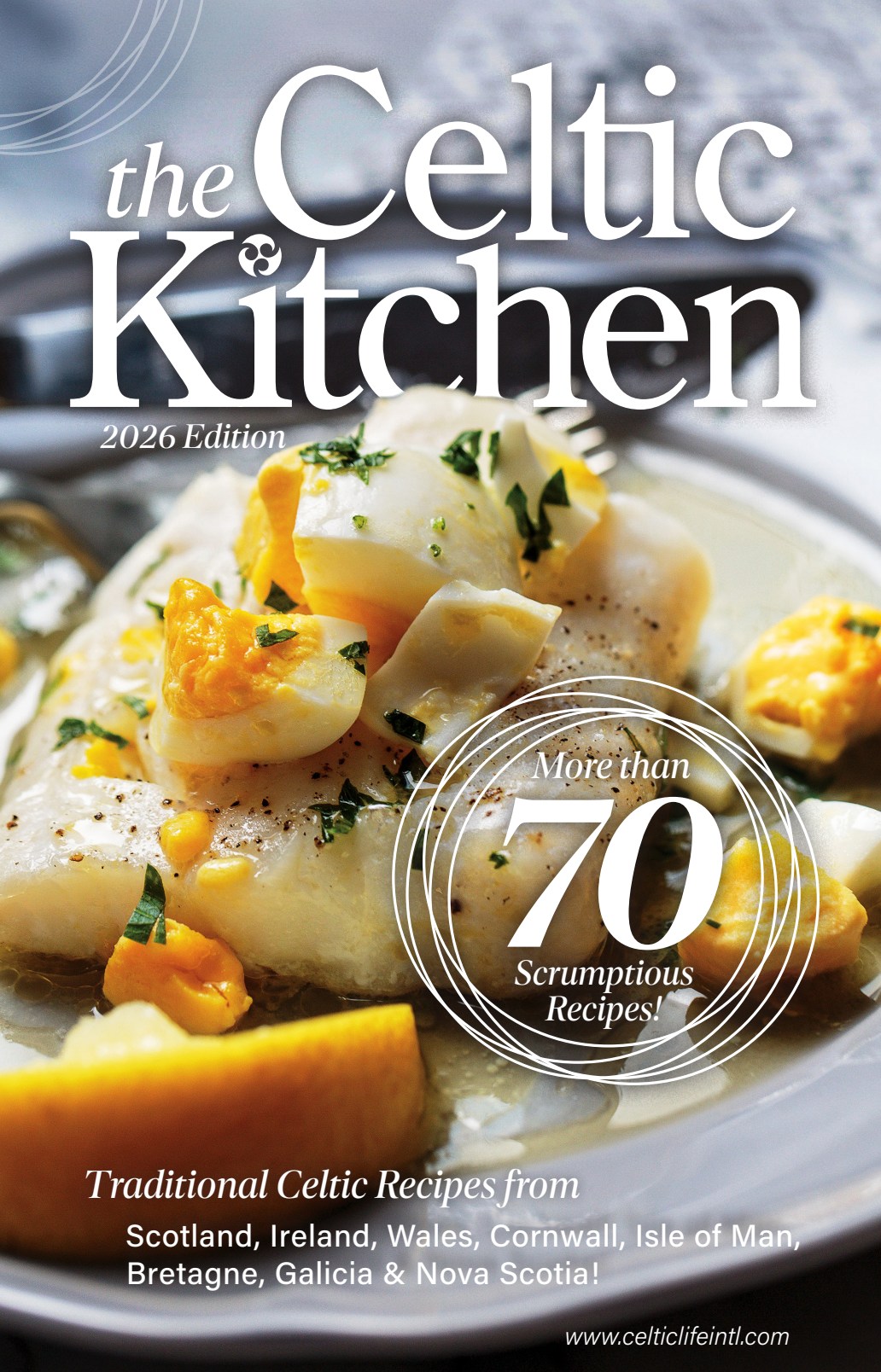




the Celtic Kitchen

2026 Edition

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“It does not matter who you are, or where you are from - if there is food on the table, you must sit down with us and eat.”

This is the fifth edition of The Celtic Kitchen Cookbook. As with previous issues, our aim is to bring the cultural cuisine of the Seven Celtic Nations from our kitchen to yours.

Along with nourishment, food is foremost a means to human connection. There is seldom an occasion - be it a birthday, an anniversary, Christmas, Thanksgiving, or a simple Sunday supper with family - where food does not play a significant and scrumptious role, bringing people from different backgrounds together.

I must acknowledge the tremendous help and support that I received from Cabrini MacQuarrie of Antigonish, Nova Scotia while piecing this puzzle together - the warmth and welcome that she and her family showed me was wonderful. Each day, while rummaging through recipes, she would stop suddenly, look up at me and say, “Oh, heavens! I haven’t even fed you!” What followed was a delicious meal, beyond anything I had anticipated. On more than one occasion I left with a healthy serving of apple pie. It is her voice you will hear over the coming pages.

The irony of it all is not lost upon me; I am known - almost humorously - as a terrible cook. In fact, my family and friends shudder when they hear that I will be catering an event. Cabrini’s steady hand and reassurance reminded me that food is made with love. To that end, this is more than a cookbook; more than a mere collection of ingredients and instructions, it is a celebration of family, community, culture, history, heritage, tradition and togetherness. Here, recipes are seasoned with stories, memories, fascinating facts, tidbits of trivia, poetry, and more.

As is said in my own family, “It does not matter who you are, or where you are from - if there is food on the table, you must sit down with us and eat.”

Caitlyn Elizabeth Mearns, Managing Editor

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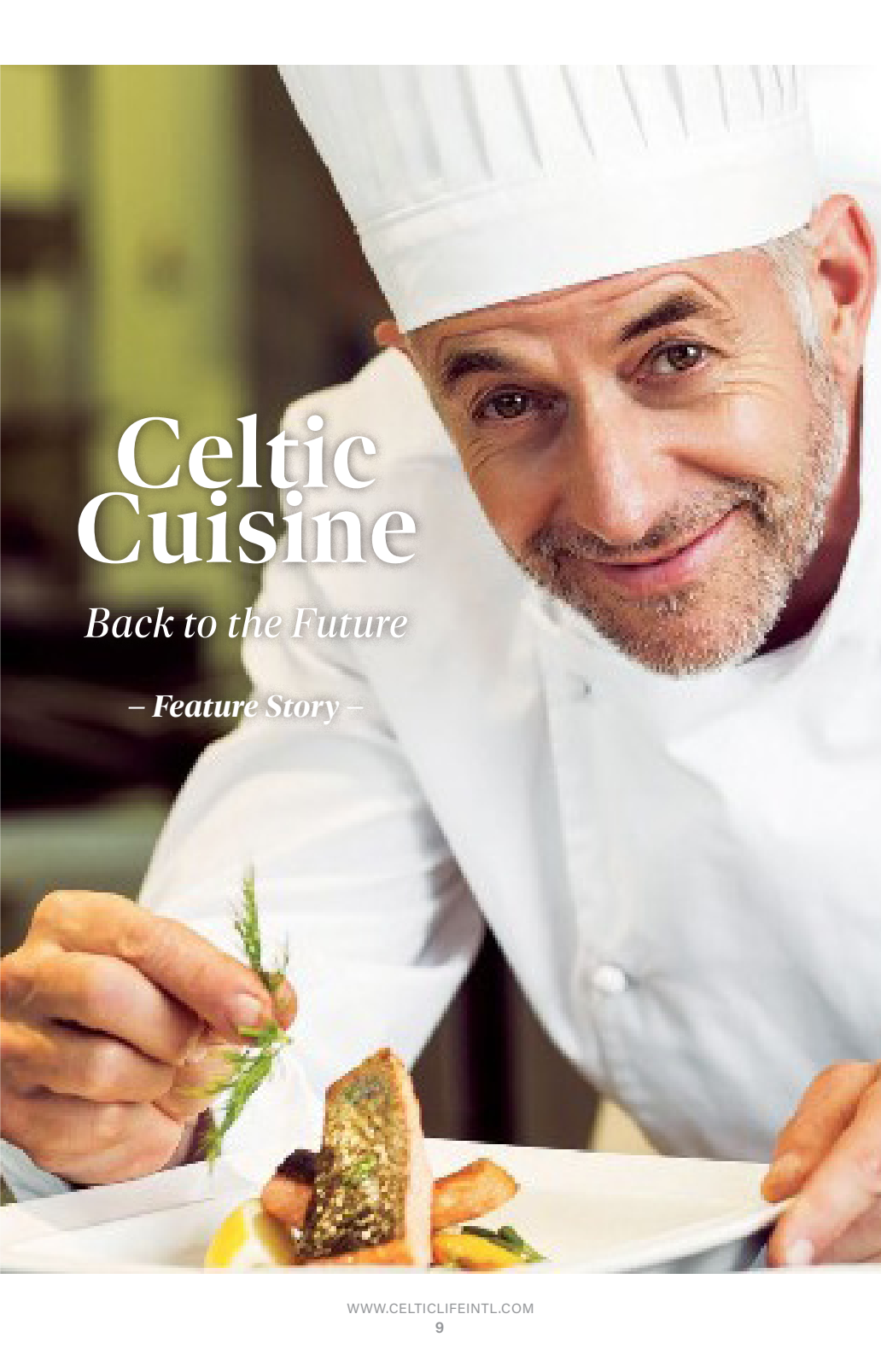
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Celtic Cuisine

Back to the Future

– Feature Story –

For generations, Celtic cuisine was synonymous with corned beef, boiled cabbage and haggis. Once staples of the traditional diet in Ireland, Scotland, Wales, Cornwall, Isle of Man, Bretagne, Galicia - and everywhere the Celts roamed - they are now pieces of a much grander platter that includes local, fresh, and seasonable ingredients - all used to create both classic and contemporary culinary delights.

Interestingly, for many, the future of the Celtic palate might mean going back to basics.

Growing up on a farm in Antigonish, Nova Scotia, Cabrini Macquarrie maintained a diet similar to that of her Scottish and Irish ancestors; simple, no-nonsense dishes, prepared with family members mulling around the kitchen.

"Gardening was an important aspect to our livelihood," she remembers. "We stored vegetables and fruit all winter. The philosophy of 'farm to table' was in vogue back then, only we did not recognize it at the time."

Macquarrie - who contributes a bi-monthly recipe in Celtic Life International, and is the publisher of Cabrini's Celtic Kitchen cookbook - is a mother of four and a seasoned hostess. She has long admired the approach that Celts took to preparing and enjoying meals.

"I believe the Celtic people had an appreciation for eating well that had not been fully acknowledged until recently. Today, we have become accustomed to having all sorts of added sauces, dips, dressing and toppings on our food. However, this can too often disguise - rather than enhance - the true taste of what we are eating.

"The Celts, perhaps out of necessity, had less of everything at their disposal, and learned to relish the simplicity of food for its intrinsic value. Their diets were garnered from the sea and the land, and needed little enhancement."



Brenda Anderson



Adam Vasey

"Today we are more cognizant of what we place in our bodies. As we become more aware of nutritional value in different foods, we can take advantage of fresh, seasonal, locally sourced food."

Brenda Anderson agrees.

"We have only now started to understand how very lucky we are here in Scotland," explains the director of Tasting Scotland, a food and travel company. "I mean, chefs from around the world literally clamber over each other for our delicious and nutritional produce."

Anderson, a native of Aberdeen, Scotland, began her career in the Hospitality and Tourism sector at the age of 17. Over the years she has witnessed the evolution of Scotland's culinary culture.

"Different generations continue to eat different types of food, but the differences are decreasing. Young people are eating traditional Scottish fare more than ever before, with street-food trucks at beer festivals and informal restaurants within craft breweries making it great to be feasting upon the food of our forebears. Recently, there has been a big resurgence in the consumption of oats, and something like savoury porridge - when paired with other ingredients - is now being enjoyed at lunch or dinner."

Authenticity, she believes, is the key ingredient.

"That goes all the way through to the service we receive when dining out. Eating Scottish produce is important, and so is value for money.

"It is absolutely worth paying as much as you can afford for quality produce that is both local and seasonal."

Due south, local ingredients are vital to Ireland's recent food revolution.

"Most good restaurants now even list the farmers, purveyors, cheese-makers, etc. on their menus," says Irish-American author Margaret Johnson.

Born in Massachusetts to an Irish-American

family - her maternal grandparents are from Kerry and Cork, and her paternal great-grandparents are from Dublin and Cork - Johnson has become renowned in the culinary industry as 'the Irish Cook'.

In 1984, she took her first trip to Ireland, becoming "beyond smitten" with the country and its cuisine.

"After traveling there many times, and noting the country's new food trends, I combined both interests into my first cookbook, Ireland: Grand Places and Glorious Food."

Johnson has since published 11 follow-ups, including Favourite Flavours of Ireland, Tea & Crumpets, The Irish Pub Cookbook, and The New Irish Table.

With over 20 years of experience, she has become an expert in the field of Irish food.



"Prior to the early 1990s, no one was paying much attention to the country's cuisine. It was not until the island's chefs realized they had some of the best ingredients right in their own backyard that people started to take notice. They were among the first to promote the 'farm to table' philosophy, and have been championing it ever since.

"At the end of the day, it is pretty simple," she concludes. "Authentic Irish cuisine uses authentic Irish ingredients. Anything else just isn't the real meal deal."

The use of local ingredients is also now at the core of good cuisine in other Celtic nations, including Cornwall.

"Menu creation for me is all based on what I can get locally," explains Adam Vasey, chef and owner of Schooners Bar and Restaurant in St Agnes. "The idea with Schooners is to have fresh regional food in a relaxed environment."

Vasey recently reopened the beloved, seaside eatery, which was originally owned and op-

erated by his parents.

"I actually started off working for my mum here at the restaurant, years ago. She is a totally self-taught chef - she loved seafood and learned as she went along. The smells that came out of that kitchen - and the sight of fishermen bringing lobsters straight off the boats - stuck with me, eventually informing my decision to become a chef.

"My business partners became really excited about the prospect of taking it on, and we assumed the lease last year. There is quite a lot of family history and heritage here."

Located by the beach overlooking the St. Agnes Heritage Coast, Schooners is an ideal locale to watch the sunset with small plates and a bottle of good wine.

"It is very important for me to fit the food with the surroundings. This is a casual part of the world, and our dining experience reflects that. Instead of formal, fine-dining, we do interesting seafood-centric dishes, including local white crab, avocado, and crispy St.Ewe egg, or scallops on the plancha with crispy chicken wings."

As such, fresh produce is at the heart of the menu.

"One way that eating choices have changed is that everyone is so much more aware of provenance. It seems ridiculous to fly ingredients in when we have amazing stuff right on our door step. Seasonality is fundamental now. Years ago, it was about getting exotic and expensive ingredients from as far afield as possible.

"Today, the emphasis is on food that is good and close and made with love by enthusiastic people who care about the product."

"Good hospitality is also essential," he continues. "I have always believed that food is only part of the story when it comes to having an enjoyable dining experience; staffing plays a huge role in this, as does music, decor and surroundings - if the whole thing fits together, customers will have a memorable experience."

Like Vasey, Scottish chef Craig Grozier be-





Jude Kereama

believes that good food is close to home.

“Over the last ten years we have been re-gaining our passion and understanding of locality and seasonality,” explains the owner-operator of Fallachan restaurant in Glasgow. “This is something that our European Celtic brothers and sisters never lost. The combination of the food and family life in these cultures is generally paramount and has managed to remain ingrained to this day.”

Gozier follows nature’s timetable when creating his unique menus.

“This means that during game season we use wild Scottish game, pick the different wild mushrooms, herbs, and seaweeds that grow each month, and we consistently use Scottish shellfish and seafood. The traditional grains of Scotland are also always on our menus somewhere. This really defines our culinary philosophy.”

Established in 2012, Fallachan is described as a ‘tailored dining experience’. Along with daily, in-house offerings to the public, Gozier and his team also offer their services privately - for events and as consultants - where they can branch out with new ideas.

“Creativity plays a huge part in menu development. We are using old and traditional ingredients and pairing them with new techniques.”

“Even more importantly, some old techniques go hand-in-hand in defining the new style of Scottish cooking, all the while never forgetting the core ingredients this country has survived on for hundreds of years.”

He notes that Celtic cuisine continues to influence other cultures, and vice versa.

“If we look at the historical Celtic map of Europe, countries such as Portugal - which has a strong Celtic influence - are renowned for Cod fishing and for introducing simple preserves such

as salt cod, now a popular ingredient globally. Additionally, a place like Paris -with its Celtic heritage- has had a massive impact on the way food is prepared and presented around the world; every cosmopolitan city has some sort of Parisian style bistro or restaurant.

“Furthermore, I -and a handful of other chefs in Scotland - have found that we have similarities to other island cultures of the world, such as Japan. Ingredients used there are very similar to what we have available in Scotland; shellfish, seaweeds, and the like, have greatly inspired our style of cooking.”

Culinary cross-pollination is top-of-mind for Jude Kereama at his Asian-fusion restaurant Kota in Cornwall.

“Essentially, we use local seasonal produce but with a slight Asian twist,” he explains. “I personally think using ingredients from different cultures adds more diversity to the Cornish food scene. People’s tastes in food have grown, and palates are much more varied today.”

Kereama - who is of Maori, Chinese and Malay descent - became interested in Cornish cuisine as an adult.

“My wife’s family have lived in Cornwall for many years, and it was after my first visit that we decided we should open a restaurant here. I loved how Cornwall reminded me of New Zealand, and it felt like a home away from home.

“Cornwall also has some of the best ingredients in the U.K. right on our doorstep. I am inspired by all the produce available to us, both from our suppliers and from foraging.”

It took some time, but Kereama eventually found the perfect location to launch his fare.

“It was purely by chance that we stumbled upon the community of Porthleven. After renting a restaurant for a year, another site came up

for sale, so we bought it and named it Kota - which, in Maori, means 'very large Oyster'."

Cornwall, he notes, has quickly become a popular food destination.

"What has changed most is the passion in which local and area chefs are cooking with regional ingredients. Tourism is booming in Cornwall, and the food scene has grown with it.

"When we first opened - about 14 years ago - we were told 'nobody around here will like that kind of food' - but I stuck to my guns, as I can only cook from the heart, and it paid off.

"I love introducing people to new flavours..."

"We serve up things like lamb and molasses with pecan crust, steak with Chimichurri and sweet potato dauphinoise, Bombay chicken pizzas, Duck Hoisin pizza, crab spring rolls, and various chillies and curries. We offer our patrons the opportunity to sample international food that

modern concepts," says food blogger Lauren Aloise.

An American ex-pat now living in Spain, Aloise operates the popular food blog *Spanish Sabores*, sharing culinary travel tips and recipes from the region and beyond.

"When I moved here in 2009 I needed a creative outlet. I had studied hospitality and tourism management and worked in restaurants for many years, so I decided to document my discovery of Spanish cuisine and recipes. Soon enough I was blogging about all of my foodie trips and sharing recipes with my followers.

"My goal is to give readers a glimpse of what life is like for me in Spain, as well as the knowledge to eat well when visiting. I also hope to inspire people to cook delicious Spanish recipes at home."

After nine years online, Aloise has specific opinions about the need for food blogging in smaller areas, like the Celtic nation of Galicia.

"They have replaced guidebooks in many ways," she explains. "As Galicia is still a rather unknown little corner of Spain, food blogs are crucial to getting the word out about the local food scene and inspiring people to visit.

"I personally love traditional Galician food and wine - some of my favourite wines in the world come from the Ribeira Sacra. Santiago de Compostela is home to one of the country's most beautiful food markets, and also boasts some delicious tapas bars. I especially love a place called A Moa, which serves traditional Galician dishes with a modern twist."

Whether the chef's focus is traditional recipes or modern mixes, the crux of Celtic cuisine is fresh ingredients, sourced locally. Food should be healthy and sustainable, and - hopefully - delicious.

With that in mind, and a stack of recipes books on her knee, Cabrini Macquarrie considers the future of food, both at home and beyond.

"As obesity rates, blood pressure, and diabetes levels all rise, people are going to be rethinking their lifestyles. More and more, folks want products that are grown free of pesticides, preservatives, steroids, and other chemicals. We are looking for fresh, seasonable, locally-sourced ingredients, prepared with simplicity and sustainability in mind. That 'farm to table' philosophy, and the idea that 'we are what we eat' - are both at the core of traditional Celtic cuisine; the food of our ancestors. Perhaps, for us and for the generations that will follow in our footsteps, a healthier future means going back to the basics."



they might not find elsewhere in the area, or that they would never cook at home."

Brenda Anderson agrees that cultural influence plays a role in the changing of tastes.

"The French influence that is very much a part of Scotland's legendary cuisine culture continues, but food is - of course - as fickle as fashion! The avant-garde techniques developed mainly in Spain, and the Scandinavian influences of simplicity and of being at one with nature's bounty, are also evident here. Modern interpretations of classic Scottish dishes, and the greater use of local and seasonal ingredients, sums up what has been happening here for the past 10 - 15 years."

The rise of the internet has also been a major factor.

"Blogs are really important to promoting both traditional local cuisine and also new and


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Scotland

Scotland is located in the northern third of Great Britain. It shares a border with England to the south and is bounded by the North Sea to the east, the Atlantic Ocean to the north and west, and the North Channel and the Irish Sea to the southwest. It has 790 islands including the Northern Islands and the Hebrides.

Scotland's flag, the white cross on a blue background depicting the cross of St. Andrew, is the most ancient national flag used today.

In common with many Medieval European neighbours, Scotland was a feudal state for a greater part of the second millennium. This put restrictions on what you were allowed to hunt and eat. In the great halls of the realm, you could expect venison, boar, various fowl and songbirds, expensive spices (pepper, cloves, cinnamon, etc.) and the meats of domesticated

species. From the journeyman down to the lowest cottar, meat was an expensive commodity, and was rarely consumed. For the lower echelons of Medieval Scots, it was the products of their animals rather than the beasts themselves which provided nourishment. This is evident today in traditional Scots fare, with its emphasis on black pudding and dairy produce. The average meal consisted of herbs and roots with bread and cheese when possible.

During the late Middle Ages, French cuisine played a role in Scottish cooking due to cultural exchanges the “Auld Alliance” brought about, especially during the reign of Mary, Queen of Scots. Mary, on her return to Scotland, brought an entourage of French staff who are considered responsible for revolutionizing Scots cooking, and for some of Scotland's unique food terminology.



Crowdie Stuffed Mushrooms

Crowdie is a soft, light cheese made locally in Ardersier, a small village in the Scottish Highlands near Fort George. An organic version made in Ardersier was declared the best cheese in Scotland in 2008. If crowdie is not available, substitute a good quality full cream cheese.

Instructions

6 tbsp. crowdie or cream cheese
8 large field mushrooms, stems removed
2 small cloves of garlic, crushed
¼ cup chopped flat leaf parsley
6 tbsp. breadcrumbs
2 tbsp. melted butter

Instructions

Preheat oven to 350 F. Mix together the crowdie, garlic, parsley and ¼ of breadcrumbs. Fill each mushroom cap with ¼ of the mixture. Sprinkle with remaining 2 tbsp. of breadcrumbs, brush lightly with melted butter and bake for roughly 15 minutes, or until the mushrooms are soft and the topping is golden brown. Serves 4



Rumbledethumps

A traditional dish from the Scottish borders.

Ingredients

4 cups potatoes, boiled and mashed
1 ½ cups sweet potatoes, boiled and mashed
3 cups turnips, boiled and mashed
1 cup shredded cabbage
½ cup strong cheddar cheese, grated
⅓ cup butter
Salt and pepper, to taste

Instructions

Preheat oven to 375 F. Place the mashed potatoes, turnips and sweet potatoes into a large casserole dish with lid. In a saucepan, melt half the butter and then gently sauté the cabbage. Season and add to the potato, turnip, sweet potato mixture. Sprinkle with cheese, dot with the remaining butter and bake, covered, in the oven for 35-40 minutes. Serve piping hot as a side dish or as a meal. Serves 10-12



“Auld Reekie” Cock-a-Leekie Soup

“Auld Reekie” is a nickname for Edinburgh, the capital city of Scotland. “Reek” is the Scots word for smoke. The name comes from the smoke produced from the wood and coal fires used for cooking and heating. This soup is subtle and sweet.

Ingredients

3 lbs. boiling chicken
3 slices bacon
1 lb. shin of beef
2 lbs. leeks
1 large onion
5 oz. Whiskey
4 pints of water
1 level tbs. dried tarragon
Salt and pepper
8 pre-soaked prunes

Instructions

Mix the whiskey, tarragon and sugar in water. Chop bacon and mix it with the chicken and beef in a large bowl. Pour the whiskey marinade over the meat mixture. Leave to soak overnight. Place the meat mixture in a large soup pot. Chop up the leeks (reserve one) and onion and add to the pot. Add salt and pepper to taste. Bring to the boil, cover and simmer for two hours, removing any scum as required. Take the chicken out of the pot and remove skin and bones. Chop the meat into small pieces and return to the pot. Cut up the shin of beef, if required. Add the prunes and the last chopped leek and simmer for 10-15 minutes. Serves 8



Barley Salad

In preindustrial Scotland, ordinary folk had a frugal diet of “brosses” - porridge made from barley or oats. Those who could afford it, supplemented this diet with kale, cheese, butter and fish. But for most, meat was a luxury. Barley may have been brought to Scotland by the Vikings in the 8th century. It became well-adapted to northern Scotland, as successive generations of farmers grew it, selecting each year’s seeds from the best plants of the previous years. Today it is regarded as a superfood.

Instructions

1 cup pearl barley
3 cups water
Salt
2 cups red cherry tomatoes
½ cup crumbled blue cheese
½ cup pitted olives
3 tbsp. chopped fresh mint
1 small green pepper, seeded, ribs removed and diced
1 red onion minced
3 tbsp. red wine vinegar
2 tbsp. olive oil
Freshly ground black pepper

Ingredients

Combine the barley, water and a pinch of salt in a medium sized saucepan. Bring to a boil, reduce the heat to low and simmer until the barley is tender - about 45 mins. Drain in a colander and cool. Combine the tomatoes, cheese, olives, mint, pepper and onion in a bowl. Add the cooled barley. Whisk together the vinegar and olive oil in a separate small bowl. Season with salt and pepper. Dress the salad and toss. Cover with plastic wrap and cool until ready to serve. Serves 4-6 people.



Haggis Lasagna

Fall is soon upon us and I am presently harvesting a bumper crop of zucchini from my garden. Jack and the Beanstalk could not have matched the growth of my gourds. After gifting some, I was still left with an overabundance so I decided to make a lasagna, a hearty fall dish using zucchini instead of pasta noodles. I peeled and sliced the zucchini into thin strips to be used between the layers of flavours and textures. I browned the ground beef and added a can of haggis for something different and delicious. It provides an easy way to eat your vegetables, and makes a double batch so there is plenty for sharing.

Robbie Burns' "Selkirk Grace"

*Some hae meat and canna eat,
And some wad eat that want it;
But we hae meat, and we can eat,
Sae let the Lord be thankit.*

Ingredients

2 tbsp. olive oil
8 cloves of chopped garlic
1 med chopped onion
1 lb. ground beef
1 15 oz. can Scottish haggis

1 tsp. salt
2 tsp. ground black pepper
1 tbsp. dried oregano
1 tbsp. dried basil
1 28 oz. can diced tomatoes
1 28 Oz. can crushed tomatoes
¼ cup chopped parsley
2 cups natural goat yogurt
1 can cream of mushroom soup
2 eggs
1 ¼ cup frozen spinach
2 cups shredded mozzarella cheese
1 large peeled zucchini cut lengthwise
in thin strips

Instructions

Heat oil in a large pot over medium heat and sauté chopped onion and garlic until tender. Add beef and cook until browned. Drain off fat. Stir in salt, black pepper, oregano, and basil. Add haggis to this mixture and heat thoroughly. Add in the can of diced tomatoes, the can of crushed tomatoes and the parsley and simmer for 10 minutes.

In a separate bowl combine the goat yogurt, eggs, soup and frozen spinach which has been thawed. Cover the bottom of a 9 X 13 inch baking dish with the meat/haggis sauce. Top with 4 strips of zucchini. Spread yogurt mixture over the zucchini strips. Add 4 more zucchini strips to cover the yogurt mixture. Cover this layer with the haggis/meat sauce. Add 4 more zucchini strips. Bake in the preheated oven at 350 degrees for 45 minutes. Sprinkle with mozzarella cheese and broil for approximately 10 minutes or until browned. Let stand 15 minutes before serving. Serves 8.



Stoved Chicken

This is a meal for wintertime with its short days and long nights. Hats, mittens and boots clog our entranceway as people come in or go outdoors in the wintry weather, as walking, skiing and skating help us to enjoy this season. I remember tobogganing as a child in Nova Scotia, a pastime that made our winters fun and festive. My brother and I share the same birthday, December 26, albeit two years apart. One year we each received a large toboggan for our special day. Each one could handle four people. We came from a family of twelve, so, in retrospect, I can see the wisdom of the gift - it was ours in name only as everyone rode it. In fact, it was more fun with everyone aboard. However, we were the bosses and got to ride in the front. After those long days on the hill, there was nothing better than warming up with a scrumptious Stoved Chicken supper. The word “stoved” refers to cooking in a covered pot and originates from the time of the Franco/Scottish Alliance in the 17th Century. Instead of buying chicken joints, you can also choose either chicken thighs or chicken drumsticks.

Ingredients

4 cups of potatoes, cut into ¼ inch slices	2 tbsp. butter
4 large pieces of chicken	1 tbsp. of sage
2 ½ cups chicken stock	1 tbsp. of vegetable oil
2 strips of bacon chopped	1 bay leaf
2 large onions sliced thinly	1 tbsp. of chopped ginger
2 tbsp. of chopped fresh chives	Salt and freshly ground pepper

Instructions

Preheat the oven to 300 F. Place a thick layer of potatoes on the bottom of a heavy covered baking dish. Place a layer of onion on top of the layer of potato. Sprinkle with half the chives, sage, salt, pepper and chopped ginger. Heat the butter and oil in a large frying pan and brown the bacon and chicken together. Transfer the meats to the baking dish reserving the fat. Place the bay leaf in between the chicken. Sprinkle the remaining chives, sage, salt, pepper and chopped ginger. Cover with a layer of remaining onion followed by a layer of remaining potato. Pour the stock into the baking dish. Brush the top layer of potato with the reserved fat from the frying pan. Cover tightly and cook in the preheated oven until the chicken is cooked thoroughly. Approx. 2 hours. Preheat the broiler to high. Uncover and place under the grill until the first layer of potato browns and crisps. Serve hot. Serves 4.

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Ireland

Ireland, the Emerald Isle, is located in the North Atlantic, west of Great Britain. The island is divided between the Republic of Ireland to the south, and Northern Ireland – part of the United Kingdom. Seven miles to the east of Ireland is Scotland, and the Irish Sea separates the two.

Food in Ireland is dramatically steeped in the country's very core and history. Irish food draws on the sea, the land, the moors and pastureland. The cuisine takes advantage of abundant foods from the ocean, not only fish, but the seaweed known as Irish moss. The Celts gathered wild lettuce, watercress, berries and hazelnuts. Cattle were raised for butter, cheese and milk and these beasts were culled in the wintertime for their meat, which was salted and cured. Household gardens produced lots of vegetables such as carrots, parsnips, kale, onions and cabbage.

With the arrival of the British, the Irish were pushed back to the south to become tenant farmers with only the benefit of small gardens and perhaps one or two head of cattle.

Food became scarce. In the 17th century, the arrival of the potato appeared to be a salvation. It took to the soil and climate and grew exponentially. However, it

was fraught with both goodness and devastation.

On only an acre or two, a farmer could produce enough potatoes – with all their vitamins – to support his family for the year. The Great Hunger of 1845 to 1849 changed Ireland forever. Blight attacked the monoculture fields and destroyed the entire crop. One million of eight-and-a-half million Irish died of starvation while another two million people emigrated.

Ireland survived this harrowing past and in recent years, along with a national revival, has come a renaissance of interest in its cooking heritage.

The potato is still held in high regard on Irish tables. One of the more popular potato dishes is boxty: the Irish potato pancake otherwise known as the poorhouse bread.

Where meat used to be hard to come by, tables are now graced with lamb, beef, pork, salmon, trout and lobster, along with cheeses and butters. Black pudding and sausage remain popular as the ancient art is revived.

Today you can enjoy your meal in a pub with a pint of Guinness or Harp from the largest brewery in the world.



Boxty

Boxty is essentially potato cakes, using both grated and mashed potatoes. The word comes from the Irish bac-stai, for the traditional cooking of potatoes on the hob (bac) over an open fire (stai).

*Boxty on the griddle,
Boxty on the pan
If you can't bake boxty
Sure, you'll never get a man.*

Ingredients

1 lb. boiled potato, peeled
1 large onion, sliced
2 eggs, beaten
½ tsp. salt
½ tsp. ground pepper
¼ tsp. nutmeg
2 tbsp. flour
2-4 tbsp. unsalted butter

Instructions

Using muslin or cheesecloth, line a large bowl. Grate the potatoes into the bowl. Squeeze the cloth, draining as much liquid as possible. Discard the liquid. Return potatoes into bowl and stir in onion, eggs, salt, pepper and nutmeg. Add flour and mix thoroughly.

Melt two tablespoons of butter in a large skillet over medium heat. Drop potato mixture into the skillet, one tablespoon at a time. Be sure to not crowd the pan. Using a spatula, flatten each cake and cook for 3-4 minutes on each side. Transfer cakes to a baking sheet and keep in a 200 F oven. Makes 16 potato cakes.



Mushy Peas

Mushy peas are dried marrowfat peas, which are soaked overnight, boiled and mashed. The peas are cooked with butter, seasoned and served in their own juice. A bright dish that adds color to any plate.

Ingredients

8 oz. of dried split marrowfat peas

½ tsp. baking soda

3 ½ cups boiling water

Salt

Pepper

1 pinch of sugar

Butter

1 tbsp. lemon juice

Instructions

Place peas in a bowl. Add baking soda, pour on the boiling water and leave to soak overnight. The next day, drain and cover the peas, just barely, with water. Bring to a boil and simmer until tender. Add salt, pepper, sugar and the butter and stir. Drizzle with lemon juice and serve.



Shamrock Salad

An all-green salad that is so healthy and colorful, it can be used as a side salad or served on its own. It will bring out the Irish in you!

Ingredients

1 bunch of asparagus spears
¾ cup sugar snap peas, trimmed
¾ cup snow peas, trimmed
¾ cup fresh peas
Handful of spinach
Handful of arugula
2 sticks of celery, sliced

Dressing Ingredients

1 garlic clove
1 tbsp. olive oil
2 tsp. white vinegar
1-2 tsp. grainy mustard

Instructions

Remove ends from asparagus and cut into equal lengths. Cook peas and asparagus in boiling water for two minutes, or until just tender. Do not overcook. Remove from water and place in a bowl of iced water. Drain, pat dry and place into a bowl with arugula, spinach and celery. Combine the dressing ingredients, adding salt and pepper to taste, and mix thoroughly. Pour over salad and serve. Serves 4



Dublin Coddle

Coddle is most likely descended from the French word *caudle*, which means to boil gently. Coddles used leftover bacon and sausage and remains popular to this day, as it enables people on the go to prepare their meal ahead of time. The dish is cooked in a pot with a well-fitting lid to steam the ingredients left uncovered by the broth. This dish dates to the 18th century and was a favorite of Johnathan Swift.

Ingredients

4 ½ pounds potatoes
2 large onions, peeled and sliced thickly
1 ¾ cup pork sausage
1 ¾ cup bacon
2 cups of water
1 bouillon cube of beef or chicken
Salt, to season
Coarse ground pepper, to season

Instructions

Peel the potatoes and cut into pieces. If small, leave whole. Finely chop the parsley. Bring water to boil and allow bouillon cube to dissolve. Grill or broil the sausage and bacon until colorful. Once cooked, drain on paper towels. Chop bacon into one-inch pieces. You may also cut the sausage into pieces, as well. Serve and enjoy.



Corned Beef and Cabbage

Corned beef's name was coined by the British in the 17th century to describe the size of the salt crystals needed to cure the meat - that of corn kernels. The Brits loved their beef and imported it from Ireland, though the Irish could not afford to eat it themselves. With the large quantities of cattle and the high quality of salt, Irish corned beef was the best on the market. Pork was the preferred meat in Ireland, since it was cheaper with their beloved potato. By 1845, with the outbreak of the potato blight completely destroying the food source in Ireland, the Great Famine began. Drove of Irish emigrants were forced to leave Ireland and migrate to North America. Many of them congregated in New York City. Pork had been their preferred staple; however upon arrival in New York, the Irish discovered beef to be the more economical meat. They almost exclusively bought their corned beef from Jewish kosher butchers, so Irish corned beef is actually Jewish corned beef boiled in a pot with cabbage and, of course, potato; two vegetables that were cheap and grown locally. The Irish and the Jewish were both escaping oppression, had lost their homelands and, had a love for the arts. It is no small wonder that the two groups felt a commonality. Call corned beef Irish or call it Jewish but don't call me late for dinner.

Ingredients

2 to 2 1/2 pound Corned-Beef Brisket
1 tbsp. coarsely ground black pepper
1 tsp. ground allspice
2 bay leaves
2 tsp. salt
½ pound diced carrots, approximately 4 small
½ pound diced onions, approximately 2 small
1 pound potatoes, peeled and chopped, approximately 3 medium
¼ pound diced celery, approximately 2 stalks
1 small cabbage, chopped, approximately 2 pounds

Instructions

Place the corned beef, pepper, allspice, bay leaves and salt into a large 8-quart pot along with 3 quarts of water. Cover and set over high heat. Bring to a boil, decrease the heat to low and cook at a low simmer for 2 1/2 hours. After 2 1/2 hours, add the carrots, onions, potatoes and celery. Return to a simmer and cook uncovered for 15 minutes. After 15 minutes, add the cabbage and cook for an additional 15 to 20 minutes until the potatoes and cabbage are tender. Remove the bay leaves and serve immediately.



Dublin Lawyer

Fresh lobster baked with cream and Irish whiskey, Dublin Lawyer is a decadent and delectable dish that is thought to be at least two centuries old. Though no one is certain where the name originates, locals still insist that it's probably as solicitors in Eire's capital city were wealthy and full of whiskey! Though fit for the elite, the meal can be enjoyed by all as it remains simple, quick and easy to make. For best results, make sure the seafood is fresh, and remember to keep both halves of the shell for serving.

Ingredients

2 fresh lobsters, cut in two, lengthwise, down the center
1 cup cream
6 heaped tbsp. butter
½ cup Irish whiskey
Salt and pepper
2 tsp. lemon juice

Instructions

Remove the meat from the tail and claws of the lobster, and cut into chunks. Heat the butter, but do not let it brown. Toss the lobster meat in the hot butter over medium heat for a few minutes until cooked. Take care that the butter does not burn. Pour whiskey into the corner of the pan, heat briefly, and ignite, shaking the pan gently until the flames subside. Blend in cream, lemon juice, seasonings, pan juices, and let it heat gently - do not let it boil. Put back in the half shells and serve hot on a platter topped with watercress or a green. Crab is excellent served the same way, but it must be cooked first. All shellfish should be cooked in cold seawater, or salted water, and brought to a boil. The fish becomes faint and does not struggle, resulting in a more tender meat. Try it alongside a crisp salad and freshly baked bread or rolls.

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Wales

Wales is a country that is part of the United Kingdom, bordered by England to its east, the Irish Sea to the north and west, and the Bristol Channel to the south. Welsh food satisfies the hard-working men and women of this ancient Celtic country. Hearty and filling dishes are necessary to appease the appetites of farm labourers, coal miners, quarry workers and fishermen.

The true tastes of Wales, however, derive from the harsh Celtic country. Wales' bleak uplands ensure that, apart from oats, very few cereal crops flourish. Consequently, oats became part of the staple diet and are incorporated with soups, porridge and cakes.

The mainstay of Welsh meat consumption was once pork. Homes situated in rural areas and in semi-urban parts of Wales, such as mining villages, housed a pig sty at the bottom of the garden. Bacon in particular became an essential element in Welsh cuisine as it formed the basis of the traditional dish known as Cawl. This classic one-pot meal varies from region to

region and even from house to house.

The tradition of fishing in Wales led to the creation of the efficient fishing boat called the coracle. The rivers of Wales were once dotted with these tiny, circular vessels. For hundreds of years the cockle men and women used these crafts to harvest cockles across the Gower Peninsula. This shellfish is an inexpensive source of protein that remains popular today. Lots of mussels are also caught near Conwy.

The Gower Peninsula produced an edible form of seaweed called laver, which was used in making laver bread. This bread was sprinkled with oatmeal and cooked in bacon.

The Welsh ate more vegetables than the inhabitants of any other part of Britain. Two of the most common were cabbages and leeks. Because leeks were believed to bring good health, the Welsh wore them into battle. St David, the patron saint of Wales, was vegetarian and extolled the virtues of this diet. Quite an endorsement!



Welsh Rarebit, or, Welsh Rabbit

I have searched all my cookbooks to find out why this dish of cheese on toast is sometimes called Welsh Rabbit. Apparently, a Welshman could not afford even the cheapest cut of meat so they created the perfect combination of toast with a molten cheese topping. No one is complaining.

Ingredients

2 tbsp. butter
¼ cup flour
½ cup whole milk
½ cup brown ale
1 cup strong grated cheese
1 tbsp. Mustard
2 tbsp. Worcestershire sauce
2 egg yolks, well beaten
4 slices crusty country bread
Salt and pepper to taste

Instructions

Make a roux in a saucepan by melting the butter and adding the flour. Cook on low heat for four to five minutes. Do not let it brown. Gently add the whole milk and ale and keep stirring until the mixture has thickened. Remove from heat. Beat in the egg yolks, add the cheese, mustard and Worcestershire sauce and season to taste. Pour over toast and brown under the grill. Makes 4 slices.



Green Beans and Bacon

As every mother will tell you, it is important to eat plenty of vegetables. Green Beans are a good source of essential fatty acids and vitamins. Marinated in bacon broth, they are a Welsh staple on the dinner table.

Ingredients

4 slices bacon diced
2 pounds green beans, head and tailed, and longer beans snapped in half.
2 cups chicken broth
2 cups water
1 tsp. salt
½ tsp. black pepper
½ tsp. garlic powder
¼ tsp. red pepper flakes
1 tbsp. butter

Instructions

Brown and crisp bacon in a large pot. Remove bacon from pot and reserve drippings. Add green beans to a pot along with all remaining ingredients except butter. Bring to a boil and turn heat to medium-low. Cover and simmer for one hour, stirring occasionally. Drain beans and add butter. Check beans for seasoning and add extra salt and pepper to taste. Sprinkle with bacon and toss to distribute the bacon and butter. Serves 6.



Welsh Cawl

Cawl (pronounced “cowl”) is a modern Welsh word that refers to any soup or broth. This is a common dish served in Wales.

Ingredients

2 lbs. lamb
4 tbsp. pearl barley
4 peeled carrots, cut into chunks
2 sliced onions
1 peeled and chopped turnip
3 leeks, chopped into chunks
1 small bundle of thyme
1 bay leaf
4 cups of potatoes cut into chunks
1 tbsp. chopped parsley
10 black peppercorns
1 tbsp. salt

Instructions

Trim the fat from the meat and cut into chunks. Place in a deep pan with plenty of water. Bring to a boil slowly. Add the pearl barley, carrot, onions, and turnip. Bring back to a boil and add the thyme, bay leaf, salt, peppercorns and simmer gently for 2 hours. Add the potatoes and simmer for 20 minutes. Taste for seasoning. Add the leeks and simmer for a further 5-10 minutes. Serve with a garnish of parsley, warm bread and cheese.



Grilled Mackerel with Gooseberry Sauce

Gooseberries are not a usual fruit for a sauce. However, they are very common in Wales, Scotland and Ireland. They go well with fresh mackerel, which are abundant in the late summer season.

Ingredients

4 cleaned and filleted mackerel
1 tbsp. chopped parsley
¼ cup breadcrumbs
2 tbsp. chopped fennel
Grated peel of lemon
1 tbsp. butter
Salt and pepper

Sauce

8 oz. gooseberries
½ cup water
2 tbsp. sugar
2 egg yolks
1 tbsp. butter
Pinch of nutmeg

Instructions

Mix all the stuffing ingredients together and place inside the mackerel, then fold over and secure with toothpicks. Rub a little softened butter over the fish and broil gently on both sides until the fish is done (3 to 4 minutes per side). For the sauce, heat the gooseberries in 1/2 cup water, add the remaining ingredients and cook until the gooseberries start to burst open. Do not overcook. Spoon over the mackerel and serve hot. Serves 4.



Liver and Onions

Liver is an organ meat that was enjoyed by each of the Celtic nations. It is low in calories and fat, and full of nutrients. It also helps to detoxify our bodies. This recipe is a little different as it includes pasta.

Ingredients

¼ cup butter or bacon drippings
2 medium onions, sliced and separated into rings
4 rashers of bacon
1 lb. beef liver
1 cup beef stock
½ tsp. paprika
½ tsp. garlic powder
3 tbsp. flour
Salt and pepper to taste
1 cup pasta (your choice)
3 tbsp. parmesan cheese

Instructions

Preheat oven to 350 F. Dredge the liver in 1 tbsp. of flour and set aside. In a solid skillet, cook the bacon. Sauté the onions in the bacon drippings or butter. Drain and set aside. Brown liver and set aside. With remaining butter or drippings, add 2 tbsp. flour and cook over gentle heat for 3 minutes. Do not brown. Add beef stock and spices. Season to taste. Meanwhile, boil pasta in 3 cups of salted water until al dente. Drain but save some pasta water. In a casserole dish, combine pasta, bacon, onions, liver and sauce. Thin with pasta water if needed. Bake for 30-40 minutes. Serve hot and sprinkle with parmesan cheese. Serves 4.



Welsh Baked Cod and Egg

Cod in the oven seems to agree with everyone. Baking is much healthier than deep frying, and adds its own flavor. Cod is produced in the waters around Wales. It matures quickly and can be caught after one year. Egg sauce and cod blend together nicely, complementing their individual flavors.

Ingredients

4 cod fillets
2 ounces butter
2 ounces flour
3 cups milk
3 hardboiled eggs finely chopped
1 tbsp. butter
Butter for coating the baking dish
Pinch of nutmeg
Sprinkle of spinach
Salt and pepper to taste

Instructions

Butter an oven-proof dish and arrange the cod fillets. Melt the butter in the pan, add the flour slowly and stir over low heat. Add the milk gradually, whisking continuously until it is smooth and creamy. Continue heating over a low heat for 2-3 minutes. Then mix in the eggs, the extra tablespoon of butter, nutmeg and salt and pepper. Stir well over low heat. Pour the egg sauce over the cod fillets and bake for 20 minutes in a preheated oven at 375 F. Serve with creamed potatoes.

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Cornwall

Cornwall is a peninsula located in the most southwestern region of England and is the traditional homeland of the Cornish people. It retains a distinct cultural identity that reflects its history. As a predominantly agrarian tenant and fishing economy, much of the traditional cooking of Cornwall looks back to its heritage. Traditional foods were those that were close at hand, from the gardens and the sea, along with those cuts of meat that were not readily saleable.

Both generous and constraining, the rough waters against Cornwall's steep cliffs provided an export trade in salted fish when shoals swarmed close. However, if the sea was too rough, and the villagers were unable to get out on the water, starvation and desperation set in. Tin and copper mining was an important industry right up to the 1990s.

It is the miners who made pasties famous. The Cornish pasty is a mixture of beef, potatoes, rutabagas and onion baked in a pastry casing – usually “D” shaped. The origins of pasties date back to when Cornish tin miners ate them as a convenient and complete meal while taking a break down in the mines. Quite often miners' wives would fill one end with a savoury filling and the other end with a sweet dessert.

Cornwall's soil is thin and the land rocky, so farming was generally on a subsistence level. Tenant farmers raised livestock – sheep, cows and goats – and grew vegetables in the small gardens of cottagers. Fortunately, the mild, wet climate meant that frost did not threaten the crops and livestock. Today, tourism has brought a renewed interest in traditional Cornish cuisine and cooking methods.



Black Pudding

Black pudding is made from the blood of an animal and was often used as a favourite breakfast food of the Celts. Sometimes made as a sausage using the intestine of the animal, and other times baked in a pan, it has been around since animals were slaughtered. This recipe was submitted by my niece, Ellen MacIsaac. Francis MacIsaac was my mother.

Ingredients

3 cups beef blood (we get Dugo brand blood from the Asian market)
¾ cup milk
2 tsp. freshly ground black pepper
2 ½ to 3 tsp. salt
4 oz pinhead oatmeal, toasted
16 oz lard, diced finely
3 onions, chopped very finely

Instructions

Preheat oven to 350F. Combine blood and milk, and set aside. Prepare a 9 x 13 inch pan by lining completely with parchment paper. Combine remaining ingredients in a bowl and mix thoroughly. Pack “dry” ingredients into the prepared pan, and pour the blood mixture over, making sure the liquid reaches all corners of the pan. Bake for 1 hour, then remove from oven, and let cool. Chill thoroughly in the fridge before slicing. To serve: fry slices in a dry frying pan on a low heat until browned and heated through. It’s not necessary to add fat to the frying pan. Alternatively, you can use pork blood, but use either side pork or pork belly in place of the lard.



Turnip Puff

Turnip is often an overlooked root vegetable. It keeps well in winter. This is an interesting twist on boiled turnips.

Ingredients

6 cups cubed turnips
2 tbsp. butter
2 eggs, beaten
3 tbsp. flour
½ cup fine bread crumbs
2 tbsp. melted butter
1 tbsp. brown sugar
1 tsp. baking powder
¾ tsp. salt
⅛ tsp. pepper
Pinch of nutmeg

Instructions

Boil turnips until fork tender. Drain and mash. Beat egg and combine with the turnip mash. Place in a medium-sized well-greased casserole dish. Mix bread crumbs with butter and spread over the turnips. Bake for 25 minutes, or until lightly browned.

Serves 6



Mussel Chowder

I received this recipe from a friend of mine, Fred Mackenzie. He casually remarked that he made a mussel chowder that many of his friends seemed to like. I know you will too, once you put the ingredients together. It is delicious and easy to make. The mussels are best prepared the night before and kept in the fridge to marinate. A small bowl makes a lovely appetizer and a large bowl makes a wholesome meal. Any leftovers freeze well and taste even better the second time around. This recipe serves 6 full meal bowls or 12 appetizer bowls.

Ingredients

2 cups of white wine
2 tbsp. flour
10 lbs. of pre-packaged mussels
5 lbs. potatoes cubed to 1 inch
¼ cup butter
1 liter of light cream
2 medium-sized white onions diced
Bacon bits
Crushed parsley
Salt and pepper to taste

Instructions

Rinse the fresh mussels in tap water. Place in a large saucepan with white wine on high heat. Cover and let steam until shells open (5-7 minutes). Shuck the mussels, then strain and reserve the liquid. Place the steamed mussels in reserved liquid and place in the fridge overnight to marinate. Melt butter in a pot and add onion and sauté until transparent. Add flour and stir to blend thoroughly with butter, gradually adding reserved liquid. Bring to a boil and turn down heat. Add potatoes and simmer until nearly done. Add mussels and gently stir in light cream. Heat until just before boiling. Salt and pepper to taste. Garnish with bacon bits and fresh parsley.



Cornish Glazed Salmon

The cold waters of Cornwall produce great Salmon. Salmon fillets marinated in whisky and Canadian maple syrup have a superb taste. A delicious fusion dish that is excellent served with a side salad.

Ingredients

4 6oz salmon fillets
¼ cup maple syrup
¼ cup cider vinegar
¼ cup whisky
2 tsp. fresh thyme, chopped
2 tbsp. vegetable oil
Salt and freshly ground black pepper to taste

Instructions

Mix maple syrup, vinegar, whisky, thyme, oil, salt and pepper. Pour over salmon and marinate for one hour on the counter. Preheat oven to 450 F. Remove salmon from marinade and place in a roasting pan. Spoon glaze over fish. Bake for 10-12 minutes, until fish flakes easily. Serves 4.



Shepherd's Pie

Ingredients

1 lb. of ground beef
1 large onion, diced
1 stalk of celery, diced
2 carrots, peeled and diced
1 tbsp. of Worcestershire sauce
2 cloves of garlic
2 tbsp. of extra virgin olive oil
2 tbsp. of all purpose flour
2 tbsp. of tomato paste
½ cup of red wine

1 cup of beef stock
½ cup of frozen defrosted peas
1 tsp. of fresh rosemary, finely minced

For the mashed potato topping

2 lbs of potatoes
½ cup of skim milk
½ cup of half and half or cream
3 tbsp. unsalted butter
1 egg yolk
Salt and pepper, to taste

Instructions

In a large non-stick skillet over medium-high heat, add the olive oil and let it get nice and hot, add the ground beef and break it up with a wooden spoon. Cook for about 4 to 5 minutes or until it's fully cooked. Remove from the pan with a slotted spoon and set aside. In the same pan, add the chopped onions, carrots, celery and season lightly with salt and pepper. Allow the veggies to cook for about 7 to 9 minutes or until they have developed some color and started to cook down a bit. Add the garlic and cook an additional 30 seconds. Add the ground beef back into the skillet and toss everything together, add the flour and cook, stirring constantly for about 30 seconds, add the tomato paste and stir it in well allowing it to cook for just a few seconds. Add the wine and cook it for about a minute or until it has cooked down a bit and reduced slightly. Add the beef stock, Worcestershire sauce and rosemary and let it come to a boil, reduce the heat to medium and let it simmer for about 15 minutes. After 15 minutes add in your frozen peas and cook for an additional 3 minutes.

For the mashed potato topping

Cook the potatoes in some boiling water until cooked through and tender, drain and place in a large bowl. Mash the potatoes either with a potato masher or a potato ricer, and set aside for a few minutes. In a small saucepan, heat together the milk, cream and butter so it's nice and hot. Add the warm milk and stock mixture to the mashed potatoes along with the sour cream and egg yolk. Mix everything well and season with salt and pepper to taste.

Preheat the oven to 425 F. Lightly brush the bottom and sides of a large casserole dish with about 1 tsp. of olive oil and add the meat mixture. Top with the mashed potatoes. Spread it evenly and place it in the oven and let it cook for about 15 minutes or until the top is golden brown. For a variation, sprinkle with shredded cheese and bake until brown. Serves 6. Prep time: 10 minutes. Cook time: 45 minutes



Venison with Red Wine and Wild Mushrooms

Venison is lean, flavorful, low in saturated fat and high in protein. This recipe is hearty, nutritious and close to the land.

Ingredients

2 ½ oz. Red wine such as Shiraz
⅓ cup Madeira or dry sherry
⅓ cup balsamic vinegar
6 shallots
1 fresh bay leaf
1 thyme sprig

2 cups beef stock
2 cups of mushrooms
3 lbs. venison
1 tbsp. olive oil
1 tbsp. butter
1 tbsp. flour
Red currant jelly to serve

Instructions

To make the sauce, combine the red wine, Madeira, balsamic vinegar, shallots, mushrooms, bay leaf and thyme in a bowl and set aside for 2-3 hours. Place in a saucepan with beef stock and bring to a boil over high heat. Reduce heat to medium-low and simmer until reduced by three quarters (this will take about 20 minutes). Set aside. Preheat oven to 350 degrees F. If the venison is long, cut it in half. Season with salt and freshly ground black pepper. Heat the oil in a large frying pan over high heat and sear the venison on all sides. Transfer to a baking tray and roast for 10-12 minutes for medium-rare. Remove from oven, cover loosely with foil and set aside to rest for 10 minutes. Heat the butter in a frying pan over medium heat. Add flour to the pan and cook, stirring for a further minute. Add the red wine sauce and simmer for 5-6 minutes until well reduced. Season to taste. Slice the venison and serve with sauce and red currant jelly accompanied by barley salad.



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Isle of Man

When the Celts arrived in the Isle of Man around 700 AD people had already been living there for hundreds of years. Celtic people and other tribes found the strategic location of the isle a favourable spot for fishing, hunting and trade. The island's parliament known as the Tynwald is the world's most ancient, first convened in 947.

The Isle of Man is located in the Irish Sea between Great Britain and Ireland. As one of the seven Celtic nations, Gaelic cultural influences began in the fifth century and the Manx language gradually emerged.

Seafood, such as crab, lobster and scallops, has traditionally accounted for a large portion of the local diet. Queen Scallops, known as “queenies,” are regarded as a Manx signature delicacy. Meats include beef, lamb, pork and poultry, which are all commercially farmed. The indigenous Loaghtan Manx sheep has a rich, dark meat, which makes it a favourite among chefs.

Food on the Isle of Man was simple and sustaining and nothing went to waste. Meat and fish were preserved using a salt brine so it lasted through the winter. Herrings were smoked to create the delicious Manx Kipper. Typical dishes included broth using mutton and sometimes beef. Roast meats were a treat. Local game including rabbit, pheasant and pigeon, added variety while herring and kippers were served in creative ways. Potatoes were used for most meals as they would keep, while vegetables and fruit were seasonal. Bonang (fruit bread), soda cakes and a variety of recipes included honey and butter for added richness and sweetness.

Manx agriculture has evolved, but farms are still small and stock is mainly raised on grass and locally produced hay, silage or cereals. Animals travel short distances from farm to abattoir, which ensures animal welfare standards are high. Local vegetables can be bought within hours of picking and free-range hens are widely available.



Bonnag

Bonnag - a traditional soda bread - is thought to have been a Manx staple for hundreds of years. Originally a plain barley cake, the addition of dried fruit has become popular in the last 100 years.

Ingredients

2 ½ cups of flour
1 cup sugar
1 cup currants
1 tbsp. margarine
1 tsp. baking soda
1 tsp. grated nutmeg and allspice
1 cup (or more) buttermilk
1 tsp. vanilla

Instructions

Preheat oven to 350 F. In a bowl, combine sugar, baking soda and currants. Grate in nutmeg and allspice. In a separate bowl, cut the butter into the flour until it resembles small peas. Combine sugar, baking soda and currants mixture to the blended flour and butter. Stir in the buttermilk and the vanilla essence. Pour batter into a greased 8 X 8 inch baking pan. Bake for 60 minutes or until a toothpick comes out clean. Remove from oven and cool. Makes 8 slices.



Potato Farl

Ingredients

5 medium potatoes
2 tbsp. butter melted
1 cup flour
½ tsp. salt
5 tbsp. olive oil

Instructions

Peel potatoes and boil until fork tender. Drain well and return to saucepan over low heat. Add butter and mash potatoes well. Stir in flour and salt. Gather mixture into a ball and turn onto a lightly floured surface. Knead lightly until smooth. Divide dough in half. Roll out one half into an 8-inch circle, about ¼ inch thick. Cut into quarters. Set aside. Repeat with remaining dough. In a large non-stick skillet, heat half the oil at 350 F. Cook dough quarters in batches, 2 minutes on each side or until golden brown, adding more oil as necessary. Serve warm. Serves 6.



Scalloped Cabbage

Ingredients

1 large head of cabbage
1 bunch of kale
1 cup cold water
¼ cup butter
¾ cup milk
2 ½ tbsp. flour
½ lb. Velveeta cheese
½ cup butter
1 pkg. soda crackers
Salt and pepper

Instructions

Cut cabbage and kale into bite sized pieces. Put into a bowl, leaving a handful of kale out. Add cold water and salt. Melt ½ cup butter. Add milk and flour and stir until creamy. Add cheese. Heat until cheese is melted. Put cabbage in a 9 x 13 dish. Add salt and pepper. Pour cheese sauce over cabbage. Crush the pkg. of soda crackers. Melt the ½ cup of butter and pour over crackers. Mix well. Sprinkle over cabbage. Sprinkle with remaining kale. Bake at 350 degrees for 30 minutes or until the top is golden.



Baked Brown Trout

Trout, freshly caught from the rivers in the Isle of Man, is a dependable dish. In this recipe the fish cooks in its own juices with baking foil to keep it moist.

Ingredients

4 half pound trout

4 tbsp. dry vermouth

2 tbsp. olive oil

Sea salt

Freshly ground black pepper

4 sprigs of fresh herbs (fennel, chives or parsley)

1 lemon

Instructions

Clean the trout. Remove the scales and fins and wipe the trout with a paper towel. Season the inside of the trout with salt and pepper and insert the herbs. Cut 4 pieces of foil big enough to wrap the fish. Brush the trout with olive oil and place each trout in the center of the foil. Brush the outside of the fish with olive oil and season with salt and pepper. Pour a teaspoon of vermouth over each fish. Pull the foil up to make a boat shape for the fish and pleat over the top to totally enclose the fish. Place on a baking sheet and bake in a preheated oven at 450 F for 6-10 minutes depending on the size of the fish. Check to see if it is ready by opening the foil. The flesh should no longer look pink. The fish is delicious served with fresh vegetables.



Priddhas an' Herrin' ***~ Herring and Potatoes***

Priddhas an' Herrin' – or, herring and potatoes – is one of the most renowned Manx dishes, and one of the simplest to prepare. The dish is traditionally served with buttermilk to drink.

Ingredients

2 herrings per person

Potatoes

Raw onion

Sour cream, for serving

Garnish with chives

Instructions

Soak herring in fresh water overnight. Scrub potatoes and put them into a saucepan, barely covered with water, and bring to a boil. When the potatoes are halfway cooked, place the herring on top. Once both are fully cooked, lift herring carefully and fully drain the potatoes. Serve on a plate with raw onion and knobs of butter. Enjoy!



Fatherless Pie

When times were tough, Fatherless pie was often served as a less expensive, one-pot meal replacement for the traditional pie with lamb. It was to be eaten with boiled fish on Good Friday.

Ingredients

2 lbs potatoes, sliced
6 oz butter
1 cup milk
1 cup water
Salt and pepper, to taste
Short-crust pastry

Instructions

Preheat oven to 350 F. Butter a pie pan and add a layer of sliced potatoes. Top with butter, more potatoes and pepper. Repeat until butter and potatoes are used up. Mix milk with water and pour over pie. Top with pie crust, making a couple of slits to let steam escape. Bake for 30 to 45 minutes, or until the pastry is golden.

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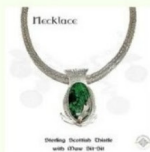
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Galicia

Situated in the northwest corner of Spain, Galicia is a green and windswept region with two coastlines, the Atlantic to the west and the Bay of Biscay to the north. These oceans provide a fabulous bounty that has made Galicia the seafood capital of Spain.

The seafood landed there is widely regarded as some of the best in the world. But navigating the coastline can be treacherous, and the sea around Cape Finisterre is known locally as “the coast of death” due to the number of shipwrecks there.

This dangerous coast is home to the black barnacle known as *percebes*, and local divers risk life and limb to catch these prized delicacies. The barnacles are then served raw or steamed as an appetizer in local bars and restaurants.

Potatoes, turnips, maize and wheat are all staples of the Galician diet and are

indispensable to most households. Grazing land provides high-quality pasture for cows and the milk is used to create delicious cheeses.

The region and its landscapes are often compared to both Ireland and Cornwall and early Celtic settlers must have felt at home when they arrived in the 11th century. The legacy of these Celtic origins remains strong in the culture, food, music and traditions of the region.

The area hosts more than 200 food festivals each year and celebrations involve traditional Celtic dances carried out to the distinctive sound of the native bagpipes (*gaita*) that are far removed from the traditional festivals of southern Spain. The popularity of potatoes in Galician recipes is also evidence of a lingering Irish influence.



Spinach with Raisins and Pine Nuts

A perfect accompaniment for fish and poultry alike.

Ingredients

6 tbsp. raisins
2 bunches of fresh spinach, stems removed
4 tbsp. olive oil
8 whole garlic cloves, peeled and lightly mashed
Salt and pepper

Instructions

Place raisins in a small bowl. Cover with very hot water and soak until plump. This will usually take 10 to 15 minutes. Drain and pat dry with paper towels, and set aside. Rinse spinach, but do not drain. In a large saucepan, cook spinach, covered, over medium heat for 4-5 minutes, stirring occasionally. Place spinach in a colander and squeeze out extra moisture. To do this, press on the spinach using the back of a spoon. Chop spinach. Heat olive oil in a large skillet or wok, over low heat. Add garlic, pine nuts and soaked raisins. Cook for about 3-5 minutes, or until nuts and garlic turn golden. Increase to medium heat and add chopped spinach. Cook for about one minute, stirring to combine. Season with salt and pepper and transfer to a serving bowl and serve. Serves 4



Percebes

Percebes are served raw or steamed as an appetizer in Galician bars and restaurants.

Ingredients

2 ½ pounds of percebes
2 quarts of mineral water
½ cup sea salt

Instructions

The best way to cook percebes is to use sea water. Create your own by adding the sea salt to the mineral water. Bring the water to a boil and place half the percebes into the pot. When the water boils count to one minute and remove the pot from the heat. Count one minute again and remove the percebes from the boiling water. Drain the percebes and place in a serving tray. Now repeat with the other half of the percebes, and serve immediately.



Caldeirada (Fish Stew)

Caldeirada is a stew that can be made with any fish or vegetable convenient for you. The stew may contain prawns, shrimp or scallops to add variety to the taste. After being outside all day, try this traditional dish with some local wine.

Ingredients

1 cup extra virgin olive oil
2 sliced onion
5 cloves garlic, minced
1 sweet green pepper, chopped
½ tsp. salt
1 pinch nutmeg
1 pinch pepper
2 cups chorizo sausage

1 lb. turbot or halibut fillets
1 lb. monkfish fillets
1 ½ lb. potato, (about 3) peeled and thinly sliced
1 ½ lb. tomato, sliced
2 lb littleneck clam, scrubbed
½ cup chopped fresh Italian parsley
1 cup dry white wine
2 bay leaf

Instructions

In large a pot, heat 2 tbsp. olive oil over medium heat. Cook the chorizo until it begins to brown. Add the onions, garlic, green peppers, salt, nutmeg and pepper. Cook, stirring, for about 8 minutes, or until the onions start to brown. Meanwhile, cut turbot and monkfish fillets into 2-inch chunks; set aside. Layer half each of the potatoes and tomatoes over onion mixture. Top with fish and clams. Layer with remaining potatoes and tomatoes. Sprinkle with 1/4 cup of the parsley. Pour in remaining olive oil, wine and bay leaves. Cover and simmer for 20 minutes. Using a spatula, gently push the mixture down into the liquid, adjusting heat as necessary to maintain a simmer. Cook, covered, until potatoes are tender, about 20 minutes. Discard bay leaves and any clams that do not open. Sprinkle with remaining parsley.



Vegetarian Caldo Gallego

Cadllo Gallego is a soup/stew originating in Galicia as the name suggests. Gallego means Galicia, while Caldo means broth. It is an inexpensive white bean soup, mixed with whatever vegetables you have at hand. If making the meat version, the ham hock adds much flavour, while the chorizo adds a smokiness. For vegan lovers, choose grelos – the tops of turnips – whenever possible. If this is not available, choose kale or Swiss chard.

Ingredients

3 cups white beans
1 bunch of turnip tops
2 large potatoes
2 carrots
4 cups of vegetable broth
1 tsp. paprika
Salt

Instructions

Wash greens well, ensuring all dirt and damaged leaves are removed. Drain well. Wash, peel and cube potatoes. Peel and dice carrots. Heat vegetable broth and beans together over medium heat. Once boiling, add potatoes and carrots, making sure the broth covers them. Add water if necessary. At a slow boil, cook for about 15 minutes, or until the vegetables are tender. Season with salt and pepper and add greens. Cook for an additional five minutes, until the greens are tender. Place on a serving dish and enjoy. Serves 4.



Galician Styled Octopus (Pulpo Gallego)

Galician-styled octopus is an appetizer served all over Galicia today. With four ingredients, it cannot get much simpler. The octopus is traditionally cooked in a copper kettle, which gives it a more orange color and a mineral taste. When this container is unavailable, a copper coin is often tossed into the water to gain the same results.

Ingredients

1 ½ pounds of octopus

4 large potatoes

Extra virgin olive oil, to drizzle

Paprika

Instructions

Take the octopus from the freezer and place it in a large pot of boiling water. Cook until soft, which will take roughly an hour. Remove from boiling water and let cool. Cut into bite-sized pieces. Wash potatoes and place in boiling water. Cook potatoes on high heat until tender. Remove from heat and let cool. Peel the potatoes and slice into rounds – approx. 1/3 inch thick. Arrange the potato slices on a serving platter and place the octopus on top. Drizzle olive oil and paprika. Enjoy!



Galician Rabbit with Onion (Conill Amb Ceba)

An inexpensive meat that is as flexible as chicken. In the old days, our ancestors would snare their own rabbits. They created this recipe over an open fire, which risked drying the meat out. Nowadays, we can buy rabbit from our local grocers - and come home to ovens, which savor the flavor.

Ingredients

2 (2-3 pound) rabbits, cut into 6-8 serving pieces
1 ½ oz. brandy or whisky
3 pounds onion, thinly sliced
4 large tomatoes, peeled, seeded and chopped
8-10 garlic cloves, peeled and mashed
1 tbsp. olive oil
4 bay leaves
2 oz. chorizo
2 oz. pine nuts
2 oz. raisins
Salt and pepper

Instructions

Preheat oven to 350 F. In a deep skillet, cook meat on high heat, browning until golden. Add brandy or whisky and flambé. Remove meat and reduce to medium heat. Add 1 tbsp. olive oil and garlic, and cook for five minutes. Add bay leaves and sausage. Cook until sausage is lightly brown. Add in the onions, cooking until soft. Place meat back into the pan and add tomato, raisins and pine nuts. Reduce the heat and cook for about 10 minutes. Season with salt and pepper to taste and cook in the oven for about 35 minutes. Serve and enjoy! Serves 6



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Bretagne

Brittany is the largest French peninsula. Bordered to the north by the English Channel and to the south by the Bay of Biscay, the waters located between its west coast and Ushant Island form the Iroise Sea. Cliffs and capes indent the Breton Coast and the region's climate is changeable with regular rainfalls, along with many cloudless sunny days.

As a Celtic language Breton is closer to that of Cornwall and Wales. It was pushed into the rural regions in the 13th century. Gradually the language declined, but during the 1970s Breton schools were opened and the local authorities began promoting the language to ensure its preservation.

The traditional drink of Brittany is

cider, often served in a bowl or a cup. Another is beer, which traces its roots back to the 17th century. The two most iconic Breton dishes are crepes and galettes. Crepes, made and served with butter, are eaten for dessert or breakfast. Galettes are usually salty and made of buckwheat. They replaced bread as a basic food and can be served with cheese, sausages, bacon, mushrooms or eggs, and are often accompanied with buttermilk.

Surrounded by the sea, Brittany offers a wide range of fresh seafood, especially mussels and oysters. Coriade is a famous fish stew served in Brittany. Local fishermen still earn a living from the oyster beds along the jagged coastline.



Breton Artichokes

Artichokes are often considered the vegetable of Brittany, with 80% of France's quantities produced there. The light soil, weather conditions and expertise of Breton agriculturalists make Brittany the perfect place to grow this highly nutritious vegetable. This recipe combines Artichokes - L'Artifrais, in French – with lemon and butter for a beautiful and healthy dish.

Ingredients

4 large artichokes
½ cup of cream
⅓ cup butter
½ cup flour
½ cup lemon juice
Salt and pepper to taste

Instructions

Remove the bottoms of the artichokes and rub with lemon juice. Bring to boil in a pot with salted butter. Boil until tender, or for about 40 minutes. Once cooked, remove artichokes, drain them and keep warm. Make a roux from the flour and butter. Gradually add lemon juice, then the cream. Pour this sauce into a gravy boat and serve on the side.



Galettes – Breton Buckwheat Crepes

Should you find yourself in a Breton Creperie and order the Breton Buckwheat Crepes, you might get a strange look from your waiter. In many parts of Brittany – mostly to the north and eastern parts – crepes are sweet pancakes, while galettes are a savory meal made of buckwheat, water and salt. Galettes are often stuffed with spinach, cheese or ham.

Ingredients

¾ cup plus 1 tbsp. buckwheat flour
⅓ cup all-purpose flour
1 ⅓ cup milk
3 eggs
2 tbsp. butter, melted
1 tsp. salt

Instructions

Whisk all ingredients until the batter is completely smooth and let rest in the refrigerator for 2 hours. Melt a pat of butter in a pan or large skillet over low-medium heat. Add 3 tbsp. of batter to the pan, swirling until the bottom of the pan is covered in batter. Cook for one minute. Using a spatula, loosen the edge of the galette and gently flip upside down. Cook for one minute. Transfer to a plate and keep warm, and repeat with remaining batter. Makes 10 servings.



La Lotte à l'Armoricaine ***(Monkfish with Sauce Américaine)***

The sauce à l'Armoricaine is a recipe traditional to the coast of Brittany. It is commonly paired with shellfish, or – more notably – used to flavor white-fleshed fish, including the Monkfish, or La Lotte, often considered the “poor man’s lobster.” La Lotte à l'Armoricaine is a dish with history, dating back to the mid-1800s, when French Chef Pierre Fraisse first created it. Fraisse spent a year in Chicago, and had recently returned home to open his own Britannic restaurant, Peters, when two rushed, American customers knocked on his door, late at night, in search of food. Fraisse did not have the time to prepare lobster in the traditional way – slowly cooking the lobster in a bouillon – so he opted for a hastier approach. He flambéed the fish in cognac and cooked it in a sauce made of tomato, white wine, garlic and herbs. This became the La Lotte à l'Armoricaine known today.

Ingredients

1 monkfish
1 small can of peeled tomatoes
1 tbsp. tomato concentrate
4 shallots
1 clove of garlic

12 small onions
1 oz of dry white wine
Splash of cognac
5 tbsp. butter
2 tbsp. oil
Pinch of cayenne
Salt and pepper

Instructions

Peel and chop four shallots. Peel and squeeze garlic clove. Peel the dozen onions. Open the can of tomatoes and chop them. Dissolve tomato concentrate in white wine. In a cast iron casserole dish, heat butter and oil to stain the slices of monkfish. Bring to flame with the Cognac. Remove and place on a plate. Add shallots, garlic, onions and tomatoes to the wine and tomato concentrate mixture. Add salt and pepper, and let simmer for about 20 minutes. Place monkfish into the mixture and let simmer for another 20 minutes. Serve with potatoes and vegetables.



Kig Ha Farz

Kig Ha Farz is a homey and delicious meal historically enjoyed by the poor and peasantry. In Breton, “Kig Ha Farz” translates to “meat and stuffing,” which is exactly what this dish is. It combines boiled meats and vegetables - often beef, pork and cabbage - with a slow-simmered, buckwheat-based pudding.

Ingredients

2 large eggs
¼ cup whole milk
4 tbsp. melted butter, salted or unsalted
1 ¾ cup buckwheat flour
1 tbsp. sugar
1 tsp. sea salt

Instructions

In a large bowl, mix eggs, milk and butter. Add the flour, sugar and salt, little by little, stirring until smooth. Drop this mixture into a farz bag, a sack made of unbleached muslin used specifically for this purpose. If you do not have a sack, place the mixture into a damp piece of cotton cloth, 2 feet square. Tie the mixture closed securely with kitchen string. Ensure to leave room for the bag to expand by roughly a third. Let the farz simmer for about 2 hours. Using a colander drain the farz sack completely. This process usually takes about 15 minutes. Remove the sack from the colander and roll it out on your counter, pressing it back and forth, firmly. Open the farz sack and pour the kig ha farz onto a platter or serving dish. This dish is best served hot with boiled meats and vegetables, and a touch of salted butter. Serves six.



Pan Fried Duck Breast

A rich and robust meal.

Ingredients

2 duck breasts, skin scored

2 tsp. white wine vinegar

1 tbsp. honey

Juice from ½ an orange

1 orange, zest grated and blanched, flesh cut into segments

1 lime, zest grated

2 tbsp. unsalted butter

2 heads of white endive, leaves separated

2 tsp. sugar

Splash of olive oil

Vegetable oil, for frying

Instructions

Season the scored duck breasts with salt and pepper. Heat vegetable oil in a nonstick pan, until hot, and add breasts skin-side down. Cook for 5-8 minutes. Turn breasts and cook for an additional 5 minutes. Remove from pan and allow to rest. Drain excess fat from pan and return to heat. Add vinegar, olive oil and honey. Scrape the residue from the bottom of the pan into the liquid, creating a sauce. Add orange juice, orange segments and orange and lime zest to the mixture. To complete the sauce, whisk in half of the butter. In a separate frying pan, heat the rest of the butter with olive oil and sauté endive leaves, until soft. Season and add sugar to caramelize the leaves. Slice the cooked duck breasts, and serve with the sautéed leaves and orange sauce spooned over top.



Gigot d'agneau à la Bretonne

Brittany is known for many things and among them is uniquely flavorful, tender and rich lamb dishes. This dish is served most commonly over a plate of white beans.

Instructions

4 lb. leg of lamb
¾ cup dried haricot beans, soaked overnight
Butter for greasing
1 – 2 garlic cloves, cut into thin slivers
Salt and ground black pepper
2 tbsp. melted butter
1 Spanish onion, coarsely chopped
6 tbsp. olive oil
1 14 oz. can, peeled tomatoes, coarsely chopped
4 tbsp. finely chopped parsley
flat-leaved parsley, to garnish

Ingredients

Cook the soaked beans in water for 1 ½ hours, or until tender and allow the lamb to reach room temperature. As in the Breton tradition, grab a bottle of your favorite wine, and pour yourself a healthy glass! Preheat oven to 325° F. Butter a shallow, flameproof casserole dish. Ensure the dish is just large enough to fit the leg of lamb comfortably. Using a sharp knife, prick the lamb all over and insert a sliver of garlic into each incision. Place lamb into the buttered dish, season with salt, pepper and melted butter and roast for 45 minutes. Take the chopped onion and sauté in 2 tbsp. olive oil until transparent. Remove the lamb from the dish and spoon in cooked beans, tomatoes, sautéed onions, fresh parsley, and 4 tbsp. olive oil. Place the lamb on top and return to cook for an additional 25 minutes. Give the mixture a stir and continue to roast until the lamb is tender and the juices are pink. This will take about 20 minutes. Once cooked, place the lamb on a heated serving dish and allow to rest for 10-15 minutes in the oven that is turned off, with the door open. Keep the bean mixture hot. Once the lamb has rested, add the bean mixture to the dish. Garnish with parsley leaves. Serve with vegetables of choice.



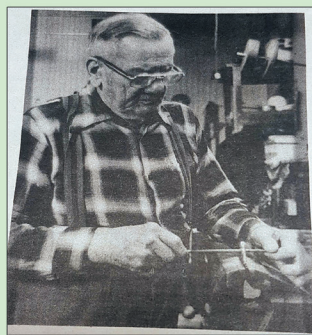
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Nova Scotia

Scotian waters have different temperatures during different times of the season, which produce firm-fleshed fish stock. With its rocky coastline, many nooks and crannies exist that are just right for the harvesting of the different varieties of fish.

Maple syrup is another product sought after in Nova Scotia. It is produced from the sugaring-off of the maple sap, which leaves a delectable essence. Blueberries are shipped all around the world from Nova Scotia, where they grow in abundance. Two varieties exist: the wild, small native berry that is so tasty and the

cultivated high bush berry, which is larger. Both are full of antioxidants.

The Annapolis Valley is famous for its pristine growing conditions where it produces all sorts of berries, fruits and vegetables. Nova Scotia raises its own beef, pork, lamb and poultry and boasts one of the largest cheesemakers in Atlantic Canada.

From seafood to lamb, from apples and blueberries to giant pumpkins and fiddleheads, Nova Scotia has much to offer. Its hospitality will stay with you long after you have left the region.



Classic Canadian Pancakes & Maple Syrup

The quintessential Canadian treat is maple syrup, and the maple leaf became a Canadian symbol of national pride as early as 1700. The First Nations peoples of this country recognized the value of this nectar long before the arrival of our ancestors, collecting and processing the sweet sap of the maple tree, and then generously sharing their knowledge. As legend has it, an Iroquois chief yanked his hatchet out of a maple tree before setting off for a day of hunting. He didn't notice the deep gash his blade had left in the tree, and all day a colourless liquid trickled from the gash, collecting in a birch-bark bowl that was leaning against the maple tree. His wife noticed the full bowl and, thinking it was water, used the liquid to cook a venison stew. The resulting sweet stew was a happy accident, beginning the culinary tradition of maple-cured meats. By watching the Indigenous peoples, the first settlers to the new world - including many Celts - learned how to tap maple trees and boil the sap down to make syrup. Later, instead of gashing the bark, they drilled holes in the tree, pushing wooden spikes into the holes. They hung buckets from nails below the spikes to protect the buckets from strong winds or animals. Generations later, and as all Canadians know, the best way to enjoy maple syrup is drizzled over pancakes.

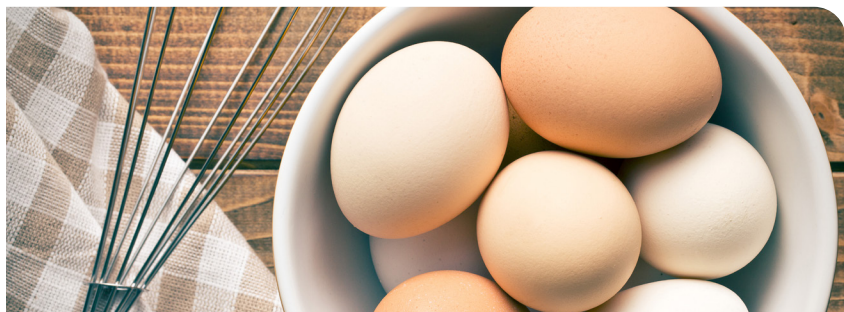
Ingredients

1 1/2 cups all-purpose flour
2 tbsp. sugar
1 tbsp. baking powder
3/4 tsp. salt

1 1/4 cups milk, dairy
1 large egg
4 tbsp. butter, melted,
plus more for the skillet
1 tsp. vanilla extract

Instructions

Whisk flour, sugar, baking powder and salt in a medium bowl. Warm milk in microwave or on top of the stove until lukewarm. Whisk milk, egg, melted butter and the vanilla extract until combined. Heat a large skillet over medium heat. The pan is ready when you splatter a little water onto the pan surface, the water dances around the pan and eventually evaporates. Make a well in the center of the flour mixture, pour milk mixture into the well and use a fork to stir until you no longer see clumps of flour. It is okay if the batter has small lumps, it is important not to over-mix the batter. Lightly brush the skillet with melted butter. Use a 1/4-cup measuring cup to spoon batter onto the skillet. Gently spread the batter into a 4-inch circle. When edges look dry and bubbles start to appear and pop on the top surfaces of the pancake, turn over. This takes about 2 minutes. Once flipped, cook another 1 to 2 minutes or until lightly browned and cooked in the middle. Serve immediately with warm syrup, butter, whipped cream and/or berries. Makes 8 pancakes.



Spring Egg Soufflé

My youngest daughter never tires of asking me to tell her stories of my upbringing and what it was like growing up on a small mixed farm in northern Nova Scotia. As my Dad passed away before she was born, she never had the opportunity to meet her grandfather. Dad was known as “The Egg Man,” as he had 2000 hens, and delivered fresh eggs to the local housewives (for \$.50 per dozen!) each Saturday in and around Antigonish. My mother would often bake a soufflé on the weekend. A soufflé is a baked, egg-based dish that originated in early eighteenth century France. It is made with egg yolks and beaten egg whites, combined with various other ingredients. My mother, however, made a fluffy, plain soufflé. My daughter would ask if we ever ran out of eggs. I assured her that we received all the cracked eggs we needed and put them to good use. The egg is full of promise and new life. It symbolises the fertility of the Earth and all creation. In many traditions, the egg is the symbol of the whole universe. The cosmic egg contains a balance of male and female, light and dark in the egg white and the egg yolk. The golden orb of the yolk represents the Sun God surrounded by the white goddess in perfect balance.

Ingredients

2 tbsp. all-purpose flour
½ tsp. salt
Pinch of pepper

¾ cup of milk
2 egg whites
4 eggs
¼ tsp. cream of tartar

Instructions

Melt butter in medium saucepan over low heat. Stir in flour, salt and pepper. Cook, stirring constantly, until mixture is smooth and bubbly. Stir in milk all at once. Continue stirring until mixture boils and is smooth and thickened. Separate eggs. Beat yolks well and add 1/4 cup of warm sauce mixture to egg yolks. (Never add egg yolks to a hot sauce all at once as they may begin to coagulate too rapidly and form lumps). Combine yolk mixture with remaining sauce, blending thoroughly. If desired, add finely chopped filling ingredients, stirring into white sauce until blended. Set sauce aside to cool slightly. Beat egg whites and cream of tartar in a large bowl, until stiff but not dry. Fold some of the egg whites into the sauce to make it lighter, then gently but thoroughly fold the sauce into the remaining egg whites. Carefully pour into 4-cup soufflé or casserole dish. Bake in preheated 375° F oven until puffed and lightly browned, 20 to 25 minutes or until done. Serve immediately.



Pumpkin Soup

Get in touch with nature again, you say! There is no better way than adding your name to the list of competitors who take part in the Great Pumpkin Regatta that takes place each October in Windsor, Nova Scotia on the choppy waters of Lake Pesaquid. Originally designed to extend the tourism industry in Windsor, it has taken on a life of its own. Great pumpkins are part of Nova Scotia's heritage. It all began on the farm of Howard Dill, where he perfected the art of hugeness and took pumpkins to a whole new level. Howard Dill is a four-time Guinness Book of World Records holder and developer of the internationally acclaimed Atlantic Giant Pumpkin seeds. The annual tradition is based on a contest of who can grow the largest pumpkin. After a weigh-off, the pumpkins are hollowed out to create boats and the race is on. Participants must be creative, bold and strategic. After all, how would you like to navigate a 600 pound pumpkin across water, when a pumpkin's natural habitat is that of a landlubber? Here is a fine recipe for a hearty and healthy Pumpkin Soup. The Celts were careful not to waste a morsel and to use whatever was available to them. This is a rich creamy soup excellent on its own or for the beginning of a meal.

Ingredients

2 lb. pumpkin flesh
1 cup water
3 cups boiling milk
Butter as large as an egg
1 tsp. sugar
Salt and pepper to taste

Instructions

Take out the seeds and pare off the rind from the pumpkin; cut into small pieces. Put into a soup kettle with water and simmer slowly for 1 ½ hours. Put through sieve and return to the soup kettle with boiling milk, butter, sugar, salt and pepper. Bring to a boil, stirring occasionally and serve.



Cape George Fish Chowder

Seafood makes hearty and wholesome meals that can be prepared in minutes, providing many essential nutrients, few calories, and little waste. One of my favourite dishes is fish chowder. On cool nights it simply hits the spot, and on warmer evenings - when fish is in season - I realize how lucky I am to live in a part of the world where seafood is still abundant. This particular recipe comes from Cape George, Antigonish County, Nova Scotia where life on the water hasn't changed much for generations. The ladies in this area know seafood and have kindly shared their recipe with me.

Ingredients

4 slices of bacon, cut up
1 medium onion cut into thin wedges
2 garlic cloves crushed
2 cans of 12 oz. tomatoes
2 cups of water
2 cups dry white wine
2 cups diced potato

2 cups sliced carrots
1 tbsp. paprika
2 tsp. basil leaves
2 tsp. thyme leaves
2 tbsp. salt
2 lbs. cod, haddock, or other fresh white fish
2 tbsp. chopped parsley
Grated parmesan cheese

Instructions

Cook bacon, onion, and garlic in a large saucepan over medium heat, until bacon is crisp and onion is transparent. Stir in tomatoes, water, wine, potatoes, carrots, paprika, basil, thyme and salt. Cover saucepan and simmer for one-half hour. Cut fillets into large chunks and add to vegetable mixture in pot. Continue simmering until fish flakes easily when tested with a fork. Garnish chowder with chopped parsley and serve with grated parmesan cheese. Makes twelve 1 & 1/4 cup servings.



Pan Fried Trout

I like to go fishing from time to time and catch my own trout. One spring morning my blood began to stir with the warmer spring breeze, and I decided to take out my rod and reel. It was a terrible day and I caught nothing. The little flies that were not in season had decided to come out early to bite me. On my way home, I stopped at the fishmonger and ordered four rainbow trout. I told him “Pick four large ones out and throw them at me, will you?” “Why do you want me to throw them at you?” asked the merchant. I replied, “So that I am able to tell my husband, in all honesty, that I caught them.” This recipe does justice to these very trout. It was passed down to me by my Irish-born mother, who swore she kissed the blarney stone. The delicate sweet flesh contrasts nicely with the crispy skin. Make sure the pan is hot when you place the fish down. If it is not hot, you will not get the crispy results. Serve this with Irish soda bread and polish it off with a cup of Irish coffee, and you will be as happy as a leprechaun.

Ingredients

2 tsp. chopped fresh rosemary
4 trout fillets
¼ cup cornmeal
½ tsp. salt, plus more to taste
Freshly ground pepper to taste

¼ cup butter
6 cherry tomatoes
1 cup white wine
1 tbsp. lemon juice
1 tbsp. drained capers

Instructions

Press 1/2 teaspoon of the rosemary needles into the flesh of each trout fillet. Combine the cornmeal, 1/2 tsp. salt and pepper to taste. Coat the fillets in the seasoned flour. Heat the butter in a large skillet over medium-high heat. Add the trout and sauté until cooked through (about 2 1/2 minutes per side). Remove the trout from the pan and place on warmed plates. Add the tomatoes to the skillet and cook for 1 minute. Pour in the wine and reduce to 1/3 cup (about 5 minutes). Stir in the lemon juice, capers and remaining rosemary and remove from the heat. Season with salt and pepper to taste. Spoon the sauce over the trout and serve immediately.



Lobster Crêpes

Ingredients

Crêpe

1 ½ cups all-purpose flour
1 tbsp. white sugar
½ tsp. baking powder
½ tsp. salt
2 cups milk
2 tbsp. melted butter
1 tsp. vanilla extract
2 eggs

Lobster Fill

2 cups lobster meat cooked and chopped
¼ cup butter
2 tbsp. minced onion
2 tbsp. chives
1 cup mushroom
¼ cup flour
1 cup warm milk
1 tbsp. lemon juice
1 tsp. lemon zest
½ cup yellow peppers

Instructions

Crêpe - Mix dry ingredients together. In a separate bowl blend the butter and milk together. Whisk the eggs and add to the liquid. Add vanilla to liquids and stir. Blend in the dry ingredients and beat until a smooth batter is formed. To cook the crepes, spread about 3 tbsp. of batter in a lightly buttered skillet. Cook for about 1 ½ minutes, turn the crepe and cook for about 1 minute over medium heat. These can be prepared ahead and kept in a covered container with a piece of wax paper between each one.

Lobster - Melt butter in a skillet. Add onion, chives, and mushrooms and cook over medium heat until the onion is translucent. Put flour and milk in a covered jar and shake. Add milk mixture to the skillet with vegetables and heat until thickened. Add lemon juice, zest, lobster and pepper. Cook until pepper is softened, about five more minutes on medium heat. Spread about 3 tbsp. of fill on each crepe and roll. Serve at once with a salad of your choice.

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The Celtic Chefs

— Feature Story —



Chef Adam Vasey

Adam Vasey, previous owner of No. 4 Peterville, in St. Agnes, Cornwall, is currently working on his most recent venture, Schooners Bar and Restaurant. The restaurant has been in Vasey's family for a long time.

"I was born at Treliske hospital in Truro," he explains. "I live in St. Agnes now where I grew up and where my restaurant Schooners is. In fact, I grew up above Schooners which was owned by my parents before they sold it around 17 years ago.

"I started off working for my mum in Schooners," he adds. "She is a totally self-taught chef. She loved seafood and learned as she went along. The smells that came out of that kitchen and the fishermen bringing lobsters straight off the boats stuck with me and informed my decision to become a chef."

Vasey opened Schooners last year with business partners Sean Lascelles and Sam White.

"Sean and Sam got really excited about the prospect of taking it on," he remembers. "The owners also liked the fact that it was being passed on to local people. We took the lease on last year so it's as if it has come full circle. It feels like there is a lot of family heritage there."

Schooners is best described as a quaint restaurant that emphasizes the use of local produce and sea-inspired recipes.

"Menu creation for me is about what you can get locally. The idea behind Schooners is to have really great food in the most informal environment. In terms of backdrop, we're right on the beach so you can watch the sunset as you have a few small plates and a nice bottle of wine. It's super important for me to fit the food with the surroundings so for me fine dining wasn't ever going to make sense (and I don't know how to do fine dining anyway). Instead, we do interesting seafood-centric dishes like local white crab, avocado and crispy St. Ewe egg or scallops on the plancha with crispy chicken wings, Duchy Charcuterie N'duja and hazelnut butter (some of the biggest sellers last year)."

Schooner's will re-open this March for business. Vasey looks forward to the road ahead.

"I think that the Celtic food industry is going to go from strength to strength if we keep growing, rearing, catching and creating amazing produce and producing great chefs and hospitality people."



Chef Adam Vasey's Scallops & Crispy Pork Belly

Ingredients

Scallops

1 dozen scallops (roe on)
100 ml Calvados
100 g unsalted butter
Pinch of sea salt

Belly

1 kg pork belly (will be extra leftover)
3 white onions
2 carrots
3 sticks of celery
1 bottle of cider

Instructions

Get a side of pork belly from your butcher (we use Primrose Herd) – ask for the ribs out. In a roasting tray place onions, celery, carrots and cider (we use Cornish Orchards). Place the pork belly on top of the vegetables and slow-cook for 4 hours. After 4 hours, lift the pork out and press it overnight with something flat and heavy. Once it's pressed, cut it up into squares – about the same size as the scallops. Before serving, cook off in the oven till the fat is crispy on the top. Then flash the scallops in a very hot pan with butter till they're golden on the outside. Add a good pinch of chopped parsley to the butter and serve.
Serves 4.



Alain Bosse

Alain Bosse, a.k.a. The Kilted Chef, was the first Culinary Ambassador of Nova Scotia.

Bosse serves the title well. He has promoted Nova Scotia and Atlantic Canadian food at home and abroad, teaching both aspiring chefs at Cordon Bleu institutes and children in elementary classrooms, preparing dinner for the Prince of Wales, and travelling through North and South America, Europe and China to deliver presentations on Atlantic Canadian products.

“When coming to Atlantic Canada everyone goes for seafood, and so they should,” advises Bosse. “We have some of the best seafood in the world - but don't limit yourself; we have amazing chefs who are doing charcuterie, foraging for foodstuffs, taking the time to develop relationships with farmers who are raising grass fed meats...we are truly becoming a culinary destination!”

Bosse is originally from Edmundston, New Brunswick, but living and working in Nova Scotia has influenced his culinary style. “Because of the huge Celtic heritage in our region, everyone cooks a little Celtic from time to time. Cottage Pie and mince appear regularly at home, a local butcher produces Lorne sausage for me - I hope to make my own someday soon - and who wants to eat plain, old fudge when you can eat tablet?!”

His travels outside Atlantic Canada have also had an impact on his profession and palette. “When you go to a different country and eat food that is inherent to that place, you are tasting their history, in some cases their struggles, and their triumphs...food can be an amazing storyteller if you take time to ask the questions.”

www.kiltedchef.ca



The Kilted Chef's Old Fashioned Grilled Lobster Roll

Ingredients

6 hot dog buns
3 oz. soft butter
1 pound (500 g) lobster meat chopped
2 tbsp. mayonnaise
¼ cup diced celery
Pinch of salt
Pinch of pepper
3 oz. spinach leaves

Instructions

In a bowl mix the lobster meat, mayonnaise, celery, salt and pepper to taste. Butter your hot dog buns on both sides and grill them until nice and golden. Open your grilled bun and place a bit of mayonnaise on the bottom of the bun; then add 3-4 spinach leaves to each. Spoon the lobster mixture into the centre of the bun, serve and enjoy! Serves 6



Chef Beatriz Sotelo

One of Galicia's 13 Michelin star restaurants is located in Cambre, in the province of A Coruña. Called A Estación, which means "the station," the eatery sits inside a converted train station.

One of its chefs is Beatriz Sotelo. "After travelling on many trains and stopping by many stations, Beatriz Sotelo arrives in Cambre," states the Grupo Nove website. "She decides to get off here and begin a new stage with Xoán M. Crujeiras to turn this place into a station to stay."

Two chefs might sound like "too many cooks in the kitchen," but Sotelo and Crujeiras complement one another to deliver a range of dishes, from empanadas filled with cockles to Galician veal. "Xoán and I make a good team because we are two very different people," says Sotelo. "Two personalities - man and woman, serenity versus temperament, a perfect couple - although it is not always easy. It is like a marriage."

Sotelo, who was born in a small village in Pontevedra, began her culinary journey at home. "I cooked with my family, and in my house there were many countryside products that I used with my grandmother."

Local ingredients are still important to Sotelo. "We use products from smaller producers close by," she notes. "For example, a sardine or a longueiron (razor clam) - they are essential ingredients in our cooking process."

www.nove.biz/es/a-estacion



A Estación's Tarta De Castañas

Ingredients

250 g short-crust pastry

150 g softened butter

150 g sugar

½ tsp. cinnamon

1 shot hazelnut liqueur

2 eggs (separated into yolks and whites)

550 g cooked chestnuts in syrup (Castañas cocidas en almíbar)

Instructions

Line a spring-form pan (24 cm/9 in diameter) with the pastry dough and bake it in the oven at 180°C (350°F) for 10 minutes. In a bowl, beat the butter with the sugar, cinnamon and liqueur. Add the egg yolks and mix gently. Crush half of the chestnuts and mix them with the buttercream. Put the rest of the chestnuts in a blender and grind them to a purée. Add the puréed chestnuts to the mix. In a separate bowl, beat the egg whites to the point where they form peaks, and mix them with the other ingredients. Fill the pan with the mix and bake at 180°C (350°F) for 45 minutes. Let it cool and sprinkle with icing sugar. The dessert also goes nicely served with hot chocolate and chocolate, vanilla or nougat ice cream.



Chef Craig Grozier

“There’s a fin floating around my saki and it’s really tasty,” recalls Chef Craig Grozier of one of his dining experiences abroad. He’s travelled to many countries - from Japan to Peru - to “widen the horizons of his culinary knowledge.”

Grozier grew up in the Scottish Highlands near Loch Ness. He began his culinary journey two decades ago by working with some “great chefs” around Glasgow.

In 2012, Grozier started his Glasgow-based business, Fallachan, which provides private, corporate and public clients with a range of tailored eating experiences. Projects have included cooking, demos for culinary adventure tours, radio and TV spots, and curating the 2014 Albannach Food and Drink Festival. Recently he has been enlisting top UK chefs to join him in “guerilla fare” - “cooking and serving the best possible food in a temporary location” - like taking over a small farmhouse kitchen to deliver a high end, three-course meal.

Grozier has also been working on the Isle of Islay with The Botanist Gin, a product made with botanicals from the island. Along with Mark Williams of Galloway Wild Foods, the pair educates people from around the world about the gin and foraging on the island, taking them on excursions and cooking with the ingredients they have collected.

Grozier aims to deliver custom-made culinary experiences to groups from Scotland and overseas. “I like to learn, I love culture, I love history and I think they all tie in with food. We all need to eat, but with that comes culture and sharing...food generally brings us together.”

www.fallachandining.co.uk



Chef Craig Grozier's Forager's Eggs

Ingredients

200-300g chanterelles

75 g salted butter

10 turns freshly ground pepper

600 ml mineral water

2 free-range eggs

1 large pinch of Mark Williams' dashi powder/Mara dried seaweed powder

Hebridean salt to finish

Instructions

Melt the butter over a medium heat in a deep frying pan and add the mushrooms till they give up their juices (this is the base of the broth). Add the water and the dashi or seaweed powder. Taste for seasoning and simmer for a few minutes until all the flavours combine. Crack the eggs directly into the broth and simmer covered with a plate or another pan for 3-4 minutes till the whites are set and the yolks are still runny. Serve with good quality bread, ideally sourdough. Eat directly from the pan.



Chef Marcus Purcell

Semi-finalist of Isle of Man's Chef of the Year competition, and café owner, Marcus Purcell began his journey into culinary arts as a young man. The Bermuda native travelled the world with his family – from his hometown, to the UK, to South Africa – before settling in Grahamstown, where he attended school at St. Andrews College.

"I had decided during my final year at St. Andrews that I wanted to make a career in the catering side of the hospitality business, and become a chef," explains the "Bermuda Onion." "I am not a 9 to 5 guy. Sitting behind a desk would have been my worst nightmare."

In 2014, after years of education and experience in the field, Purcell brought his career to new heights, opening Noitre Café – a family-run, French-inspired café, serving Manx produce.

Over the years, he has developed an interesting view of "Manx cuisine," one that focuses on local ingredients.

"My feeling is Manx cuisine is modern dishes using Manx produce," explains the chef. "Foods like wonderful fish, lobster, vegetables and our own special Queenies that are caught by fishermen who brave the unpredictable Irish Sea, all so we can cook and serve to patrons. Wonderful Manx produce is Manx cuisine."

While Purcell does note areas the culinary industry could strengthen, he is pleased with its state.

The chef will continue to put energy into his café – and his family – while focusing on what makes it all worth it.

"Happy, returning patrons are my reward, and compliments make the long hours and hard work worthwhile."



Manx Beef Cheek braised in beer with Manx Queenie Fritters

Ingredients

1kg piece of ox cheek (cut into cubes)
4 carrots
2 white onions
1 leek
4 celery sticks
Olive oil
Salt & pepper

2 pints of dark local beer,
Manx Brew is hooded ram
½ pint beef stock
2 bay leaves
4 sprigs of thyme
250g plain Laxey mill flour
12 Manx 'queenies' scallops - if
unavailable use fresh oysters
Oil for deep frying

Instructions

Trim any excess fat off the Ox Cheek, cut vegetables into cubes of similar size. Heat 2 tablespoons of olive oil in a large frying pan, fry vegetables until brown and set aside. In a separate dish mix together salt pepper and plain flour, roll the Ox Cheek in the seasoned flour until lightly coated. Preheat oven to 325 F, meanwhile using the same frying pan as used for the vegetables sear the meat until brown. Do this in small batches so as not to overcrowd the pan. Place the seared meat in an ovenproof dish and cover with the browned vegetables. Deglaze the frying pan by using 300ml of your chosen beer to retain all the flavor left by the vegetables and meat searing. Pour this deglazing liquid together with another 600ml of beer over the beef and vegetables in the ovenproof dish. Add beef stock, thyme leaves and season with salt and pepper. Cover your dish and place in the preheated oven for 3-4 hours until the meat is tender.

For fritters

Put self-rising flour in a bowl and season with salt and pepper. Add white wine vinegar and whisk in 1/2 pint of leftover beer. If needed, add cold water a bit at a time until you reach a batter that coats the back of a spoon. Dust the queenies (or oysters if you are substituting) in flour then into the batter mix. Fry in preheated frying oil +/- 350 F. Do not overcook as queenies are delicate and only need 3-4 seconds in the oil, place on some kitchen paper to drain excess oil. To serve, use a deep dish, spoon a portion of the Ox Cheek and vegetables into the dish, add sauces and place queenies on top. Sprinkle with some parsley and enjoy with a chunk of local baker's bread and a glass of red wine.



Chef Sylvain Guillemot

The big and bright windows of Auberge du Pont d'Acigné allow diners to enjoy tranquil views of the Vilaine river while they indulge in les créations du moment.

Chef Sylvain Guillemot and his wife Marie-Pierre opened their Breton restaurant, just outside Rennes, in 1995. Ten years later, the eatery received its first Michelin star. They earned a second in 2013.

"The proudest moment was definitely getting the second Michelin star," Guillemot recalls. "The phone call from Michelin to let us know was such a surprise."

Visitors to l'Auberge are treated to Guillemot's culinary signature – "cuisine d'instant et d'instinct" – a style partly inspired by his time working at the three-Michelin-star restaurant L'Arpège in Paris. "It was beside Alain Passard I learned that recipes are always changing," shares Guillemot. "The most interesting part is not what is being prepared, but what is still to be made."

Guillemot is the former president of Tables et Saveurs de Bretagne, an association of 41 of Brittany's most talented chefs. He is also enthusiastic about his region's producers.

"My favourite moments are the feelings of rediscovering the products each season. I go to the market every day to find the freshest ingredients from the local, independent producers."

Regional products are a muse for Guillemot's creations, and in turn Marie-Pierre creates wine lists "in synergy" with her husband's cuisine. "The guests come to be surprised," Guillemot muses, "and to rediscover ingredients that they know, paired in unusual ways, like tarragon with quince, and buckwheat with apple..."

www.auberge-du-pont-dacigne.com



Chef Sylvain Guillemot's Sea Scallops Surprise

Ingredients

Watercress broth
1 bunch watercress
½ litre chicken broth
Butter
Black pepper, salt

Sea Scallops

200 g sea scallops
Salt, black pepper & olive oil (for seasoning)

Mix

10 g haddock
5 g chive
5 g lemon
10 g red radish

Buckwheat Crisp

100 g buckwheat flour
150 g boiling water
100 g salted butter
15 g egg whites
4 g salt

Instructions

For the broth, separate the watercress leaves from the stems and blanch them before putting them in an ice bath. Heat the chicken broth and put the watercress, once drained, in it. Mix it together before passing the coulis through a tamis/sieve. Keep the broth warm. For the scallop balls, dice the sea scallops and season them with the olive oil, salt and black pepper. Then form four scallop balls, one for each portion, and wrap each in plastic wrap. For the topping mix, dice the radish, lemon, chive and haddock. Mix them together and keep them in the fridge. To make the buckwheat crisps, mix the buckwheat flour, boiling water, butter and egg whites in a bowl. Let the mixture rest for a little bit before spreading it in circles on a non-adhesive surface and bake in the oven at 160°C /320°F. To assemble the dish, first steam the balls of sea scallops (still in plastic) for 2 ½ minutes. Unwrap the scallops and set them in the centre of each plate. Add butter to the warm broth, just before adding it to the plate. Pour some broth around the scallops. Place some of the lemon-radish-haddock-chive mix on top of each scallop ball. Finally put the buckwheat crisps on top. Et voilà! Serves 4



Margaret Johnson

Being 100 percent Irish American, Massachusetts-born Margaret Johnson started visiting the Emerald Isle in 1984. Since then, she has been back over 80 times.

Those first trips to Ireland inspired a career change. “After my first several visits, I realized that Irish food was something that Irish-Americans were completely overlooking so I decided to focus my efforts on that,” she explains.

To date, Johnson has published 11 cookbooks, including her latest *Favorite Flavours of Ireland*. “It’s a tribute to 30 years of travel there, and a compilation of all my favorite recipes from 10 previous cookbooks.”

She notes that the state of Ireland’s culinary industry has never been stronger. “For so many years Irish cooking was thought of as a joke - you know, a 7-course Irish meal was a 6-pack and a boiled potato - but so much of that perception has changed in the last 20 years. Now people actually go to Ireland to cookery schools!”

Johnson loves Irish lamb and “the fact that most meals come with three kinds of potatoes.” The best brown bread she and her husband ever tasted in Éire turned out to be a store-bought product. Johnson found out, however, that the bread was originally conceived in a small bakery and she was able to track down the recipe from the original baker.

www.irishcook.com



Guinness and Malt Wheaten Bread

Ingredients

1 cup fine whole wheat flour
1 cup coarse whole wheat flour OR
1 cup each wheat bran and quick-cooking (not instant) Irish oatmeal
¼ cup sugar
½ tsp. baking soda
½ tsp. salt
4 tbsp. unsalted butter, cut into small pieces
1 tbsp. barley malt extract, also called barley malt (available in health food stores)
¾ cup buttermilk
¾ cup Guinness Stout

Instructions

Preheat the oven to 375° F. Grease a 7-inch loaf pan and dust with whole wheat flour; tap out excess. In a large mixing bowl, combine the flours, oatmeal or oat bran, sugar, baking soda, and salt. With a pastry cutter or your fingers, cut or work in the butter until the mixture resembles coarse breadcrumbs. Make a well in the center, add barley malt, buttermilk, and Guinness, and with a wooden spoon, mix until blended. Transfer the batter to the prepared pan. Sprinkle additional flour on top and bake for 30 minutes. Reduce oven temperature to 325° F and bake for 30 minutes longer. Bread is done when it springs back after gently pressing the top. Turn oven off and allow to cool with door open for 30 minutes. Turn onto a wire rack to cool completely before slicing. Makes 1 loaf.



Chef Dai Davies

Even after 40 years in the culinary industry, Welsh Chef Dai Davies - better known as Dai Chef - shows no signs of slowing down. He has cooked for monarchs and celebrities, captained a culinary Olympic team, mentored chefs who have gone on to world-class restaurants, and showcased Welsh food to a variety of countries, including a large group of travel industry reps in Las Vegas.

“Apart from the obvious lambs, leeks and laverbread, we have the sweetest crustaceans, fantastic game, multi-award winning dairy, from whisky to toffee vodka, not to mention our bara brith and Welsh cakes,” he raves. “We even sell garlic to the French! It would take a lifetime to peel back the culinary tapestry that this lush land has to offer.”

Dai Chef was born in Aberystwyth. “My Dad was a hunter-gatherer. I would make rabbit pies for him, and I would sell them around the local pubs in the town. My Dad would say to my mum ‘Let the boy cook’ – and that was the title of my first cookbook.”

In November 2015, Dai Chef became the Executive Chef at Brynteg, a five-star holiday home park located in Snowdonia’s foothills. Margaret Charlotte, his 10-year-old daughter, helps him by running the Kid Food Academy.

“Real Celtic food is all about the taste,” says Dai Chef. “With so much local produce, like mussels and oysters from the Menai, black beef, our own sea salt, locally-produced butter, yogurt and cheese and Snowdonia Mountain lambs, we remain proud here at Brynteg to give our guests the opportunity to experience the true taste of Wales.”

[*www.brynteg.co.uk*](http://www.brynteg.co.uk)



Dai Chef's Mincemeat

Ingredients

250 g each of raisins, sultanas and currants

150 g of candied peel, finely chopped

150 g of shredded suet

50 g of whole almonds, finely chopped

250 g of dark brown sugar

100 g of glacé cherries, chopped

1 large apple, cored and grated

1 tbsp. mixed spice

Grated rind and juice of 2 oranges and 1 lemon

Pinch of rock salt

200 ml of liquor of your choice - brandy, sherry, amaretto or cranberry juice

Instructions

Make sure you have sterilised your glass jars, which will need to have tight-fitting lids.

Mix all the ingredients together and soak in the liquor overnight. The next day, place the mixture in the jars.



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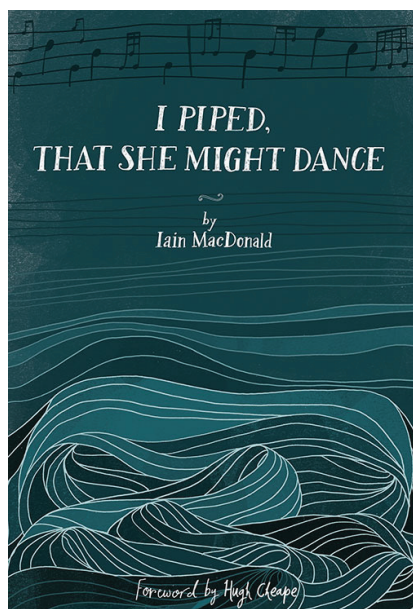


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