

Brian McDermott, Donegal Chef Recipes

Bacon & Cheese Soda Bread

INGREDIENTS

225g self-raising flour

100ml buttermilk

40g butter

3 Rashers dry-cured bacon, finely chopped

100g strong cheese, grated

Method

Preheat the oven to 190°C / 375°F / Gas Mark 5. Lightly Grease a baking tray.

Fry the bacon on a dry, hot pan.

Sieve the flour into a bowl and add the grated cheese and bacon.

Melt the butter and add to the buttermilk. Pour into the flour mix and form a dough by gently mixing.

Turn out onto a floured surface and gently shape into a round. Cut a cross on top of the bread and transfer it to the greased baking tray.

Bake for 40 minutes.

Allow to cool before slicing and serve with real Irish butter.

Brians Tip

Store in an airtight container. For a warm breakfast option, toast a slice and serve with poached eggs.

Braised Steak with Caramelised Onions and Gravy Serves: 4

Ingredients:

4 Rump Steaks 100g Each

2 Onions Sliced

2 Cloves Garlic

50ml vinegar

25g Brown Sugar

25g Plain Flour

40g Tomato Puree

Drizzle of Rapeseed Oil

Fresh Ground Pepper

2 Sprigs fresh Thyme

350ml Beef Stock

Method:

Heat a frying pan and add a drizzle of oil. Fry the steaks for about 3 minutes on each side, season with fresh thyme and pepper. Leave steaks aside

In the same pan add the sliced onions and garlic. Fry until brown and add the vinegar and brown sugar.

Cook until slightly sticky consistency is achieved then add the tomato puree and flour followed by the beef stock.

Return the steaks and any juices to the pan and simmer for 15 minutes . The sauce will thicken and gather around the steaks with the onion like a comfort blanket. If you need to loosen it out a bit add a splash of hot water.

Brian's Top Tip:

Great served on toasted sour dough or simple with a good champ potato.

Wild Atlantic Way Fish Pie Serves 6

350g Haddock Fillets

350g Smoked Haddock Fillets

50g Butter

50g Plain Flour

500ml Milk

1 Bay Leaf

100g Cheese, keep it local

750g Potatoes Cooked & Mashed

Bunch Spring Onions

50g Butter

4 Cloves Garlic Crushed

2 Carrots Peeled & Diced

White of 1 Leek Sliced

4 Sticks of Celery Diced

1 Onion Peeled & Diced

50g Rapeseed Oil

Chopped Fresh Parsley

Fresh Ground Black Pepper

Method:

Melt 50g of Butter and sweat chopped spring onions and mix in through the mashed potato with a pinch of pepper.

Place the smoked haddock and haddock fillets in a pot with bayleaf and cover with the milk. Bring to the boil and simmer for 7 minutes.

Remove fish from the milk and place in tin foil to keep warm

Melt butter in saucepan and add flour to make a roux, then add the milk the fish was cooked in. season with pinch of pepper stirring all the time simmer the

sauce until it thickens. Add the 50g of the grated cheese. Hold back remaining 50g for the top of the pie.

In the rapeseed oil sweat the chopped onions, garlic, carrots, leeks and celery until the vegetables are softened.

Place the fish and vegetables in an oven proof dish and pour over the sauce and gently combine everything together. Place a layer of mashed potato on top with the remaining grated cheese. Bake in pre heated oven at 200 degrees C for 40 minutes.

Allow to rest for 10 minutes before serving and serve with chopped parsley on top.

Brian's Tips.

Use leftover cooked potatoes as they will work perfectly for this dish. Or if you wish cover the fish pie in pastry and bake.