

Business Post

# FOOD & WINE

NOVEMBER 2023

## *Breaking* bread

Darina Allen  
on the joy of dough

DOMINI KEMP'S  
THANKSGIVING  
FEAST

RECIPES FROM  
CHEF MOLLY BAZ

FOOD  
INNOVATORS





# COOK

WITH NEVEN MAGUIRE



Scan Me

## SHOP THE DIAMOND FUSION COLLECTION

online at [dunnesstores.com](https://www.dunnesstores.com)





## WHAT'S INSIDE

- 6 **Thanks be to dinner**  
Our head chef Domini Kemp shares her Thanksgiving-inspired recipes
- 10 **Pie squared**  
Pastry chef Hilary Quinn's pecan pie and pumpkin pie recipes are perfect for November
- 14 **Breaking bread**  
Darina Allen shares the inspiration behind her new book, *The New Ballymaloe Bread Book*
- 18 **Molly is more**  
Chef Molly Baz tells Jordan Mooney about her new cookbook, *More is More*, and shares tasty recipes
- 24 **Refining the ingredients for success**  
Alex Meehan chats with three of this year's Food Works finalists about the accelerator programme
- 26 **Spice world**  
Sunil Ghai shares delicious recipes from his new cookbook *Spice Box*
- 28 **Waste not, want not**  
Try two seasonal recipes from FoodCloud Kitchen chef Anna Finnegan

This month's recipes from Domini Kemp caused quite a stir in the Food&Wine office.

"I need that mac and cheese," one colleague messaged me when he spotted the picture of that bowl of pasta perfection. "Those sweet potatoes look unreal," said another.

Both dishes form part of Domini's four-page Thanksgiving recipe special, and she has cooked up a feast that anyone would be happy to be invited to.

That's not all though – we also have Hilary Quinn's take on classic pumpkin pie and pecan pie, as well as some gorgeous recipes from *Spice Box*, chef Sunil Ghai's wonderful new cookbook.

And of course, there's our cover star, Darina Allen. To mark the publication of *The New Ballymaloe Bread Book*, she's written about how travel has inspired her baking, and shared recipes for chapatis, corn tortillas and Turkish flatbreads.

Elsewhere, Mick O'Connell meets one of the country's most talented young sommeliers, Oisín Davis profiles the innovative Killowen Distillery, Alex Meehan talks to three up and coming food entrepreneurs, and Ali Dunworth chats to Liam Tutty of Dead Centre Brewing in Athlone.

See you next month for our annual Christmas edition – we can't wait!

GILLIAN

TWITTER: @GNELIS  
INSTAGRAM: @GNELIS1

Cover Image: **Fergal Phillips**

Have you signed up to our newsletter yet?  
Head to [foodandwine.ie/newsletter](http://foodandwine.ie/newsletter) to get exclusive recipes, event invites, and more straight into your inbox for free every Thursday.

### FOOD&WINE

For more recipes, news and interviews find us online at [foodandwine.ie](http://foodandwine.ie)  
Instagram: @foodandwineireland  
Facebook: @FoodandWineIreland  
Twitter: @foodandwineIE

**EDITOR**  
Gillian Nelis  
[gnelis@businesspost.ie](mailto:gnelis@businesspost.ie)

**ASSISTANT EDITOR**  
Jordan Mooney  
[jordan.mooney@businesspost.ie](mailto:jordan.mooney@businesspost.ie)

**HEAD OF DESIGN**  
Emma Sutton  
[esutton@businesspost.ie](mailto:esutton@businesspost.ie)

**ADVERTISING**  
Niamh Ryan  
[nryan@businesspost.ie](mailto:nryan@businesspost.ie)

**CONTRIBUTORS**  
Darina Allen, Molly Baz, Dean Carroll, Oisín Davis, Ali Dunworth, Anna Finnegan, Sunil Ghai, Domini Kemp, Alex Meehan, Mick O'Connell, Hilary Quinn

# Bite-Size

Your guide to all things hot in food and drink this month



## SEA SALT, WANT SALT

If you're planning to start your Christmas shopping early this year and need a food-related stocking filler, Tom Leach and Moe McKeown might have just the thing for you. The duo behind Dingle Sea Salt have launched a 12-month 'saltscription' service priced at €55. Recipients will first be sent a reusable ceramic jar filled with sea salt, followed by three plastic-free, fully compostable refill pouches containing the same amount of salt as a top-up. The refills will arrive every three months, and the price includes nationwide delivery of all three of them, as well as the ceramic jar. Order at [dingleseasalt.ie](http://dingleseasalt.ie) by December 23 to have your e-voucher delivered in time for Christmas.

## BOOK SMART

Richie Castillo and Alex O'Neill of Bahay, the hugely popular Filipino pop-up restaurant, have just released their debut cookbook called Masarap. The word means tasty in Tagalog, the Filipino language, and as anyone who has tasted their food will know, it's a very accurate title. Castillo was born and raised in Dublin to an Irish mother and a Filipino father, and his ten years in the restaurant business saw him cooking in Bastible, Clanbrassil House and Host. O'Neill, his partner, encouraged him to set up Bahay after the pandemic shuttered restaurants. In the book, expect some of Castillo's childhood favourites including adobo, sinigang and kare-kare, along with more recent dishes like banana ketchup-glazed wings and Filly cheesesteak. It's published by Blasta Books, priced at €15.



## A WARMING CHOCOLATE CREATION

Gráinne Mullins, the Galway-based chocolatier behind Grá Chocolates, has teamed up with Bushmills to launch a limited edition hot chocolate and host a series of cocktail masterclasses. The partnership is part of the Black Bush Stories series, which focuses on Irish people working with traditional crafts in innovative ways. The limited edition Grá Chocolates x Bushmills Black Bush hot chocolate is priced at €18, get it from [grachocolates.com/collections/shop](http://grachocolates.com/collections/shop).

## SAVAGELY *good sauces*



It's a food inherently associated with Japan, but wasabi is also grown in Ireland, with Pat Fitzgerald of Beotanics in Kilkenny among those producing it here. His wasabi can be found in a new plant-based wasabi mayo that's the latest addition to Dublin company Too Savage's range. It's handmade, low in sugar and totally free from artificial colours, flavours and preservatives, according to Conor Bacon of Too Savage. Priced at €5.95 a jar, it's on sale in independent cafés and food stores including Arán in Kilkenny city, Asia Market and Fallon & Byrne in Dublin, Firecastle in Kildare town and Pax Whole Foods in Westport. Online, you can order gift sets which include the wasabi mayo as well as Too Savage's original spicy mayo, curry mayo and smoked garlic mayo. They're €28 including nationwide delivery at [toosavage.ie](http://toosavage.ie).





# RÉMY MARTIN



## THE ICON

DISTRIBUTED BY  
**Barry &  
Fitzwilliam**  
PREMIUM DRINKS COMPANY

Enjoy RÉMY MARTIN Sensibly.





# THANKS BE TO DINNER

Our head chef DOMINI KEMP takes inspiration from across the pond for a Thanksgiving feast.  
Photography by DEAN CARROLL

**T**hanksgiving. It's not something we normally celebrate around these parts, but due to the usual turkey fatigue in December, we had a novel idea this year. Why not celebrate with a traditional Thanksgiving in November, and then take a more global approach to December recipes?

After all, Thanksgiving is all about giving thanks (duh!) to those you love (Americans include God in this line-up), spending time with aforementioned loved ones, and being grateful for all the positive things in our lives.

I encourage you to be grateful for this dry-brine, which has achieved impressive results. It was a million miles away from the brining solutions and big bucket experiments of yonder years.

Also, because there aren't loads of turkeys around in November, I felt pretty happy about buying a small frozen crown that was great value, and the leftovers made lots of lovely additions to many dishes over the next few days. All recipes serve six.

## ROAST TURKEY CROWN

### INGREDIENTS

2kg frozen turkey crown on the bone  
100g coarse sea salt  
1 tbsp dried thyme  
1 tbsp dried oregano  
60g brown sugar  
Bay leaves  
150g butter, soft

### For the glaze

200ml sherry vinegar  
100ml Worcestershire sauce  
Inch-long piece of fresh chilli  
2 large sprigs rosemary  
Zest and juice of 1 orange  
3 tbsp runny honey

### METHOD

1. Put the frozen turkey in a roasting tray that will fit into your fridge. Mix the salt, sugar and herbs, including the bay leaves, together and pack on to the turkey. Loosely cover with foil and leave in your fridge for at least 12-24 hours. You may have to repack the salt rub on to the turkey so that it gets to permeate the flesh on all sides.
2. When the turkey has thawed enough to pull the skin off the breast (but leave it attached to the base of the bird), see if you can carefully separate it from the breast and then stuff it with the soft butter. Some salt will naturally get embedded in the butter, which is no bad thing.
3. When you're ready to cook, take the turkey out of the fridge. Dust or wipe away excess salt and

clean out the tin by giving it a quick wipe. Let the turkey come to room temperature while you preheat the oven to 180C, then cook for about 20 minutes per kg plus 70 minutes: for my 2kg bird, it was about 2 hours, once the turkey was at room temperature.

4. To make the glaze, put all the ingredients into a small saucepan and simmer gently until reduced by half. Use this and the butter that will collect in the roasting tin to baste the turkey and then use as gravy. If the skin gets too brown (because of the honey), keep it covered with a foil tent. Make sure to baste regularly. Then, when your turkey is cooked, allow it to rest at room temperature, covered in foil, for at least 20 minutes before carving and serving.



ROAST TURKEY CROWN





## MAC AND CHEESE

### INGREDIENTS

500g macaroni  
Olive oil  
60g butter  
60g flour  
200ml white wine  
1 tbsp wholegrain mustard  
Salt and pepper  
600g crème fraîche  
4 garlic cloves, peeled and minced  
250g Gruyère, grated  
100g Emmental, grated  
50g Parmesan, grated  
260g bacon lardons  
Pinch brown sugar  
Crispy shallots or onions, to serve

### METHOD

**1.** Preheat your oven to 180C. Cook the macaroni in boiling salted water until nearly cooked. Drain, rinse in cold water and then pour on a glug of olive oil and mix it through, which will stop the pasta sticking together. Set aside.

**2.** In a non-stick saucepan, cook the butter and flour over a medium heat for a minute or so while stirring with a whisk. Cook the roux so that the flour cooks out and it starts to go a golden brown. Slowly add the wine, whisking continuously so that it forms a smooth, thick liquid which will look incredibly unappetising. Cook over a gentle heat, then add the mustard, season loads and add the crème fraîche and garlic. Cook for a few more minutes and taste.

**3.** Heat up another knob of butter in a frying pan and fry the bacon until crisp, adding a pinch of sugar to help it caramelise. Drain on kitchen paper and chuck into the cream mixture.

**4.** In a large bowl, mix the macaroni with the cream mixture and stir in the grated Gruyère and Emmental. Taste and adjust the seasoning. Butter a large gratin dish, spoon in the macaroni mix and top with the grated Parmesan. Cook for about 35 minutes in the oven until golden and bubbling on top – cover with foil if the top begins to brown too quickly. Remove from the oven, garnish with the crispy shallots and serve. You can leave this overnight assembled in the dish, then bake the next day.



GREEN BEANS, MUSHROOMS AND PECANS



## GREEN BEANS, MUSHROOMS AND PECANS

### INGREDIENTS

750g green beans, trimmed  
500g mushrooms, sliced  
60g butter  
1 large white onion, peeled and sliced  
Salt and pepper  
100ml olive oil

2 tbsp red wine vinegar  
100ml olive oil  
Toasted pecan nuts, to serve

### METHOD

1. Blanch the green beans for about 15 seconds in boiling salted water; then refresh in cold water and set aside.  
2. Sauté the mushrooms over a high heat with the butter. When they are starting to brown and caramelise, add a splash of olive

oil and season well. When cooked, remove the mushrooms from the frying pan, trying to leave as much fat in the pan as you can. Sauté the onions in the same pan until soft and caramelised. Season really well, then deglaze the pan with the red wine vinegar. Add the mushrooms and green beans to the pan, with a little more butter if necessary. Arrange on a serving platter; garnish with toasted pecans, then serve immediately.



## SWEET POTATOES WITH MAPLE SYRUP AND PICKLED GINGER

### INGREDIENTS

4 sweet potatoes  
50ml olive oil  
200ml maple syrup  
2 tbsp apple cider vinegar  
Good pinch chilli flakes  
1 tbsp tamari  
1 tbsp miso  
Sliced pickled sushi ginger  
20g coriander  
1 bunch spring onions,  
sliced  
Lime wedges, to serve  
1 tbsp toasted sesame  
seeds

### METHOD

1. Preheat the oven to 180C. Cut the sweet potatoes into 2cm slices, place onto baking trays and drizzle with the olive oil. Bake in the oven for about 20 minutes until they become a bit soft. Make sure to flip over halfway.

2. In a small saucepan, heat up the maple syrup with vinegar, chilli, tamari and miso, then pour on to the sweet potatoes. Continue roasting until cooked through and starting to get sticky and caramelised in parts.

3. Arrange the sweet potatoes on a platter. Top with the spring onions, chopped coriander, lime wedges and sprinkles of sesame seeds. Serve immediately. **FW**



SWEET POTATOES  
WITH MAPLE SYRUP  
AND PICKLED GINGER



# Pie squared

Treat yourself to these Thanksgiving classics from chef Hilary Quinn



Hilary Quinn ran No Messin' Bakery and the Dublin Doughnut Co before moving to Ballymaloe House in Cork, where she now works with head pastry chef JR Ryall. Follow her at @hilary\_quinn on Instagram.

## PASTRY BASE

**This recipe makes 1 a 1 x 25cm pie base**

## INGREDIENTS

225g plain flour  
170g butter, diced and chilled  
25g caster sugar  
5g fine sea salt  
5 tbsp water, ice cold

## METHOD

1. Add the flour, butter, sugar and salt into a mixing bowl. Rub the small cubes of butter into the dry ingredients until slightly larger than pea-sized. Add the water and mix the dough until combined and no dry parts remain.
2. Tip the dough on to a work surface and shape into a long rectangle. Divide into four and stack each quarter neatly on top of one another. Wrap in cling film and press firmly with a rolling pin to adhere. Refrigerate overnight.
3. The following day, roll out the pastry into a circle shape 3-4mm thick. The circle should be larger than the tin you will use, to allow the pastry to line the base and sides fully. Press the pastry disc into the well and ensure it adheres to the sides of the tin. Use a sharp knife to trim the edges of the pastry. Return the lined pastry case to the fridge until ready to bake.
4. To blind bake, preheat the oven to 175C. Press a sheet of parchment paper into the shape of the pastry case and fill with baking beans, rice or dried pulses. Bake the pastry for 20 minutes with the parchment paper and beans, then remove the paper and beans.
5. Return the tin to the oven and allow the pastry to cook fully for a further 15-20 minutes. You want the pastry to be an even golden brown colour all over. Allow to cool fully before adding the filling and baking again.

The pastry used in both of these pies might seem a little different to the usual shortcrust pastry that is often used in sweet tarts. It's a robust pie dough based on the classic ratio of three parts flour, two parts butter and one part water. In order to avoid a soggy bottom and to maintain the just-set-wiggle of a custard filling, it is important to blind bake the base first. This can be done in an enamel pie dish, tin foil dish or even in a ceramic baking dish. Follow the rules of pastry making: keep the ingredients as cold as possible, handle gently and bake in a preheated oven to ensure success.



## PUMPKIN PIE

I'd strongly advise you to make your own purée for this recipe. I like to use Crown Prince pumpkins for their creamy texture and sweet, mild flavour. If possible, use whole spices and gently toast before grinding to a powder to give the pie extra oomph. Citrus zest is added to brighten the flavour. Serve with some softly whipped cream on the side.

## INGREDIENTS

1 x blind baked pastry case, as above

### For the pumpkin spice mix

4 cinnamon sticks  
1 tsp ground ginger  
20 cardamom pods (seeds only)  
1 nutmeg  
6 cloves

### For the pumpkin purée

1 pumpkin (butternut squash will also work)

### For the pumpkin pie filling

100g caster sugar  
100g soft light brown sugar  
1 tsp fine sea salt  
1 tsp pumpkin spice mix (see above)  
1 orange, zest only  
3 eggs  
450g pumpkin purée (see above, or one tin of pumpkin purée if using)  
200ml evaporated milk  
100ml cream

## METHOD

1. In a dry pan over a moderate heat, toast the spices for 1-2 minutes until the aromas scent your kitchen with autumnal delight, being careful not to scorch them. Add to a pestle and mortar or spice grinder and grind into a fine powder. Store in an airtight jar.
2. To make the pumpkin purée, preheat your

oven to 180C. Peel, deseed and roughly chop the pumpkin – you want to have 500g pumpkin to roast, about one pumpkin or squash.

3. Place the pumpkin on a tray covered with tin foil and roast for about an hour, until tender. Blend in a food processor while still warm until you have a very smooth purée. If it seems a little dry, add a splash of water or apple juice. Reduce your oven temperature to 150C.

4. To make the filling, simply whisk together all of the ingredients to form a smooth batter. Pour into the blind baked pastry case and bake in the preheated oven for 40-45 minutes until just set and the centre of the pie still has a wobble. Allow to cool for a minimum of two hours before serving. Serve at room temperature with some softly whipped sweet cream.



## PECAN PIE

For this recipe I like to add a little Irish whiskey to the filling; bourbon or rum would also be good. It is essential to serve the pie at room temperature while the filling is still slightly gooey, with some softly whipped cream on top to cut the sweetness.

## INGREDIENTS

1 x 25cm blind baked pastry case, as above  
300g pecans  
80g butter, melted and cooled  
50g caster sugar  
50g soft light brown sugar  
250ml maple syrup  
50ml cream  
3 eggs  
1 tsp vanilla extract  
Half tsp fine sea salt  
1 orange, zested  
25ml Irish whiskey

## METHOD

1. Preheat the oven to 150C and place a baking sheet in the oven to heat.
2. Once the oven is fully heated, toast the pecans on a small tray for 10-12 minutes until crisp. Allow to cool, then coarsely chop. Set to one side while you prepare the rest of the filling.
3. For the filling, mix together the rest of the ingredients, excluding the pastry of course, then stir in the chopped pecans.
4. Pour the filling into the blind baked pastry case still in its tin. Place the tin on the preheated baking sheet in the oven and bake for 30-35 minutes until just set. It will be slightly wobbly, but as it cools down it will firm up. Cool fully (but do not refrigerate) before slicing and serving. Enjoy with some unsweetened softly whipped cream (trust me, there's enough sugar in the pie). **FW**





COMPOSTABLE  
COMPOSTABLE  
COMPOSTABLE  
COMPOSTABLE  
**PODS**  
COMPOSTABLE  
COMPOSTABLE

**F&W Excl. Offer.**

T&Cs Apply

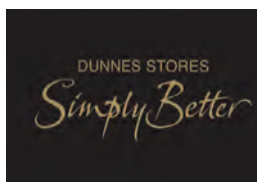
**3 X months FREE**  
coffee pods  
with every  
Morning Machine!

**CloudPickerCoffee.ie/Products/FoodAndWine**



# SLOW COOK SUPPERS

This month, **Dunnes Stores Simply Better** ambassador **Neven Maguire** shares three of his favourite slow cook recipes using Irish Angus Beef. Each one is bursting with flavour and perfect for feeding a family.



## CORNED BEEF & SPICED BEETROOT BAGELS

Makes 8

### INGREDIENTS

1 Simply Better Irish Angus Corned Beef Joint  
8 Simply Better Irish Made Tomato & Cheddar Bagels  
1 Carton Simply Better Handmade Roasted Garlic Aioli  
100g Simply Better Irish Made Gherkin Relish with Mustard  
2 Little Gem Lettuces, trimmed and separated into leaves  
1 Carton Simply Better Handmade Spiced Beetroot Relish  
1 Large Onion, cut into thin wedges  
2 Carrots, sliced  
1 Tbsp. Black Peppercorns  
2 Bay Leaves  
Simply Better Hand Cut Sweet Potato & Parmesan Fries, to serve

### METHOD

1. Remove the corned beef from the packaging, cut off the string and dry with kitchen paper; then leave on a plate for 30 minutes to 1 hour

to come back to room temperature. Put the corned beef in a large saucepan with the onion, carrots, peppercorns and bay leaves. Cover with cold water and bring to the boil, then reduce to a simmer for 1 hour, skimming off any white foam that rises to the surface. Leave in the liquid for at least 15 minutes to rest or until ready to serve.  
2. Preheat the grill and toast the bagel bottoms. Meanwhile, carve the corned beef into wafer thin slices. Add a heaped tablespoon of the aioli to each bagel bottom and smear a dollop of the gherkin relish on top. Cover with some little Gem lettuce leaves and pile on the corned beef. Toast the bagel tops under the grill. Add the spiced beetroot relish on top of the corned beef and finish with the bagel tops. Cut each bagel in half and serve on plates with the sweet potato & Parmesan fries.



## GREEK-STYLE BEEF STEW WITH BUTTER BEANS

Serves 6

### INGREDIENTS

2 Packs Simply Better Irish Angus Casserole Beef Pieces  
1 Tbsp. Simply Better Organic Red Pepper & Herb Seasoning  
2 Tbsp. Simply Better Spanish Extra Virgin Olive Oil  
2 Tsp. Simply Better Organic Ground Cinnamon  
1 Tin of Simply Better Italian Tomato Purée  
300ml Simply Better Esquinas De Argento Malbec  
1 Tin of Simply Better Italian Chopped Tomatoes  
1 Carton Simply Better Organic Butter Beans, drained and rinsed  
300g Shallots, peeled  
4 Garlic Cloves, thinly sliced

### METHOD

1. Remove the casserole beef pieces from the packaging and dry with kitchen paper. Leave on a plate for 30 minutes to come back to room temperature.  
2. Preheat the oven to 140°C (250°F/Gas Mark 1). Heat a skillet pan or casserole pot over a high heat. Sprinkle the beef with the red pepper & herb seasoning. Add half the oil to the pan and sauté the beef for about 3 minutes until lightly browned. Transfer to a plate.  
3. Reduce the casserole to medium, then add the rest of the oil and sauté the shallots for





2-3 minutes until they have picked up a bit of colour. Stir in the garlic and sauté for another minute. Sprinkle over the cinnamon and stir in the tomato purée, then allow to cook out for a minute or two, stirring. Pour in the wine and allow to bubble down a little, then stir in the tomatoes and stir back in the beef pieces. Bring to a simmer and add cover with a lid before transferring to the oven and cook for 2 ½ hours.

4. Remove the stew from the oven and stir in the butter beans, then return to the oven with the lid back on for 30 minutes. Leave to relax for 15 minutes with the lid on, then remove any excess fat by placing kitchen paper on top to soak it up.

5. To serve, place the Greek-style beef stew with butter beans straight on the table with some roasted or boiled baby potatoes.

#### NEVEN'S TOP TIP:

Leftover stew would make the most delicious pasty and give you a lovely dinner for another day. Cut thawed Simply Better All Butter Puff Pastry into quarters and roll each piece to a 22cm circle (use a side plate as a guide). Fill one side of each one with about 200g of stew and brush the pastry with Simply Better Irish Free Range beaten corn fed egg. Fold over to enclose the filling and secure the edges with a fork or use your fingers. Bake in a preheated oven at 200°C (400°F/ Gas mark 6) on a non-stick baking sheet for 25 minutes until puffed up and golden brown. Serve with a nice green salad.

## BRAISED ASIAN-STYLE BEEF HOT POT

Serves 4

### INGREDIENTS

1 Simply Better Irish Angus Eye of the Round Beef Joint  
2 Tbsp. Simply Better Cold Pressed Irish Rapeseed Oil  
4 Large Garlic Cloves, thinly sliced  
1 Red Chilli, cut into thin rings  
20g Packet Fresh Coriander, finely chopped (including stalks)  
250ml Simply Better Slow Cooked Bone Broth  
3 Tbsp. Simply Better Irish Made Soy & Ginger Sauce  
3 Tbsp. Simply Better Irish Made Hoisin Sauce  
300g Simply Better Organic Jasmine Rice  
1 Pack Simply Better Asian Style Greens  
2 Tbsp. Simply Better Handmade Peanut & Chilli Rayu  
Sea Salt & Freshly Ground Black Pepper

### METHOD

1. Remove the eye of the round beef joint from the packaging, cut off the string and dry with kitchen paper. Leave on a plate for 1 hour to come back to room temperature.  
2. Preheat the oven to 220°C (430°F/ Gas Mark 7). Heat a 2 litre casserole pot over a high heat. Season the beef lightly with salt and plenty of black pepper. Add half the oil and sear the beef all over until well browned and the fat has gone golden brown, this will take 3-4 minutes, then put

on a plate.

3. Tip the garlic and chilli into the casserole pot and stir-fry for 1 minute with a wooden spatula until sizzling. Pour in the bone broth and allow to bubble down a little, then stir in the soy & ginger and hoisin sauce with most of the coriander, reserving a handful of the leaves to garnish.

4. Put the beef back into the casserole pot, fat side up and roast for 90 minutes at 180°C (350°F/Gas Mark 4).

5. Remove the braised beef from the oven and cover the joint loosely with tin foil, then leave to rest for 20 minutes. Meanwhile, rinse the rice in a sieve under cold running water. Tip into a saucepan and add a pinch of salt and cover with enough water to come 2cm above the rice (the first joint on your little finger is a good guide). Bring to a simmer, then stir well to separate the grains. Cover and cook over a low heat for 8 minutes, then turn off the heat and leave to steam undisturbed for another 10 minutes for perfectly fluffy rice.

6. Heat a wok over a high heat and add the rest of the oil. Tip in the Asian green vegetables and stir-fry according to packet instructions. Drizzle over the dressing. Transfer the beef to a carving board and carve into slices, then arrange on plates with the Jasmine rice and Asian green vegetables. Drizzle the peanut & chilli rayu over the rice and scatter the reserved coriander on the beef to serve. **FW**



# *Breaking* BREAD



These recipes from **DARINA ALLEN's** *New Ballymaloe Bread Book* evoke for her memories of the generous home cooks and chefs who taught them to her on her travels

Memories come flooding back as I flick through the pages of my latest publication, *The New Ballymaloe Bread Book*. So many of these recipes and techniques were taught to me by generous home cooks and chefs over half a century of travels around the world.

The recipes for msemen and baghrir both bring me back to Morocco, particularly beautiful Marrakech, which is still recovering from the devastating earthquake that ravaged the Atlas mountains in September 2023.

When the news came through, I immediately thought of lovely Bushra, the affable cook at L'Hôtel Marrakech, who not only shared the recipe but taught me the secret of the delicious lacy baghrir pancakes that I had been enjoying slathered with honey butter for breakfast every morning.

I also remembered the lovely Moroccan lady on a street stall on the edge of the Medina in Marrakech, whose name I don't even know, who patiently demonstrated,





DARINA ALLEN,  
PHOTO BY FERGAL PHILLIPS

## CHAPATIS

Makes around 15

*It's fascinating to watch chapatis being cooked in India – it looks so easy. Originally chapatis were cooked over charcoal but you'll need a gas hob for this.*

### INGREDIENTS

250g sieved chapati flour or wholemeal flour  
Pinch of salt  
175ml water (quantity will vary with flour)

### METHOD

1. Put the flour in a bowl and add a pinch of salt. Pour in the water and gradually bring in the flour to form a soft dough. Knead the dough for five to six minutes, until it's smooth. Put the dough in a bowl, cover with a damp cloth and leave for 30 minutes to relax.
2. Heat an Indian tava or a cast iron frying pan over a medium-low gas heat for 10 minutes. When it's very hot, turn the heat to low.
3. Knead the dough again and divide it into roughly 15 pieces. It will be fairly sticky, so rub your hands with a little flour when

handling it. Take one piece of dough and shape it into a ball.

4. Flour the work surface generously and roll the ball in it, pressing down to flatten. Now roll it out, dipping frequently in flour, until it's about 14cm in diameter. Pick up this chapati, pat it between your hands to shake off any excess flour, then slap it onto the hot tava or frying pan.

5. Let it cook on the low heat for about a minute. The underside should develop white spots. Turn the chapati over (we use our hands to do this, but you could use a pair of tongs) and cook for about 30 seconds on the second side.

6. Now for the exciting bit: take the pan off the heat and put the chapati directly on top of the low flame. It should puff up in seconds. Turn the chapati over and let the second side sit on the flame for a few seconds.

7. Put the chapati in a deep plate lined with a large cotton napkin and cover fully. Make the rest this way. Chapatis take practice to reach perfection, but even if they look a bit odd, they will still taste good.

over and over again, how to stretch the dough for flaky msemen with her oily fingers.

Food unites everyone, and bread is certainly the staff of life. I keep wondering if the Jemaa el-Fnaa square in the heart of the Medina, where both Moroccans and visitors flocked to be fed, watered and entertained, is still as vibrant as ever.

At night, local cooks and chefs set up tables on the edge of the square selling steaming bowls of harira with fresh dates, grilled fish, tagines and every conceivable type of offal. It's a wonderfully convivial experience and the food overall is above average.

On my last trip, I did a brilliant food tour with Plan-It Morocco, and even though I've been to Marrakech many

times, I discovered new places with Bilal, my deeply knowledgeable guide. We started at the Kasbah, originally a posh neighbourhood close to the Royal Palace, but now a commercial area with lots of little shops, bakeries and street stalls.

First stop, a little stall selling sfenj, the famous deep-fried breakfast doughnut eaten plain, or sometimes with an egg in the centre, and a sprinkling of sea salt and cumin. Actually, this pillowy doughnut is served all day but is sprinkled with sugar in the afternoon.

We wandered through the narrow alleys and watched women making a variety of breads. Every neighbourhood has an ancient underground wood-fired oven which doubles up as a community bakery. Women make traditional round flatbreads in their homes, then lay them on towel-covered boards to rise. I so hope they are still operational.

Later, when risen, the breads are carried through the narrow lanes to be baked in the local communal oven after the baker has finished cooking his daily loaves.

In Mexico, I learned to make corn tortillas came from Diana Kennedy, the English woman who introduced so many of us non-Mexicans to authentic Mexican food. We met in Oaxaca and also at her beautiful home in Michoacán, where she cooked several memorable meals for us, interspersed with stories of the remote villages where she had collected the recipes.

Yufka and lavash come from Turkey, and were introduced to me by our lovely guide in Istanbul who invited us to his home to share a meal with his family and a stew he had made especially for us. Sheets and sheets of the yufka were piled high on top of the kitchen cupboard.

Several other breads in the book have come from India: chapatis, parathas, poori. Food is my subject, so everywhere I go I love to taste the food of that place and learn techniques from local chefs and home cooks.

I've had cooking classes all over India, from Kerala and Goa in the south to Rajasthan and right up to Calcutta and Gujarat, and much in between. India keeps drawing me back, year after year, not just for the extraordinary, varied



## CORN TORTILLAS

Makes around 16

*I yearn for fresh tortillas, the quintessential taste of Mexico. Of course the best are made with freshly ground maize, but you can make good ones with masa harina, either white or yellow. Practice makes perfect, but it's useful to have a tortilla press.*

### INGREDIENTS

450g freshly ground corn masa or 450g powdered masa harina  
600ml hot tap water

### METHOD

1. Heat a heavy rectangular griddle or two cast iron pans over two different temperatures: one side of the griddle or one pan over a medium to medium-low heat, and the other side or pan over a medium-high heat.
2. Line a tortilla press with two squares of plastic that just cover the plates: the thicker plastic from food storage bags is easier for beginners to work with.
3. Knead the masa (either fresh or reconstituted) with just enough of the warm water to make it soft, like soft cookie dough, but not sticky. The softer the dough, the more moist and tender the tortillas will be, but don't make it so soft that more than a bit sticks to your hands.
4. Open the tortilla press. Scoop out a walnut-sized piece of dough weighing about 70-75g, roll it into a ball and centre it in the middle of the plastic on the base. Cover with the second sheet of plastic.

5. Close the press and use the handle to flatten the ball into a 13-15cm disc. Turn the plastic-covered disc 180 degrees and press gently to even the thickness. Open the press and peel off the top piece of plastic.

6. Flip the uncovered side of the tortilla onto your palm, lining up the top of it with the top of your index finger. Starting at the top, peel off the remaining sheet of plastic. A portion of the tortilla will be dangling off the bottom of your hand.

7. Quickly lay the tortilla on the cooler side of the griddle or the cooler pan. Don't flip it off your hand – that always results in rumpled tortillas. Instead, as you slowly sweep the tortilla away from you, let the dangling part catch on the hot surface, then roll your hand out from under the tortilla. The movement looks a little like you're sweeping something off the griddle with the back of your hand.

8. Cook for 15 to 30 seconds, just until the tortilla releases itself from the griddle or pan. It will look just a tiny bit dry around the edges, but don't leave it too long or it will turn out dry and heavy. Flip onto the hotter side of the griddle or the hotter pan and cook for 30-45 seconds, until splotchy brown. Turn once again, still leaving it on the hot side or hot pan, and cook another 30-45 seconds to brown.

9. Transfer to a cloth-lined basket and continue making tortillas, stacking one on top of another and keeping them covered. As the cloth traps the steam, the tortillas will complete their final little bit of cooking.

culture and vibrant colours, but the haunting mystical music, spicy pungent smells and, of course, the food.

At beautiful Ahilya Fort in Maheshwar, as soon as I get over my jet lag, I head for the kitchen to learn from the chefs who generously share recipes, and patiently show me over and over again how to make chapatis directly over the flame, and bubbly naan bread in the tandoor oven.

Throughout the years I've had wonderful cooking classes in Indian homes, usually from grandmothers who still do everything from scratch and cook over an open fire with wood and dried cow dung patties.

The latter may sound very strange to us, but in fact, it's very common in rural India. Bread cooked over dried dung fires tastes delicious, and no, the patties don't smell! And guess what? You can buy dried Indian cow patties (gotha) via Amazon.

The New Ballymaloe Bread Book has over 180 recipes, and builds on the original Ballymaloe bread book, which was written in 2002.

It encapsulates a lifetime of baking that began when I learned how to make a traditional soda bread from my mother, who baked bread every day for her family of nine children in the Esse cooker in our house in the little village of Cullohill in Co Laois.

When I was scarcely tall enough to see over the kitchen tabletop, she would give me a small piece of dough which I shaped into a little cistin, marked with a cross, pricked it to let the fairies out, and popped in onto the baking tray, nestled beside her loaf and into the oven.

Invariably it would be tough and hard from my over-enthusiastic handling, but everyone praised my efforts, and so my love of baking was born. To me baking is such a primeval thing: to this day I still get a flutter in my tummy every time I take a loaf out of the oven.

I hope this book will take the mystery out of bread making for those of you who are convinced you can't make it. Begin, like I did, by making a traditional soda bread, and work your way up to crusty sourdoughs.

Enjoy every step of the way. This is just the beginning: remember, the more you bake, the better you become. **FW**

## YUFKA (TURKISH FLATBREADS)

Makes eight

*This is a version of the yufka that Sarit Packer and Itamar Srulovich from Honey & Co in London showed us how to make when they taught at Ballymaloe Cookery School in 2015. You could use 275g plain flour instead of the mix of three flours.*

### INGREDIENTS

110g strong white flour  
110g plain flour  
50g wholemeal flour, sieved  
1 scant tsp salt  
200-225ml tepid water

### METHOD

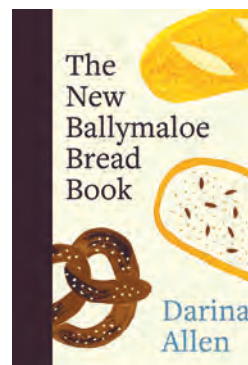
1. Mix all the flours and the salt in a bowl. Add 200ml of the tepid water; mix to a

dough and knead well for just three to four minutes. Add the remaining water if needed to bring it together into a dough.

2. Shape into a roll, then divide into eight pieces, about 50g each. Cover and leave to rest for at least an hour, though three to four hours would be better.

3. When the dough has rested, roll each piece into a thin round, about 23cm. Heat a griddle or large iron or non-stick frying pan over a medium to high heat. Working with one at a time, cook the yufka quickly on both sides until light golden and puffed in spots, about two minutes on each side. Transfer to a plate. Cooked flatbreads steam as they stack.

4. Eat immediately, or if reheating, mist or sprinkle the yufka with warm water. Fold it in half or into quarters, wrap it in a clean cloth and allow to soften for about 30 minutes. Enjoy with butter, honey, cheese or a Turkish stew.



THE NEW BALLYMALOE BREAD BOOK BY DARINA ALLEN IS OUT NOW. PUBLISHED BY GILL BOOKS, RRP €22.99.

DARINA ALLEN WILL HOST A BREADMAKING DEMO AT THE DUBLIN COOKERY SCHOOL ON NOVEMBER 8; TICKETS ARE €40 FROM DUBLIN COOKERY SCHOOL. IE. ANOTHER DEMO TAKES PLACE AT THE WATERMAN COOKERY SCHOOL IN BELFAST ON NOVEMBER 16; TICKETS ARE £55 FROM WATERMAN HOUSE



MAKE THE PERFECT  
ESPRESSO MARTINI  
WITH

*Sia Maria*®

COLD BREW  
COFFEE LIQUEUR



SCAN HERE  
TO CHECK OUT  
THE RECIPE



DISTRIBUTED BY  
**Barry &  
Fitzwilliam**  
PREMIUM DRINKS COMPANY

Enjoy TIA MARIA Sensibly.



# MOLLY is more



The successful US cookbook author and video host tells **JORDAN MOONEY** about her mission to make cooking ‘approachable, accessible, unstressful and fun’, along with some recipes from her latest book, *More is More*

**M**olly Baz may not have planned her current career as a cookbook author, recipe developer, video host, “weenie lover” – that’s dachshund lover, to you and me – and Caesar salad enthusiast. But she reckons that she’s landed exactly where she needs to be.

Baz first rose to prominence through her work with *Bon Appétit*, the American food publication, a stalwart member of its formerly famous test kitchen video crew. When revelations of pay disparity for colleagues of colour emerged in 2020, she stepped down in protest.

That abrupt, unplanned departure left Baz without a plan. With Covid-19 still keeping the world shut, she decided to move from New York to LA with her husband Ben Willett and dachshund Tuna – a major fan favourite

– in tow. There, she decided to continue making content on her own, leading to her subscription-based recipe club on Patreon.

It gained several thousand subscribers in just one month, according to *Business Insider*, and has continued to grow rapidly since. She is, as *New York Magazine* put it, a “bona fide celebrity, at least in some circles”, with over 700,000 Instagram followers and over 100,000 YouTube subscribers.

Her job, she tells me, is to make cooking “approachable, accessible, unstressful and fun for as many people as possible”. Writing cookbooks, shooting video content and running a recipe club are all fuelling that goal.

“I found my community super organically. I cook things that I’m excited to cook, and hope that those are the things that will resonate best. As it turns out, that has been





the best way to find my people,” she says.

Her first book, *Cook This Book*, was released in 2021 and rocketed to the top of the New York Times bestseller list. Focusing on fundamentals, it highlighted cooking essentials and must-know recipes. Its most innovative feature further extended her teaching ethos: the book included dozens of QR codes that led to technique-driven videos from Baz to help readers along the way.

Her second book, *More is More*, builds on that initial mission while pushing readers to trust their gut and take things up a notch. It features 100 recipes that are packed with big flavours, bright colours and great ingredients. Minimalist it is not.

There are also more QR codes that lead to audio tutorials from Baz that provide a hands-free cook-along experience, as well as further

videos.

“I am constantly searching for new ways to bridge the gap between modern technology and the slightly antiquated nature of cookbooks. Don’t get me wrong, I love a cookbook and its permanent nature, but let’s be real, we live in a digital era,” she says.

“The audio cook-alongs came about as an answer to the question ‘how can I meet my reader more closely where they are?’ The answer was through audio recipe walk-throughs, which hold a reader’s hand at every step of the recipe, in a way that the words on a page alone cannot.”

It wasn’t simple. Baz says “many months” were spent refining the technology and getting it to a place where it functioned seamlessly.

“I am so happy with how it turned out. I think audio cook-alongs have the potential to really change the kitchen education experience and offer support on a whole new level. It’s the element of *More is More* that I am most excited about.”

She has, she says, been a ‘more is more’ type of cook for a long time now.

“Once I shook off the last remnants of influence that my time in fine dining had on me, I became the professional home cook that I am today,” she says, citing “more herbs, more heat, better seasoning, no waste, big flavour, less measurements” as key components of her approach.

The recipes in *More is More* offer something for everyone, but lean heavily on Italian-American favourites. The book opens with Baz’s ‘rules’ for learning to cook without inhibition, including ‘turn ya burners up’, ‘if it

ain’t yummy, fix it’, and ‘condiments are your BFFL’.

Read it through and you will gain an insight into how to live and eat à la Baz, who has curated a hyper-chic, 1970s-style aesthetic. The butter yellow kitchen in her LA home is widely coveted, while her penchant for jumpsuits and casual clothing alongside martinis and salty snacks gives the impression of an aspirational lifestyle that could actually be achieved.

Something else that sets Baz apart is her abbreviations, commonly known as ‘Mollyisms’. You might have seen Caesar salad called cae sal in certain corners of the internet; that’s all Baz: see also yog for yoghurt, smoo for smoothie, morty-d for mortadella and umam for umami.

“Some people love ‘em, others hate ‘em. I don’t have a choice in the matter! It’s just how I talk. I am someone who is always looking

to have a fun time, regardless of where or when, so I think that Mollyisms are just an extension of that inherent playfulness with the world,” Baz explains.

“What is the point in saying things the same way everyone

else does? As for a favourite, I don’t think I have one. They change all the time, constantly evolve, and some fade away to make space for others. That’s what keeps them interesting.”

Baz has just finished a book tour that saw her meet thousands of fans across the US and reunite with some of her *Bon Appétit* family, but she already has one eye on the future. Could a Molly Baz cae sal restaurant be on the cards? Never say never.

“I love what I do and am constantly brainstorming new ways to dive into the food world and dig deeper into my goals. I will continue to write cookbooks as long as people want to read them. It’s my favourite thing in the world,” she says.

“And then who knows! I started a wine company, *Drink This Wine*, two years ago, which I will continue to grow. I would love to break into television in some capacity in the near future. Maybe I’ll open a bricks and mortar of some kind. It all remains to be seen, but I am so so excited to see where things go.”

*More is More: Get Loose in the Kitchen* by Molly Baz, published by Murdoch Books (RRP £26) with photography by Peden + Munk, is out now. Follow her at @mollybaz

**“I love what I do  
and am constantly  
brainstorming new  
ways to dive into the  
food world”**







## RED CURRY HOT WINGS ROLLED IN PEANUTS

Serves 4-6

*There's no reason to bust out a large pot of oil and a deep-fry thermometer for chicken wings when you can achieve the same effect by oven roasting. These wings take an hour in the oven, but in that time, they render all of their fat, leaving the skin as crispy-crunchy as ever.*

### INGREDIENTS

About 80g fresh coriander leaves and tender stems

2 limes

1.4kg chicken wings (25 to 30), drumettes and flats separated

1 tbsp kosher salt

3 tbsp vegetable oil

1 x 120g jar or tin red curry paste

1 x 400g tin full-fat coconut milk

1.5 tsp honey or sugar

Red pepper flakes (optional)

75g roasted, salted peanuts

### METHOD

1. Line a rimmed baking sheet with parchment paper. Pat dry the chicken wings with a paper towel. Toss them with one tablespoon of salt on the baking sheet until well coated. Leave at room temperature for at least 30 minutes and up to 1.5 hours. This will allow the wings to properly absorb the seasoning, leaving them both tastier and more tender. You can also do this up to a day in advance and keep the wings, uncovered, in the fridge. Let them hang out at room temperature for at least 30 minutes before baking

2. Preheat the oven to 150C/300F. Drizzle the wings generously with vegetable oil and toss to evenly coat. Bake for 25 minutes. They'll be pretty pale still, but this low temperature helps render out some of the fat from the skin, resulting in crispier wings once you crank the heat. Raise the oven temperature to 230C/450F and continue to cook the wings, flipping them with tongs halfway







through, until the skin is very crisp and golden brown, 30 to 35 minutes.

**3.** While the wings cook, make the coconut glaze. In a medium saucepan with a lid, heat another glug of vegetable oil over medium heat. Add the red curry paste and immediately cover the pan. Cook, shaking the (still covered) pan often, until you hear the violent sputtering die down, about two minutes, then remove the lid.

**4.** Continue to cook until the paste is slightly darker and begins to stick to the pan, two minutes. Whisk in the coconut milk and honey. Bring the mixture to a boil. Lower the heat as needed to maintain a simmer and cook, whisking often, until the liquid has reduced substantially and thickened (it should coat the back of a spoon without totally dripping off), 10 to 12 minutes.

**5.** Determine your heat factor. At this point, the sauce is mild to medium in spice level depending on what brand of curry paste you used. If you like your wings very spicy, start stirring in red pepper flakes, to taste. Cover the pot until the wings are ready. (You may need to briefly rewarm the sauce over medium heat before tossing them.)

**6.** Prep your garnishes. Finely chop 75g roasted, salted peanuts so all the pieces are around the size of a lentil. Coarsely chop 80g fresh coriander leaves and tender stems. Cut two limes in half.

**7.** Transfer the cooked wings to a large bowl. Pour the hot coconut glaze over them and toss to coat. Add the peanuts and coriander and toss again. Squeeze the juice of one lime over everything and toss once more. Transfer to a serving platter with the remaining lime halves and lots of napkins 'cause these guys are messy.

## MOLLZ BALLZ

**Serves 4-6**

*I've never been much of a spag and balls girl, but I do LOVE a side of meatballs. From my perspective, meatballs belong on garlic-rubbed toast, or at least alongside it. Spaghetti isn't sturdy enough to handle my balls. These are BIG meatballs – the size of tennis balls – because that's how I like them. And while they might look classic at a glance, they've got a lot going on inside. Umami anchovies for depth of flavour, creamy ricotta for moistness, and a butt-load of fresh mint take them to a very delicious, extra-special place*

## INGREDIENTS

12 garlic cloves  
1 bunch mint  
1 large yellow onion  
55g fresh whole-milk ricotta cheese  
55g grated Parmigiano Reggiano, plus more for serving  
40g unsalted butter  
2 large eggs

225g spicy Italian sausage, casings removed  
340g 80 per cent lean minced beef  
4 tbsp extra virgin olive oil, plus more for drizzling  
Kosher salt and freshly ground black pepper  
6 oil-packed anchovy fillets, plus 1.5 tsp of their oil  
150g panko breadcrumbs  
Red pepper flakes  
795g tomato purée  
Garlic-rubbed toast, for serving (optional)

## METHOD

**1.** Make the meatballs. In a medium bowl, whisk together two large eggs, six grated garlic cloves, the ricotta cheese, Parmesan, two tablespoons of olive oil, 2.5 teaspoons salt, the anchovy oil, and lots of freshly ground black pepper. Add the panko breadcrumbs, whisking until well hydrated by the egg mixture.

**2.** Finely chop the leaves of about half of the bunch of mint. Add the mint and sausage to the panko mixture, and work with your hands until the meat is evenly distributed.

Add the beef and work together gently until well mixed. Divide the meat into eight equal portions and roll them into balls: they'll be about the size of tennis balls. Transfer to a rimmed baking sheet or large plate.

**3.** Make the sauce. Peel and finely chop the onion. Thinly slice the remaining six garlic cloves. In a large casserole dish, heat a few more glugs of olive oil over high heat. Add the meatballs in a single layer and cook, turning every minute or so, until browned in most areas, six to seven minutes total. Transfer to a plate: the meatballs will still be raw in the centre but will finish cooking in the sauce later on.

**4.** Pour off all but two tablespoons of fat from the dish. Reduce the heat to medium, add the chopped onions, sliced garlic, anchovy fillets, and a pinch or two of red pepper flakes, and cook, stirring often, until the onions are translucent and just barely beginning to brown at the edges, six to eight minutes.

**5.** Stir in the tomato purée, unsalted butter and a few more mint sprigs (reserving some for garnish). Season the sauce with salt, it'll need quite a bit. Bring the sauce to a simmer, then reduce the heat as needed to maintain a very gentle simmer and cook until slightly thickened, four to six minutes.

**6.** Nestle the meatballs back into the sauce, cover the pot, and cook over medium heat, turning the meatballs occasionally, for eight minutes. Uncover the pot and continue to cook, reducing the heat as necessary if the sauce is boiling too rapidly, until the meatballs are springy/bouncy when pressed with your fingers and cooked through and the sauce has reduced, 8 to 10 minutes.

**7.** To serve, pick the leaves of the remaining mint, scatter the leaves over the balls with more Parm, and drizzle generously with olive oil. Serve with garlic-rubbed toast alongside, if desired. **FW**



# REFINING THE INGREDIENTS FOR SUCCESS



“To have any kind of profitable business, you need to appeal to a mass market”

Aisling Tuck, Naked Bakes

## ALEX MEEHAN talks to three of this year's Food Works finalists to find out more about the accelerator programme

**D**o you have an idea for an innovative new food or drink, something you think would be a sure-fire hit if only you could get it on shelves? Plenty of people think they know what the public really wants to eat or drink, but in reality, ideas are easy – it's the execution that's the difficult part.

The role of accelerator programmes is to apply a critical eye to the ideas that food innovators come up with, and get them knocked into shape. Food Works, which is run by Bord Bia, Enterprise Ireland and Teagasc, runs from November to February every year, and is designed to help food and drink start-ups get fully established.

It offers workshops, business advice, access to consumer and market research, feasibility grant funding, manufacturing and technical help, as well as access to marketing and public relations knowledge.

As applications are open for the 2024 programme at [foodworksireland.ie](http://foodworksireland.ie), we speak to three of this year's finalists about their hopes and aspirations, and the challenges of taking an idea from the kitchen table to the world.

Naked Bakes started life five years ago in Aisling Tuck's family kitchen. Today she employs six people and her vegan cookie dough is sold all over Ireland in grocery stores and supermarkets, as well as to coffee shops and directly to consumers online.

“I went vegan around nine years ago, when it was a bit less common. There wasn't as much out there for vegans, so that led me down the path of developing my own recipes,” Tuck says.

“I've always loved baking, so I started making vegan versions of the products I

liked, and then being really ruthless about comparing them. I loved the challenge of seeing if I could make vegan versions of the things I really liked taste just as good, but without animal products.”

Tuck started an Instagram page, and when it developed a following, she realised that there was scope for a business there.

But she also knew she needed to know more about the market she was selling to if she wanted to be successful.

For example, while vegans love vegan products, non-vegans typically don't. Or rather, Tuck says, they don't like the idea, even if the products themselves are high quality and objectively tasty.

“All the research says that veganism doesn't appeal to the vast majority of people. It is a growing demographic at around four per cent of the population, and lots more people would like to be vegan, but that's not enough. To have any kind of profitable business you need to appeal to a mass market,” she says.

“We lead our marketing with the fact that our products are delicious and indulgent. The vegan thing is an added benefit to those for whom that is important.”

Naked Bakes products have picked up multiple Blas na hÉireann awards, and are stocked by SuperValu and a wide range of other outlets nationwide. The company was part of the 2023 Food Works programme, and according to Tuck it was “extraordinarily helpful” in terms of honing her business skills.

“It helped in terms of backing up our sales talk with actual hard figures and facts, proper market research and really solid back-office abilities,” she says. “I'd love to see us start exporting and building as a business, establishing us as a credible and accessible route to plant-based eating for people who want that.”

And in the meantime, Tuck is happy to sell lots of cookie dough to people who just want nice biscuits. See [nakedbakesireland.com](http://nakedbakesireland.com).



# THE ENDLESS DOLCEVITA



DISTRIBUTED BY  
**Barry &  
Fitzwilliam**  
PREMIUM DRINKS COMPANY

[WWW.DISARONNO.COM](http://WWW.DISARONNO.COM)

ENJOY DISARONNO SENSIBLY.





“What people say they want, and what they actually do when it matters, aren’t necessarily the same”

Emi Takakura, Slice of Life

When you think of the ideal pizza, the odds are you’re not thinking of one with a base made from cauliflower. But that’s what entrepreneur Emi Takakura is bringing to market with her Slice of Life brand.

The main product she’s selling is a high protein and high vegetable content pizza made with a cauliflower-derived crust, which she says tastes completely like a regular pizza but offers much more nutritionally.

“I looked around at global trends in food and realised that we live in a calorie-drenched environment that our bodies weren’t really designed for. There is temptation all around us and we’re not well suited to resist it,” she says.

“People want to be healthier and eat better, and I want to help them do it. It’s quite difficult to pull off a vegetable and protein-derived pizza base that actually tastes good, but I think we’ve done it.”

Through Bord Bia and the Food Works programme, Takakura did “loads” of research, including surveying 640 Irish consumers to see if they were happy with the healthy ready meals already on the market.

Some 85 per cent of consumers said they wanted to purchase healthy meals but weren’t happy with the offerings already out there. Even so, Takakura realised that didn’t necessarily predict success.

“The problem is that what people say they want, and what they actually do when it matters, aren’t necessarily the same. For example, internationally 97 per cent of people say they want to eat healthily, but only 11 per cent actually purchase healthy ready meals,” she says.

“The desire is there but people struggle to act on it. They buy junk food rather than a salad because the salad doesn’t appeal to them in the same way, and that’s why it’s worth developing a high protein and healthy pizza. There’s nothing wrong with normal pizza, eaten in moderation, but this is about making it easier for busy people to make good food choices.”

Slice of Life is at the pre-launch stage, and is in talks with 11 retailers to take its products. To date, the company’s time has been taken up with getting the product just right. Takakura says that, cooked well, it really does taste as good as or better than a conventional pizza.

“It took two years to achieve that. There’s been a lot of product development, and then it was time to look at branding and communications. We’ve been testing and rebranding to fine tune things to the point that we can make the best first impression possible.” See [sliceoflife.ie](http://sliceoflife.ie).

“People have been drinking ginger beer in Ireland since the 1840s, but there’s been very little innovation”

Rachel Byrne, Zingibeer



Kevin Byrne had been working in the beverage sector before the pandemic, but was ready for a change. During lockdown, he and his daughter Rachel started work on brewing a batch of ginger beer – something that has a long history in Ireland.

“People tend to think of it as a new thing, but actually people have been drinking ginger beer or ale in Ireland since the 1840s. But there’s been very little innovation with it until relatively recently, when a couple of big international brands appeared and people rediscovered a taste for it,” says Rachel Byrne.

“Ginger beer is a fantastic drink. It’s made with ginger, obviously, but also lemon, botanicals and lots of natural ingredients. It’s not technically a beer, but it is four per cent alcoholic and has no sulphites or preservatives in it. It’s gluten free and vegan, but more importantly it’s just a really nice and refreshing drink.”

It took 50 lockdown batches before the Byrnes had a recipe they were happy with. While that product development was under way, Rachel Byrne was also thinking about how to build a company that could bring the drink to market as the first modern Irish ginger beer.

Today the company is based in Smithfield in Dublin, and Zingibeer is growing in popularity.

“People really like it, and the public has become more adventurous in its tastes. They are happy to try new craft beers and other beverages, where once they were very conservative. We’re selling something that is super high quality and Irish people want to support that,” she says.




The drink has picked up nods from the World Beer Awards and at the Blas na hÉireann awards.

“We’re in about 450 outlets now, between on and off-trade, including in lots of the supermarkets and with O’Briens. Food Works has been really good for things like financials, marketing strategy and consumer insights,” says Rachel Byrne.

“You get lots of great feedback from the market and you can take that with you when you are in meetings with people who have the power to make decisions that will really impact you.” **More information at [zingibeer.ie](http://zingibeer.ie). FW**





 [www.loughrynn.ie](http://www.loughrynn.ie)
 07196 327000
  [enquiries@loughrynn.ie](mailto:enquiries@loughrynn.ie)



LOUGH RYNN CASTLE  
ESTATE & GARDENS

*Lough Rynn Castle Estate & Gardens*

**The Sandstone Restaurant**  
**Recently Awarded**  
**'Fine Dining Experience of the Year'**







These recipes from Sunil Ghai's new cookbook, *Spice Box*, will add an extra dimension to your autumn cooking.  
Photography by JOANNE MURPHY

### GOAT'S CHEESE CAKES

*Serves 4 as a side dish*

*I wanted to create a dish using a local goat's cheese on my menu after I had this dish at Benares in London; this is my own interpretation of it. Serve the cakes as soon as they come off the pan, otherwise they can start to flatten out on the plate.*

### INGREDIENTS

70ml vegetable oil, plus extra for frying  
1.5 tsp fennel seeds  
1 tsp cumin seeds  
100g finely diced shallots  
1 tsp fine sea salt  
1 tbsp grated or finely chopped fresh ginger  
1 tbsp finely chopped fresh chives  
1 tbsp finely chopped fresh coriander stems

#### For the cakes

250g peeled, boiled and grated Rooster potato  
200g chèvre (goat's cheese)  
1 tbsp chopped fresh coriander leaves  
1 tsp dried fenugreek leaves  
Pinch of chilli flakes

#### To serve

Pear and walnut chutney



# SPICE WORLD



MANGO LASSI

## METHOD

1. Measure out your spices into two separate small bowls: one bowl for the fennel and cumin seeds, and one for the fenugreek and chilli flakes. Prep and measure out all the remaining ingredients before you start cooking so that everything is ready to go and the spices don't burn.
2. Heat the oil in a large frying pan over a medium heat. Add the fennel and cumin seeds and cook for one minute, until fragrant. Remove the pan from the heat and add the shallots and salt, stirring to coat in the oil.
3. Return the pan to a low heat and cook, stirring, for about five minutes. It's important not to brown the shallots here, just soften them. Add the ginger and cook for one minute.
4. Remove the pan from the heat again and stir in the fresh chives and coriander stems. Set aside to cool, then strain through a fine-mesh sieve, pressing the shallot mixture with the back of the spoon to extract as much flavour as possible into the oil.
5. Put the cooked potato and goat's cheese in a bowl, then add the strained oil, chopped fresh coriander leaves, dried fenugreek leaves and chilli flakes. There's an art to mixing these cakes together – the key is to rub the mixture lightly, using your fingertips to gently combine everything together, almost as if you were rubbing butter into a pastry dough, lightly crumbling up the goats' cheese as you do. You're looking for a crumble-type consistency, not a paste.
6. Break off a generous portion of the mixture and roll it into a ball, then flatten down into a cake. Place on a plate and repeat with the rest of the mixture, then chill in the fridge for at least 30 minutes to firm up.
7. Heat a small drizzle of oil in a large non-stick frying pan over a low heat. Add the chilled goats' cheese cakes to the pan and cook for up to five minutes on each side, without moving them in the pan, until the bottom has turned golden brown and crisp but the cheese hasn't started to melt out of the cake.
8. Carefully turn over and cook for a few minutes more. Serve the cakes with a few spoonfuls of pear and walnut chutney on the side.

## MANGO LASSI

Serves 4

*In India, mango is the king of fruits. The saffron is optional but it gives the lassi a gorgeous golden colour. The glasses in India that we drink lassi out of are made of brass, have a capacity of around 800ml and can weigh up to 1 kilogram just on their own – without the drink even added in yet.*

## INGREDIENTS

500g peeled and diced ripe mango  
400g thick Greek yoghurt  
100ml water  
60g caster sugar  
2 green cardamom pods, ground in a pestle and mortar  
Few saffron threads

## METHOD

1. Blend the mango to a smooth purée in a NutriBullet or blender – you should have about 400ml.
2. Whisk together the mango purée, yoghurt and water in a large bowl, then whisk in the sugar, ground cardamom and saffron. It's best to let the lassi sit for a little while to allow the sugar to dissolve, but it's also delicious to drink straight away.
3. Serve in small glasses over ice.





PANEER CHEESE SKEWERS

## PANEER CHEESE SKEWERS

Makes 6-8 skewers

**Traditionally the skewers are served with only paneer, peppers and onions, but you could add fruit to the skewers as well, like pineapple or apple, or other vegetables like aubergines or boiled baby potatoes.**

### INGREDIENTS

3 x 200g packs of paneer cheese, cut into thick slices

4 red, yellow and/or orange peppers

2 large red onions

#### For the first marinade

1 tbsp coriander seeds

1½ tsp fennel seeds

1 tsp cumin seeds

1 tsp nigella seeds

½ tsp mustard seeds

50ml rapeseed oil

1 tbsp paprika

1 tsp ground turmeric

½ tsp chilli flakes

1 tsp fine sea salt

1½ tsp grated or finely chopped fresh ginger

1½ tsp grated or finely chopped garlic

2 tbsp malt vinegar

#### For the second marinade

100g thick Greek yoghurt

50ml cream

1 tsp vegetable oil, plus extra for brushing

½ tsp each ground turmeric, paprika and ground fennel

¼ tsp fine sea salt

### METHOD

1. Measure out your spices into three separate small bowls: one bowl for all the seeds in the first marinade; one for the paprika, turmeric, chilli flakes and salt for the first marinade; and one for the turmeric, paprika, fennel and salt for the second marinade. Prep and measure out all the remaining ingredients before you start cooking so that everything is ready to go and the spices don't burn.

2. Cut a pocket into each thick slice of paneer cheese by slicing it in half but without cutting all the way through. Cut the peppers into large pieces. Peel the onions and cut into thick wedges.

3. To make the first marinade, put all the seeds on a chopping board, then roll over them a few times with a rolling pin to lightly crush them (or use a pestle and mortar).

4. Transfer to a large bowl, then add the oil, paprika, turmeric, chilli flakes, salt, ginger, garlic and vinegar and mix into a paste. Add the paneer, tossing to coat and making sure you get the marinade into the pocket that you

cut into the paneer; then add the peppers and onions and toss to coat them too. Cover the bowl with cling film and marinate in the fridge for at least 30 minutes, but preferably one to two hours or overnight.

5. Mix all the second marinade ingredients together; then drizzle over the paneer, peppers and onions and toss to coat.

6. Preheat the oven to 240C/220C fan. Line two baking trays with foil. To assemble, thread an onion wedge (or a few separate petals, as inevitably some of the wedges will break apart) on to a metal or wooden skewer, followed by a slice of paneer and a pepper.

7. Repeat with another onion, slice of paneer and pepper; then add one last onion to finish the skewer. Divide the skewers between the two baking trays. Cook in the oven for 12-15 minutes, until the vegetables are starting to char. Turn over the skewers as best you can (some of the vegetables and paneer won't want to flip), return to the oven and cook for 10 minutes more, until nicely charred.

8. Alternatively, you could brush the ridges of a griddle pan with vegetable oil and set over a high heat. When the pan is good and hot, add one or two skewers (depending on the size of your pan – you don't want to overcrowd it) and cook for three to four minutes on each side without touching them, until the vegetables and paneer are nicely charred with defined grill marks but the onions and peppers still have some crunch. Serve hot.





# TITO'S ESPRESSO MARTINI

60ML TITO'S HANDMADE VODKA  
30ML COFFEE LIQUEUR  
30ML ESPRESSO  
15ML SIMPLE SYRUP  
15ML CREAMER, OPTIONAL  
3 ESPRESSO BEANS, GARNISH

Add all ingredients to a shaker with ice.  
Shake and strain into a martini glass.  
Garnish with espresso beans.

**DRINK TITO'S RESPONSIBLY**

\* [TitosVodka.com](https://TitosVodka.com) \* Crafted to be savored responsibly. DISTILLED & BOTTLED BY FIFTH GENERATION INC. AUSTIN, TEXAS 40% ALC./VOL. © 2023 TITO'S HANDMADE VODKA.



## SPICED WHOLE ROASTED CAULIFLOWER

Serves 2

*When I was young, I had a friend whose family owned a farm and we used to buy produce directly from them. If I went back to his farm with him after school, I'd pick mooli (a type of large white radish) straight from the ground, wash it and eat it raw. We bought our cauliflower from his farm, which I would bring back home on my bicycle. Cauliflower is a highly underrated vegetable, and I never saw it being served in any Indian restaurants in Ireland 20 years ago, only yellow lentils, chickpeas, potatoes and sometimes cabbage. But it needs to be cooked properly, with some crunch still left – if you overcook it and it becomes too soft, it loses all its flavour. You can serve this as a main course, but it also makes a fantastic kebab.*

### INGREDIENTS

2 heads of baby cauliflower or 1 large head  
4 cloves  
2 star anise  
1 tsp ground turmeric  
½ tsp fine sea salt

#### For the yoghurt coating

80g thick Greek yoghurt  
1 fresh green chilli, finely chopped  
½ tsp ground turmeric  
¼ tsp paprika  
Pinch of ground cloves  
½ tsp fine sea salt

#### To baste

Melted butter

#### To finish

Lemon wedge  
Pinch of garam masala  
Mint and coriander chutney

### METHOD

1. Measure out your spices into three separate small bowls: one bowl for the cloves, star anise, turmeric and salt for boiling the cauliflower; another for the turmeric, paprika, cloves and salt for the yoghurt coating; and one for the garam masala to finish.
2. Prep and measure out all the remaining ingredients before you start cooking so that everything is ready to go and the spices don't burn.
3. Preheat the oven to 220C/200C fan. Line a baking tray with foil.
4. Put the cauliflower in a medium saucepan with one litre of water and the cloves, star anise, turmeric and salt. Cover the pan with a lid and bring to the boil. Reduce the heat and simmer for anywhere from five to ten minutes, until the tip of a sharp knife can pierce through the centre of the cauliflower without too much resistance. Don't let it get too soft, or it won't hold its shape well when you roast it. Drain well.
5. Mix all the ingredients for the yoghurt coating together in a large bowl. Add the drained cauliflower and cover it all over in a thick layer of the yoghurt.
6. Place on a baking tray and roast in the preheated oven for 20 minutes, then remove and baste all over with the melted butter. Return to the oven and roast for about 10 minutes more, until nicely charred.
7. Transfer the cauliflower to a serving plate and finish with a squeeze of lemon juice and a pinch of garam masala on top. Serve with mint and coriander chutney on the side. **FW**

SPICED WHOLE ROASTED CAULIFLOWER



SPICE BOX: EASY, EVERYDAY INDIAN FOOD BY SUNIL GHAI IS PUBLISHED BY PENGUIN SANDYCOVE, AND IS OUT NOW



# AUCTION OF FINE VINTAGE WINES & SPIRITS

7<sup>th</sup> Dec 2023 at 2pm

PRSA REGISTRATION #001959



CHATEAU RAYAS  
CHATEAUNEUF-DU-PAPE RESERVE  
Rhône, France, 1998  
4 bottles

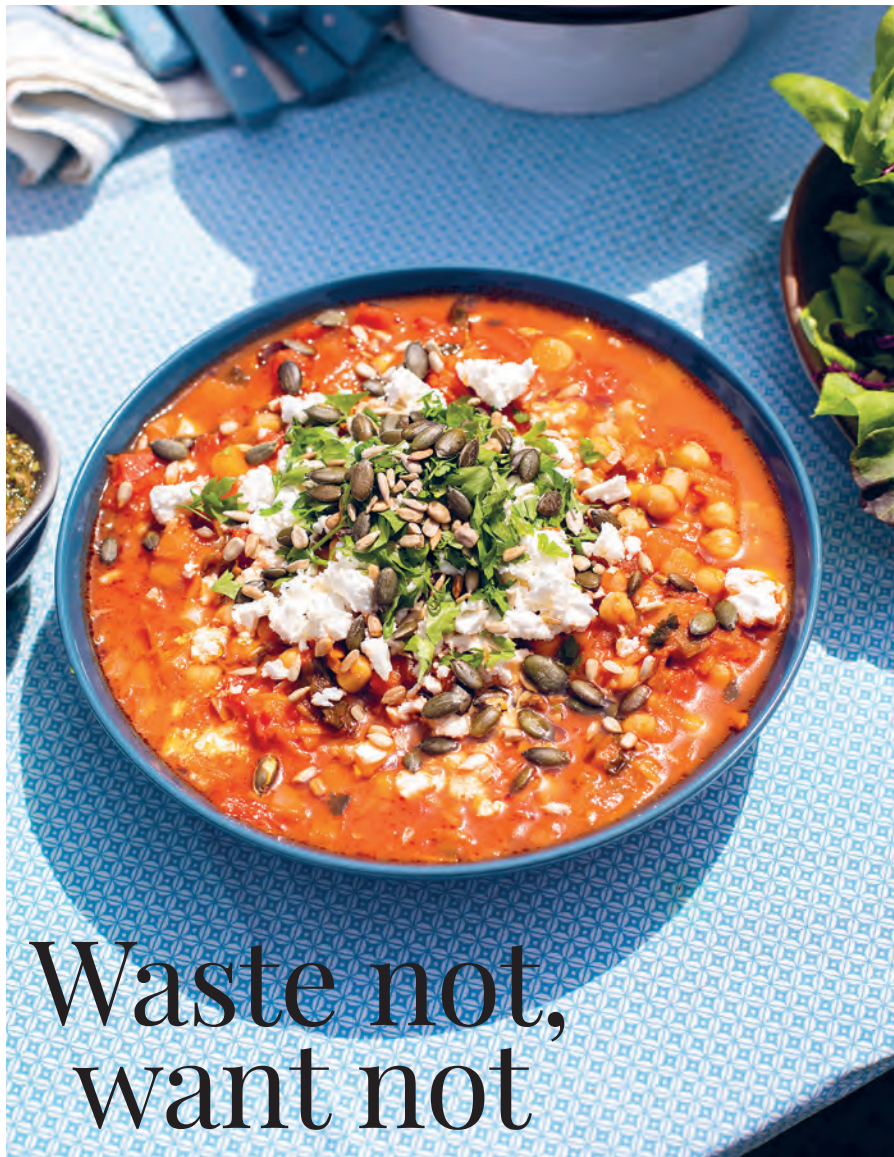
Estimate: €4,000 - 6,000

ADAM'S Est. 1887

26 St. Stephen's Green, Dublin 2. Ireland  
+353 1 676 0261  
info@adams.ie | www.adams.ie



Use up your veggies with these tasty recipes from the FoodCloud Kitchen



Waste not,  
want not

The FoodCloud Kitchen is Ireland's first zero waste food truck, and is run by FoodCloud, the social enterprise set up in 2013 with the aim of ensuring that surplus food never goes to waste.

The food truck, which is available for corporate and team building events, as well as lunches and Christmas parties, builds on that ethos. Here, chef Anna Finnegan shares two popular recipes from its repertoire. For more details, see <https://food.cloud>

## EASY CHICKPEA STEW

Serves 4

### INGREDIENTS

1 tbsp olive oil  
1 medium white onion  
200g carrots  
1 pepper, any colour you have in the fridge  
2 sticks celery  
400g fresh tomatoes  
Sea salt and black pepper  
1 tin of chickpeas

### To finish

Fresh coriander  
Optional toppings like crumbled feta, sunflower seeds or toasted flaked almonds

### METHOD

1. Preheat a large frying pan and add one tablespoon of olive oil.
2. Finely chop the onion, carrots, celery and pepper and add to the pan. Very gently sauté the vegetables until tender, and then add in the chopped tomatoes. Add some sea salt and freshly ground black pepper.
3. Continue to cook until the tomatoes have broken down into a sauce, then add in the drained chickpeas. Simmer for five mins and then sprinkle with coriander.
4. Serve with rice, spuds or a baguette drizzled with olive oil. Bake or griddle the bread if it's yesterday's bake.

## CHOCOLATE BEETROOT BROWNIES

Makes 16

### INGREDIENTS

250g unsalted butter, cut into cubes  
250g dark chocolate (70 per cent cocoa solids), broken into pieces  
3 medium eggs  
250g caster sugar  
A pinch of sea salt  
150g self-raising flour  
250g beetroot, boiled until tender, cooled, peeled and grated

### METHOD

1. Set the oven at 180C.
2. Put the butter and chocolate in a



heatproof bowl and melt over a pot of hot water, stirring regularly.

3. Grease a shallow baking tin, approximately 20x25cm, and line the base with baking paper.
4. In a large bowl, whisk the eggs and sugar together until combined, then gently beat

in the melted chocolate and butter until smooth.

5. Mix the salt with the flour, sift over the chocolate mixture, then gently fold the dry ingredients to the chocolate butter mixture with a large metal spoon. Fold in the grated beetroot – be careful not to over-mix or your brownies will be heavy and dense.
6. Pour the mixture into the prepared tin and smooth the top with a spatula. Bake for 20 minutes. A knife inserted in the centre should come out with a few moist crumbs clinging to it. If the cake is still too wet give it another few minutes but don't overcook it or the brownies will be dry and lose their magic.
7. Remove the tin from the oven and leave on a wire rack to cool before cutting into squares. Enjoy with berries of your choice and whipped cream or ice cream.



# COINTREAU

CHANGES EVERYTHING



## THE ORIGINAL MARGARITA

Cointreau + Tequila + Lime

DISTRIBUTED BY  
**Barry &  
Fitzwilliam**  
PREMIUM DRINKS COMPANY

Enjoy COINTREAU Sensibly.



# Frankly delicious

Sommelier Katie Seward of Frank’s restaurant on Camden Street shares six great wines from their excellent list with MICK O’CONNELL



Chapter One, Chez Max, Forest Avenue, Forest & Marcy, Loose Canon, Potager, Note. While this reads like a must-eat list you’ve sent a pal who is visiting Dublin for their foodie holidays, it is actually the CV of an inspiring young Irish sommelier.

I returned to Ireland from a life in London towards the end of 2016, and first encountered Katie Seward when she was managing the floor in Forest Avenue with aplomb.

I had a bucket list of restaurants to eat at before I made the move home: Alain Ducasse, Heston Blumenthal at the Mandarin Oriental, Fera at Claridges. While Forest Avenue was a different type of experience, both the service and the food were hitting the same standards. My welcome back to the Irish food scene couldn’t have got off to a better start.

Seward was attentive, clearly passionate about the product and, most importantly, possessed the rare skill of understanding when to step in and when to give space to a table. This understanding means that a diner, whether celebrating, entertaining or having a casual evening out, gets a subtly different experience based on their needs, wants and circumstances, while always having exacting standards maintained.

Like many in hospitality and particularly in wine, she fell into the profession. Strangely, not many career guidance teachers point their Leaving Cert students down a boozy pathway.

Seward’s francophile parents had a continental outlook on food and wine, and family holidays always involved a trip to a winery. These wines were brought to the kitchen table at home, and as the children grew older they were allowed to try a glass.

She studied fine art in her native Cork, found that it wasn’t clicking and embarked on a new journey. She spent time in France and, having worked in Cork’s sadly defunct Ivory Tower under the inspiring chef Seamus O’Connell, found a natural home on the floor in various French establishments.

On her return to Ireland, she began her work at the illustrious list of workplaces mentioned above. She was working at Loose Canon when

I ended up on the same trip as her, to Austria to visit the iconic natural wine producers Gut Oggau and Michael Wenzel.

The conviviality of the natural wine scene is the stuff of legends, and we fit a bounty into three short days. This wine scene and her ambition sent her next to London where she worked at wine trade hangout Brawn while her partner, David Bradshaw, a talented chef, worked at Lyle’s.

On a Christmas trip home to Dublin they realised they missed the old sod and put a return plan in motion to open their own wine bar. However Covid put the kibosh on such dreams.

A couple of years passed while Seward’s CV got ever more glowing, as she helped out at Potager in Skerries and opened Note in Dublin 2. Finally, in 2023 the dream to go it alone was realised at Frank’s on Camden Street.

Her ethos is one that brings the aforementioned conviviality to life: “a really fun, welcoming space to drink some great bottles”. The list has over 200 wines, with by-the-glass options changing weekly, a carousel of 13 wines mixing fizz, white, red, rosé and orange.

There are two choices of orange wine on offer, and Seward has found it’s a style people are intrigued to explore. Some new customers are wary of a natural wine bar that may only serve the esoteric, but in her capable hands there is something for everyone from classic to quirky.

The alternating list by the glass is where most of the business is done and the wines fit with Bradshaw’s intricate, honest and delicious plates. This blessed trinity of an ever-changing menu both of food and drinks, an ability to guide guests to what is right for them while also introducing new things, and, that human quality of hospitality at its apex makes Frank’s a place to return to.

Katie Seward and I have selected six wines from Frank’s list which you can either drink onsite or take home. Some are quirky and some are classic, which will give you a good idea of the wine ethos there. All prices quoted here are retail. **FW**



WINE RATINGS

This is the international marking system for wine ratings, a 100-point scale which works on a percentile, rather than a percentage, scale.

95-100:  
exceptional, of world-class quality

90-94:  
very good quality

88-89:  
average, but lacks greatness

85-87:  
average to modest

80-84:  
below average

70-79:  
poor

BELOW 70:  
unacceptable quality



**1** **DOMAINE CHAPEL  
BEAUJOLAIS-VILLAGES**  
€29 from Frank's and Green Man  
Wines (92)

As an outsider looking in, this wine could define what Frank's wine list is about. Natural meets classic, with David Chapel having worked at the iconic natural Beaujolais producer Lapierre, but also taking perspective from his partner's time working in the New York wine scene. Natural but not wild!

**2** **DOMAINE GANEVAT  
FLORINE CHARDONNAY**  
€95 from Frank's, Green Man  
Wines and Le Caveau (95)

A stunning wine from the Jura master. Seek out whites from this producer: they are electric in their vivid clarity of sun-drenched high altitude fruit, and manage to be ripe and yet cool at the same time. They also age fantastically.

**3** **ALEXANDRE LAMBLLOT  
MOUVANCE**  
€90 from Frank's and Green Man  
Wines (93)

A Champagne that rarely leaves the by-the-glass section at Frank's. It's bright and refreshing, with an impressive bone dry austerity and some fruit counterpoint from the meunier that is one third of the blend.



**4** **ANDERS FREDERIK STEEN  
WE FORGET TOO EASILY**  
€55 from Frank's and Brian's  
Wines (92)

A wine and a producer that represents the quirky side of natural wine. It's delicious and vibrant but challenging, with wild garrigue and red liquorice. A wine that blends white and red varieties and gives a garnet hue.

**5** **HERVÉ VILLEMADÉ  
CHEVERNY BLANC**  
€26 from Frank's, Green Man  
Wines and Le Caveau (90)

An unusual blend of chardonnay and sauvignon blanc that pairs wonderfully with David Bradshaw's green-focused dishes – he is currently taking leaves from Garden County Organics in Wicklow, and using home-grown courgettes.

**6** **MULLINEUX OLD VINE  
WHITE BLEND**  
€35 from Frank's, 64 Wine and  
Neighbourhood Wine (92)

There's a majority of chenin blanc in the blend here, and the result is a wine that drinks like fine Burgundy. Andrea Mullineux's touch on these wines is all finesse, with underlying power from Swartland fruit. A superb new take on a classic.





# Flaming GOOD

Flame-fed stills are key to the unique taste of the spirits created by Brendan Carty of the Killowen Distillery in Co Down writes OISIN DAVIS



BRENDAN  
CARTY

The Killowen Distillery in Co Down is only 10 metres by 10 metres in size, but somehow its owners recently managed to find the space to put in a new still. When Brendan Carty, its director and distiller, shared this development with me, I likened it to a game of Tetris.

Killowen has an unwavering commitment to reviving traditional methods of distillation, and it makes it one of the most compelling spirit producers on the island of Ireland. It's very easy to see why its products are in such demand, and why it has had to ramp up production in its somewhat limited space.

Not that a small size has even been a hindrance to Brendan Carty and his team. Since the distillery's establishment in 2017, they have produced and distilled a large range

of whiskeys, poitins, gins, rums and liqueurs, the vast majority of which sell out very quickly.

What immediately sets Killowen apart is the production process. To begin with, its stills are flame-fed.

"The flame creates hotspots under the still, encouraging burning of protein and sugars, a process known as Maillard reaction. This creates a whole new dimension of flavour that can't be achieved with electric or steam heating," Carty says.

"Irish distilleries are producing great liquid, but we just wanted to produce something different. Our unique approach and upcycling of various pieces of equipment has resulted in a style that actually learns from poitin-making culture as opposed to modern whiskey

making."

They distill just three days a week, from 7am to 7pm, but there's a lot of manpower needed for it all.

"While the stills heat up we are mashing in the day's brew with freshly ground grains each morning. They are never pre-ground – it's the same ethos as coffee. The oils are fresher and the aroma also," says Carty.

"We then continue with the mash, which involves plenty of elbow grease and a sturdy boat paddle; there is little to no mechanisation in Killowen. We then draw the now sugary solution from the mash, which is known as wort.

"The wort is left outside to cool and become part of the environment by attracting wild yeast and some lactobacillus from the



local highland atmosphere. It's not until a few days later that we add our own yeast."

Other distilleries cool this liquid immediately and then add yeast, creating a fermented wash after two to three days.

"At Killowen we like to give it a week or two," says Carty. "The more mature the wash the more fruity it is, and the more complex the spirit is as a result."

But to only talk about how they produce would not do justice to Killowen. What they roll out is equally interesting too. Most of what they are known for is single form releases as opposed to having a portfolio collection.

"Realistically we only have a small amount of core products – the rest are just one-off bottlings. They are wonderful-smelling brain farts that come in small batches," Carty says.

"They allow the distillery to express itself and as a result allow our buyers to join in the fun. Sometimes I worry that the ideas might stop coming but fortunately that hasn't happened yet!"

The "buyers" Brendan refers to here are also worth a mention. They are some of the most devout and crazy bunch of whiskey lovers I've ever come across. Of all the distillery's biggest fans, perhaps the most well known are the Killowen Kult, who get together both online and in the real world. How did that particular group come about?

"I really don't know for sure, but what I do know is that they are self organised, self governed, with good values of decency, and love hanging out and having fun," Carty says.

Here's what's available for November from Killowen Distillery. Snap them up while stocks last at [killowendistillery.com](http://killowendistillery.com).



#### PANGUR POITÍN, 47 PER CENT ABV, €47

Named after a white cat from the poem Pangur Bán, this poitín is a 50/50 blend between two distilleries, Killowen and Great Northern. It has a tantalising grassy nose that hoovers you into the glass for a floral, earthy delight on the palate. Feel free to mix it into a cocktail but only after sipping it first to understand its full beauty.

#### KILLOWEN RUM & RAISIN 5 YEAR OLD BATCH 4, 55 PER CENT ABV, €65

One can see why this small batch release has such a fanatical fan base. A five year old Irish single malt aged in PX sherry and Killowen dark rum casks, it's a sublime combo. Even the tiniest drop will whiz you around a world tour of flavour, taking in the sunnier climes of Spain and central America with a brief layover in the Mourne Mountains.

#### BARÁNTÚIL SINGLE POT STILL, 59.3 PER CENT ABV, €120

This gorgeous pot still is an exclusive for the drinks distribution and retail company, Barry Group, and is available in its Carry Out off licences. It's a wild beast of a whiskey, with a dense mouthfeel that envelopes the palate with a nectarine flavour and a multitude of spices.

#### THE DAGDA'S OATS POITÍN, 68 PER CENT ABV, €60

A special release for the Poitín Now festival taking place on November 18, the exact ingredients of this liquid were seven bags of peated Killowen malt, five bags of malt from Dundalk, one bag of rye and one bag of unmalted Dundalk barley. This is the strongest poitín I've ever had and it needed a little dilution to pick up the more subtle elements. Once I did though, I got hit with multiple layers of sweetness and texture, a rollercoaster spirit. **FW**

## DEAN CARROLL ON BEER

**Don't be scared of Irish barley wines – they are great to enjoy as a treat but also demonstrate what changes a high alcohol content can make to a beer**

I can't imagine you would often hear of a beer being described as intimidating. A foamy liquid made of grain and yeast and served in a glass rarely has the capacity to instil any form of fear. Yet the proposition of a barley wine can throw some people off, with giant ABV numbers, deep golden colours and flavour descriptions that sound like they could be more appropriately applied to a natural disaster than a beer.

Some massive beers have recently been released by a couple of Irish breweries. These are great to enjoy as a treat, or to save for a special occasion, but they also serve as a fun way to learn what changes a high alcohol content can make to a beer in regards to sweetness and texture.



#### Wicklow Wolf Locavore Autumn 2023, ABV 15.2 per cent, €6.20 for a 440ml can from [McHughs.ie](http://McHughs.ie)

The Locavore series is a quarterly release designed to champion ingredients grown in Wicklow. This barrel-aged barley wine is brewed using grain grown behind the brewery before spending a year in Fercullen 21 year old Single Malt Whiskey barrels. It's also the lowest in strength of the beers I'm featuring here. Red wine, dried fruits and caramel dominate the palate with a dry, yet sweet finish to round it out.

#### Dot Brew barrel-aged barley wine series, ABV 17.4 to 18.2 per cent, €9.99 for a 330ml bottles from all good independent off-licences

This autumn, Dot Brew is launching a series of four barley wines. Each one comes in a beautifully designed box and can be picked up individually or as a gift set together. The base beer for each sat in Oloroso barrels for two and a half years, which imparts a rich nutty sweetness to the liquid. Afterwards, the batch is split into four and sent to be finished in Madeira single malt, peated rum, ruby port single malt and riesling single malt barrels respectively. The picks of the bunch for me are the ruby port finish (17.75 per cent ABV), which adds chocolate notes to the already nutty characteristics of the base beer, and the peated rums (18.2 per cent ABV), with their smokey wood fire flavours and deep molasses aromas.





LIAM TUTTY, PICTURE BY KIRSTY LYONS

# DEAD RIGHT

Liam Tutty, founder of Dead Centre Brewery, tells **ALI DUNWORTH** about how he found lemonade he had made for radler was too good not to also sell on its own

**W**e all know the old adage about making lemonade when life gives you lemons. But for Liam Tutty, a radio DJ turned brewery founder, that clichéd advice ended up being a literal business strategy.

In 2020, Covid forced Tutty to close the new brewpub he had opened at his Dead Centre Brewery in Athlone, Co Westmeath. To keep busy, he began experimenting with developing his own radler, a German-style beer made of 50 per cent lager and 50 per cent lemonade.

"As I was tasting the lemonade, I kept saying that I didn't understand why we weren't doing something with it," Tutty says. "I just thought it stood on its own two feet."

The result is the Irish Craft Soda Co, a sister operation to Dead Centre. Its first product, the lemonade, has joined its established selection of craft beers and added another layer to Tutty's colourful career path.

He had been successfully working in radio, both behind the scenes and presenting, but brewing became his calling after he discovered pale ale in Australia around 2008. Before then he'd been a pretty basic beer drinker.

"I was a complete novice, I didn't understand how beer could taste," he says. "When I got back to Ireland I couldn't get the beers that I wanted, so I started home brewing."

It was a job opportunity at Rye River, the Irish craft brewer based in Kildare, that convinced him to make the jump fully into brewing.

"For the job application, I made a home brew and designed a label that mimicked Rye River's ones. The name of the beer was

a website, and when you went to the website it was my CV and information," he says.

Not surprisingly, he landed the job. At Rye River, Tutty immersed himself in the business of brewing but it was a short stint; within a year, he was let go in a round of redundancies.

"That just lit a fire under me," he says. "I had a plan by then that I wanted to start something myself."

Lacking capital for a standalone brewery, he got creative once more. He began contract brewing, making his own beer but using another company's brewing facilities. "It was a low-risk entry

point, and was a chance to look at the market and see if the beer would go anywhere," he says.

Dead Centre Brewing was born, though the cans hit shelves and fridges while Tutty worked another job and planned for his own brewery. An opportunity then came along to take over a site in Athlone overlooking the Shannon, but it was also a bar and restaurant premises.

"Suddenly I went from looking for somewhere to brew beer, to taking on a turnkey bar and restaurant with a brewery in it," he says.

Having opened the doors in February 2019 then closing them again for lockdown, Tutty is now planning to grow all aspects of his business, including the newest one. There are three other sodas to follow the lemonade, along with plans to release seasonal, limited-edition versions, and to start exporting to Britain.

You can find his lemonade in independent food stores like Kate's Kitchen in Sligo, Thyme Out in Dalkey and Indie Fude in Newtownards, as well as at beercloud.ie. **FW**

**"I was a complete novice, I didn't understand how beer could taste"**



# SECRET RESTAURATEUR

At a time of rising prices, should customers still be expected to tip?



Again this month, for what feels like the umpteenth time, my pen wanders to the issue of pay and tips. With business owners facing endless rising costs, and customers facing endless inflation, there's simply no avoiding these issues.

In the budget a couple of weeks ago, the government announced a 12 per cent increase in the minimum wage, up €1.40 to €12.70, pushing the overall minimum earnings of workers up to about €26,000 a year. The end goal is for the minimum wage to eventually rise to €14.80, giving everyone a so-called living wage over €30,000 per annum.

As I've said many times, restaurant owners should support any policy which improves the living standards of our employees, as we sorely need to find ways to make the sector a more attractive career option, and not just a short-term stop-gap.

But – and there's always a but – we can't ignore the fact that this decision to hike wages comes against a backdrop of an economy with chronic labour shortages, where rates of pay are already rising naturally due to the simple laws of supply and demand.

Average wages increased by 4.7 per cent across the economy in 2022, and probably by more in hospitality given the serious staff shortages we face. Is now really the right time to be adding fuel to this fire with a government-backed hike to the minimum wage?

We also need to look at things from the perspective of our customers who, at the end of the day, will foot the bill for any wage hikes. In the hospitality sector, tips have always traditionally compensated for the fact

that serving staff are providing a personal service, often at a low rate of pay.

But if wages are to continue to rise, should customers be expected to tip at all?

Restaurants are very labour intensive, and need to ensure that prices are set so that wages are no more than about 35 per cent of revenue. This means that a 12 per cent rise in wages will add at least 4 per cent to the prices paid for meals by customers.

Since people generally pay tips as a percentage of the overall cost of a meal, increases in the cost of meals will in turn increase the overall amount paid in tips. "So what?" you might ask.

Well, the reality is that this scenario becomes very difficult to manage at a time of high costs and very tight margins, when increasing prices is a very unpalatable option. It's not difficult to see businesses closing if wage costs continue to rise, because they might cross the line of what they feel they can safely charge customers while not scaring business away.

A regular refrain when it comes to hospitality is how expensive Ireland (and in particular Dublin) is in relation to other European countries, in particular Spain and Portugal. But this ignores the fact that our minimum wage is 50 per cent higher than the one in Spain.

The minimum wage hike will be seen immediately in high-margin areas such as coffee, before spreading to restaurants and other areas of hospitality. Owners have little choice, since the only alternative is to cut back on quality, which is the last resort for any self-respecting business.

If the minimum wage is going to continue to rise, then perhaps the government needs to factor in sectors such as hospitality where workers also receive tips on top of their wages? After all, a restaurant server earning a minimum wage of €12.70 per hour is inevitably taking home a lot more than someone working in a supermarket at €12.70 per hour.

In the US, legislation at federal level provides for a tipped wage. This is a separate base wage for employees who receive a substantial proportion of their overall remuneration from tips. However, where a combination of tips and wages does not reach the general minimum wage, the employer must then supplement that wage.

The tipped wage has been controversial in many states. However, is it really unreasonable to say that we should take into account the substantial tip income of some employees when determining where the minimum wage should lie for them?

This route seems to have the benefit of taking tips into account, in such a way that costs are kept down for employers and customers alike, while at the same time ensuring that staff receive a decent guaranteed level of pay.

Either way, some way has to be found to stop this relentless upward pressure of costs on small businesses. The breaking point could come a lot sooner than we think. **FW**



# DUNNES STORES *Simply Better*



Chef Kevin Aherne, owner of SAGE restaurant in Middleton, Co. Cork has developed our range of Simply Better meal pots. They are perfect for a quick and tasty dinner any night of the week. Choose from 4 delicious varieties:



## DUNNES STORES

Selected Stores Only.  
All Lines Subject To Availability.

- EXCLUSIVELY FOR DUNNES STORES -