

Ballymaloe Cookery School

Cookery Demonstration

by

Darina Allen

for

‘Grow It Forward’ Campaign 2021 Cork County Council Library

	Page
Carrot and Apple Salad with Honey and Vinegar Dressing.....	3
Roast Carrots with Labneh and Pistachio.....	5/6
Radishes with Butter and Sea Salt.....	7

Carrot and Apple Salad with Honey and Vinegar Dressing

A simple, easy, delicious salad, made in minutes from your home-grown carrots and sweet apple. Don't prepare more than half an hour ahead, otherwise the apple will discolour. Serve either as a starter or as an accompanying salad for ham or pork.

Serves 6

225g (8oz) grated carrot

285g (9 1/2oz) grated dessert apple, e.g. Cox's Orange Pippin if available
salt and freshly ground pepper

Dressing

2 good teaspoons pure Irish honey, look out for local honey

1 tablespoon (1 American tablespoon + 1 teaspoon) white wine vinegar

Garnish

a few leaves of lettuce

sprigs of watercress or parsley

purple chive flowers if you have them

Dissolve the honey in the wine vinegar. Mix the coarsely grated carrot and apple together and toss in the sweet and sour dressing. Taste and add a bit more honey or vinegar as required, depending on the sweetness of the apples.

Take 6 large side plates, white plates are best for this. Arrange a few small lettuce leaves on each plate and divide the salad between the plates. Garnish with sprigs of watercress or flat parsley and sprinkle with chive flowers if you have some. Season to taste.

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Roast Carrots with Labneh, Pistachio and Watercress

Labneh is simply dripped unsweetened natural yoghurt...super versatile and delicious.

Serves 6

600g (1 1/4lbs) whole young carrots
4-6 tablespoons (5 – 7 1/2 American tablespoons) extra virgin olive oil
a generous tablespoon of honey
1-2 teaspoons cumin, roasted and coarsely ground
1-2 teaspoons coriander, roasted and coarsely ground
salt and freshly ground black pepper
1-2 tablespoons (1 1/4 – 2 1/2 American tablespoons) Aleppo pepper
75-175g (3-6oz) Labneh (see recipe)
watercress or rocket leaves
50-75g (2-3oz) pistachio nuts, very coarsely chopped
sea salt flakes
extra virgin olive oil

Preheat the oven to 230°C/450°F/Gas Mark 8

Scrub the carrots, dry, split in half lengthwise, if too big. Put into a large bowl. Drizzle with the extra virgin olive oil and honey. Mix the roast and coarsely ground cumin and coriander together. Sprinkle over the carrots. Season with salt and freshly ground pepper, toss gently to coat evenly.

Spread out in a roasting tin. As soon as you put the trays into the oven reduce the heat to 200°C/400°F/Gas Mark 6.

Roast for 10-15 minutes, turning occasionally until the carrots are almost tender and caramelized at the ends and edges.

Remove from the oven. Sprinkle with Aleppo pepper and toss.

To Serve

Put a few watercress springs on a plate. Top with 3-5 pieces of roast carrot at an angle. Add a few blobs of labneh and scatter with a sprinkling of coarse pistachio nuts, a few flakes of sea salt and a drizzle of extra virgin olive oil.

Serve soon, best when the carrots are still slightly warm.

Soft Yoghurt Cheese - Labneh

This thick, creamy, soft cheese from the Middle East is so easy to make and so wonderfully smooth that your friends will be mightily impressed if you produce it for a dinner party. This is an old recipe. I believe that dairy items like these were once made everywhere in Europe and elsewhere over many centuries and then forgotten at some stage, probably during industrialisation, so I have borrowed from those places where the traditions survived. Labneh is a real treat and an easy way to dabble in cheesemaking. It is also much-loved by children and is a good way for you to pass on your knowledge of old skills to them. It can be used for sweet or savoury dishes.

Use whole-milk yogurt for a creamier cheese – this can be made from cow's, sheep's or goat's milk. You can also use commercial yogurt.

Makes 500g (18oz) labneh approx.

1kg (2 1/4lb) natural yoghurt

Line a strainer with a double thickness of sterilised cheesecloth. Place it over a bowl. Pour in the yogurt. Tie the four corners of the cheesecloth to make a loose bundle and suspend this bag of yogurt over a bowl. Leave it in a cool place to drip into the bowl for 8 hours. Then remove the cheesecloth and put the labneh in a bowl. Refrigerate overnight, and store until needed in a covered glass or plastic container. The liquid whey that has drained off can be fed to pigs or hens.

Note

The labneh should be like softly whipped cream. If thicker, simply stir back in some whey.

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31/5/2018 (SH/DA)

Radishes with Butter and Sea Salt

A simple and delicious way to enjoy your home-grown radishes.

Makes 30-40

15-20 fresh Cherry Belle or French Breakfast radishes

50g (2oz/1/2 stick) butter
salt and freshly ground black pepper

Garnish

flaky sea salt

Dice the butter or make into butter balls.

Split the radishes in half lengthwise or keep whole with leaves attached.

Put a few whole fresh radishes on a plate, add 2-3 butter balls, a little flaky sea salt.

To eat, spread a little soft butter on a radish, dip in flaky salt and enjoy. The fresh leaves are also delicious in a salad or soup.

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