approx.)
Small 100 g jar of Horseradish relish
200 ml Whipped cream
60 g Cold butter
Salt and Pepper
1 fresh peeled orange

Equipment

One domestic steamer or a Chinese bamboo steamer.

Method

Carefully fillet the fish into two halves. Remove and cover the head and tail with water in a pot and simmer for 30 minutes to create your stock. Cut the two filleted sides in two even pieces each making now four pieces. Check for pin bones and remove them. They are quite large so easy to spot. Fold the horseradish relish and whipped cream together and paste it in the inside of the four pieces of fish. Season lightly with salt and pepper. Fold over the fillets squashing the cream mixture in the middle. Put three cups of retained fish stock in the bottom of the steamer. Place the fillets in the steamer, cover and place over the heat for five minutes then lift out the fish and arrange on hot plates. Take all the juices from the fish and horseradish sauce, collected in the bottom of the vessel and add an egg cup of cream and reduce over a high heat. Do not loose your nerve - reduce by 3/4 volume and add 60 g of butter. Shake around the pot until melted in and then pour over and around the fish. Garnish with fresh skinned orange for a zesty bite. Serve with boiled potatoes.

In Patrick's Time

Horseradish may not have been readily available in 5th century Ireland as it originated in continental Europe, but Hake was plentiful in the seas around Ireland.

Several historians have claimed that St Patrick did his religious studies in Tours, France. It is entirely possible that the hardy horseradish accompanied the Saint when he returned to Ireland to convert the Irish to Christianity.



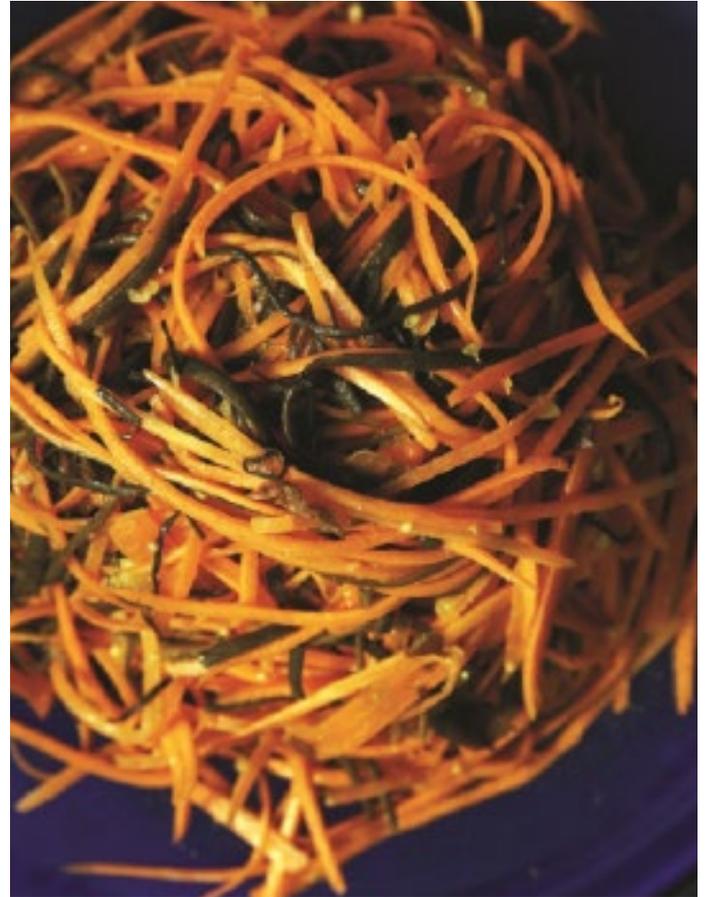
Sea Spaghetti

This is a curious brown seaweed that can cover a large area. It grows out from a small brown button shape that is fastened to a rock near the shore. I have found that the young shoots are the ones to look for. They taste quite like asparagus.

Here is a very simple recipe for you to try out. If you don't have time to forage, sea spaghetti seaweed is available to order online or in most health-food stores.

Stir fry some peeled and chopped garlic gloves at a high temperature. The garlic will start to brown but will become a vibrant green color. Add some strips of sea spaghetti and cook until they turn a reddish orange colour.

You will have created a simple dish that has all the colours of the Irish flag - green, white and orange! Adding a little lemon or orange juice is an easy way to alter the flavor to suit everyone's taste.



The Rock of Cashel

Makes: 6 Portions Prep Time: 30 mins

Goat's Cheese & Blueberry Mousse

This is a delicious dessert with a distinctive taste. Goat's cheeses are made in kitchens all over the world, with chefs hanging bundles of cheesecloth filled with curds in the warm kitchen for several days to drain and cure. If you want to try making the cheese yourself, see page 86 for the method.

Ingredients

1 Ltr Whipping cream
150 g Soft Goat's cheese
1 Tbsp Castor sugar
500 g Blueberries
125 ml Grape fruit juice
4 Leaves of gelatine

Equipment

Electric mixer with bowl
Large Mixing Bowl
6 Ramekins (or cups)
Cling Film

Summer Berry Sauce

60 g of Cranberries, Raspberries,
Blackberries & Blueberries
250 ml Grape fruit juice
2 tbsp Castor sugar

Method

Heat the grape fruit juice and add the blueberries to poach until they start to burst. Pass through a sieve, pressing until you extract all flesh except the skins. Add the gelatine leaves to the warm blueberries and allow the gelatine to dissolve by stirring. Place the blueberry mix and bowl into a large container with iced water to speed the cooling to about 5° C. Stir the deep coloured liquid as it sets. Do not allow it to fully set as you need to pour it into the next bowl. In a large mixing bowl, whisk 750 ml of cream with the sugar until peaks can be formed. Empty into a separate bowl and set aside. No need to clean the whisking bowl just yet. Add the goat's cheese and the remaining cream. Beat until the cheese and cream are soft. Check the flavour is slightly sweet but with a tart, tangy taste from the goat's cheese. Add the cooled blueberry liquid and beat the mixture. Line 6 ramekins with cling film. Pour in the mixture and place in the fridge for 4 hours.

For the Summer berry sauce:

Dissolve the sugar in the grape fruit juice by warming, then add the berries and poach until all are very soft. Allow to cool. Drizzle the summer berry sauce and serve.

In Patrick's Time

For special feasts, a rich dessert like this would have been very impressive to attending guests. The art of cheese-making has been known for several millennia and Irish hedgerows would have had juicy wild berries to use as ingredients, with wild honey to sweeten the dish.

This special dessert would have been perfect at the feast to celebrate the famed baptism of King Aengus by St. Patrick at the Rock of Cashel.



Makes: 12 Slices

Prep Time: 90 mins

Apple & Carrageen Tart

It is said that the Romans learned about pie making from the Greeks. As there were no pie tins available in those days, the edges of the pastry were folded up to form a crust or "crostata" and this is what pies are called to this day in Rome. To reduce the amount of sugar in this recipe, add some honey to act as a natural sweetener.

Ingredients

40 g Dried Carrageen moss
2 tbsp Fresh lemon juice
1 Grated lemon zest
2 Red and 1 Green apples, sliced
1 tbsp Corn flour
1 tbsp Cinnamon
½ tsp Nutmeg
50 g Brown sugar
50 g Sugar
¼ tsp Salt

Pastry:

100 g Corn flour
800 g Plain flour
50 g Sugar
1 Large egg
½ tsp Salt
75 ml Cream
75 g Unsalted butter
Egg Wash

Method

Using a food processor, add the dry pastry ingredients into a bowl. Chop the butter and add to the top of the dry ingredients. Blend until all resembles a coarse meal and add the egg. Continue blending in and add the cream to bring the dough together.

Divide the dough in 3. Use 2/3 to create 1 ball of dough and 1/3 to create a second ball. Roll out each piece into a circle on a flowered table.

Place the larger circle into a 10-inch pie pan and trim the edges. Cut the smaller circle into 1 cm strips and retain until the pie is filled.

Slice the 3 apples and add to a bowl with the lemon zest and drizzle the lemon juice over them. This will prevent the sliced apples turning brown. Toss in the corn flour, cinnamon, nutmeg, sugars & salt and mix well.

Soak the carrageen moss in water and rinse well. When soft, boil it with 3 cups of water until gelatinous. Strain through a sieve while still warm.

Arrange the fruit in the pastry lined tin. Add other wild fruits like blackberries or blueberries to top up if short of fruit. Add the carrageen moss gel covering the fruit. Then, in a criss-cross pattern arrange the strips of pastry and brush the strips with the egg wash. Place the pie pan on a baking sheet and in an oven pre-heated to 190° C for 40 mins until golden brown.

In Patrick's Time

Apples are synonymous with Armagh which is known as the Orchard of Ireland. It is also Ireland's ecclesiastical capital. Historians say that St. Patrick founded his first large stone church at Armagh in 445AD.

When St. Patrick visited Armagh, he called it his "sweet hill" - was this because his "sweet hill" provided juicy apples for this "sweet tart"? You decide!

