

Recipes from Maura Foley's book *My Wild Atlantic Kitchen*

Crab Cakes with Tartare Sauce

These have been a staple on the menu at my restaurants. There are a few stages in preparation for the final crab cakes, but with all your elements laid out and prepared, the process is simple, and the final result comes with ease. The curry powder adds a subtle flavour. The crab mixture can be prepared in advance, and the cakes freshly made when required. Tartare sauce is a classic sauce for deep fried fish or any fried fish in general.

The key to this sauce is its piquancy. Capers grow wild in a bush in the Mediterranean and should be much more expensive given that they must be handpicked, only when ripe and at a

specific time of day. They are also cultivated, but even then they cannot be picked

by machine. If using salted capers, ensure you rinse off the salt. Large capers can be chopped;

if using small capers, do not chop.

<p>Ingredients</p> <p><i>Makes about 12 (around 8x5x2cm when cooked)</i></p> <ul style="list-style-type: none">• 45g butter• 45g plain white flour• 285ml whole milk• 1 level tsp medium good quality curry powder (e. g. Green Saffron)• Sea salt and cracked black pepper• 2 eggs, lightly beaten• 450g white crab meat• 110g fresh soft white breadcrumbs• 3-4 tbsp clarified butter, to fry <p>Tartare Sauce</p> <p><i>Makes 250ml</i></p> <ul style="list-style-type: none">• 2 egg yolks, room temperature• 15g English mustard• 215ml sunflower oil• 1 tbsp white wine vinegar• 2 tbsp chopped chives• 2 tbsp chopped parsley leaves, flat leaf or curly• 3 tbsp capers, rinsed and	<p>Method</p> <p>Melt the butter in a small saucepan over a low heat. Add the flour and cook for a further 2 minutes, continuing to stir with a whisk. Turn up to a medium heat and gradually pour in the milk, then sprinkle in the curry powder and continue to stir and cook for at least 6 minutes until the sauce is a very thick consistency (like choux pastry).</p> <p>Season to taste. Turn down to a low heat and add the eggs slowly, stirring vigorously to blend and ensure a smooth consistency. Remove from the heat. Add the sauce to a stainless steel or glass bowl and very gently fold in the crab meat, being careful to keep the crab in generous chunks. Cover and chill the mixture for at least 2 hours in the fridge. The mixture can be made the day before and chilled overnight.</p> <p>Preheat the oven to fan 200°C / fan 400°F / gas mark 7.</p> <p>When you want to cook the cakes, place the breadcrumbs on a large platter or tray nearby, take a heaped tablespoon of the crab mixture and place in the breadcrumbs and coat, not pressing or handling too much. They are fragile.</p> <p>Repeat with the remaining mixture.</p> <p>Heat the clarified butter in an ovenproof frying pan over a medium heat. Cook the crab cakes in batches until golden (around 2-3 minutes either side). Finish the crab cakes in the oven for 5 minutes to puff up and lighten.</p> <p>To make the tartare sauce, beginning with the base of a mayonnaise, place the egg yolks and mustard in a food processor and start the machine running. Very slowly, trickle in the oil through the funnel, being careful to avoid splitting the mayonnaise.</p> <p>Once the mixture starts to thicken, the oil can be added more confidently and quickly. Add the vinegar, adding more mustard if desired.</p>
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chopped if large or whole
if small
· Sea salt and cracked
black pepper

Tip into a bowl and finish by mixing through the chives, parsley and capers. Season to taste.

Serve the crab cakes warm with the homemade tartare sauce, a wedge of lime and a few organic leaves tossed in a dressing of your choice. Serve two each as a starter, or three each as a main course served with potato wedges and seasonal greens or a salad

Red Onion Tart with Kerry Blue Cheese

This recipe was featured in the UK Good Housekeeping in 1998. At that time, I used Cashel Blue Cheese. We now also have a great local blue cheese in Kenmare which my family love, called Kerry Blue, which comes from Knockatee Dairy, Tuosist. It is uncanny that my grandmother Hanora Crowley Hanley was born in Dromboughilly, under Knockatee Mountain, in this same valley. The business was started by the Iresons and has been taken over by Sean Coles-O' Sullivan, whose

family originate from Tuosist post office. Sean is settled in Tuosist and also rears pigs on his farm. His blue cheese is creamy and tangy, with lovely sweetness too. I was sent to Drombouhilly on my holidays regularly when I was a young girl. One time, my mother sent me out with my cousin Nancy, I think I was around 10. The big fair day was on in Kenmare, the 15th August, and my cousin did not want to miss it, so we took off in the early morning through the fields, so we weren't seen going down the road. We kept walking as far as Dinish Island (six miles), then got a lift and ended up in town for the day. We couldn't miss out on the town buzz! We were very naughty and caused a lot of upset in the family with our lovely cousins in Drombouhilly. At the time of course we didn't understand.

The pinhead oats add a lovely crunch to the simple savoury pastry. The pastry is very quick to make and easy to roll out, ideal to be made in advance and frozen. The onion filling is very versatile and can also be used as an onion pickle served with cold meats and cheese such as toasted goat's cheese.

Ingredients	Method
<p>Makes 6 small tarts</p> <p>Pastry:</p> <ul style="list-style-type: none"> • 55g wholemeal flour • 70g plain white flour • 30g pinhead oats • 70g butter, softened • 45g freshly grated mature cheddar • Pinch of sea salt • 1 tsp fresh thyme leaves, <p>plus extra to garnish</p> <ul style="list-style-type: none"> • 3 tbsp cold water <p>Onion filling:</p> <ul style="list-style-type: none"> • 450g red onions, peeled and sliced • 120ml good quality balsamic vinegar, or half balsamic vinegar and half water to reduce the intensity • 1 tbsp honey • Sea salt and cracked black pepper • Chopped fresh thyme, to garnish • 115g Kerry Blue cheese, for topping <p>Equipment:</p> <ul style="list-style-type: none"> • 6 x 10cm / 4in loose base tart tins • Baking beans or dried pulses, for blind baking 	<p>To make the pastry, use a food processor to blend together the flours, oats, butter, cheese, salt and thyme to a fine crumb texture. Add the cold water and pulse until the dough comes together to form a ball. Tip the dough out, wrap in clingfilm and rest for 30 minutes in the fridge.</p> <p>Preheat the oven to fan 160°C / fan 325°F / gas mark 4. Roll out the dough on a lightly floured surface to a thickness of 1-2mm, then cut 6 pastry circles large enough to line the tins. Use these to line the tins. Prick the base of the pastry with a fork and chill for another 30 minutes in the fridge. Cover the pastry with baking paper, fill with ceramic baking beans or dried pulses and blind bake for 15 minutes or until cooked, then remove the beans and bake for another 2-5 minutes until golden brown. Turn the oven up to fan 220°C / fan 425°F / gas mark 9.</p> <p>To make the onion filling, combine the onions and vinegar in a medium stainless steel saucepan, cover with a lid and sweat gently for 30 minutes. Take off the lid, drizzle in the honey, stir and continue to cook until almost all the liquid has evaporated. Season to taste.</p> <p>To serve, remove the baked pastry from the tins, fill with the warm balsamic onions and crumble the blue cheese on top. Cook the tarts briefly in the hot oven for about 5 minutes or until the cheese is melted.</p> <p>Garnish with thyme and serve warm.</p>

Roast Chicken with Fresh Thyme & Honey Jus

This jus is an adaptation from my wonderfully talented friend Colin O' Daly, who won a Michelin star for the restaurant in the Park Hotel Kenmare in 1983. The jus, which I've shared here, is simply delicious. Add a little more honey if you would like it sweeter or a squeeze of lemon if it is too sweet for your taste. I roast my chicken breast side down to ensure that the joints are exposed to high heat earlier in the cooking process and the breasts are protected, which are the driest part. Use a skewer to check if the chicken is cooked as described below. I like my chicken well cooked and check by pushing the drumstick out a little from the body; if there is resistance, continue to cook the chicken for a little longer.

<p>Ingredients</p> <p><i>Serves 4</i></p> <p>Roast Chicken:</p> <ul style="list-style-type: none">• 1 organic whole chicken (2kg)• 100g butter• Bunch of fresh thyme• Cracked black pepper	<p>Method</p> <p>Preheat the oven to fan 200°C / fan 400°F/ gas mark 7.</p> <p>Pat dry both the outside and inside of the chicken with kitchen paper. In a roasting pan, melt 70g of the butter on the stove or in the oven (ensure the butter does not burn) and use this to coat the entire chicken and season with black pepper as well (there is enough salt in the butter). Stuff the remaining 30g butter into the cavity of the chicken with the thyme. Turn the chicken to be breast</p>
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Fresh Thyme & Honey Jus:

- 2 tbsp white wine vinegar
- 500ml chicken stock
- 2 tbsp Noilly Prat
- ½ tsp cornflour mixed with 1 tbsp water (optional)
- 1 tsp fresh thyme leaves
- 1-3 tsp honey
- Sea salt and cracked black pepper

side down in the roasting tin and roast in the oven for 1 hour.

Turn the oven down to fan 170°C / fan 340°F / gas mark 5 and turn the chicken breast face up, baste well with the juices and roast for another 40 minutes basting a few more times. To check if cooked, pierce the thickest part of the thigh with a skewer and let the juices run out.

If they are clear then it is cooked, but if they still look pink, return to the oven for another 15 minutes. When cooked, remove the chicken from the roasting tray to rest for 15 minutes, covering with foil to keep warm.

Pour off any excess fat in the roasting tin, being careful not to lose any of the juices. To make the jus, firstly add the vinegar and cook for a few minutes until almost all evaporated, then add the stock and Noilly Prat to the roasting tin and scrape the residue from the base of the pan.

Simmer on the stove top over a medium high heat until the liquid has reduced by half to a coating consistency. If the sauce is too thin, whisk in the cornflour and water mixture to thicken. Add the thyme and honey to taste.

Carve the rested chicken and serve with a generous spoonful of the jus.

Serve the chicken with colcannon, roast vegetables, purple sprouting broccoli or gratin of leeks depending on season.

Monkfish in a Ginger & Garlic Crust with Thai Dipping Sauce

I first made the ginger and garlic paste in this recipe as part of a complicated Indian curry dish and subsequently discovered that the paste makes a wonderful coating for fish, chicken or tempura vegetables. It worked particularly well with monkfish which has a great texture for shallow frying and roasting, so I introduced it as a new dish when I opened Packie's in 1993. The Thai dipping sauce is served cold with the fish and is a fantastically light and versatile sauce. It is best made in large quantities and stored in the fridge for up to 1 month; it can be added to tomato sauce, soups or red peppers to jazz up the dish.

Ingredients

Serves 4

Monkfish:

- 1kg medium thick monkfish, tails trimmed and bone removed (your fishmonger will supply this way)
- 120g fresh ginger, peeled and roughly chopped
- 60g garlic cloves, peeled
- 1-2 tbsp olive oil or sunflower oil
- 3 tbsp plain white flour, mixed with ½ tsp sea

Method

Thai dipping sauce:

To make the Thai dipping sauce, place the vinegar and sugar in a small stainless steel saucepan. Bring to the boil, then simmer until the vinegar has reduced by half. Add the garlic and chilli then remove from the heat. Set aside to cool.

Monkfish:

Preheat the oven to fan 200°C / fan 400°F / gas mark 7.

Cut the monkfish into rounds/medallions (approximately 5-7cm wide and 2.5-4cm thick). In a food processor, blitz the ginger and garlic until finely chopped, then add 1-2 tbsp of oil to form a smooth paste. Coat the fish in the garlic ginger paste, then dip in the seasoned flour to lightly dust.

salt
and ½ tsp cracked black
pepper

· 2 tbsp sunflower oil or
clarified butter, for
frying

Thai Dipping Sauce:

· 300ml best-quality
red wine vinegar
· 2 tbsp caster sugar
· 2 garlic cloves, peeled
and
finely chopped
· 3 large red chillies,
deseeded and finely
chopped

Per portion:

(served in small
individual bowls)

· 2 tbsp Thai Dipping
Sauce
· 1 tsp snipped coriander
leaves, added to Thai
dipping sauce just before
serving (it will
discolour if added
earlier)

Heat an ovenproof frying pan with the sunflower oil or clarified butter over a high heat until it reaches smoking point. Shallow fry the monkfish for 3 minutes or until golden brown either side. Place the pan in the oven and roast for 3-5 minutes, or until cooked depending on the thickness.

Serve the monkfish with a small dish of Thai dipping sauce on the plate with freshly snipped coriander over it, lime wedges and a sprig of coriander to garnish.

Thos' Lemon Posset with Shortbread

I got this recipe originally from one of two dear friends who retired to our area and

who had the most wonderful dinner parties. She kindly gave me this simple but delicious recipe back in the late 1970s. My son Thos has perfected it for his cafe

Pyro in Kenmare, refining my friend's recipe and using vanilla pods. His is a technical recipe designed for a professional kitchen and has the perfect balance in flavours. The recipe here is a simplified version, is quick and easy but bursting with zing, ideal for groups in the summer months - a total cinch! It can be made the night before and chilled in the fridge; take it out just before serving. Thos' biscuits can also be made in advance and put into the posset just before serving.

<p>Ingredients Makes 4 Posset:</p> <ul style="list-style-type: none">• 600ml good quality whipping cream with a high fat content (minimum 35% fat)• ¼ vanilla pod, scraped• 155g caster sugar• Zest and juice of 3 unwaxed lemons <p>Shortbread:</p> <ul style="list-style-type: none">• Butter melted, to grease• 225g unsalted butter, room temperature• 140g caster sugar• Zest of ½ lemon• 325g plain white flour• Pinch of sea salt	<p>Method To make the posset:</p> <p>Place the cream, vanilla and sugar into a small saucepan. Bring to the boil over a medium heat, stirring continuously. Stir in the lemon zest and juice. Bring it back to the boil and continue on a rolling boil for around 30-40 seconds, stirring continuously with a small sauce whisk, ensuring it does not burn. Set aside and allow to cool for 30 minutes, stirring occasionally. Pour the posset mix into ramekins. Allow to cool a little, then chill in the fridge overnight.</p> <p>To make the shortbread:</p> <p>Preheat the oven to fan 160°C / fan 325°F / gas mark 4. Lightly grease an oven tray with a little butter and press down a layer of parchment paper on top to line. Use an electric mixer to cream together the butter, sugar and lemon zest. Add the flour and mix thoroughly. Roll the mix into a sausage shape, wrap in clingfilm and chill for 30 minutes in the fridge. They can also be frozen for up to 1 month. Using a thin sharp knife, slice the rolled dough into biscuits, around 4-5mm / 0.2 inches thick. Place on the lined baking tray and bake in the oven for 10-15 minutes or until lightly golden.</p> <p>Serve the posset with a shortbread biscuit each. Garnish with a sprig of mint.</p>
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Chocolate Pots

In the early 1980s, there was a wonderful restaurant called Alastair Little's on Frith

Street and for years it was our go-to place when in London along with Andrew Edmunds, also in Soho. Next stop was Ronnie Scott's for jazz which was nearby. Alastair kindly gave me his recipe which I have since adapted and served at The Lime Tree from 1985, then later at Packie's. These are almost fool proof to make and produce a lovely silky texture. It was another customer favourite. These can be made in advance and stored in the fridge and then warmed in a preheated oven at fan 160°C / fan 325°F / gas mark 4 for about 4-5 minutes.

Ingredients

Makes 6

- 140ml cream
- 110ml whole milk
- 225g dark chocolate, at least 70%, broken into chunks
- 2 egg yolks
- 45g caster sugar

6 ramekins

Pouring cream, to serve

Method

Preheat the oven to fan 150°C / fan 300°F / gas mark 3.

In a saucepan, heat the cream and milk to boiling point, stirring continuously to avoid sticking and burning. Remove from the heat and mix in the chocolate.

In a separate bowl, beat together the egg yolks and sugar until pale and fluffy. Fold in the chocolate mixture, ensuring it is well combined.

Pour into 6 ramekins and place in a deep oven tray. Pour enough boiling water into the tray to come halfway up the ramekins to create a bain marie. Bake in the oven for 25-30 minutes until slightly risen.

Serve warm with pouring cream on the side.