

Technological University Dublin ARROW@TU Dublin

Cookery Books Publications

2007

The Eden Cookbook

Eleanor Walsh

Michael Durkin

Follow this and additional works at: https://arrow.tudublin.ie/irckbooks



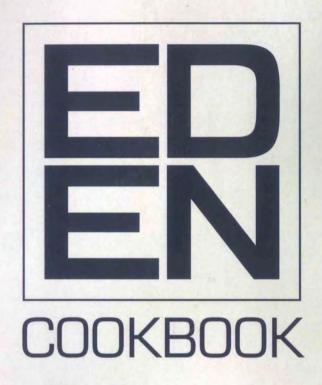
Part of the Arts and Humanities Commons

Recommended Citation

Walsh, Eleanor and Durkin, Michael, "The Eden Cookbook" (2007). Cookery Books. 75. https://arrow.tudublin.ie/irckbooks/75

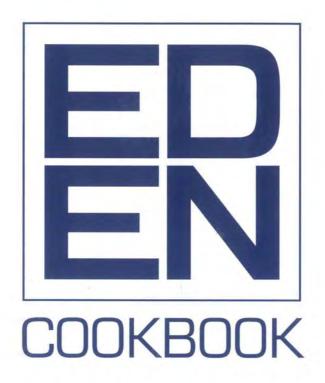
This Book is brought to you for free and open access by the Publications at ARROW@TU Dublin. It has been accepted for inclusion in Cookery Books by an authorized administrator of ARROW@TU Dublin. For more information, please contact arrow.admin@tudublin.ie, aisling.coyne@tudublin.ie, vera.kilshaw@tudublin.ie.

Eleanor Walsh and Michael Durkin





Eleanor Walsh and Michael Durkin



GILL & MACMILLAN

Gill & Macmillan Ltd

Hume Avenue

Park West

Dublin 12

with associated companies throughout the world

www.gillmacmillan.ie

© Eleanor Walsh 2007

978 07171 9229 3

Photographs by Hugh McElveen
Photograph on page xiv by Pierce Tynan
Index compiled by Cover to Cover

Book design and typesetting by Anú Design, Tara Printed by GraphyCems, Spain

The paper used in this book is made from the wood pulp of managed forests.

For every tree felled, at least one tree is planted,
thereby renewing natural resources.

All rights reserved. No part of this publication may be copied, reproduced or transmitted in any form or by any means, without permission of the publishers.

A CIP catalogue record is available for this book from the British Library.

1 3 5 4 2



Contents

xii	Conversion Charts
xiii	Introduction

Larder

5	Hollandaise	Sauce
6	Aioli	

Béarnaise SauceBaba Ghanoush

8 Black Bean Salsa

9 Chickpea Relish

11 Chilli Jam

11 Pickled Chillies





12	Compound Butters
15	House Salad Dressing
15	Sesame and Ginger Dressing
16	Balsamic Dressing
16	Balsamic Reduction
16	Hummus
19	Kumquat Relish
20	Onion Marmalade
23	Oven-Dried Tomatoes
24	Peperonata
24	Pickled Lemons
26	Pickled Cucumber
26	Curry Oil
27	Red Pepper Relish
29	Salsa Verde
30	Beef/Veal Stock
31	Tapenade
32	Tomato Pesto
32	Tomato Sauce
34	Tzatziki

Bakery

Horseradish Crème Fraîche

34

30	Edeli brown bread
41	Guinness Bread
41	White Soda Bread
42	Eden Banana Bread
42	Beer Bread
43	Spelt Bread

45 45	Corn Bread White Yeast Bread
46	Herb Yeast Bread
49	Buttermilk Pancakes
	Soup
5	Beetroot and Apple Soup
53()	Apple, Celery and Cider Soup
500	Bacon and Turnip Soup
58	Roast Onion, Garlic and Cashel Blue Soup
- [.]	King's Broth
100	Nettle Soup
65.	Spiced African Soup
64	Sweet Potato, Coconut and Coriander Soup
1987	Roast Mushroom Soup with Tarragon
87	Spiced Chickpea Soup
	Fish
VTI -	Gravadlax
72	Eden's Smokies
7B	Tuna Carpaccio
76	Ceviche
79	Oysters with Bloody Mary Granita
79	Cajun Mackerel with Lime Aioli
180	Brown Shrimp and Crab Salad
83	Seared Tuna Steak with Cannellini Bean Salad and Salsa Verde
18/1	Pan-fried Halibut Served with Braised Fennel and Chervil Beurre Blanc
37	Pan-fried Salmon with Balsamic Roast Beetroot and Horseradish Crème Fraîche
38	Roast Pollock with Chorizo, Almonds and Baby Spinach
91	Pan-seared Scallops with Pea and Mint Risotto
32	Grilled Swordfish Served with Black Bean Salsa and Guacamole
93	Baked Fish Parcels
194	Steamed Mussels in a Coconut and Saffron Broth
07	Roast Whole Sea Bass/Sea Bream
88	Fillet of Turbot Served with Clam and Butterbean Cassoulet

Meat

101	Beef Carpaccio
108	Parma Ham Served with Goat's Cheese, Baked Figs, Wild Honey and Toasted Hazelnuts
100	Filo Baskets with Black Pudding and Cashel Blue Cheese
IŅB	Seared Lamb's Kidneys with Lyonnaise Potatoes and Wholegrain Mustard Jus
1.000	Braised Lamb Shank
112	Roast Magret of Duck with Dauphinoise Potatoes and Rhubarb Balsamic Jus
110	Kumquat Jus
119	Wild Boar Stew
331	Sausages Served with Swede and Smoked Bacon Cake with Cider Jus
110	Pan-fried Fillet of Venison Served with Rosti Potato, Blue Cheese Fennel, Pear and Walnut Salad and Red Wine Jus
OUT.	Pan-fried Beef with Chips and Béarnaise
7.6%	Roast Fillet of Beef Served with Roast Tomatoes, Garlic, Rocket, Parmesan and Onion Marmalade
128	Lamb Tagine served with Couscous and Tzatziki
126	Irish Stew
129	Herb-Crusted Rack of Spring Lamb with Tomato Basil Jus
131	Confit of Duck Leg
182	Breast of Chicken Tandoori with Bombay Potatoes
180	Chicken and Chorizo Stew
126	Braised Pork Belly Served with Pea Champ, Caramelised Apple and Calvados Jus
MU	Beef and Guinness Stew
	So You Don't Eat Meat
1.6.4	Asparagus, Pea and Feta Quiche
1700	Fennel Salad
146	Welsh Rarebit
3.8.7	Ratatouille
160	Baked Flat Mushrooms with Herb and Shallot Breadcrumbs

Braised Fennel with Orange and Cardamom

153	Celeriac Lasagne with Gruyère Cheese
154	Couscous
157	Tabbouleh
158	Cashel Blue Polenta
160	Spanish Tortilla
161	Roast Root Vegetables
163	Risotto
165	Quesadilla
168	Mashed Potato
169	Lentils du Puy
170	Grilled Asparagus with Mushroom Duxelle, Hollandaise Sauce and Parmesan Crackling
_ 172	Gratin Potato Dauphinoise
§ 172	Celeriac Bake
173	Gnocchi
175	Filo Parcel with Moroccan Spiced Vegetables
178	Pumpkin and Peanut Curry with Pilaf Rice
16	
11	Ice Cream and Puddings
182	Ice Cream Base
184	Chocolate Ice Cream
184	Passion Fruit and Mango Ice Cream
185	Strawberry Ice Cream
185	Maple Ice Cream
187	Banana Nut Brownies
188	Chocolate Sauce
188	Irish Strawberries with Lemon Yoghurt Sorbet
191	Hazelnut Pannacotta
192	Chocolate, Bailey's and Hazelnut Parfait





195	Apple and Cinnamon Crumble
196	Toffee Sauce
196	Crème Brûlée
198	Dark or White Chocolate Mousse
199	Sable Biscuits
199	Lemon Drizzle Cake
202	Pistachio Tuiles
203	Glossy Chocolate and Peanut Butter Tart
204	Blueberry and Coconut Pudding with Lemon Curd or Berry Compote
205	Eden Mess
205	Lemon Surprise Pudding
207	Almond Chocolate Chip Cake
208	Filo Pastry Baskets with Toffee Bananas, Maple Pecan Nuts and
	Ice Cream
210	Praline and Cherry Ice Cream Sandwich with a Caramel Sauce
	Sheridan's Cheese
214	Introduction
214	Choosing Your Cheese
215	Storing Your Cheese
215	Serving Your Cheese
216	Wine and Cheese
216	Cheese Types

222

224

1224

Seasonality

Fig and Almond Compote

Cashel Blue and Walnut Crunchies

Cocktails

228	Caipirinha/Caipiroska
228	Cosmopolitan/Metropolitan
229	Martini
231	Dark Chocolate and Orange Martini
231	Espresso Martini
232	French Martini
232	Apple Strudel Martini
235	Bee's Knees Martini
235	Bellini
236	Bloody Mary
236	Mojito
239	Margarita
239	Eden
240	Champagne Cocktail
240	Dorian Gray
243	Elderflower Collins
243	Pimm's Classic
244	Honeysuckle Daiquiri
247	Index