

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



COOKBOOK



Eleanor Walsh and Michael Durkin



COOKBOOK

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
6	Béarnaise Sauce
8	Baba 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
34	Horseradish Crème Fraîche

Bakery

38	Eden Brown Bread
41	Guinness Bread
41	White Soda Bread
42	Eden Banana Bread
42	Beer Bread
43	Spelt Bread

- 43 Corn Bread
- 45 White Yeast Bread
- 46 Herb Yeast Bread
- 49 Buttermilk Pancakes

Soup

- 52 Beetroot and Apple Soup
- 53 Apple, Celery and Cider Soup
- 56 Bacon and Turnip Soup
- 58 Roast Onion, Garlic and Cashel Blue Soup
- 59 King's Broth
- 60 Nettle Soup
- 63 Spiced African Soup
- 64 Sweet Potato, Coconut and Coriander Soup
- 66 Roast Mushroom Soup with Tarragon
- 67 Spiced Chickpea Soup

Fish

- 71 Gravdax
- 72 Eden's Smokies
- 75 Tuna Carpaccio
- 76 Ceviche
- 79 Oysters with Bloody Mary Granita
- 79 Cajun Mackerel with Lime Aioli
- 80 Brown Shrimp and Crab Salad
- 83 Seared Tuna Steak with Cannellini Bean Salad and Salsa Verde
- 84 Pan-fried Halibut Served with Braised Fennel and Chervil Beurre Blanc
- 87 Pan-fried Salmon with Balsamic Roast Beetroot and Horseradish Crème Fraîche
- 88 Roast Pollock with Chorizo, Almonds and Baby Spinach
- 91 Pan-seared Scallops with Pea and Mint Risotto
- 92 Grilled Swordfish Served with Black Bean Salsa and Guacamole
- 93 Baked Fish Parcels
- 94 Steamed Mussels in a Coconut and Saffron Broth
- 97 Roast Whole Sea Bass/Sea Bream
- 99 Fillet of Turbot Served with Clam and Butterbean Cassoulet

Meat

- 101 Beef Carpaccio
102 Parma Ham Served with Goat's Cheese, Baked Figs, Wild Honey and Toasted Hazelnuts
103 Filo Baskets with Black Pudding and Cashel Blue Cheese
104 Seared Lamb's Kidneys with Lyonnaise Potatoes and Wholegrain Mustard Jus
105 Braised Lamb Shank
106 Roast Magret of Duck with Dauphinoise Potatoes and Rhubarb Balsamic Jus
107 Kumquat Jus
108 Wild Boar Stew
109 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
111 Pan-fried Beef with Chips and Béarnaise
112 Roast Fillet of Beef Served with Roast Tomatoes, Garlic, Rocket, Parmesan and Onion Marmalade
113 Lamb Tagine served with Couscous and Tzatziki
114 Irish Stew
115 Herb-Crusted Rack of Spring Lamb with Tomato Basil Jus
116 Confit of Duck Leg
117 Breast of Chicken Tandoori with Bombay Potatoes
118 Chicken and Chorizo Stew
119 Braised Pork Belly Served with Pea Champ, Caramelised Apple and Calvados Jus
120 Beef and Guinness Stew

So You Don't Eat Meat

- 144 Asparagus, Pea and Feta Quiche
145 Fennel Salad
146 Welsh Rarebit
147 Ratatouille
148 Baked Flat Mushrooms with Herb and Shallot Breadcrumbs
149 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

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 Seasonality
- 224 Fig and Almond Compote
- 224 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