

TV CHEF Edward Haydens Recipes as demonstrated at our recent Celebrity Chef Event fundraiser for Tullow Community School! Creamy Seafood Gratin with Spinach Beef & Red Wine Casserole Spiced Pork with Sweet Potatoes & Chorizo Chicken & Chorizo Tagliatelle Spinach, Potato & Chickpea Curry Lemon & Blueberry Drizzle Cake Creamy Seafood Gratin with Spinach This is perhaps the quickest fish pie you will ever prepare and can be prepared in advance and regenerated when required. Try substituting the fish for a mixture of chicken, bacon, onion & mushroom. Topping: 8oz/225g fresh white breadcrumbs 4oz/110g melted butter 2-3oz/50-75g flaked almonds 2 tablespoons grated parmesan cheese Zest of one lemon 2 tablespoons chopped parsley Filling: 1 ½ lb/650g selection of skinless fish (cod, salmon, smoked haddock) 12 Dublin bay prawns-peeled & de veined Sauce: 2oz/50g butter 2oz/50g plain flour 1 pint/600ml milk 3 ½ floz/75ml cream 2oz/50g baby spinach leaves ½ teaspoon of wholegrain mustard Cut the fish into neat evenly sized portions. Put the milk and cream in a saucepan and bring to the boil. Melt the butter slowly in another small saucepan. Add in the flour and mix until combined. Cook this mixture on a low heat for two minutes to take the taste of the flour away. Gradually whisk in the boiling milk and cream and continue to stir, especially around the edges, until it comes to the boil again and then turn the heat right down and cook on a very low heat for 10-12 minutes. Season the sauce with salt and pepper and flavour with some white wine. Add in the baby spinach leaves and the wholegrain mustard at this time. Add in the previously chopped fish and over a low heat cook the fish for 4-5 minutes. Pour the fish mixture in a deep casserole dish. You will not need all the mix at this time so leftover can be frozen for another use. To make savoury topping: Melt the butter in a small saucepan. Mix the fresh breadcrumbs, grated lemon zest, grated parmesan cheese and flaked almonds in a large bowl and add the melted butter. Spread over the seafood sauce. Preheat the oven to 190C/375F/Gas Mark 5. Bake the seafood pie in the pre heated oven for approximately 15-20 minutes until the filling is bubbling hot. Spicy Pork with Roasted Sweet Potatoes with Chorizo This is a delicious dish to use for pork and the flavour combinations work wonderfully. 1 ½ lb diced pork (fillet, chops, shoulder) ½ teaspoon turmeric ½ teaspoon Chinese five spice ½ teaspoon chilli powder ½ teaspoon cumin 1 tablespoon oil 1 large onion 1 ½ mixed peppers-diced 8 cherry tomatoes 3 cloves garlic-crushed 1 inch ginger-diced 2 tablespoons flour 200ml cider 500ml chicken stock 3 tablespoons cream-optional Put the turmeric, chilli powder, Chinese five spice and cumin in a bowl

with the pork and 1 tablespoon oil and mix well. Leave to marinade for at least 1 hour but longer if time allows. quickly seal the pork all over. After the pork is sealed all over season the meat with a little salt and pepper and add the peppers, tomatoes and onions and cook them gently along with the garlic and ginger. At this stage sprinkle in the flour and use this to coat all of the pork and vegetable mixture. If you wish you can take it off the heat to stir in the flour. Return the saucepan to the heat and then pour in the cider, pouring cream (if using) and chicken stock. Allow this sauce to come to the boil at this stage and reduce the heat to a gentle simmer for a further 50-60 minutes. Serve with sweet potatoes roasted in the oven for 30 minutes with chorizo slices added in for the last 10 minutes.

Slow Cooked Beef & Red Wine Casserole

This casserole style dish is perfect for all the family to enjoy! Also it is quite a rich dish so it would be a perfect treat for a dinner party.

2lb/900g diced stewing beef
2 large onions-diced
4oz/110g bacon lardons
4 carrots-chopped
10-12 button mushrooms
Garlic (4 cloves-chopped)
Fresh herbs (rosemary & thyme)
1 rounded tablespoon plain flour
1 teaspoon tomato puree
12floz/300ml red wine
1 pints/600ml beef stock

Heat a large pan with a little butter and oil and quickly brown off the meat in batches until it is browned all over. Make sure not to do too much meat at any given time because the meat will begin to stew as opposed to brown off. Transfer the meat to a large casserole dish. Add the diced bacon, carrot, onion, mushrooms, garlic to this pot after cooking the meat. Add a sprig or two of rosemary and thyme at this stage also. Return some of the beef to the pan. Scatter in the plain flour over the ingredients and mix well over a low heat. Don't worry about the flour browning off at this stage as this would only help to further colour and develop the flavour of the sauce. Pour in the red wine and beef stock slowly now and continue mixing with a wooden spoon to combine the flour with the liquid and to thicken the sauce. Bring the sauce to the boil and allow to boil for 4-5 minutes. Stir in the tomato puree now and then taste the sauce and correct the seasoning if you feel some seasoning is required. Preheat the oven to 150C/300F/Gas Mark 2. Pour the mixture into the casserole dish over the meat and cover with a tight fitting lid. Transfer to the oven for approximately 2 ½ -3 hours. Don't forget to take the dish out of the oven every so often (perhaps every 50 minutes to 1 hour) and give it a stir to make sure that the liquid has not evaporated off. Incidentally if it has you will need to add a little more beef stock. I normally remove the lid for the last 15-20 minutes of the cooking time. After the cooking time has been reached bring the entire casserole dish to the table and sprinkle it with some

chopped parsley. I like to serve this with some baby boiled potatoes dressed with butter and chopped parsley or with a large chunk of bread and a glass of a good full bodied merlot.

Chicken & Chorizo Tagliatelle (Serves 4)

This is a delicious dish which is quick and easy to prepare. Feel free to vary the vegetables to suit your own family tastes and sometimes i substitute the chorizo for some bacon lardons for very positive results.

10oz/300g tagliatelle pasta-fresh or dried ½ tablespoon oil 4 chicken breasts-diced 4oz/110g chorizo-sliced thinly 6oz/175g broccoli-broken into spears 4oz/110g sugar snap peas/maungetout 3 cloves garlic-crushed ½ red chilli-finely diced (optional) 12-16 cherry tomatoes 1 teaspoon wholegrain mustard 9floz/250ml pouring cream 2oz/50g grated parmesan

Bring a large saucepan of water to the boil. Cook the tagliatelle according to the packet instructions. Strain into a large colander and run under some cold running water until the tagliatelle has completely cooled down (this will stop the cooking process completely and stop the pasta from becoming overcooked whilst you are making the sauce)

Meanwhile heat a wide based pan with the oil and add in the diced chicken and cook for a moment or two until it is browned slightly. Season lightly with some salt and pepper Next add in the sliced chorizo and allow this to cook for a moment or two and allow the spice to come out of it. Next add in the broccoli and sugar snap peas/maungetout with the garlic and red chilli and continue to cook for a couple of moments until the vegetables have begun to soften. At this stage you can add the cherry tomatoes and cook for a further moment or two. Finally add in the pouring cream and the wholegrain mustard and allow this entire mixture to come to the boil. Ensure that the chicken pieces are thoroughly cooked and then add in the grated parmesan and the cooked tagliatelle. Allow the tagliatelle to reheat completely and then divide between the serving dishes. Serve with some additional freshly grated parmesan and some garlic bread.

Chickpea/Spinach & Potato Curry (Serves 6)

I love chickpeas and because they are such a high source of protein, our working and highly active family often incorporate them into the diet in an attempt to keep us all afloat.

2 x (400g) can of chickpeas 1 medium sized red onion-diced 3 cloves of garlic-crushed 1 ½ peppers-cut into dice 2 green chilli-finely chopped 1 inch fresh root ginger (though powdered also works)-chopped 1 teaspoon of ground turmeric 1 tablespoon curry powder 2 potatoes-peeled and cubed 1 large handful of fresh spinach Seasoning 5floz/150ml vegetable stock 1 x (400g) tinned tomatoes 2 dessertspoons of natural yoghurt

In a large wide based saucepan gently heat a little oil. Add in the onion, chilli, garlic and ginger

and fry gently for 3-5 minutes until nicely fragrant. This will produce a highly flavoured aroma in the kitchen. Next add in the diced peppers and cook this for a further 2-3 minutes. Drain the chickpeas and rinse them under cold water as sometimes the liquid can be too strong in taste. Add the chickpeas to the pan and mix around to completely coat with the vegetable mixture. The next ingredients which need to be added is the curry powder and coat the chickpeas with it. Again this will provide a beautiful aroma. Next add the chicken stock and tinned tomatoes and reduce the heat to a very low heat, add in the cubed potatoes at this stage. Cover the saucepan with a tight fitting lid and simmer, very gently, for 15-20 minutes. After the time has elapsed remove the lid, stir gently add in the spinach and natural yoghurt and season accordingly with a little salt and black pepper. Finally mix in some chopped fresh coriander and serve immediately with some boiled basmati rice.

Lemon & Blueberry Drizzle Cake

This is a wonderful cake to store for a number of days and is ideal as a quick desert either hot or cold. If you like you can make it in a large cake tin or in a 2lb/900g loaf tin. In a loaf tin it will take 50-60 minutes to cook.

Cake Mixture: 225g/8oz butter 225g/8oz caster sugar Zest of 2 lemons 4/5 eggs 225g/8oz self raising flour (or plain flour with 1 teaspoon of baking powder) 5oz/150g blueberries

Topping: 150g/5oz icing sugar Zest & Juice of 1 lemon

TO MAKE CAKE: Preheat the oven to 180C/350F/Gas Mark 4 Soften the butter and beat in a large mixing bowl with the sugar. Stir in the lemon zest at this stage also. When this mixture is creamy and fluffy add in the eggs and the flour. If you find the mixture is a little tight you can add a dessertspoon of milk to loosen it up. Gently fold in the blueberries at this stage. Transfer to an 8 inch/20 cm deep cake tin or two sandwich tins if you prefer. Bake for up to 40-50 minutes or until a skewer inserted in the centre comes out clean. If you are using the sandwich tins you will need to allocate less time as the cake will be thinner. Allow to cool. Make up the topping. Mix the lemon zest and juice with the icing sugar and drizzle over the top of the cake. If the drizzle is not loose enough in consistency add a tiny amount of hot water and beat that into the mixture to achieve a running consistency.