



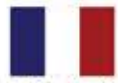
TAPENADE

Tapenade is a Provençal dish from Marseille consisting of puréed or finely chopped olives, capers, and olive oil.

Ingredients Black Tapenade
200g black olives, stones removed
3 tbsp capers
2 anchovies
1 clove of garlic
2 tsp fresh thyme
Juice of ½ lemon (optional)
5 tbsp extra-virgin olive oil



Preparation
Mix all the ingredients together in a food processor. The quantities are only guidelines and can be adjusted to your taste. To make green olive tapenade, just substitute green olives for black olives and substitute 20g ground olives for thyme.



Gateau des Rois (King Cake)

The Galette des rois is a cake traditionally shared at Epiphany, on 6th January. It celebrates the arrival of the Three Wise Men in Bethlehem. Whoever finds a small charm symbolising luck and prosperity inside the cake is designated a 'King' or 'Queen' and that person is also responsible for purchasing next year's cake.

Ingredients
2 puff pastry sheets
140g ground almond
100g caster sugar
3 eggs: 2 eggs for the frangipane and 1 egg to glaze
75g soft butter



Preparation
Place a puff pastry sheet in a pie pan, stick the dough with a fork. In a bowl, mix the almond powder, the sugar, 2 eggs and the soft butter. Place the dough on the puff pastry sheet and hide the figurine. Cover with the second puff pastry, sticking the edges well. Make drawings on the lid and glaze with the egg yolk of the remaining egg. Bake for 20 to 30 minutes at 200 °C (thermostat 6-7); check regularly!

My name is Viktoria, I am from Hungary. I have been living in Ireland for more than 6 years now. I live in Ballyvourney since I moved to Ireland to work as a chef de partie. I have been taking part in the Macroom Food Festival for the past 4 years.



GOULASH (Hungarian) : gulyás

5 medium sized onions finely chopped
1 whole head of garlic finely chopped or crushed
whole green pepper chopped
1.5kg of meat cubed. You can use pork chicken or beef. Beef is in the original recipe.
1.3kg of potato cubed
4 to 5 carrots halved and chopped into 1 inch pieces
1 to 2 parsnips chopped into small pieces
1/2 celeriac
Optional- Csipetke or some small bits of pasta, you could use orzo.
Sweet paprika, Salt, Black Pepper, Ground caraway

Saute the onion, garlic and pepper in a pot then add the meat and stir until starting to brown. Add paprika, salt, black pepper, caraway stir for 10 - 15 seconds then cover with some water and cook until the meat is soft. Add the vegetables except the potatoes. Fill up with enough water to just cover the vegetables. 5 minutes before everything is cooked add the potatoes and small pastas and cook until ready. Add more water if needed.



LESCO (pronounced Lecho in English)

It is widely known in Hungary that the best lecsó is made over an open fire in a "bogrács" (a cauldron), a Hungarian style barbecue. In Hungary the dish is very popular, and even has its own festivals.

2 tablespoons bacon grease or oil
1 medium onion, sliced thinly
450g Hungarian wax or green bell peppers
3 large very ripe tomatoes, peeled and chopped or use Shortcut (above)
1 1/2 teaspoons sugar, 1 1/2 teaspoons salt
1 tablespoon sweet Hungarian paprika

In a large skillet, sauté the onion in bacon fat or oil over low heat for 5 minutes. Add pepper strips and cook another 15 minutes. Add tomatoes, sugar, salt and paprika and cook for another 25 to 30 minutes, stirring occasionally, or until mixture resembles chunky tomato sauce.



White Soda Bread and Scones

450g white flour
1 level teaspoon salt
1 level teaspoon breadsoda
sour milk or buttermilk to mix - 350-412 ml approx.

First fully preheat your oven to 230°C.

Sieve the dry ingredients. Make a well in the centre. Pour most of the milk in at once. Using one hand, mix in the flour from the sides of the bowl, adding more milk if necessary. The dough should be softish, not too wet and sticky. When it all comes together, turn it out onto a well floured work surface. **WASH AND DRY YOUR HANDS.** Tidy it up and flip over gently. Pat the dough into a round about (2.5cm) deep and cut a cross on it. Bake in the hot oven, for 15 minutes, then turn down the oven to 200°C for 30 minutes or until cooked. If you are in doubt, tap the bottom of the bread: if it is cooked it will sound hollow.

My name is Aurora Planells Bernat. I am originally from Mallorca, Spain. I have been living in Ireland for 17 years of which 10 are in Macroom. Over the last four years my two sisters, Marta and Julia, have come to live also in Macroom.



Ibicenca (Potato salad)

Boiled potatoes (just cooked so still warm), Tomatoes, long Green Peppers, Onion, Garlic (if desired) Salt, Olive Oil (extra virgin). Chop the vegetables in small cubes and mix in equal proportions. Dress with salt, a bit of garlic and olive oil. To this it can be added green olives, tuna and/or eggs for protein.



Pa amb oli - (Bread and oil)- (Mallorca)

Peel tomatoes, roughly chop, add olive oil, salt and garlic (if desired) This is the base to add to toasted bread that then is topped up with cheese and/or ham, or chorizo.



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KÖRÖZÖT

250g cottage cheese or sheep milk cheese
1 medium sized red or white onion, finely chopped
1 tsp. ground paprika
1/2 tsp. ground caraway seeds
1/2 tsp. salt (in case of cottage cheese)
a pinch of freshly ground black pepper
80g butter
1 heaped tbsp. sour cream

In a small bowl blend cheese and sour cream. Add the chopped onion, paprika, salt, pepper and the caraway seeds. Mix to combine them. Chill for 3 to 4 hours so flavors can merge. Spread the körözött on bread or a crusty bun, or it can be even filled in peppers



My name is Umma and I have been living in Ireland nearly eight years. I live in Ballyvourney and this is my first year being involved in the Macroom Food Festival.



PRAWN CURRY FROM BANGLADESH

Prawn 1/2 kg
Red Chili powder 1/2 tea spoon
Turmeric powder 1/2 tea spoon
Coriander powder 1 tea spoon
Cumin powder 1 tea spoon
Garlic paste 1/2 tea spoon
Ginger paste 1/2 tea spoon
Onion 2 medium (chopped finely)
1 tomato (chopped)
Fresh coriander leaves (optional)
Salt to taste



In a frying pan put oil first. Fry onions until golden brown. Add tomatoes. Cook for while again. Now add all the dried spices and garlic ginger paste and a little bit water. Cook all the spice together for while. Don't add too much water at the time. If needed add a little water. When all the spice simmering together add prawns. Don't add water. Cook the prawns and spice for while in a medium heat. Keep mixing them together. Now add water. Cover and cook for while. Add fresh coriander cover again. The curry is ready.

SECAD



Food Fusion Celebrating Cultural Diversity Through Food Macroom September 2017



The Macroom International Food Flavours Group has worked with chef Shermin Thompson to develop these recipes to provide a flavour of the cultural diversity in Macroom and surrounding areas.

We hope you enjoy trying out these recipes!

SECAD is a Local Development Company which provides supports to individuals & groups through the Social Inclusion Community Activation Programme (SICAP). These supports include one to one advice on training, employment and self employment opportunities by appointment at the SECAD office, Macroom E. Bow Rd, Macroom. For further information, please contact SECAD at 021 4613432 or info@secad.ie

My name is Hélène Aubazac. I'm originally from France. I've lived with my family on our farm in Macroom for 10 years. These are my favourite French recipes from my mother.



FRENCH ONION SOUP

50g butter
1 tbsp olive oil
1kg onion, halved and thinly sliced
1 tsp sugar
4 garlic cloves, thinly sliced
2 tbsp plain flour
250ml dry white wine
1.3l hot strongly-flavoured beef stock
4-8 slices French bread (depending on size)
140g Gruyère (Emmental), finely grated



Melt the butter with the oil in a large heavy-based pan. Add the onions and fry with the lid on for 10 mins until soft. Sprinkle in the sugar and cook for 20 mins more, stirring frequently, until caramelised. The onions should be really golden, full of flavour and soft when pinched between your fingers. Take care towards the end to ensure that they don't burn. Add the garlic for the final few mins of the onions' cooking time, then sprinkle in the flour and stir well. Increase the heat and keep stirring as you gradually add the wine, followed by the hot stock. Cover and simmer for 15-20 mins. To serve, turn on the grill, and toast the bread. Ladle the soup into heatproof bowls. Put a slice or two of toast on top of the bowls of soup, and pile on the cheese. Grill until melted. Alternatively, you can complete the toasts under the grill, then serve them on top.



Quiche Lorraine

1 deep 24cm blind-baked pastry case
(If you want to make your own pastry, rub 100g butter into 200g plain flour and combine with a beaten egg and a little cold water, line the tin and bake blind for 25 mins at 180C.)
Filling
1 tbsp olive oil
6 lean rashers of smoked dry cure bacon, chopped
5 large eggs
284ml carton single cream
150ml milk
140g Gruyère cheese, finely grated
generous grating of nutmeg



Preheat the oven to fan 160C/conventional 180C/gas 4. Heat the oil in a frying pan and stir fry the bacon for a minute or so until lightly cooked. Beat the eggs, cream and milk together with a fork then add the cheese, nutmeg and plenty of seasoning. Stir in half the bacon and carefully pour the mixture into the baked pastry case then scatter over the remaining bacon. Bake for 35-40 minutes until the filling is set, starting to turn golden and slightly puffed up above the pastry case. Allow to cool a little before removing from the tin. Serve warm or at room temperature, with a green salad.