

One Man's Meat

My food blog – written in Dublin, Ireland



About the man The Meat Medals Meat Fish Poultry Salad Dessert

Oriental

FIND IT HERE...



WINNER – BEST FOOD
& DRINK BLOG 2013

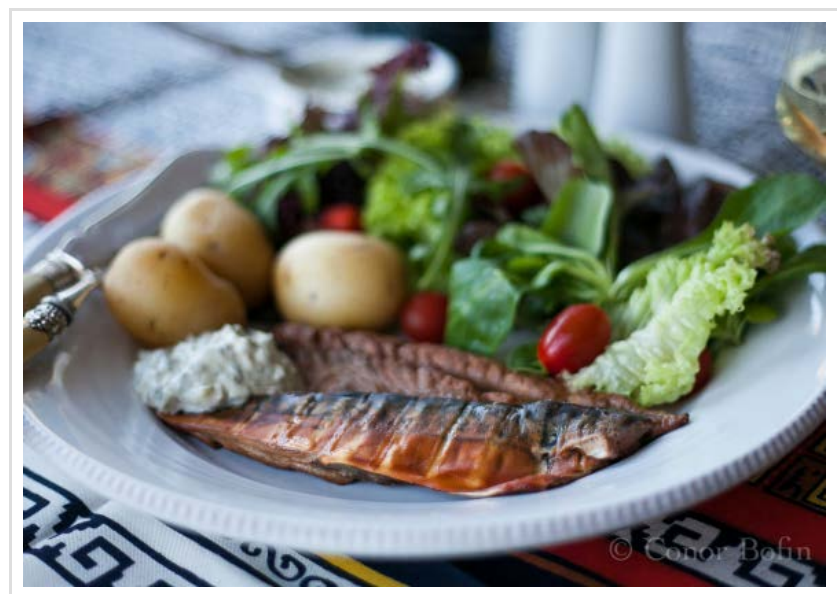


WINNER – BEST
NEWCOMER IN BLOG
AWARDS IRELAND
2012

Hot smoked mackerel and memories of Mayo.



Posted on **May 27, 2014**



Back when we were kids (there we six of us), we often holidayed in the village of Louisburgh, Co. Mayo. We all have



THE MAN HIMSELF



FOLLOW CONOR BY

EMAIL

Enter your email address to follow Conor's blog and get notifications of new posts by email.

Join 1,331 other followers

NEVER MISS A MEATING. USE RSS



THE CATEGORIES

Select Category

RECENT POSTS –

STILL FRESH

- **Hot smoked mackerel and memories of Mayo.**
- **Flapjacks and**

happy memories of those summers, of playing on the deserted beach at Kiladoon, of visits to the metropolitan of Westport (pop 5,500) and happy days mackerel from the pier at Lettereeragh where the Bundoragha River enters the Fjord. Our earliest trips to the pier bore for that matter). My father took heart from him *“Hold your time. There are days w stiff with them. Sure, you could walk o to Lenane.”*, a distance of about 10 kilo

[Continue reading →](#)

SHARE THIS:



Loading...

Posted in **Fish, Food** | Tagged **hot smoked mackerel, Hot smoking, smoked mackerel** | **49 Replies**

Flapjacks and chasing the big fella round the mountains.

42

Posted on **May 20, 2014**

Follow

Follow “One Man's Meat”

Get every new post delivered to your Inbox.

Join 1,331 other followers

Powered by WordPress.com

chasing the big fella
round
the mountains.

- I'd rather not be so popular. It couldn't be my chicken and pancetta pie, could it?
- Going against my instincts to cook a pretty exotic fruit stuffed pork steak.
- Our very own mini prawn festival.
- Hard-nosed Negotiator Cooks Halibut with Asparagus over Lentils and Peas
- Easy Oriental part 10 – Kung Po Chicken done Conor's way.
- Home smoked tuna. Get over yourself man!

OLDER MEAT – STILL

TASTY

- May 2014
- April 2014
- March 2014
- February 2014
- January 2014
- December 2013
- November 2013
- October 2013
- September 2013
- August 2013
- July 2013



In what can only be a vain effort to stave off the inevitable decrepitude that is staring me in my middle-aged face, I do my best to stay reasonably fit. I love to get out on my bike and lose the pounds, while searching for my long-lost youth, up in the wild Wicklow Mountains. One of my cycling partners is Rodrigo, a Portuguese photographer and videographer. We have kept at the cycling through the winter and are in reasonable shape for the various sportives over the summer cycling season.

My problem is that Rodrigo's reasonable shape and mine are fifteen years apart. The other issue is one of size. I am a small fella akin to a leprechaun while he is a pretty powerful, big man. In cycling terms, this translates into my having the best of it when climbing the hills. He has the best of it on the flat or downhill. [Continue reading →](#)

SHARE THIS:



Loading...

Posted in **Food** | **42 Replies**

I'd rather not be so



- [June 2013](#)
- [May 2013](#)
- [April 2013](#)
- [March 2013](#)
- [February 2013](#)
- [January 2013](#)
- [December 2012](#)
- [November 2012](#)
- [October 2012](#)
- [September 2012](#)
- [August 2012](#)
- [July 2012](#)
- [June 2012](#)
- [May 2012](#)
- [April 2012](#)
- [March 2012](#)
- [February 2012](#)
- [January 2012](#)
- [December 2011](#)
- [November 2011](#)
- [October 2011](#)
- [September 2011](#)
- [August 2011](#)

THE BEST OF THE
REST

1. [MAMILian Protuberances](#)
2. [Vinicombe's Food & Coffee](#)
3. [shannaward.com](#)
4. [La Petite Casserole](#)
5. [anotherfoodieblo gger](#)
6. [DENTIST CHEF](#)
7. [she cooks...he cleans](#)
8. [Fiona Dillon Writes](#)
9. [What's Cooking](#)
10. [Delightful Inconsistency](#)
11. [Irish Farmerette](#)
12. [shpics](#)
13. [From Alfredo's With Love](#)
14. [kabcphotography .wordpress.com](#)

popular. It couldn't be my chicken and pancetta pie, could it?

Posted on **May 13, 2014**



My blog has got incredibly popular of late. This is a good thing, right? Sadly, no. Very wrong. It's not my regular visitors and friends at all points in the free and not so free world that have me exercised. It's those hard-hearted, vexatious, spotty people who spend their time spamming my virtual home here on WordPress. I checked today and have 475 spam comments in the darned efficient spam catcher used by WP. That means that of the time I spend here on the Internet, more of it is spent clearing out the dross and less is spent on the stuff you are here to see.

[Continue reading →](#)

SHARE THIS:



Loading...

Posted in **Baking, Chicken, Food, Poultry** | Tagged **Chicken pie, hot water pastry, pie** | **73 Replies**

- 15. [Pease Pudding](#)
- 16. [Carnivore Confidential](#)
- 17. [Grub Blog](#)
- 18. [The Wine Wankers](#)
- 19. [Erica's Recipes](#)
- 20. [Salt, Pepper and a Dollop of Cream](#)
- 21. [Lattes and Leggings](#)
- 22. [daisy's world](#)

Blog Promotion Top Blogs

[add your blog](#)

[blog directory](#)

Blogs Blog Tools Allie Marie



<

Going against my instincts to cook a pretty exotic fruit stuffed pork steak.

42

Posted on **May 6, 2014**



No, I have not become a vegetarian or a vegan or anything else beginning with 'v'. No, my instincts about stuffed pork steak was honed and formed many years ago. Back in the day, pork steaks were stuffed with breadcrumbs, parsley and some scant seasoning. They would then be cremated "*...to be sure the meat is cooked*". Dry pork steak stuffed with even dryer breadcrumbs makes me think of eating a piece of wet leather retrieved from a sawmill floor. Not that I have ever done such a thing. Though, I think you get my drift....

[Continue reading →](#)

SHARE THIS:



Loading...

Posted in **Food, Meat, Pork** | Tagged **Pork loin, Pork recipe, stuffed pork** | **42 Replies**

Our very own mini prawn festival.

45

Posted on **April 29, 2014**



Over the weekend, the Wife persuaded me to take her out to Howth (a tedious drive or a glorious cycle around Dublin Bay from our house), to see what was going on at the **Dublin Bay Prawn Festival**. Being the obliging person that I am, I got behind the wheel. As much as I got behind the wheel, Howth has got behind this festival and there was a great atmosphere out there. The festival tent had a raft of seafood treats on offer.

[Continue reading →](#)

SHARE THIS:



Loading...

Posted in **Fish, Food, Pasta** | Tagged **Dublin Bay Prawn, Dublin Bay Prawn Festival, Pasta, Pesto** | **45 Replies**

Hard-nosed Negotiator Cooks Halibut with Asparagus over Lentils and Peas

32

Posted on **April 22, 2014**



“Who’s the ‘hard-nosed negotiator’?” I can hear you think.

“Who is the guy who will squeeze blood out of a turnip?”

“Who will walk away from something he loves, if the price is not right?”

“It’s me.” I try to say that in a tough, sleeves rolled up, cigar at the corner of my mouth kind of way. I want you to have the right picture. I’m no sap. I don’t walk into negotiations and accept the opening bid. Every price can and should be negotiated. Screw the bastards before they screw you! That’s how to play the game. [Continue reading](#) →

SHARE THIS:





More

Loading...

Posted in **Food** | **32 Replies**

Easy Oriental part 10 – Kung Po Chicken done Conor's way.

61

Posted on **April 15, 2014**



I was tempted to dedicate this post to Frank Sinatra, he of the “I did it my way”. But given everything I have heard and read about the man, I think we should say that he was a good singer and leave it (and all reference to the little man with the oversized ego) right here.

Over the years and decades, I have eaten Kung Po Chicken dozens of times. It is (as is “My Way”) a standard. There should be only one true recipe for Kung Po. But, you have guessed it, there are as many ways of cooking it as there are Chins in the Peking phone book. [Continue reading →](#)

SHARE THIS:



More

Loading...

Posted in **Chicken, Food, Oriental, Poultry** | Tagged **Chinese recipes, Kung Po Chicken, Oriental cooking** | **61 Replies**

Home smoked tuna. Get over yourself man!

35

Posted on **April 12, 2014**



Sorry about the headline. But there is a bit of a back story. About seven months ago, following on from some **home smoking success**, I decided to try smoking some tuna. I got my brine ingredients together and also got my hands on some delicious tuna steaks. The photo above is testament to this. *“So, what’s the problem?”*, I hear you muse.

[Continue reading →](#)

SHARE THIS:



Loading...

Posted in **Fish, Food** | Tagged **home smoking, smoked tuna, Tuna** | **35 Replies**

Taking inspiration to post my Indian Lamb Shanks. Thanks Karen!

56

Posted on **April 8, 2014**



I had a great post organised. What could be easier to write about? Indian style lamb shanks made from delicious Irish lamb. Also, we had decided to make our own coconut milk from scratch. That had to be something most of you haven't tried. This was going to be easy. So I concocted the recipe, organised the ingredients, cooked the meal and photographed the proceedings. Why then, did I find myself writing, scrapping and re-writing this post four times? That was until I saw Karen's recipe for **Lamb Shanks with Gremolata Crumbs**. That fired and inspired me. Continue reading →

SHARE THIS:



Loading...

Posted in **Food, Lamb, Meat** | Tagged **Indian cuisine, Indian lamb shanks, Polenta** | **56 Replies**

Boy, were we exotic – “I’ll have the Gambas Pil Pil”

52

Posted on **April 1, 2014**



I was 19 years of age and we (the Lads) were on our first Spanish apartment holiday. We were the height of Irish male sophistication, looking like six milk bottles for the first couple of days and like a breed of strange glowing lobsters for the balance of the fortnight. We proudly displayed and contrasted our tans beside the pool. Me a golden bronze (in my head) and the others a more swarthy mahogany (in their heads). Time by the pool would be spent recovering from the previous night’s excess and preparing ourselves for that yet to come. This would involve lying in the Feungirola sun, feeling like death warmed up before being brave enough to have the first bottle of San Miguel. [Continue reading →](#)

SHARE THIS:



Loading...

Posted in **Fish, Food** | Tagged **Gambas, Pil Pil, prawns, Spanish cooking**
| **52 Replies**

[← Older posts](#)

[Older posts](#)

COPYRIGHT WARNING TO THE BAD OF HEART

© Conor Bofin, 2011-2014. Unauthorised use and/or duplication of this material without express and written permission from this blog's author and owner is strictly prohibited. Excerpts and links may be used, provided that full and clear credit is given to Conor Bofin with appropriate and specific direction to the original content. Published from my home in Ireland, one of the best places on the planet to visit and leave a few dollars.

Customized Twenty Eleven Theme.  [Blog at WordPress.com.](#)

5