

Clodagh McKenna's Recipes

STARTER – Easy Pea-sy 10 minute soup

Recipe - [Serves 4]

INGREDIENTS:

1 tablespoon olive, canola or vegetable oil
1 onion
2 cloves of garlic
800ml / 3 1/2 cups hot vegetable or chicken stock / broth
450g / 3 cups frozen peas
2 tbsps fresh mint (optional) or parsley, chives
sea salt and freshly ground black pepper

METHOD:

- * Place a saucepan over a low heat and add the tablespoon of oil.
- * Peel and chop the onions, and add to the saucepan. Next crush the garlic and stir them into the onions. Cover and leave them to cook for two minutes.
- * Heat up your stock / broth and pour into the saucepan. Bring up to the boil, then tip in the frozen peas. Season with sea salt and freshly ground black pepper and stir. Cook for three minutes. If you have some fresh mint, parsley, coriander or chives - add them in to the saucepan.
- * Next, blend the soup in a food processor, add a splash of cream or creme fraiche if you have it.

MAIN COURSE – Lemon, chilli & garlic prawn linguine

Recipe – [Serves 4]

INGREDIENTS:

500g/16 oz dried linguine
2 tablespoons olive oil
3 garlic cloves, finely slices
2 fresh red chillies or 1 tsp dried chilli flakes
450g/14 oz large raw prawns, peeled
juice and zest of 1 lemon
2 tablespoons chopped fresh Italian parsley leaves
sea salt and freshly ground black pepper

Substitutions, if needed:

- You can use crab, scallops, squid, or pancetta instead of the prawns.
- You can use spaghetti instead of linguine.

METHOD:

1. Place a large saucepan filled with water over a high heat and bring to the boil. Season with sea salt. Once the water has come to the boil, stir in the linguine and cooked for 10 minutes.
2. While the pasta is cooking, place a large frying pan over a medium heat, and add the olive oil, followed by the fresh prawns. Toss and cook for two minutes. Stir in the garlic, and chillies and cook, stirring, for 2 minutes. Lastly season with sea salt and freshly ground black pepper, and add the lemon juice.
3. Drain the pasta, and return to the saucepan, stir the prawns into the pasta, along with the Italian parsley, and one tablespoon of extra virgin olive oil. Season with sea salt and freshly ground black pepper, and toss well.

DESSERT – lemon cheesecake**Recipe [Serves 8]:****INGREDIENTS:**

- 250g / 2½ cups digestive biscuits / graham crackers
- 80g / 2/3 cup hazelnuts (or almonds, walnuts or chocolate nibs)
- 100g / ½ cup butter
- 300ml / 1 1/3 cup double/whipping cream
- 340g/1½ cup cream cheese
- Zest of 3 lemons, juice of 2 lemons
- 150g/ 2/3 cup caster / superfine sugar

METHOD:

1. Line the base of an 18cm spring cake tin with greaseproof / parchment paper.
2. Place the digestive biscuits / graham crackers and hazelnuts in a blender and blend until you get a breadcrumb like consistency. Then pour in the butter and blend for 30 seconds. Spoon the biscuit base into the prepared tin and use the back of a spoon to smooth it flat. Put the tin into the fridge to chill while you make the topping.
3. Whip the cream using a whisk or mixer, once the cream is whipped, add in the sugar, cream cheese, lemon juice and zest and whisk together until you get a light fluffy texture.
4. Remove the baking tin from the fridge and spoon in the lemon mixture. Use the back of a spoon to smooth out the top.
5. Place the cheesecake into the fridge for at least 2 hours to set fully. Remove from the fridge 30 minutes before serving.
6. I like to finish it off the cake by decorating it with flowers

STARTER: CAESAR SALAD WITH CRUNCHY PARMESAN CROUTONS

Recipe – [Serves 4]

INGREDIENTS:

For the salad itself:

450g / 1lb Tuscan kale, tough stems removed, leaves roughly chopped
220g / ½ lb romaine lettuce
30g / ¼ cup of parmesan shavings
2 tsps pumpkin seeds
2 filets of cooked chicken (sliced), or grilled prawns, or smoked salmon,

For the dressing

1 clove garlic, crushed
Juice and zest of one lemon
½ cup olive oil
50g / 1/3 cup Parmesan cheese, grated
sea salt and freshly ground black pepper

For the croutons

4 slices of white bread, heels removed and cut into small cubes
2 tbsps olive oil
1 tbsp parmesan cheese
1 tsp dried oregano
Sea salt and freshly ground black pepper

METHOD:

1. Pre-heated the oven to 200oC/400F/Gas 6
2. Start by making the croutons. Place the cubed bread on a roasting tray, and add the grated parmesan, olive oil and dried oregano. Season with sea salt and freshly ground black pepper. Toss well, making sure the cubed bread pieces are coated. Place in the pre-heated oven for 10 minutes.
3. Next make the dressing. Whisk together all the ingredients, then add the leaves, pumpkin seeds, parmesan shavings and chicken toss well and season with sea salt and freshly ground black pepper.
4. Lastly add the croutons once they are baked and serve!

MAIN COURSE - EASY CHICKEN CURRY

For her cooking demo of this on Instagram, she used leftover chicken from a roast but she says you “can use raw chicken too, or prawns, pork, beef or a meaty fish. It’s a super fast way to make a delicious Indian curry.”.

Recipe – [Serves 4]

INGREDIENTS:

1 tbsp olive oil

1 onion, diced
3 cloves of garlic, crushed / minced
1 tbsp fresh ginger, grated
1 tsp ground cumin
1 tsp paprika
1 tsp garam masala
3 tbsp tomato puree
200g / 1 cup natural yogurt
400ml / 2 cups chicken stock / broth, hot
400g / 3 cups cooked chicken (shredded)

METHOD:

1. Place a saucepan or casserole dish over a low heat and add the olive oil. Stir in the onion, garlic and ginger, cover and cook for two minutes. Next remove the lid and add the cumin, paprika, garam masala and tomato puree. Stir and cook for two minutes.
2. Stir in the yogurt and chicken stock. Season with sea salt and freshly ground black pepper.
3. Lastly add the cooked shredded chicken and stir well – cook for ten minutes.
4. If you are using raw chicken, cook them separately in the oven. Once cooked slice or shred.

DESSERT - TIRAMISU

Recipe – [Serves 4]

INGREDIENTS:

3 egg yolks
80g/½ cup caster/superfine sugar
450g/1¾ cups mascarpone cheese
200ml/½ cup strong coffee or espresso
16 boudoir biscuits Savoiardi ladyfingers
150g/1¹/₃ cups cocoa powder

METHOD:

1. Using an electric whisk, beat the egg yolks and caster sugar together in a large bowl until pale and thick.
2. Add the mascarpone cheese and whisk slowly until the mixture is pale and smooth. Stir in ¼ of the coffee.
3. Dip half of the boudoir biscuits into the coffee.
4. Place equal amounts into the bottom of 4 glass coffee cups or small bowls. Alternatively, put the ingredients in a single glass bowl to make one large tiramisu.
5. Spoon over half the mascarpone mix and sprinkle with half the cocoa powder. Repeat with another layer of biscuits, mascarpone and cocoa powder.
6. Cover and refrigerate for 1 hour before serving.

WINE RECOMMENDATIONS

BEST AFFORDABLE PROSECCO...

Rizzardi Prosecco Spumante Extra Dry.

On sale this week in O'Briens – €17.95 (usual price: €20.95).

COCKTAILS

THE SMOKEY

Makes 2 (with a top up for both!)

INGREDIENTS:

- 4 ozs Irish whiskey (smokey)
- 4 dashes of Angostura bitters
- 70ml sugar syrup
- juice of 1 lemon
- juice of ½ orange
- ice cubes
- 2 egg whites
- 2 slices of orange

METHOD:

1. Place the whiskey, angostura bitters, juice of lemon and orange, sugar syrup, two egg whites and ice in a cocktail shaker. Shake for two minutes.
2. Then pour into chilled coup glasses. Garnish each glass with a slice of orange.

THE GIN QUARANTINI

INGREDIENTS

- 5 Clodagh x Glendalough Gin 1-part dry vermouth
- Ice
- Garnish with 3 green olives on a cocktail stick

METHOD:

1. Place all ingredients in a shaker with ice and shake well. Strain into a coupe and garnish with the 3 green olives on a cocktail stick

BIRTHDAY RECIPES FOR KIDS

LOCKDOWN BIRTHDAY CAKE

Recipe – [makes 1 cake]

INGREDIENTS:

For the sponge:

200g /³/₄ cup butter
300g/1½ cup caster /superfine sugar
4 eggs
1 tsp vanilla or lemon extract
250ml / 1 cup milk
250g/2 ¼ cups plain/all-purpose flour
2 tsp baking powder

Buttercream Icing:

450g / 2 cups unsalted butter, softened
500g/ 5 cups icing/powdered sugar
2 tsps vanilla or lemon extract
70ml /¼ cup milk

METHOD:

1. Preheat oven to 180oC/350F/Gas4. Grease and flour two 8" cake round tins.
2. Using a stand mixer fitted with a paddle attachment, cream together the butter and sugar on med-high until pale and fluffy. Then reduce the speed and add eggs one at a time, followed by the vanilla or lemon extract.
3. Sieve in the flour and baking soda into the cake batter, followed by the milk. On a low speed until you have a fluffy light cake batter.
4. Pour the cake batter into the two prepared tins and bake in the pre-heated oven for 30 minutes or until a toothpick inserted into the centre comes out mostly clean.
5. Place cakes on wire rack to cool for 10mins then turn out onto wire rack to cool completely.
6. To make the buttercream icing – place the butter and icing/powdered sugar in a stand mixer fitted with a paddle attachment, and mix together on a low speed. Once the icing is light and fluffy, slowly pour in the milk and lemon or vanilla extract. Continue to beat together until you get a light and fluffy icing.
7. Place one of the spongers on a cake stand or serving plate. Top with approximately ¼ of the icing. Then place the second sponge on top and spread the icing all around the cake.
8. Decorate with sprinkles and birthday candles.