

Caitriona Redmond's Baked Potatoe Recipes

Cowboy Beans Recipe

Servings: 12-15 people

- 1 lb sausage Meat
- 2 red onions, chopped
- Lots of garlic (I used 7 cloves finely chopped)
- 1 big mug of beefstock
- 2 tablespoons tomato puree
- 1 teaspoon chipotle chilli flakes
- ½ teaspoon white pepper
- 3 stalks celery chopped
- 1 large courgette, chopped
- 3 large carrots, peeled and chopped
- 1 tin of blackbeans, drained
- 1 tin of butterbeans, drained
- 1 tin chopped tomatoes
- ¼ teaspoon of black treacle

Method

Take a massive saucepan and place it onto a medium heat. Start by frying off the sausage meat. Then add the onions and a little splash of stock at this stage if you notice the bottom of the pan getting sticky. Add the garlic, seasonings, and tomato puree before stirring in the vegetables, beans, tomatoes, and finally a little bit of black treacle.

Cover, bring to a simmer and cook for 2-3 hours on low until the vegetables are tender. I put the lid onto my casserole and cooked it in the oven at 150 degrees for 2 hours.

Serve on baked potato with lashings of parsley or coriander (or both) and maybe some chopped cooked bacon if you're feeling very luxurious.

Smoked haddock and parsley sauce

1. Cut the haddock into portion-sized pieces and place into a cold saucepan along with onion, bay leaves, peppercorns, and whole milk.
2. Place on a low/medium heat on the hob and bring to a very low simmer (do not allow this to boil).
3. Simmer for 15 minutes. Turn off the heat and leave the fish to soak in the hot milk while you make the sauce.
4. If you find that smoked haddock is too strong for you, soak the haddock in cold water for 1 hour before cooking. Discard the water after 1 hour and follow the instructions above.
5. For the sauce: Cook the butter and flour together on a medium heat until browned. Slowly add the 150 ml of milk to thicken the mixture.
6. Spoon in some more milk from the poaching liquid, stirring all the time, until you get the consistency you like.
7. Season to taste. Add lashings of chopped parsley to the sauce and turn off the heat.
8. Serve the cooked fish on a baked potato with plenty of parsley sauce to pour over the top.

Baked sweet potato with chocolate and toasted marshmallows.

We don't eat the skins on a sweet potato as they can be a bit stringy. Bake it for 50 minutes or until it's done, slice it into quarters, put a few squares of dark chocolate and marshmallows on the top, put it back in the oven so the marshmallows are toasted. A great one for the bbq too.