

Darina Allen recipes - Ballymaloe Cookery School

Spatchcock Chicken

A brilliant way to barbecue a whole chicken

Serves 6-8

1 whole free-range organic chicken
sea salt and freshly ground pepper
chopped rosemary or thyme leaves
extra virgin olive oil or butter
a few cloves of garlic

Insert a heavy chopping knife into the cavity of the chicken from the back end to the neck. Press down sharply to cut through the backbone. Alternatively place the chicken breast side down on the chopping board, using poultry shears cut along the entire length of the backbone as close to the centre as possible.

Open the bird out as much as possible. Slash each chicken leg two or three times with a sharp knife. Season with flaky sea salt and freshly ground pepper, sprinkle with chopped rosemary or thyme and a drizzle of extra virgin olive oil.

To Barbecue:

Lay skin side down on the barbecue grid – 7-8 inches from the heat source. Turn over after 8-10 minutes and continue to cook on the other side.

To oven cook:

Transfer to a roasting tin. Turn skin side upwards and tuck the whole garlic cloves underneath. Roast on the barbeque or in a preheated oven 180°C/350°F/Gas Mark 4 for 40 minutes approximately. Check the colour of the juices between the thigh and the breast – they should run clean if the chicken is cooked.

Note: Cook the chicken on a wire rack over a roasting tin of roast potatoes or vegetables.

Carve and serve hot with a good salad of organic leaves and a herb mayonnaise.

Lamb Chops with Chimichurri Sauce

Serves 8

8–16 lamb centre loin chops
 extra virgin olive oil
 2 tablespoons annual marjoram, chopped
 flaky sea salt and freshly ground black pepper

Chimichurri Sauce (see recipe)
 rocket leaves, to serve

First make the chimichurri sauce (see recipe).

Trim the chops of excess fat, score the back fat. Take a flat dish or dishes large enough to take the chops in a single layer, brush with oil and sprinkle with some of the marjoram. Season the chops on both sides with pepper, then place on top of the marjoram. Sprinkle some more marjoram on top and drizzle with oil. Leave to marinate for 1 hour or more.

Brush off any excess oil, season well with flaky sea salt. Pan-grill or grill on a grid 15cm from the hot coals of a hot barbecue for 10–15 minutes, depending on the thickness and degree of doneness required. Serve the chops with lots of fresh rocket and the chimichurri sauce.

Chimichurri Sauce

Chimichurri is the quintessential Argentinian gaucho sauce, although it may be of Basque origin, because many from that region of Spain settled in Argentina in the nineteenth century. There are many local variations, but the essential ingredients are olive oil, parsley and marjoram or oregano. It's great with beef or lamb, but also good with goat's cheese.

Serves 8

1 teaspoon salt
 1 garlic bulb, cloves separated, peeled and finely chopped
 25g (1oz) flat-leaf parsley leaves, finely chopped
 10g (1/2oz) marjoram leaves, finely chopped
 1–2 teaspoons crushed chilli flakes
 50ml (2fl oz) red wine vinegar
 110ml (4fl oz) extra virgin olive oil

Salmuera Brine

150ml (5fl oz) water
 1 teaspoon salt

Bring the water to the boil in a small saucepan. Add the salt and stir to dissolve. Remove from heat and allow to cool.

First, make the chimichurri sauce. Bring the water to the boil in a small saucepan. Add the salt and stir to dissolve. Remove from heat and leave to cool (this is the salmuera brine).

Put the garlic, parsley and marjoram into a bowl and add the chilli flakes. Whisk in the vinegar and oil. Then whisk in the salmuera brine to taste. Pour into a jar with a tight-fitting lid, cover and store in the fridge.

You can use chimichurri sauce as soon as it's made, but ideally it should be made at least one day ahead to allow the flavours to develop. It will keep in the fridge for 2–3 weeks.

Taken from Grow, Cook, Nourish by Darina Allen published by Kyle Books

Madhur Jaffrey's Butterflied Leg of Lamb

Serves 10 - 12

1 leg of lamb, butterflied -3.4 - 4kg (8-9 lbs)
 1 medium sized onion, coarsely chopped
 1 piece of fresh ginger 7.5cm (3 inches) x 2.5cm (1 inch) long, peeled and coarsely chopped
 7 cloves of garlic, peeled and coarsely chopped
 175ml (6fl oz) freshly squeezed lemon juice
 1 tablespoon ground coriander
 1 tablespoon ground cumin
 1 teaspoon garam masala (see recipe)
 1 teaspoon ground tumeric
 1/4 teaspoon ground mace
 1/4 teaspoon ground nutmeg
 1/4 teaspoon ground cinnamon
 1/4 teaspoon ground cloves
 225ml (8fl oz) olive oil
 2-2 1/2 teaspoons salt
 1/4 teaspoon freshly ground pepper

Garnish

spring onion and radishes
 Ballymaloe Relish (optional)

Whizz the onion, ginger, garlic and 4 tablespoons of lemon juice in a food processor or liquidise for about a minute. Put this paste into a bowl, add the rest of the ingredients and mix well.

Cut off all the fat and tissue from the meat and make lots of holes in it with the point of a knife, rub the paste well into the meat and make sure it goes into the holes.

Cover and refrigerate for 24 hours.

Turn it over several times during that period. Light the barbecue 15 minutes ahead if you are using natural charcoal otherwise 45 minutes or better still an hour before you start to cook. Lift the meat out of the marinade and drain for a few minutes. Sear on both sides first then raise the rack to the uppermost notch and cook for 20 minutes on each side. Brush frequently with the marinade until it's all used up. The meat needs to cook for about 50 minutes **in total** and should be very dark on the outside but still pinkish inside.

To Serve

Slice into thin slices with a sharp knife. Serve immediately on a hot serving dish garnished with spring onions, radishes and flat parsley. Add a bowl of yoghurt and fresh mint or a raita. Ballymaloe Relish is a particularly delicious accompaniment.

Cubed Leg of Lamb

Serves 10 - 12

The meat can be cut into 2.5cm (1 inch) cubes and marinated as above. Thread 5 or 6 on a skewer, grill for 8-10 minutes on a rack over hot coals. Serve with a green salad.

Madhur Jaffrey's Garam Masala

Commercial garam masala loses its aromatic flavour very quickly, so it's best to make your own kind. Grind it in small quantities so that it is always fresh and used up quickly.

Makes about 3 tablespoons

1 tablespoon green cardamom seeds
1 x 2 inch (5 cm) piece of cinnamon stick
1 teaspoon cumin seeds
1 teaspoon whole cloves
1 teaspoon black peppercorns
1/2 whole nutmeg

Put all the ingredients into a clean electric coffee grinder and whizz for about 30 seconds or until all the spices are finely ground. Store in a dark place in a tiny screwtop jar and use up quickly. Don't forget to clean out the coffee grinder really well or your coffee will certainly perk you up! Better still, if you use spices regularly, keep a grinder specially for that purpose.

Wire Rack Salmon with Dill Butter and Roast Tomatoes

Serves 10-20

Fish works brilliantly on the barbecue provided you put it in a 'fish cage' for ease of turning. However you can do a perfectly good job with a 'Heath Robinson' type solution using 2 wire cake racks. Mackerel can be substituted for salmon in this recipe.

1 or 2 unskinned sides of wild fresh salmon
sea salt and freshly ground pepper
extra virgin olive oil or melted butter

Dill Butter

110-225g (4-8oz) butter
4-8 tablespoons of freshly chopped dill

10-20 cherry tomatoes on the vine

Sprinkle the salmon generously with sea salt up to an hour before cooking. Light the grill or barbecue. Just before serving, lay the salmon fillets skin side down on the wire rack. Brush the flesh with oil or melted butter and sprinkle with freshly ground pepper. Put the other wire rack on top. Lay on the grid of the barbecue, 15-20cm (6-8 inches) from the heat, cook for 10-15 minutes on the skin side. Turn the entire cage over and continue to cook for 5-6 minutes or until just cooked through. – Time will depend on the thickness of the fish.

Meanwhile melt the butter and stir in the freshly chopped dill, spoon a little dill butter over the salmon and serve with roast cherry tomatoes on the vine.

Roast Cherry Tomatoes

Drizzle the tomatoes with extra virgin olive oil, season with salt and freshly ground pepper. Roast on the BBQ for 5 or 6 minutes until they are warm through and just beginning to burst.

Mussels in Tin Foil with Homemade Flat Parsley Mayonnaise

Serves 2

900g (2lb) mussels

tin foil

Homemade Parsley Mayonnaise (see recipe)

Wash the mussels and check that each one is tightly shut.

Take 2 sheets of tin foil large enough to enclose the mussels. Fold the edges over to make a well-sealed parcel.

Lay on the barbeque for 7-8 minutes or until the mussels pop open.

Open the parcel but keep the sides upright so as not to lose any juices.

Serve with lots of crusty bread and homemade parsley mayonnaise.

Cockles in Tin Foil

Substitute cockles for mussels in the recipe and proceed as above.

Mayonnaise

Mayonnaise is what we call a 'mother sauce' in culinary jargon. In fact it is the 'mother' of all the cold emulsion sauces, so once you can make a Mayonnaise you can make any of the daughter sauces by just adding some extra ingredients.

I know it is very tempting to reach for the jar of 'well-known brand' but most people don't seem to be aware that Mayonnaise can be made even with a hand whisk, in under five minutes, and if you use a food processor the technique is still the same but it is made in just a couple of minutes. The great secret is to have all your ingredients at room temperature and to drip the oil very slowly into the egg yolks at the beginning. The quality of your Mayonnaise will depend totally on the quality of your egg yolks, oil and vinegar and it's perfectly possible to make a bland Mayonnaise if you use poor quality ingredients.

Serve with cold cooked meats, fowl, fish, eggs and vegetables.

2 egg yolks, preferably free range

1/4 teaspoon salt

pinch of English mustard or 1/4 teaspoon French mustard

1 dessertspoon white wine vinegar

225ml (8fl oz/1 cup) oil (sunflower or olive oil or a mixture) - We use **175ml** (6fl oz 3/4 cup) sunflower oil and **50ml** (2fl oz/1/4 cup) olive oil, alternatively use 7/1

Put the egg yolks into a bowl with the mustard, salt and the white wine vinegar (keep the whites to make meringues). Put the oil into a measure. Take a whisk in one hand and the oil in the other and drip the oil onto the egg yolks, drop by drop whisking at the same time. Within a minute you will notice that the mixture is beginning to thicken. When this happens you can add the oil a little faster, but don't get too cheeky or it will suddenly curdle because the egg yolks can only absorb the oil at a certain pace. Taste and add a little more seasoning and vinegar if necessary.

If the Mayonnaise curdles it will suddenly become quite thin, and if left sitting the oil will start to float to the top of the sauce. If this happens you can quite easily rectify the situation by putting another egg yolk or 1-2 tablespoons of boiling water into a clean bowl, then whisk in the curdled Mayonnaise, a half teaspoon at a time until it emulsifies again.

Parsley Mayonnaise

Add 2-3 tablespoons of chopped flat parsley to the basic homemade mayonnaise recipe and proceed as above.

Chargrilled New Potato Skewers

If potatoes are large. Slice into 3/4inch thick slices and then thread onto the skewer.

Serves 4-6

900g (2lb) small new potatoes

salt

4 tablespoons extra virgin olive oil, approximately

1 tablespoon rosemary, finely chopped

sea salt

metal skewer or pre-soaked bamboo skewers

Scrub the potatoes and cook in boiling salted water for 15-20 minutes. Cool. (the potatoes may be cooked ahead). Cut in half, toss in olive oil and sprinkle with finely chopped rosemary and sea salt.

Thread the potato halves onto the skewers. Cook potato halves over a barbeque until crisp and slightly charred on both sides. Alternatively roast in a hot oven 230°C/450°F/gas mark 8 for 10-15 minutes or until cooked and nicely brown – you may need to turn half way through.

Grilled Onion Rings

large onions
extra virgin olive oil
salt
skewers

Peel the onions, cut into large slices about 2cm (3/4 inch) deep around the 'equator'.

Thread a skewer through each slice to keep the rings together. Drizzle with olive oil, sprinkle with salt.

Cook slowly on the edge of the barbecue until golden brown on the outside and tender within.

Roast Bananas with Chocolate and Roasted Hazelnuts

Serves 6

6 organic fair trade ripe bananas
75-110g (3-4oz) top quality dark chocolate, chopped
50g (2oz) roasted hazelnuts or walnuts
crème fraîche or softly whipped cream

Cook the bananas on the barbecue until they are black on all sides. Put onto a serving plate. Split the skin on one side. Sprinkle some chopped chocolate and roasted hazelnuts or walnuts over the top of the hot banana. Serve immediately with a blob of crème fraîche or softly whipped cream.

Other good things to serve with Roast Bananas:

- Cinnamon sugar (Combine 110g (4oz) castor sugar and 1-2 teaspoons cinnamon).
- A mixture of semi soaked raisins and chopped walnuts.
- Toffee sauce and chopped pecans.

JP McMahon Recipes - JP's book *The Irish Cookbook* © Phaidon

Available to purchase from www.aniarrestaurant.ie

Smoked pork fillet, crushed potatoes, Gubbeen salami, organic cherry tomatoes

Ingredients

For the pork fillet

- 2 pork fillets, trimmed of all sinew
- Sea salt
- A handful of hay (available in pet shops)

For the crushed potatoes

- 350g baby potatoes, cooked
- 50g Gubbeen salami, finely diced
- 100g cherry tomatoes, halved
- A small bunch of lovage, finely chopped
- Rapeseed oil
- Sea salt

To garnish

- Extra virgin rapeseed oil

Method

1. To prepare the pork fillet: portion the pork fillet in two even pieces and lightly salt. Allow to stand at room temperature for 20 minutes. Place the hay in the bottom of the smoker. Place the pork on a wire rack and smoke over a medium heat for 10-15 minutes. Remove the pork from the smoker and allow to rest before carving.
2. In a large frying pan, warm some oil. Fry the salami until nice and crispy. Add the potatoes into the pan and continue to fry until the potatoes have acquired a nice brown colour. With the back of a spoon, crush the potatoes slightly. Add the cherry tomatoes and toss through the potatoes and salami. Remove from the heat and add in the finely chopped lovage.

3. To serve: place a heaped soon of potatoes on each plate. Carve each pork fillet into two and arrange on top of the potatoes. Garnish with a little extra virgin rapeseed oil.

Chargrilled lamb rump, asparagus, peas, goat's curd

Ingredients

- 4 lamb rump (150g-175g each), trimmed
- 16 asparagus spears, woody end removed and gently peeled
- 75g fresh peas
- 100g goat's curd
- A handful of chard leaves, central stalks removed
- 150g butter
- Rapeseed oil
- Sea salt

Method

1. For the lamp rump: season the lamb with some sea salt. Heat some oil in a large frying pan and brown the lamb on all sides. Add in 75g of the butter and to become brown and nutty Lower the heat slightly and baste the rump for 5 minutes. Place in an 180°C for 5-10 minutes depending on how you like your lamb cooked. I usually do 5 minutes for rare and 10 for medium.
2. To cook the vegetables: fill a small pot with water and add in the rest of the butter. Season with some sea salt and allow to come to the boil. Blanch the vegetable briefly. I usually do 1-2 minutes for each vegetable. Make sure to season them with sea salt before plate.
3. To serve: arrange the vegetable on the plate. Place a few dollops of goat's curd on top of the vegetables. Carve the lamb and arrange over the vegetables. If you like, you can shave a spear of asparagus on the mandolin (seasoned with some lemon juice and salt) to garnish the dish.

Free range chicken, wild garlic, baby gem, carrot purée

Ingredients

- 4 free-range chicken fillets, inner fillet removed
- 2 baby gem, quartered
- 50ml Apple syrup
- Rapeseed oil
- Sea salt

For the pickled wild garlic

- 250ml cider vinegar
- 150g caster sugar
- 200g ramson seed heads, cleaned and trimmed
- Sea salt

For the carrot purée

- 5 carrots, peeled and cut into rounds
- 100g butter
- Sea salt

Method

1. For the carrot purée: put the carrots and the butter in to a small pot and cover with water. Season with sea salt. Bring to the boil and simmer until soft. Strain the liquid and reserve. Place the carrots in a food processor and blend. Add enough of the cooking liquor to make a smooth purée. Pass through a fine sieve.
2. For the pickled garlic: light salt the seed heads and leave in the fridge overnight. In a small pot, bring the vinegar and the sugar to the boil. Remove from the heat and allow to cool. Wash the salt off the seed heads and place in the vinegar. Allow to macerate overnight.
3. For the chicken: heat a large griddle pan until smoking hot. Lightly oil and season the chicken. Place the chicken breast skin side down on the griddle pan. You want to char the breast evenly on both sides. If you want to do a crossed pattern turn the chicken 90° after the first grilling. When you're have with the colour of the chicken, place in an 180°C oven

for 8 minutes. Wilt the baby gem on the griddle pan while the chicken is cooking.

4. To serve: place some purée on the base of the plate. Lay two pieces of wilted baby gem over the purée. Carve the chicken in two and arrange around the lettuce. Scatter each dish with some pickled ramsons and finish with a drizzle of apple syrup over the dish.