

Ballyknocken Potato Farls

Makes 1 large farl – sliced into quarters

200g plain flour

200g mashed potato

½ tsp salt

1 tsp bread soda

About 160ml buttermilk

Flour, for dusting

1 tbsp butter, to fry

1 tbsp oil, to fry

Smoked trout or smoked salmon and crème fraiche with horseradish and lemon wedges, to serve.

Method

To prepare the farls, place flour and mashed potato into a medium mixing bowl, add the salt and sieve in the bread soda.

Make a well in the centre and pour in the buttermilk. If the dough is too stiff, add a few tablespoons of water.

Mix well and dust a clean surface with flour. Place the dough on the floured surface and shape into a large circle. Slice into quarters with a sharp knife.

Heat a griddle pan or large frying pan over a medium to high heat, brush with a little butter.

Place the soda farl quarters onto the pan and cook for about 5 to 6 minutes until golden on each side.

Serve with Smoked trout or smoked salmon and crème fraiche with horseradish and lemon wedges.

Cheddar and Caramelised Onion Barley Risotto

Serves 4

2 tbsp butter

1 onion, finely chopped

2 garlic cloves, finely sliced

300g / 10 ½ oz pearl barley

100ml / 3 ½ fl oz cider

1 tsp chopped thyme

1000ml / 33 ¾ fl oz chicken or vegetable stock

1 tsp Dijon mustard

120ml / 4 fl oz cream

90g / 3oz cheddar cheese, grated

Salt and freshly ground black pepper

For the top

2 tbsp butter

100g / 3 ½ oz cherry tomatoes on the vine

For the chive butter

100g / 3 ½ oz butter, melted

5 tbsp roughly chopped chives

4 tbsp grated cheddar cheese

Method:

Heat a large saucepan over a medium heat and add the butter. When the butter is foaming, add the onion, lower the heat and cook for 10 minutes, until the onion is caramelised and fully cooked.

Add the garlic and pearl barley and stir well.

Pour in the cider, add the thyme and simmer for 1 minute, stirring constantly.

Pour in all the stock, bring to the boil and turn down the heat to a low simmer for 30 to 35 minutes, stirring from time to time, until all the liquid has been absorbed and the barley is tender.

Stir in the in the Dijon mustard, cream and grated cheddar cheese and remove from the heat. Season with salt and freshly ground black pepper, to taste.

For the topping, heat the butter in a frying pan over a medium heat. Add the cherry tomatoes, season with salt and freshly ground black pepper and sauté for about 7 to 8 minutes until they burst slightly. Remove from the heat.

For the chive butter, place the chopped chives and melted butter into a blender and blend until smooth. Season with salt and freshly ground black pepper.

To serve, ladle the barley risotto into bowls, sprinkle over a little cheddar cheese, spoon the cherry tomatoes on top and drizzle over some chive butter. Serve immediately.