



# *Savour Limerick*

Enjoying Limerick's Great Local Produce  
& Saving Food from Waste



# foreword

Limerick City Tidy Towns Group – together with the Environment Department of Limerick City Council – has coordinated this selection of fabulous recipes from some extraordinary Limerick eateries. We want you to enjoy creating and serving up recipes supplied by Limerick's top chefs using local Limerick ingredients.

The aim of this recipe booklet is to encourage buying local produce, using up leftovers and preventing food waste – in addition to making some really great food! So the following pages include:

- Interesting and fun recipes using locally sourced produce
- Delicious recipes for using up leftovers
- Food waste prevention tips from the experts

Buying local, using up leftovers and preventing food waste are all part of resource efficiency which is vitally important whether you are running a business or a home. Resource efficiencies lower our impact on the environment and can only do good for the planet. It is generally good for our pockets also!

We believe that food is even more enjoyable when ingredients are locally sourced and it is cooked with passion and belief.

So get stuck in – try the recipes with local ingredients, learn how to make the best of leftovers, and use the food waste prevention tips.

Bon appétit everyone!

Helen O'Donnell

Tidy Towns Committee Chair

Thank you to the Environment Protection Agency's Local Authority Prevention Network for supporting this recipe booklet. We would encourage as many people as possible to visit the [stopfoodwaste.ie](http://stopfoodwaste.ie) site for more ideas on preventing foodwaste.

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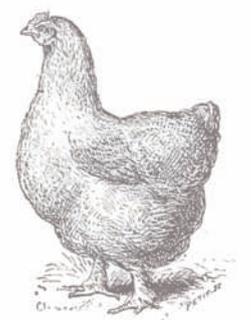
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# Pan Roasted Supreme of Irish Chicken

*Serves 2*

## Ingredients:

- 2 chicken breasts on the bone, skin-on
- 2 chicken thighs
- Roughly cut carrot, onion, celery, leek, garlic and thyme
- 1 litre chicken stock
- 1 shallot, peeled and diced
- 150ml white wine
- 350ml cream
- 300g of diced pancetta
- 6 asparagus spears
- 200g broad beans, blanched and peeled
- 100g washed baby spinach
- 400g freshly made mashed potatoes
- 250g freshly grated parmesan
- 300g flour
- 2 eggs beaten
- 400g breadcrumbs
- Salt and Pepper
- Olive Oil

Pan-roasted supreme of Irish chicken served with grilled asparagus and a shallot, pancetta, broad bean and spinach ragout accompanied by a slow poached chicken and parmesan croquette.

### **To make the Chicken and Parmesan Croquettes:**

In a medium sized pan heat 50ml of olive oil, add the roughly cut carrot, onion, celery, leek and garlic, fry for 2-3 minutes. Add the chicken thighs, a pinch of salt, the chicken stock and the fresh thyme. Bring to a light boil, turn down to a slow simmer and allow to poach for 25 – 30 minutes. Once cooked remove from the poaching liquid and allow to cool for 5-10 minutes. Strain the poaching liquid, leave to one side and discard the vegetables. When the thighs have slightly cooled, gently remove all the meat and discard the bones.

Add the meat and freshly grated parmesan to the mashed potato and mix well, then allow to cool in the fridge. Once the mix is cold, remove from the fridge and portion into desired size and shape. When shaped, cover in flour and shake off the excess, then dip into the beaten egg followed by the breadcrumbs – leave in the fridge until ready to cook.

### **For the Asparagus:**

Peel the asparagus, removing the woody stalk at the bottom. Bring 400ml of water to the boil and add a pinch of salt. Blanch the asparagus in the water for 2-3 minutes until just soft, refresh immediately in ice water. Remove from the water and dry using a kitchen cloth. Store in the fridge until ready to use

### **To prepare the chicken breast supremes:**

Using a sharp knife remove the flesh from the bone of the supreme and cut just above the joint, scraping the bone clean until it is free from any flesh. Remove any excess skin that may be on the chicken breast.

### **To cook/assemble**

Heat 30ml of olive oil in a frying pan for 3-4 minutes. Season the chicken breast with salt and pepper and add to the pan skin side down, cook for 2-3 minutes and turn, cook on the second side for a further 2-3 minutes. Remove from the pan and put into a pre-heated oven at 170°C for 12-14 minutes.

### **For the shallot, pancetta, broad bean and spinach ragout:**

In a medium sized pan heat 20ml olive oil. Allow to heat for a minute and add the chopped shallot, cook for 30 seconds and add the pancetta. Once the pancetta and shallot have reached a golden brown colour, add the white wine and reduce by 1/3, then add 150ml of the reserved chicken stock from cooking the chicken thighs and reduce by 1/3 also. Add cream and bring to the boil, turn to a low heat and allow to simmer slowly for 4-5 minutes. Heat a grill pan for 3-4 minutes, season and lightly oil the asparagus, place the asparagus on the grill pan and char for 1 minute on either side. When the cream has reduced to a sauce consistency – i.e sticks to the spoon when you lift the spoon out of the mixture – remove from the stove and stir in the spinach and broad beans, whilst the pan is off the heat, season with salt and pepper.

Deep fry the croquettes until golden brown and heated through.

Spoon the ragout mixture into the bottom of two warmed bowls and place the cooked chicken breast on top, place 3-4 croquettes around the bowl and finish with the asparagus.



## Chicken and Bacon Pie

Chicken and Bacon pie with spinach, asparagus and broad beans, served with parmesan croquettes

Take all of the leftovers from the previous dish and mix together while cold. Pour into individual oven proof dishes and top with frozen puff pastry from the frozen cabinet in the supermarket. Place in a pre-heated oven at 170°C for 18-20 minutes or until the pastry is crisp and golden brown. Remove from the oven and serve with deep fried parmesan croquettes.

## Food waste prevention tips and techniques:

### **Storage:**

Keep your fridge clean, tidy and organised, making sure all products are segregated properly: raw meat and fish on the bottom, unwashed fruit and vegetables above that and ready to eat / cooked products at the top. All refrigerated products must be kept at a temperature of between 0-5°C. Try to use “stock rotation” methods in your home, ensuring all newly purchased products are stored behind the older produce.

### **Cooking:**

Using correct measurements will reduce the amount of food wasted, check the recipe as most recipes will state the exact amounts of produce required. Utilizing all food leftovers will help as well, try turning them into soups or the next day's lunch.



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# Spiced Pork Hot Pot

Serves 2

## Method:

Trim all the skin and fat from the pork fillets and cut into 2 inch pieces. Fry the onion and celery on a low heat in a saucepan for 5 minutes. Add the sweet potato and fry for a further 3 minutes. Add Cajun spice and cook for 2 minutes. Deglaze the pan with a splash of white wine. Pour the contents into a casserole dish, then add the stock and the tomatoes.

In a separate pan seal the pork pieces on all sides, then add to casserole dish. Put the lid on and place in a pre-heated oven at 140°C for 2 hours. Place the sliced potato in layers on top of the mixture and season to taste. Cook for an additional 40 minutes. Serve with mixed greens.

## Ingredients:

- 2 pork fillets
- 2 tins of chopped tomatoes
- 3 sticks of chopped celery
- 1 large sweet potato diced into ½ inch cubes
- 1 large onion sliced
- 1kg sliced potatoes
- 1 pint of chicken stock
- 3 tablespoons Cajun spice
- Rapeseed oil
- ½ cup white wine

## Pork Curry (using leftover hot pot)

Remove pork fillet pieces from casserole and shred with fingers. Place all other casserole contents into a saucepan. Add 1 tin of coconut milk, bring to the boil and blitz in a blender. Add pork to pot and 2 chopped green chillis. Serve on boiled rice and sprinkle with chopped fresh chilli.

## Food waste prevention tips and techniques:

### Planning

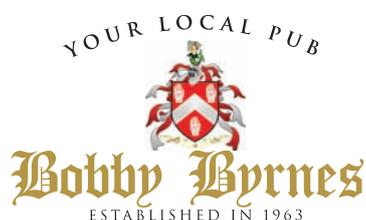
Plan your weekly menu (breakfast, lunch & dinner ) and make a list. Don't buy something because it's cheap or on offer or if it's not on your list. It's only cheap if you will eat it!

### Dates

It may sound obvious but check expiry dates, don't just do it for milk.

### Jazz up your leftovers!

Left over chicken is not just for pasta, curry or sandwiches. The reason we throw food away is because we make the same boring things. It is quick and easy to throw together some potato cakes, burgers, chilli, omelettes, quiches, spicy wraps or noodle dishes using everyday leftovers.



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# Moroccan Lamb Meatballs in Tomato Sauce

*Serves 4*

We source the organic lamb from Micheal Seymore, Sleepwalk Organic farm in Nenagh, Co. Tipperary.

## Method:

Heat two tablespoons of olive oil in a heavy stainless steel saucepan over a gentle heat and add the onion and garlic. Cover and sweat for four minutes, until soft and a little golden. Add the can of plum tomatoes and allow to cook on a medium heat for 15 minutes. Then add a pinch of the spices to taste, adding more if you like spicy food. In a bowl mix the lamb with the chopped mint and parsley. Season the mixture with salt and pepper. Fry a small amount to check the seasoning and adjust if necessary.

Divide the mixture into approximately 20 evenly shaped balls, brown the meatballs in a frying pan and then add to the tomato sauce for approximately 15 minutes until cooked.

Serve with herby couscous and green salad

## Ingredients:

- 600g of lamb mince
- 2 tbsp freshly chopped parsley
- 1 tbsp freshly chopped mint
- 1 can of plum tomatoes
- 1 clove of garlic
- 1 shallot
- Spices - cumin, paprika, turmeric

# Warm Roast Vegetable Salad with Feta Cheese

The recipe is great for using up the vegetables left at the end of a week, and most types of vegetables can be used. For this recipe we use sweet potatoes, red peppers, carrots, red onions and courgettes

Chop the vegetables into even sized chunks. In a large bowl, combine the courgette, red peppers, sweet potato, carrot and red onion. Drizzle with olive oil and then peel and add the clove of garlic. Roast for 35 - 40 minutes in a preheated oven, stirring every 10 minutes, or until vegetables are cooked through and browned. Allow to cool slightly and stir in the feta cheese.

Season with salt and pepper.

## Ingredients:

- 1 sweet potato
- 1 red pepper
- 1 red onion
- 1 courgette
- 1 carrot
- 1 clove of garlic
- 1 packet of feta cut into pieces



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# Food waste prevention tips and techniques:

## Planning

Set out a meal plan at the start of the week – make a list for this plan, and only shop from the list.

Never shop when hungry. It's surprising how many things you will buy on impulse when you are hungry.

If making stews or curries, make large batches and freeze some, for when you are too busy to cook.

It is also worth buying a soup recipe book so you can make left over vegetables into soup.

# Warm salad of St. Tola Goats Cheese

*Serves 4*

Warm salad of St. Tola goats cheese, with a balsamic glaze and a pear and rocket salad.

## **Method**

Pre-heat oven to 180°C. In a small saucepan bring the balsamic vinegar and sugar to the boil and reduce to a syrup texture, leave to cool.

Place the brioche slices on a baking tray and place the goats cheese slices on top. Sprinkle with the sliced almonds. Bake in the oven for 8 - 10 minutes until golden brown.

In a small bowl, mix the strawberries with the cold balsamic glaze. Core the pear and cut into thin segments.

Mix the rocket with a little French dressing.

To serve, divide the rocket leaves between the 4 plates.

Scatter over the pear and the balsamic strawberries.

Top with the warm goats cheese toasts and serve straight from the oven.

## **Ingredients:**

- 300ml balsamic vinegar
- 150g sugar
- 4 slices brioche - toasted
- 4 x 100g St Tola goats cheese
- 50g sliced almonds
- 12 fresh strawberries, hulled and halved
- 1 pear
- 200g rocket
- 3/4 tablespoons French dressing



# Shepherds Pie with Roast Root Vegetables *Serves 4*

## Shepherds pie with roast root vegetables – using leftover shoulder/leg of lamb

### Method

Preheat oven to 180°C. Peel the potatoes and boil in salted water, drain and mash with butter and a little milk. Heat a deep saucepan and add 1/2 tablespoon butter and the oil, add carrot and onion and cook slowly. When golden add lamb and cook until browned. Pour the stock in and simmer gently for 20 minutes or so. Add the rosemary, Worcester sauce, salt and pepper.

Beat the egg with the milk. Place the meat mixture into an ovenproof dish cover with mash potato and brush with egg and milk mixture. Place in the oven until the mash is glazed golden and crisp, which should take 10 -15 minutes.

## For the root vegetables

Heat the butter and the oil in a hot pan, add the root vegetables and season well. Brown the vegetables all over, put into roasting tray. Add thyme and cook until tender and slightly caramelised – around 20-25 minutes.

To serve, place a portion of the pie on each plate and serve with the roast root vegetables on the side.

## Food waste prevention tips and techniques:

Buy minimum amounts frequently, this is especially important for perishable food items, which should be purchased only when needed. Avoid bulk buying i.e. special offers in supermarkets unless you know you will use them.

Incorporate leftovers into another tasty meal for the following day i.e. roast lamb into shepherds pie. Use freezer where appropriate – if food is frozen when really fresh, it will defrost perfectly i.e. surplus bread frozen can be used perfectly for toast.

Manage your fridge on a daily basis, rotating stock and using up foodstuff as quickly as possible. It's also important to know exactly what is in your fridge.

## Ingredients:

- 4 large potatoes
- 1 to 2 tablespoons soft butter
- 1½ tablespoons olive oil
- 1 onion finely diced
- 1 carrot finely diced
- 900g / 2Lb finely diced leftover lamb, either leg or shoulder
- 1 pint stock or gravy
- 1 tablespoon fresh rosemary
- 2 tablespoons Worcester sauce
- 1 egg
- 1 tablespoon milk

### For the root vegetables

- Butter/oil to fry
- 1 celeriac diced into large pieces
- 2 carrots
- 2 parsnips thickly sliced
- 1/2 turnip chopped into large pieces
- 1 fresh thyme sprig
- salt and pepper to season

## Greene's

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# Simple Pork Loin with Mushrooms & White Wine Sauce *Serves 2*

Local Organic Pork (Coonagh, Co. Limerick) from Piglet to Plate. Mr. Anthony Grimes (Coonagh) hand-rears only 4 – 5 piglets at a time – only for his own family and a few friends. The piglets have over 3 acres to roam around and Anthony is very careful what he feeds them. The best time to use the following recipe is in September when local field mushrooms grow and are picked by all the local foodies. Recipe from Mr. Tommy Grimes, Chef @ The Greenhills Hotel

## Method:

Place pork loin on an oven tray and season with salt and black pepper. Cook for 1 hour at 165°C. Remove the pork from the tray and leave to rest.

Add 1 large chopped organic onion and 10 slices of local organic mushrooms to the tray. Cook until soft and deglaze with half a bottle of white wine. Reduce by ¾ and add 1 cup of cream and 1 small spoon of Dijon mustard. Season to taste. Slice the pork and serve with salad or organic baby potatoes.

## Ingredients:

- 1 pork loin
- 1 organic onion, chopped
- Organic mushrooms
- ½ bottle white wine
- Cream
- Dijon mustard

*To serve – salad or organic baby potatoes*

# Pork Stroganoff *Serves 2*

## Method:

Slice the pork into thin strips (put aside). Slice mushrooms, onion and pickled gherkins and fry in garlic butter. Add tomato puree and paprika, the chicken stock and the cream. Add the meat strips and mix well together. Thicken slightly with cornstarch. Season to taste and serve with basmati rice.

*Coonagh is one supplier of Fresh Pork Products. Rigney's Farm in Curraghchase is another place where Free Range Pork products are available – and you can say hello to the pigs too!*

## Ingredients:

- Leftover cooked loin of pork (800g)
- Mushrooms, Onion
- Pickled gherkins
- Garlic butter
- Tomato puree
- 1 tsp paprika
- ½ pint strong chicken stock
- 1 small cup cream
- Cornstarch to thicken

## Food waste prevention tips and techniques:

Cook smaller amounts and cook them more often.

Streamline menus so that different components of each dish can be used in other dishes while still making them very different.

Making fresh stock every day helps reduce food waste and ensures a foundation for good flavoursome sauces.

**Greenhills**

HOTEL CONFERENCE & LEISURE CENTRE

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# Great Sunday Morning Brunch

Serves 4

## Method:

Dice cod into small cubes. Place butter, salt, pepper, milk, white wine vinegar and coriander in a good saucepan. Bring to the boil until it forms a nice syrup. Place cod pieces in syrup and simmer for 2 minutes. Beat the eggs in a bowl then add to the cod mixture and with a wooden spoon fold as if you were making scrambled egg, until it is cooked through.

Serve garnished with the remaining coriander and toasted homemade brown bread.

Complete with a good pot of fresh tea!

## Ingredients:

- 250g fresh Irish Cod (Skinned and pinned)
- 4 large Emly Farm Food eggs
- Knob of butter, Pinch of salt
- Freshly ground pepper
- 4-5 tablespoons of milk
- 2 tablespoons white wine vinegar
- Pinch of chopped coriander (optional)

## Two meal chicken dish:

### Method:

Fillet the four breasts from the chickens and save the rest of the carcasses. Place butter, onion, garlic, salt and pepper in your blender and blitz until you have a creamy texture and place in a small piping bag.

Skewer a hole in the thick end of the chicken breasts and pipe mixture into the centre. Beat the egg and dip the fillets in flour, then into the egg and finally coat with breadcrumbs. Brown on a hot pan and finish in the oven at 170°C for 30 minutes. Serve with a crunchy green salad

## Ingredients:

- 2 mid-sized chickens
- 125g of butter
- Small onion
- Parsley
- 2 cloves of garlic
- Salt and pepper
- 250g breadcrumbs
- 1 egg
- Plain flour

## Chicken Curry:

### Method:

Boil the chicken legs for 25 minutes, then drain off the water (don't throw it away!). Make a curry sauce using the water and adding curry powder and some freshly chopped onion. Tear the chicken meat from the bones roughly chop and return to the curry sauce. Boil rice or use boil in the bag white rice for an easy life. Place rice on four plates and pour your chicken curry in the centre.

There you have it - two chickens making eight good meals!

## Ingredients:

- Chicken legs (plus any other meat from the carcasses)
- Curry powder or paste
- 1 onion, chopped
- Rice

## Food waste prevention tips and techniques:

### Secret to keeping Fish Fresh

Buy a cheap colander saucepan set. After purchasing fish from the fish monger place the fish in the top half of the colander and cover with ice. Store in the fridge. Wash out saucepan once a day. Fish should keep perfectly fresh for up to 48 hours. Never leave fish sitting in its own residue.

## Mortells

Mortells Deli & Seafood Restaurant  
49 Roches Street Limerick  
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# Courgette, Onion and Herb Frittata

*Serves 2*

## Method:

Beat the eggs with two tablespoons of grated parmesan, some pepper and the fresh herbs. Heat a small frying pan and melt a knob of butter. Sauté the diced courgette for a minute or so then pour on the beaten egg mixture. Cook for a few minutes until the bottom is set and then place under the grill until the top is cooked. Turn out onto a plate and eat immediately.

## Ingredients:

- 1 fresh homegrown courgette, washed and diced
- 1 onion, chopped
- 2 large free-range eggs
- Grated parmesan cheese
- Butter
- Salt and pepper
- Fresh herbs – finely chopped

# Pan-fried Wild Salmon, Served with Home-made Mayonnaise and Sorrel Salad

*Serves 2*

## Method:

Make the mayonnaise by separating the yolk from the white of the egg, reserving the white to make the next recipe. Place the yolk in a large bowl with the vinegar and the seasonings and beat strongly. Drizzle the extra-virgin olive oil in on top very slowly as you beat, and watch as it turns to perfect yellowy home-made mayonnaise. When the consistency is just right, taste and adjust seasoning if necessary. Heat the pan with a spoonful of olive oil and once hot, add the salmon darnes, skin side up. Cook for 2 to 4 minutes depending on how well-cooked you like them and then turn over for a further 1 to 2 minutes.

Serve with sorrel leaves, homemade mayonnaise and freshly boiled Limerick spuds. If you make a few extra potatoes you can pop some into a frittata the next morning!

## Ingredients:

- 2 x Wild Irish Salmon darnes
- For the mayonnaise:*
- 150 ml Extra-Virgin Olive Oil
  - 1 large free-range egg
  - 1 tbsp white wine vinegar
  - Salt and ground white pepper to taste
  - 1/16 tsp English mustard
  - Chives
  - Fresh sorrel leaves from the garden or the hedgerow

# Chocolate Hazelnut Meringue

*Serves 6*

## Method:

Preheat the oven to 140°C. Whisk the egg whites in a clean mixing bowl until they stick to the whisk in a white froth. Add the sugar a little at a time and continue whisking until stiff. Sieve the hazelnuts, cocoa powder and cinnamon over the mixture and fold in gently. Make three equal piles of meringue on parchment paper on oven trays, and use a spatula to spread into three roughly even circles.

Place the meringues in the preheated oven to cook for 15 minutes, then reduce the temperature to 100°C and cook for one and a half hours approx. Remove from the oven and allow to cool completely before removing the parchment. When cool, the paper can be peeled off the bottom of the meringues. Loosely whip the cream and use it to sandwich the three layers together, saving some cream for the top. Grate the dark chocolate onto the top and dust with icing sugar to serve.

## Ingredients:

- 2 oz ground hazelnuts
- 4 egg whites (at room temperature)
- 8 oz caster sugar
- 1 tbsp cocoa powder
- ½ tsp cinnamon
- 10 fl. oz double cream
- 4 oz dark chocolate
- Icing sugar

## Food waste prevention tips and techniques:

All of our recipes link up, as the eggshells from the eggs are dried out in the kitchen and crushed to protect the courgette plants in the garden from slugs. The whites from the eggs used in the mayonnaise are used up to make meringue and, where possible, everything is homegrown, locally produced and ethically sourced.

At mealtimes, serve food in bowls in the centre of the table. People can help themselves as they wish and less food needs to be thrown away. Use left-overs for soups.

When shopping or cooking think about how you can link up your meals, using leftovers in either savoury or sweet dishes - don't forget to use uncooked vegetable peelings for compost.



THE HUNT CAFÉ  
The Custom House, Rutland St. Limerick  
Tel. (061) 312 662 - Like us on Facebook!



# Roasted Whole Red Snapper Basquaise

*Serves 2*

## Method:

Preheat oven to 200°C.

Boil potatoes in salt water for around 10 minutes – strain and set aside. In a casserole dish suitable for both the hob and the oven, roast the vegetables with olive oil until soft, adding the garlic and thyme at the last moment. Put the dish on the hob and stir in white wine scraping bottom of pan with wooden spoon, add the chicken stock and bring to the boil. Season the fish with salt and pepper inside and out, place in pan and add the parboiled potatoes. Put back in the oven for around 30 minutes spooning some of the cooking juice over the fish every 10 minutes.

Using two large slotted spoons or fish slices, remove the fish carefully from the pan and place on baking paper, and place back in the oven lowering the temperature to around 150°C. Roast gently until the fish is light golden brown and crispy keeping a careful eye on it. Transfer fish to a serving platter. Add lemon juice to the casserole mixture and spoon the mix around the fish. Garnish with parsley to serve.

## Ingredients:

- 1 whole red snapper – cleaned
- 2 large potatoes
- Salt
- 60ml Extra Virgin olive oil
- 1 onion thinly sliced
- Red bell pepper cored, seeded and cut into thin strips
- Green bell pepper seeded cored cut into thin strips
- 4-5 garlic cloves crushed
- 2 -3 sprigs of thyme leaves (not the woody stems)
- 120ml white wine
- 225ml light chicken stock
- Pepper
- Lemon juice
- Flat parsley to garnish

# Red Snapper Stew *Serves 2*

## Method:

Use a medium sized or large pot, depending on how many you would like to serve, and what is left from the day before. Place pot on the hob at high heat. Add the can of tomatoes and at least 750ml of water or stock. Bring to the boil and simmer to reduce a little. Add the leftover vegetables – if you don't have enough vegetables you could chop now some and add it without roasting it beforehand – then simmer for around 10 minutes. Check seasoning – if needed add some salt, pepper, a pinch of brown sugar, and maybe a bit more thyme, garlic or white wine. Cut the leftover fish into chunks, removing the skin, and place into the pot to simmer for a further 10 minutes. To finish off add some cream, taste again and season if needed. If you have a dash of Pernod this would be the final touch and some fresh chopped Coriander. *Your red snapper stew is ready to go...*

## Ingredients:

- Leftover roasted fish
- 1 can tomatoes
- Leftover vegetables – or fresh if not enough leftovers
- Seasoning
- White wine
- Cream
- Fresh chopped coriander

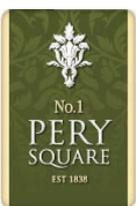
# Food waste prevention tips and techniques:

## Coffee Facial Mask.

5 spoons cold coffee grounds, 2 spoons yoghurt, 1 spoon honey. Mix together and rub onto the face. Leave the mask on for around 10 minutes, and then wash off with cold water. Very refreshing! Coffee grounds are also a good plant fertilizer just sprinkle some on top of the soil of your pot or around your garden plants.

Instead of throwing away vegetable peelings from potatoes, carrots or similar, add some onion, garlic, herbs and boil gently to let the whole infuse, strain, and you have a nice vegetable stock base for any soup.

**Dried out Bread:** 1 Make some bread crumbs 2 Croutons for soup 3 Classic bread & butter pudding



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# Ballyhoura Wild Mushrooms

*Serves 2*

Ballyhoura wild mushrooms on toasted White Sage Bakery sourdough bread with poached organic farm eggs (from the milk market) and Jack Mc Carthy's pancetta

**Method:**

Slice and sauté mushrooms with a little rapeseed oil or butter, finish with a little chopped parsley. Crisp pancetta under the grill until golden brown. Poach eggs gently in simmering water for 4 minutes. Toast the sourdough bread.

To serve build a stack from the bottom up, toast, mushrooms, bacon & poached egg on top. Break the egg and use the running yolk as the sauce. Delicious!

## Ingredients:

- Ballyhoura wild mountain Mushrooms (shiitake oyster)
- White Sage Bakery sourdough bread
- 2 Organic Farm Eggs- Harry O'Grady
- Jack McCarthy's Kanturk Pancetta
- Springfield Organics salad leaves and herbs

# Pulled Pork Sandwich *Serves 2*

Leftover pork can be shredded to make a sandwich with asian or red cabbage slaw

**Method:**

Shred cabbage and mix with other ingredients. Pile onto White Sage Bakery ciabatta bread for a delicious sandwich.

## Ingredients:

- Shredded left over pork
- Red cabbage slaw
- Honey mustard dressing or mayo
- Salt, pepper to taste
- Lemon juice

# Food waste prevention tips and techniques:

Buy local and often. Doing a big shop in the supermarket can end up more expensive and be more wasteful than buying what you need when you need it. An added benefit is your food is fresher and will taste better.

Use whatever vegetables you have in your fridge to make either soups, roast vegetables, salads or vegetable curries.

Use heels of sliced pans to make bread crumbs or croutons for salads and soups by drying them out in the oven at 110°C for about 2 hours.



The Savoy Hotel,  
Henry Street, Limerick

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# Pan-fried Rare Breed Pork Sausage

*Serves 4-6*

## Pan-Fried Rare Breed Pork Sausage with Onion Gravy and Champ Potato

### Method:

Seal the sausages in a frying pan and finish in a pre-heated oven at 180°C for approx 15 minutes.

### For the onion gravy;

Pre-heat the oven to 200°C. Put the bones in a roasting pan drizzle with half the olive oil and roast for 1-1 ½ hours until browned, turning occasionally.

**Stock** - Drain the bones of excess oil, allow to cool and place in a large heavy-bottomed saucepan or stockpot. Cover bones with cold water (about 5 litres) and bring to the boil, skim off impurities from the top, reduce the heat, add the herbs and simmer gently for 6 hours, skimming occasionally until the stock is clear. Allow to rest before straining through a muslin-lined colander. Freeze unused stock in batches for use in soups and other recipes.

**Glaze** - In a separate thick bottomed pan heat the remaining oil and fry the carrots, celery, half the onions and the garlic on high heat until lightly coloured, stir in the tomato purée and fry for another 2 minutes until the vegetables are golden brown. Deglaze the pan with red wine and port and simmer to reduce to a syrup consistency.

**Onion Gravy** - In another thick bottomed pan melt the butter and sweat the remaining onion until translucent, deglaze with the stock and reduce to sauce consistency, season with salt and cracked black pepper.

### To make the Champ Potato

Champ is a deceptively simple dish of mashed potatoes and Spring Onions (scallions) which is cooked with milk and butter.

We Irish have a long association with the potato and the terrible famine of the last half of the nineteenth century was due to potato blight. As a result Champ means a lot more than just a plate of mashed potato. Champ is an expression of the resilience and spirit of the Irish people and is held in great fondness by all. It tastes fantastic too!

To cook champ, peel and steam or boil some new season potatoes until just cooked. Drain the potatoes and leave in a colander. Chop a bunch of Spring onions (bulbs and stalks) into half inch lengths and place in the empty pot. Cover with full-cream milk and bring it to the boil. Let it simmer for 3 minutes to allow the onion flavour to be released into the milk and then add the potatoes and a generous dollop of butter. Using a mouli, potato masher or wooden spoon, mash until smooth.

Serve the potatoes with the sausages placed on top, and the onion gravy around the edges of the plate.

## Ingredients:

- 12 Rare breed pork sausages

### To make homemade beef stock for the onion gravy:

- 2kg Beef bones
- 60ml Olive oil
- 3 large Onion peeled & sliced
- 2 carrots peeled & chopped
- 1 celery stalk peeled and chopped
- 175ml red wine
- 175ml Port
- ½ head Garlic roughly chopped
- 1 ½ tsp tomato puree
- 1 bayleaf
- 1 Sprig Rosemary
- 1 Sprig Thyme
- 30g butter

## Ingredients:

- 700g potato peeled and steamed
- 100ml milk
- 200g butter
- Salt and pepper to taste
- 4 Spring onions to each person

# Burren Smokehouse Smoked Salmon Potato Cakes *Serves 2*

## Method:

Mix the smoked salmon with the champ potato and chives and season with cracked pepper. There should be enough salt in the smoked salmon so there is no need to add more salt.

Mould the mixture into small patties and dust with flour, panfry in a little olive oil in a pre-heated pan for 3-4 minutes either side or until golden brown.

For the dressing, whisk the olive oil into the lemon juice in a small bowl and season to taste.

Arrange the organic leaves on a large plate, dress with lemon dressing and place the potato cakes on the side, garnish with wedge of lemon and Strand pantry range gooseberry and shallot relish.

## Ingredients:

- 50g Burren Smokehouse Smoked Salmon, chopped finely
- 100g leftover Champ potato
- Pinch finely chopped chives
- 200g Springfield organic salad leaves
- 1 lemon - juiced (seeds removed)
- 90ml olive oil
- Salt and pepper to taste

## Food waste prevention tips and techniques:

### Freezing:

When freezing food, freeze into portions for easy use. Ensure it is tightly wrapped or in sealed ziplock bags and labelled and dated clearly. Any product can be defrosted in a fridge the night before using. Freeze sauces and stocks in ice-cube trays for portion control as these can be easily defrosted and heated for the desired meal. Check your freezer regularly and use food in date order. Do not use items which have been in the freezer too long!



Ennis Road, Limerick. T: 061 421 800.  
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# Seared Cod with a White Bean Cassoulet

*Serves 4*

## Method:

Soak cannellini beans in water over night. Dice onions, garlic, celery and sweat off in olive oil. Add white wine and reduce. Add the cream, then add the soaked beans (drain beans first). Cook bacon lardoons in a pan until crispy. Add crispy lardoons to the cream and beans, mix and cook for a further five minutes. Season and add chopped parsley. Season cod fillet with salt, pepper and lemon juice. Pan fry skin side down and then put in oven to cook for 7 minutes.

To serve, place two large spoons of cassoulet from pot into bowl and place cod on top.

## Ingredients:

- 100ml olive oil
- 4 Pieces Fresh Irish Cod Fillet
- 200ml cream
- 4 cloves of garlic
- 2 white onions
- ½ head of celery
- 400g dried cannellini beans
- 100g bacon lardoons
- Chopped parsley
- White wine

# White Bean Bacon and Truffle Soup

## Method:

Dice all vegetables and sweat off gently in a pan. Add drained cannellini beans and cream and cook out until tender. Blend and pass through a sieve. Season to taste. Separately crisp up bacon for garnish and drizzle with truffle oil.

## Ingredients:

- Onion
- Bacon lardoons
- Garlic
- Cream
- Celery
- Truffle oil
- Olive oil
- Cannellini beans

## Food waste prevention tips and techniques:

Don't over-purchase when shopping, Store ingredients properly, Freeze leftovers.



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# *Savour Limerick*

Enjoying Limerick's Great Local Produce  
& Saving Food from Waste

