2011

Food to Love

Edward Hayden

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

Part of the Arts and Humanities Commons

Recommended Citation

https://arrow.tudublin.ie/irckbooks/101

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.
I have the perfect recipe for you, whether you’re looking for something simple and delicious to cook on a week night, light bites for a family get-together, or something more elaborate for a dinner party!

I’ve packed this book with all my favourites – I’ve prepared these dishes time and time again for family and friends. We enjoy them so much; I know you and your family will love them too!”

Edward Hayden
EDWARD HAYDEN works in Dunbrody Country House where he teaches in the Dunbrody Cookery School. Edward also teaches adult education courses in Waterford Institute of Technology and regularly lectures in Ryeland House Cookery School, Inish Beg Estate and An Grianan, ICA Adult Education Centre. Edward has a regular column in the Sunday World, has written for a number of local and national newspapers and has published recipes in the Sunday Tribune, Irish Independent and RTE Guide.

Edward’s website, www.edwardentertains.com, has an up-to-date food blog and is packed with delicious and tasty recipes. His first book, Edward Entertains, is available from his website.
Dedication

I would like to dedicate this book to my father. Sadly, he passed away before it was taken on by the publisher and hit the ‘big time’. He always encouraged me to write this book and was constantly in my mind as I did.

Acknowledgements

Sometimes when we read a book we think only of the author and his or her workload. In truth, there are so many more people who must be considered. I was given tremendous support and assistance for this book, for which I am truly thankful.

First and most importantly I wish to thank my mum, Sally, who listened patiently as I tirelessly rattled on about this book. She always rowed in behind me in whatever way was required be it shopping for ingredients, peeling carrots or washing plates and was at all times the beating heart of the Food to Love engine.

My whole family gave me tremendous support and I would like to thank my sisters Anne, Esther & Lorraine, as well as my brother, Jim, for keeping me real and grounded throughout the process. Ironing shirts, making tea, washing pots and whipping cream are among the many and varied tasks they completed during the process! Special thanks also to my niece, Marie, who joined Mum and I for some of the photographs – she always smiled on request!

My good friend, colleague and confidant Lorain Walsh again pitched in and read all of the recipes for me to ensure culinary accuracy and coherence. Her attention to detail and willingness to critique this book has helped to shape it and it is something I very much appreciate.

They say when you work you should surround yourself with talented people and in terms of my chosen photographer that is indeed what I did. Carol Marks of Carol Marks Photography worked with me on my first cookery book, Edward Entertains, and her work on that book was complimented and commended so often that it was to my delight that she made herself available again to work on this book. Photography is such an important element of any cookery book and yet again Carol has delivered photography that surpassed all of my expectations.

I would like to pay special tribute to the team at The O’Brien Press. To Michael O’Brien, Mary Webb, Helen Carr, Emma Byrne, Donna Sørenson, Gráinne Killeen and all the team I would like to express a heartfelt thanks. They have taken me every step of the way. Their willingness for discourse, their genuine interest in my input and their ability to turn my typed files into a work of art have made this a journey both magical and exciting.

Finally to all my extended family and friends to whom I have chatted about this book for the last twelve months ... thanks for listening!
contents

Introduction 7

Light Bites:
Creamy Leek & Smoked Salmon Tart 10
Homemade Caesar Salad with Oven-Poached Chicken 12
Slow-Roasted Tomato & Courgette Galette 13
Baked Flat-Cap Mushrooms with Pine Nut Stuffing & Buffalo Mozzarella 15
Edward’s House-Style Pizza 16
Spaghetti with Slow-Roasted Tomatoes & Lemon Cream 19

Super Soups
Roasted Butternut Squash Soup with Smoked Bacon Lardons 23
Slow-Roasted Tomato & Basil Soup 24
Curried Celeriac Soup 26
Apple & Parsnip Soup 27
Colcannon Soup 29
Pea & Broccoli Soup 30
‘Get Better Soon’ Chicken Soup 33

Not Just Your Daily Bread
Cheese & Onion Soda Bread 36
Multi-Seed Wholemeal Scones 39
Pumpkin Seed Bread 40
Edward’s Brown Bread 43
Sundried Tomato & Parmesan Plait 44

Mouthwatering Meat Dishes
Fillet of Beef & Spring Onion Potato Cakes with Roast Shallot & Balsamic Reduction 49
Homemade Pork Sausages 50
Stuffed Pork Chops with Cider & Wholegrain Mustard Gravy 52
Herb-Stuffed Leg of Lamb, Rosemary & Redcurrant Gravy 53
Spicy Beef Fajitas with Cajun Potato Wedges 54
Slow Cider-Roasted Loin of Pork 57
Breaded Bacon Chops with Parsley Sauce 58

Something Fishy
Chilli-Crusted Monkfish 61
Blackened Salmon with Spiced Couscous Salad & Citrus Yoghurt Dressing 62
Deep Fried Plaice & Chips with Creamed Peas 64
Chilli Crab Salad with Smoked Salmon 67
Smoked Haddock Baked in Fennel Cream 68

One Pot Wonders
Chicken Jambalaya 70
Chilli & Prawn Risotto 71
Huevos Rancheros 73
Chicken, Leek & Wholegrain Mustard Bake with Potato Topping 74
Peppered Beef Casserole 77
Fragrant Chicken 78
Oven-Baked Beef Cobbler 80
Sweet & Sour Pork with Pineapple 83
Fisherman’s Pie 84

Versatile Veg
Braised Red Cabbage 89
Honey-Roasted Parsnips 90
Brussels Sprouts with Bacon Lardons & Toasted Almonds 91
Prepare-Ahead Dinner Party Vegetables 93
Spuds-U-Like
Cheesy Leek & Potato Gratin 96
Ed’s Crunchy Roasties 97
Potato Salad with Smoked Bacon & Wholegrain Mustard Mayonnaise 99
Duchess Potatoes 100

Sweet Temptations
French Lemon Tart 103
White Chocolate Bread & Butter Pudding 104
Milk Chocolate Parfait in a Dark Chocolate Shell 106
Iced Bakewell Tart 107
Baked Lemon Pudding with Lemon Syrup 109
Sticky Toffee Pudding with Butterscotch Sauce 110
Pear & Almond Tart 113
Peach & Strawberry Pavlova 114
Vanilla Crème Brulée 117
Lemon, Ginger & Passion Fruit Cheesecake 118
Rhubarb Pannacotta 121
A Cup of Crumble 122

Heavenly Cakes & Bakes
Mummy’s Chocolate Buns 127
Never-Fail Muffins 128
Almond Cake 130
Edward’s Sinful Chocolate Cake 131
Edward’s Special Chocolate Biscuit Cake 133
Traditional Porter Cake 134
Aunt Mary’s Pink Cake 137

Potted Pleasure
Cranberry & Orange Relish 140
Beetroot Relish 141
Spiced Autumn Fruit Chutney 143
Apple & Pear Chutney 144
Red Onion Marmalade 145
Semi-Dried Tomatoes 146

Dining Al Fresco
Smoked Salmon & Goat’s Cheese Ravioli 150
Quiche Lorraine 151
Warm Salad of Baby Potatoes, Chorizo, Black Pudding & Rocket 152
Slow-Cooked Sticky Pork Ribs 155
Smoked Salmon Rolls 156
Baked Mediterranean Chicken with Cheesy Spaghetti 158
Mediterranean Vegetable Stack 159
Curried Barbequed Chicken Breasts 161
Honey & Ginger Vegetable Skewers on the Barbeque 162

Drinks To Go
Homemade Lemonade 166
Sangria 169
Lemon & Raspberry Bellini 170
The Perfect Irish Coffee 171

Festive Foods
Dad’s Christmas Breakfast (Christmas) 174
Edward’s Buttered Turkey (Christmas) 176
Christmas Pudding (Christmas) 177
Honey & Wholegrain Mustard-Glazed Loin of Bacon (St Patrick’s Day) 179
American-Style Pancakes (Shrove Tuesday) 180
Easter Simnel Cake (Easter) 182
Colcannon (Halloween) 184

Menu Suggestions 187