

Your guide to
SHELLFISH

Ireland's food and drink bible

FOOD & WINE

AUGUST 2014

MAGAZINE

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IRELAND'S MAGAZINE OF THE YEAR

Poseidon adventure

Part 2 of our
seafood series

50+
recipes

Baseline –
pizzas with
an Irish twist

Meet Clare's
foodie heroes

Le Drunch

The latest trend from Paris

Pancakes with smoked
bacon, maple syrup, and
cinnamon butter
page 24

16
IRISH
WHISKEYS
PUT TO
THE TEST



OYSTERS BEIGNET & CHILLI MELON



SPICED LAMB BURGERS



CHORIZO & PRAWN FLATBREAD



august 2014

14



21



64



39



Features

- 37 **Back to basics**
Never fear shellfish again with our A-Z guide
- 82 **Time of plenty**
GIYer Michael Kelly swaps the garden for the kitchen during this time of plenty

Drinks

- 17 **Get fresh**
Take the guilt out of cocktail hour with these three fruit-fuelled tipples
- 58 **Green day**
Does absinthe deserve its shady reputation? Raymond Blake investigates
- 62 **Seaside sanctuary**
Raymond Blake escapes among the shelves of quirky wines and rare whiskeys at Portmarnock's Jus de Vine
- 74 **Guinea pig tasting**
Willing victims and wines aplenty with Aoife Carrigy
- 84 **Water of life**
Raymond Blake and his team of experts breathe new life into 16 Irish whiskeys
- 87 **Food and wine matching**
Unconventional, yes; but Orla Murphy sees a future in whiskey and food matching

Out & about

- 55 **Mexican wave**
Aoife Carrigy falls head over heels for Mexico's culinary capital
- 77 **The banner county**
Your essential travel guide to Clare with Georgina Campbell
- 88 **Eating out**
Reviews of Bibi's, Dublin, Eat at Massimo, Galway city, Spinners, Offaly and The Cottage, Leitrim
- 94 **Social diary**
A round-up of some of the parties and social events you may have missed

Afters

- 92 **Crossword**
Your chance to win with our monthly foodie crossword

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Book Reviews



Frozen yoghurt breakfast ring

From *No-Bake Baking*

Make breakfast memorable with this frozen ring of deliciousness, packed with yoghurt, berries and muesli to see you through the morning. If you don't have a suitable jelly mould, use a loaf or cake tin of the same volume (these alternatives need to be lined with clingfilm). Feel free to experiment with your favourite yoghurt flavours and fruits

Serves 8 as a starter

300g natural yoghurt
1 x 400g can condensed milk
300g frozen berries, such as fruits of the forest, strawberries or raspberries
200g granola, broken up if in clusters
125g fresh mixed berries
Small handful of fresh mint sprigs

- 1 Divide both the yoghurt and the condensed milk equally between two separate medium bowls and stir until well blended.
- 2 Stir the frozen berries into one of the mixes and pour this into the mould, spreading it out evenly.
- 3 Scatter the granola evenly on top and gently pour the second yoghurt mixture over it, leveling with the back of a spoon.
- 4 Cover with the lid or clingfilm and freeze for at least 8 hours or overnight, until frozen solid.
- 5 Before serving, remove from the freezer and leave to stand for 5-10 minutes to soften a little. Take the cover off and place a round cake stand or serving plate upside down on top.
- 6 Turn both over together, allowing the ice-cream ring to drop onto the stand and lift off the mould to reveal it. Scatter with the fresh berries and mint sprigs to decorate and serve at once, cutting into eight portions.
- 7 Any leftover ice-cream ring should be frozen straight away. Store individual portions in lidded plastic tubs in the freezer, where they will keep happily for a few months to enjoy as you please.

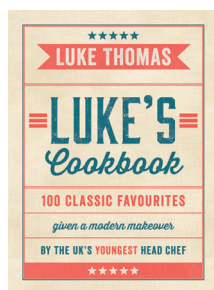


No-Bake Baking — Easy, oven-free cakes and treats Sharon Hearn-Smith

Quercus €16.99

Seasoned Irish food stylist and home economist, Sharon Hearn-Smith has compiled a magic guide to baking that doesn't even require turning on your oven. This unconventional twist on 'baking' is perfect for cooking with kids, novices, rushed mums or the busy dinner party host. Sharon transforms simple ingredients into beautiful cakes, biscuits and desserts that not only save you time in the kitchen but are also sure to be delicious.

F&W loves: frozen yoghurt breakfast ring (page 142)

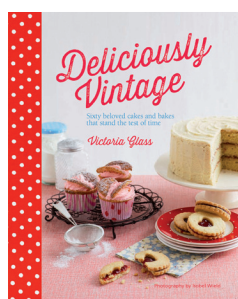


Luke's Cookbook Luke Thomas

Michael Joseph/Penguin Books €20

At the tender age of 18, Luke Thomas became the UK's youngest head chef. Now, at the age of 20, he is chef patron of several eateries around the UK and creator of the renowned London restaurant Retro Feasts. Inspired by Luke's youthful and fresh approach to cooking, this book gives 100 classic family favourites a modern and tasteful makeover. This fun collection of recipes is ideal for entertainers and sentimental foodies looking to spice up mum's old recipes.

F&W loves: rump steak supper (page 111)



Deliciously Vintage Victoria Glass

Ryland Peters & Small €16.99

Drawing from her extensive culinary expertise, cake maker and sugar crafter, Victoria Glass takes us back in time with 60 vintage cake and bake recipes in this retro cookbook. From the humble chocolate chip cookie to savoury fruit pastries, Victoria celebrates a wide range of classic desserts. This nostalgic array of sweets is bound to hit all the right tasty notes of deliciousness.

F&W loves: mustikkapiirakka (page 84)



Dirty Food Carol Hilker

Ryland Peters & Small €16.99

Daring, devilish, and so very delicious, this dangerous compilation of the best worst foods you will ever eat is thought to be the dining equivalent of flashing your bare derrière from the back of a Rolls Royce. From steak ranch burrito to Chicago-style baby back ribs, Carol Hilker offers gourmet versions of the most looked down upon fast foods. This book is the perfect compromise for all those refined adults looking to satisfy their inner angsty teenager cravings.

F&W loves: blueberry cotton candy pancakes (page 21)



Anjum's Quick & Easy Indian Anjum Anand

Quadrille Publishing €18.99

Despite being one of the tastiest cuisines, Indian food is often thought to be one of the most difficult to make. However, in her latest cookbook, Anjum Anand features 80 healthy and time-saving dishes that make cooking your favourite Indian meals fun and fuss-free. Anjum even gives special 'Take One' tips throughout to help you to make three great meals from just one store-cupboard staple.

F&W loves: butternut, mushroom and crème fraîche filo tart (page 58)



Flavours of the Middle East Ghillie Basan

Ryland Peters & Small €18.99

Explore the rich culinary traditions of the Middle East with best-selling author Ghillie Basan's latest assortment of authentic recipes. Ghillie takes your taste buds on a flavourful journey to the ancient lands from the comfort of your own kitchen. With mind blowing photos of exotic dishes and far away cultures, this book will not only entice your senses but also give you a peek into the captivating history of the vast and turbulent region.

F&W loves: aubergines stuffed with lamb and pine nuts (page 64)

Fun & fresh

Here at F&W we know how hard it is to resist a tempting cocktail at this sunny time of year, which is why we have crafted these fun and fresh recipes low in added sugar and syrups yet bursting with fruits and veggies for uplifting, tasty and (almost) guilt-free summer drinks.

1 GINGER PERK UP ▶

Serves 6-8

450g carrots, chopped
350g pineapple, chopped
1½ lemon, peeled
1 orange, peeled
1 teaspoon dried ginger or 1 inch fresh ginger, peeled and grated
125ml vodka, or to taste
125ml aloe vera juice, or to taste
450ml club soda

1 Combine chopped carrots and pineapple with the peeled lemon, orange and ginger. Juice.

2 Strain contents into large sealable jar half filled with ice. Add vodka and aloe vera juice. Seal and shake for 30 seconds. Pour juice into mason jars filled with ice. Add splash of club soda to each glass before serving.

2 ROBUST RED

Serves 2

100ml tomato juice
1 teaspoon jalapeno pepper, chopped
2-3 drops of Worcestershire sauce
1 dash horseradish, or to taste
1 sprinkle of black pepper, or to taste
1½ pints Tom Crean's Fresh Irish Lager
1 lime, halved

1 Combine the tomato juice and jalapeno. Juice until smooth. Add Worcestershire sauce, horseradish, and black pepper to taste and blend together. Refrigerate for one hour to allow flavours to infuse.

2 Slowly pour lager into chilled glass at an angle until about two-thirds full. Top with tomato juice mixture. Mix. Add lime to garnish and serve.

3 TEENY BIKINI

Serves 2

125ml fresh coconut milk
125ml water
450g kale or spinach, stemmed and chopped
350g pineapple, chopped
1 ripe banana, chopped
White rum, to taste
1 cherry, optional garnish

1 Combine the coconut milk, water, kale, pineapple, and banana in a blender and purée until smooth. It should take roughly one minute.

2 Slowly add white rum until the mixture reaches desired consistency and top with a cherry to serve.

“Show me how you drink and I will tell you who you are.”

Emile Peynaud

Drinks that inspired us this month

TOM CREAN'S FRESH IRISH LAGER

The Dingle Brewing Company, where this refreshing Irish lager is crafted, is nestled at the base of Conor Pass in the old creamery building just on the outskirts of Dingle. They say that the rugged landscape surrounding the brewery is the perfect inspiration for brewing with only the finest natural ingredients used, namely the natural spring water that gives their lager that unmistakably slightly bitter, crisp, and smooth taste. The amber lager can be purchased at pubs nationwide and some independent retailers such as The Black Sheep, Supervalu, and Baggot Street Wines.

COCONUT MILK

Coconut milk is actually made from finely grating the flesh found along a coconut's inner walls, steeping it in hot water, and squeezing it through cheesecloth rather than simply draining the liquid within the fruit (which is called coconut water). Even though coconut milk is high in saturated fat, it is considered by many to be healthier than other saturated fat products because it is more readily metabolised by the body. Coconut milk is believed to have many health benefits including being rich in many vitamins and minerals, anti-carcinogenic, anti-microbial, anti-bacterial, and anti-viral. Coconut milk is available at most grocery and health food shops.

ALOE VERA JUICE

Aloe vera is a prickly, green plant native to Africa but cultivated around the world. It has leaves that can grow up to two feet long, and bear yellow spikes and orange blossoms. This pokey plant is known for its incredible external and internal medicinal benefits. The juice made from the clear sap found within aloe vera leaves is thought to aid in detoxification, digestion, alkalisation of the body, energy revitalisation, weight loss, and boosting your immune system. Aloe vera juice can be ordered online but it is also offered at most whole food shops.



An Port Mór

RETURNS

Places we like, that you may have missed...

AN PORT MÓR

1 Brewery Place, Bridge St,
Westport, County Mayo.

Tel: +353 (0)98 26730; www.anportmor.com

Tucked away down a lane off Bridge Street, An Port Mór specialises in seafood with enticing dishes such as Clew Bay lobster salad with buffalo mozzarella. The simple description belied expectations. Presented on a wooden board with several different compartments, the cold dish was a veritable smorgasbord of tastes and colours. Non-seafood fans aren't forgotten either with the likes of the warm Corleggy goat's cheese and Skeaghanore smoked duck salad, the pot-roasted pig cheeks, or the confit chicken and foie gras terrine.

SIAM THAI MALAHIDE

1 The Green, Malahide, County Dublin.

Tel: +353 (0)1 845 4698;
www.siamthai.ie/malahide

Set in a modern building overlooking a picturesque village green and marina area, Siam Thai offers well-spaced seating across two different levels as well as a candle-lit outside dining area. Their menu is vast with over 10 starters and soups followed by multiple noodle dishes, Thai curries, salads and stir fries, each offering meat, vegetarian and fish options. Add the chef's recommendations and European dishes and it is certainly a menu to suit all. So often desserts can be an afterthought for Asian restaurants. Not the case here. Billed as homemade, the dessert menu offered 10 desserts, including sticky toffee pudding and apple crumble.

CREOLE

49 Lower Dominick Street, Galway

Tel: +353 (0)91 895 926; www.creole.ie

An inviting brasserie-style restaurant with touches of the old-fashioned American south: panelled walls, crystal chandeliers and light jazz playing in the background. Creole offers a popular al fresco dining option during the warmer months. The wings – tossed in Louisiana hot sauce – were formidable and flavoursome, and made a refreshing change to the scrawny, underfed imposters often touted in other restaurants. The blackened salmon steak was a well-executed delight; its smoky exterior and delicate pink flesh reminiscent of campfires, torchlight and riverside feasts. For dessert, the warm banana foster crêpe was served with a tastebud-jangling concoction of brandy and sweetened caramel.



The decor is part urban fine-dining, part country chic

THE COTTAGE RESTAURANT

Jamestown, County Leitrim.

Tel: +353 (0)71 962 5933;

www.cottagerestaurant.ie

I first heard about The Cottage from a well-travelled friend, who mentioned that his favourite restaurants include The River Cafe, London and The Cottage Restaurant, Leitrim. Two more different settings than Leitrim and London cannot be imagined, so an investigation was immediately organised.

The Cottage is, indeed, just such a building, complete with white-washed walls, flowering window boxes and a picture-postcard setting in a tiny village alongside the river Shannon. Part urban fine dining, part country chic, The Cottage boasts stunning hand-carved wooden tables with ornately folded napkins and a slightly disconcerting – albeit youthful – strip of pink neon lighting.

The celestially-high standard of food was immediately set with freshly baked bread accompanied by homemade basil pesto and sundried tomato paste, all of which was wonderfully vibrant – a case of simple ingredients conspiring to create a masterful result. It was no surprise to hear that many of these little pots of pesto make their way to select retail shelves nationwide.

The waterside-location inspired a hankering for seafood and so I began with a generous portion of pan-seared king scallops perched on prettily coloured carrot and ginger blinis (€12.95). An understated cumin and garlic cream lent a touch of decadence, while a nori crisp finessed the dish with a dash of texture and colour.

My companion – of landlubber tastes – opted for a rich confit of quail wisely paired with a



There was no lack of choice on the tempting dessert menu

hearty potato and leek ragout along with crispy egg and a sweet, tan-coloured, caramelised onion purée (€12.50). It was superbly matched with our Pinot Grigio Provincia Di Pavia (€25) a finely balanced wine with a subtle, slightly floral finish.

The beauty was in the simplicity of my main; a chunky baked fillet of cod with delicately spun golden kataifi pastry sitting atop wilted greens (€21.25) – a verdant island amidst a lake-like portion of lime and chilli cream.

My dining partner opted for locally-sourced rack of lamb, the pan-seared liver and crisped breast combining to create a plethora of meaty flavours, enlivened by a turmeric potato gratin and a streak of fragrant rosemary jus (€23.95). A trio of sides included delightfully flavoursome curried potatoes, sautéed vegetables and fluffy mashed potatoes.

Unable to choose from the attractive dessert menu, we took our affable server's advice and chose the 'sweet temptation for two', a visual treat entailing samples of

spring desserts such as a dusty pink rhubarb semifreddo and an exotic, invigorating coconut cake with mango and passion fruit sorbet (€14.95).

The chef/proprietor is Sham Hanifa, Malaysian-born but with an evident passion for Irish ingredients and flavours. His work may have been called 'fusion'

“His work may have been called 'fusion' back in the noughties, but such a bland, overused term doesn't do justice to his cooking.”

back in the noughties, but such a bland, overused term doesn't do justice to his cooking. This is much more than a dash of seasoning or a nod to an Asian ingredient; his is a highly skilled, nuanced interpretation of both cuisines and cultures. It is also fully deserving of the lofty praise which sent me to his door.

Rachael Kealy

Open: Wed – Sat until 10pm; Sun until 9pm

WE LOVED the beautiful location and skilled, passionate cooking

WE SPENT €110.60 on two starters, two mains, wine and a dessert to share

Have you any restaurant recommendations? Tweet us @FoodAndWineMag #SPellegrinoReviews



ACQUA PANNA

THE FINE DINING WATERS.....

S.PELLEGRINO

