

1st Tralee Company

Cookbook



Isaac's chicken and chorizo Paella

Ingredients

400-500g chicken mini fillets
4 tbsp olive oil
1 large onion, finely chopped
1 garlic clove, crushed
1 tsp ground turmeric
115g chorizo sausage, peeled
225g long grain rice
600ml chicken stock
4 tomatoes, skinned, seeded and chopped
1 red pepper, seeded and sliced
115g frozen peas
salt and black pepper

Method

Heat the oil in a large non-stick pan and brown the chicken on both sides. Add the onion and garlic, and stir in the turmeric. Cook for 2 minutes.
Slice the chorizo and add to the pan with the rice and stock. Bring to the boil and season to taste, then cover and continue to cook on a medium heat for 15 minutes. Add the chopped tomatoes, sliced red pepper and frozen peas, and cook for a further 10 minutes or until the chicken is tender and the rice has absorbed the stock.

The background of the poster is a vibrant tropical scene. It features several pink flamingos in various poses, scattered slices of lemons and oranges, and whole pineapples. The background is filled with large, green monstera leaves against a light blue sky. The central text is contained within a white rectangular frame.

Jakes

Elderflower Cordial

15 Elderflower heads
1.5 grams citric acid
2 Lbs sugar
1 pint boiling water
2 sliced lemons.

1. Add citric acid and sugar into boiling water and stir until all sugar is dissolved.
2. Add sliced lemons and Elderflower heads.
3. Leave for 4 days stirring every day.
4. Strain using a muslin cloth.
5. Bottle in glass bottles and keep in the fridge.
6. Add regular or sparkling water with lots of ice
A fabulous refreshing summer drink!!



Ruby and Ross's

Lemon Cheesecake

80g digestive biscuits
50g melted butter
200g cream cheese
500g Quark
200g icing sugar
2/3 lemons zest and juice
4 sheets of gelatin.

1. Crush biscuit, add melted butter and squash into the bottom of a springform tin. Put in fridge.
2. Mix Quark, cream cheese, sugar and zest together in big bowl.
3. Put gelatine sheets into water to soften and then add them to the lemon juice. Put on gentle heat to dissolve. Add to cream mixture when cool.
4. Spoon mixture over the biscuit base and chill for a few hours!





Abigail's

Mini Brownie Bites with Chocolate Ganache Frosting

Ingredients

- 115g plain flour
- 1 pinch bicarbonate of soda
- 1 tablespoon cocoa powder
- 85g unsalted butter
 - 3 eggs
 - 200g caster sugar
 - 500g dark chocolate
 - 100mls double cream
 - Mini oreos
- Sprinkles and edible dust

Method

- Pre heat oven to 180 C/ 160 fan assist oven.

- Make the ganache:

Chop 200g dark chocolate into small pieces and place in a bowl.

Heat the cream to simmer. Do not boil.

Pour hot cream over chocolate and leave for 5 minutes to melt.

Stir and ensure all chocolate has melted.

Cover surface of ganache with cling film and leave to cool at room temperature until piping consistency.

Note: Careful if you refrigerate as the ganache may harden quickly at the edges.

- Grease a mini cupcake baking tin.
- Sift together the flour, bicarbonate and cocoa powder in a bowl.
- Break the remaining 300g chocolate into a saucepan, add the butter and melt together over a gentle heat, stirring constantly until smooth. Remove from heat.
- Put the eggs and sugar into a jug and whisk. Add the egg mixture to the flour mixture, then stir in the melted chocolate. Spoon the mixture into the greased mini cupcake baking tin.
- Bake in the oven for 15 minutes, until a cocktail stick is inserted into the centre and comes out with moist crumbs.
 - Leave to cool in tin for 5 minutes before turning out.
 - After cooling completely, pipe the ganache and decorate anyway you like.



Iona's

LAVA CAKES

50g melted butter

200g good-quality dark chocolate, chopped into small pieces

200g butter, in small pieces

200g golden caster sugar

4 eggs and 4 yolks

200g plain flour

First get your moulds ready. Using upward strokes, heavily brush melted butter (use 50g in total) all over the inside of the pudding mould. Place the mould in the fridge or freezer. Brush more melted butter over the chilled butter,

Place a bowl over a pan of barely simmering water, then slowly melt 200g good-quality dark chocolate and 200g butter, both chopped into small pieces, together. Remove the bowl from the heat and stir until smooth. Leave to cool for about 10 mins.

In a separate bowl whisk 4 eggs and 4 egg yolks together with 200g golden caster sugar until thick and pale and the whisk leaves a trail; use an electric whisk if you want. Sift 200g plain flour into the eggs, then beat together.

Pour the melted chocolate into the egg mixture in thirds, beating well between each addition, until all the chocolate is added and the mixture is completely combined to a loose cake batter.

Tip the fondant batter into a jug, then evenly divide between the moulds. The fondants can now be frozen for up to a month and cooked from frozen. Chill for at least 20 mins or up to the night before. To bake from frozen, simply carry on as stated, adding 5 mins more to the cooking time.

Heat oven to 200C/fan 180C/gas 6. Place the fondants on a baking tray, then cook for 10-12 mins until the tops have formed a crust and they are starting to come away from the sides of their moulds. Remove from the oven, then leave to sit for 1 min before turning out.



Karol

Golabki (Stuffed Cabbage)

- 1 head of cabbage
- 1/2 lb of ground beef
- 1/2 lb of ground pork or turkey
- 2 1/2 cup of cooked rice
- 2 medium onions
- 2 tbs of butter
- 1 tsp of salt
- 1/2 tsp of pepper
- 1 quart of chicken stock (vegetable ok)
- 3 bay leaves

INSTRUCTIONS

Cook rice following the directions on the package, but shorten the cooking time by half.

Wash cabbage and cut out the core. Place cabbage in a pot (hole down) and fill with water to cover the whole head. Start heating the water and as the leaves start loosening away from the head, remove from water (careful! Hot!). Set leaves aside, and also preserve those that may break while separating.

Lay out cooled leaves and with a sharp knife, slice off a portion of the thick part of the leaf so the leaves lay flat (there may be a slight curve in the leaf).

Place ground meat in a large mixing bowl, add cooked rice, sautéed onion, salt, pepper. Hand mix until combined.

Depending on the size of the leaf, place a ball of meat on each leaf in the natural curve of the leaf. Start rolling from the bottom, then sides (as pictured). Set rolls aside until all done.

Now to cook, you may choose to bake or boil. I boiled mine, but I'm presenting both ways of cooking.

Boiling:

Place broken leaves on the bottom of the pot you boiled the cabbage in and layer cabbage rolls on top, placing each roll seam down. Cover with any leftover leaves.

Fill the pot with chicken stock to cover the layered rolls. Boil on low for about 30 min.

Baking:

Place rolls in a baking dish, cover with broken up leaves. Carefully add a little bit of stock (about 1/3 of the depth of the dish). Bake at 350F for about 45 min.

To make the sauce:

Heat tomato puree with bay leaf and spices for about 20 min to reduce and thicken. Taste, add more salt if needed