

Ballymaloe Cookery School

Cookery Demonstration

by

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for

‘Grow It Forward’ Campaign 2021 Cork County Council Library

	Page
Pickled Beetroot, Chorizo and Hen’s Egg Salad.....	3
Pickled Beetroot.....	4
Homemade Mayonnaise.....	5
Tomato, Red Onion and Basil Salad.....	6

Pickled Beetroot, Chorizo and Hard-boiled Egg Salad

A delicious combination, good as a starter or main course for a summer lunch. Pickled beetroot keeps in a sealed jar for 2-3 months.

Serves 6

6 freshly laid organic eggs, semi-hard boiled
a mixture of salad leaves or oriental greens
175 – 225g (6-8oz) Gubbeen chorizo, sliced
extra virgin olive oil
6 tiny or 3 medium pickled beetroot (see recipe)
a piece of aged Coolea, or mature Cheddar cheese

Homemade Mayonnaise (see recipe)

Vinaigrette made with:

3 tablespoons (3 American tablespoons + 3 teaspoons) extra virgin olive oil
1 tablespoon (1 American tablespoon + 1 teaspoon) red or white wine vinegar
a little Dijon mustard
1 teaspoon honey, look out for local honey
Maldon sea salt and freshly ground pepper

Boil the eggs in well-salted water for 6-7 minutes. Drain, cover with cold water to stop the cooking.

Whisk the ingredients for the vinaigrette together in a bowl.

Just before serving, heat a little olive oil in a pan, over a low heat cook the slices of chorizo for a minute or two until they warm through and the oil begins to run.

Meanwhile toss the salad leaves or oriental greens in a little dressing and arrange on the base of the serving plate.

Peel the eggs and cut lengthways, the centres should be still soft (they will be best if still warm). Arrange haphazardly on top of the leaves. Tuck some pickled beetroot in between the leaves and sprinkle the slices of chorizo over the salad. Grate some hard cheese over the top.

Drizzle the salad with the chorizo oil from the pan and serve immediately with lots of crusty sourdough bread and some homemade mayonnaise.

13/5/2021 (SH/DA) (25862)

How to cook Beetroot

Leave 5cm (2 inch) of leaf stalks on top and the whole root on the beet. Hold it under a running tap and wash off the mud with the palms of your hands, so that you don't damage the skin; otherwise the beetroot will bleed during cooking. Cover with cold water and add a little salt and sugar. Cover the pot, bring to the boil and simmer on top, or in an oven, for 15-20 minutes (in May/June when they are young) depending on size (they can take 1-2 hours in late Autumn and Winter when they are tough). Beetroot are usually cooked if the skin rubs off easily and if they dent when pressed with a finger. If in doubt test with a skewer or the tip of a knife. Use in chosen recipe.

Old-Fashioned Pickled Beetroot

Serves 5-6

450g (1lb) cooked beetroot (see above)
200g (7oz/scant 1 cup) sugar
450ml (16fl oz/2 cups) water
1 onion, peeled and thinly sliced (optional)
225ml (8fl oz/1 cup) white wine vinegar

Dissolve the sugar in water, bringing it to the boil. Add the sliced onion and simmer for 3-4 minutes. Add the vinegar, pour over the peeled sliced (diced or cut into wedges) beet and leave to cool.

Note: The onion can be omitted if desired.

1/5/2020 (SH/DA) (12474)

Mayonnaise

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

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

2 egg yolks, preferably free range

1/4 teaspoon salt

pinch of English mustard or 1/4 teaspoon French mustard

1 dessertspoon (2 American teaspoons) white wine vinegar

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

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

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

If the Mayonnaise curdles (splits) it will suddenly become quite thin, and if left sitting the oil will start to float to the top of the sauce. If this happens you can quite easily rectify the situation by putting another egg yolk into a clean bowl, then whisk in the curdled Mayonnaise, a half teaspoon at a time until it emulsifies again. Alternatively, if you catch it just as it begins to curdle, you can sometimes rescue the situation by whisking in 1-2 tablespoons (1 1/4 – 2 1/2 American tablespoons) of hot water.

28/4/2021 (SH/DA) (6800)

30/10/2019 (SH/DA/RA)

Tomato, Red Onion and Basil Salad

Ripe home-grown tomatoes taste intensely sweet and delicious. This is a particularly appealing combination. Serve as a starter or light lunch. Bocconcini are little balls of Buffalo Mozzarella, we source them from Macroom Buffalo Mozzarella – www.macroombuffalocheese.com and Toonsbridge Dairy www.toonsbridgedairy.com

Serves 4-6

6 very ripe firm tomatoes or 24 cherry tomatoes (use heirloom tomatoes in season)
1 small red onion
salt, freshly ground black pepper and sugar
freshly squeezed lemon juice
Irish honey, look out for local honey
extra virgin olive oil
fresh basil
Bocconcini (optional)

First mix all the ingredients together for the dressing

Remove the core from each tomato and slice into 3 or 4 x 5mm (1/4 inch) thick rounds (around the equator) or quarters (if using cherry tomatoes, just slice into 3 or 4 rounds or quarters). Arrange in a single layer on a flat plate. Season with flaky salt, and several grinds of black pepper. Squeeze over a little lemon juice, drizzle with a little honey and virgin olive oil, just enough dressing to coat the fruit and sprinkle with lots of torn basil. Taste for seasoning.

Tomatoes must be dressed as soon as they are cut to seal in their flavour. Roughly chop the red onion and toss with the tomatoes.

Tomato, Red Onion and Basil Salad with Bocconcini

Add a few bocconcini, baby Mozzarella or slices of Mozzarella to the salad and continue as above.

13/5/2021 (SH/DA) (11292)

24/1/2019 (SH) (11292)