



**Eat your way around
Bantry & surrounds on
the Wild Atlantic Way**

A selection of Irish recipes from the
people of the Wild Atlantic Way



Introduction

The joy and skill of cooking and baking is one which appeals to most of us, in different ways and at different times in life. All our lives revolve around food and no matter the occasion, be it a wedding, a birthday, a celebration of life or a family get-together, we celebrate these events with eating and sharing food. Food evokes memories of time spent with others and these memories often take us back to places we once lived or visited.

Eat your Way around Bantry & Surrounds is a very special compilation of Recipes to celebrate the Bantry Goes Green Festival and our celebration of our patron saint, St Patrick.

We have gathered these wonderful recipes from local hotels, restaurants, cafés and bars where they can be enjoyed during your visit to Bantry or you can simply download them to enjoy later.

West Cork is recognised as a gourmet capital of Cork and recipes include delicious ideas using Bantry Bay Mussels, Bantry Bay Prawns, Oysters & Crab from Castletownbere, which are all from the clean waters of Bantry Bay. Our beef, lamb, pork, and chicken are farmed to highest standard here in West Cork by small farmers ensuring the highest quality from farm to fork.

Some of the recipes we have gathered have been lovingly handed down through several generations and we hope these recipes inspire you to create wonderful food at home to share with your family and friends.

Bantry Bay Mussels are the real taste of Bantry.

Eileen

Bantry Goes Green Festival is organised by Bantry Development & Tourism with the support of Cork County Council, Bantry Business Assoc, Bantry Vintners, Bantry Tidy Towns & Bantry Chamber.

Thanks to Emma Hickey for Design Assistance

Eileen O'Shea

Bantry Bay Mussels in White Wine

Serves 4-6

Ingredients:

- 1.75kg mussels
- 1 garlic clove, finely chopped
- 2 shallots, finely chopped
- 15g butter
- 100ml dry white wine. Use a good wine
- 120ml double cream
- Handful of parsley leaves, chopped
- Crusty bread to serve



Method:

1. Wash the mussels under plenty of cold, running water. Discard any open ones that will not close when lightly squeezed.
2. Pull out the tough, fibrous beards protruding from between the tightly closed shells and then knock off any barnacles with a large knife. Give the mussels another quick rinse to remove any little pieces of shell.
3. Soften the garlic and shallots in the butter in a large pan big enough to take all the mussels - it should only be half full.
4. Add the mussels and wine, turn up the heat, then cover and steam them open in their own juices for 3-4 minutes. Give the pan a good shake every now and then.
5. Add the cream and chopped parsley and remove from the heat.
6. Spoon into four bowls and serve with lots of crusty bread

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The Stuffed Olive Brown Soda Bread

Ingredients:

- 100g porridge
- 175g wholemeal flour
- 175g white plain flour
- 10g bread soda (sieved)
- 5g salt (sieved)
- 450ml buttermilk
- 1 egg
- 1 tablespoon sunflower oil



Method:

1. Preheat the oven to 180°C / 350°F / gas mark 4
2. Grease a loaf tin (23cm x 12.5cm x 5cm) with vegetable oil.
3. Combine all of the dry ingredients in a large bowl and mix well.
4. Whisk the egg and oil into the buttermilk.
5. Make a well in the centre of the dry ingredients and pour in most of the buttermilk & egg liquid. Add in the rest if it's needed. The mixture should be soft and sloppy (not at all dry).
6. Pour the mixture into the oiled loaf tin.
7. Bake in the oven for 1hr and 15mins or until the bread is nice and crusty and sounds hollow when it's tapped.

Leave the bread to cool slightly before turning out - Enjoy!!!

West Café & Wine Bar

Baked Potato and Leek Soup

Ingredients:

- 1 Large onion (or 3 small)
- 3 cloves of garlic (chopped or minced)
- 1kg of floury potatoes
- 4 Leeks
- 1 Tbsp of chives
- Sprig of thyme
- Salt and pepper seasoning to taste
- Oat or Gloun Cross Milk to taste

Method:

1. Heat the oven to 200 degrees Celsius.
2. Prick half the potatoes with a fork several times, then bake them in the oven for half an hour. In the meantime, peel the other half of the potatoes and boil them still soft. Drain and put aside.
3. When the baked potatoes are cooked through and allow them to cool. Rinse and chop leeks, On a medium heat and a lid on the pot, fry off the onion and leeks with salt and pepper for approximately 5-8 mins until translucent and soft, then add the garlic and allow to cook for a further 5 mins.
4. Cut baked potatoes into chunks, skin and all. Add to the pot and sauté for a further 5 mins.
5. Add vegetable stock and the boiled potatoes, bring all to a simmer for around 20mins.
6. To finish add herbs, milk to taste and blitz together with a blender.

The Brick Oven Coddle

Ingredients:

- 6 Large Good Quality Sausages
- 150g Smoked Bacon -Cut into pieced
- 250g Pork Neck - Cubed
- 1 Large Onion - Diced
- 3 Medium Carrots - Diced
- 3 Celery Sticks - Diced
- 6 Medium Potatoes
- 2 L Chicken Stock
- 2 Bay Leaves
- 1 Sprig Rosemary
- 1 Sprig Thyme
- Parsley
- 1/2 Cup Barley
- Salt
- White Pepper

Method:

1. Season pork and lightly brown in large pot. Add barley, carrot, onion, celery, rosemary, thyme and bay leaves.
2. Layer bacon and sausage on top of vegetables.
3. Layer whole potatoes on top of meat.
4. Add stock and chopped parsley.
5. Slow cook for 1 hour

The Fish Kitchen

Natural Smoked Haddock & Hake Fish Pie - by Emily Hurley

Ingredients:

- 1 small white onion
- 1 bay leaf
- 600ml milk
- 300ml cream
- 450g hake
- 225g natural smoked haddock
- 100g butter
- 25g plain flour
- 5 tbl spoons of flat leafed parsley
- Salt & pepper
- 1.25kg peeled potatoes

Method:

1. Roughly chop the onion. Place in a pan with the bay leaf, 450ml of milk, all the cream, the hake & the haddock. Bring to the boil and simmer for 7-8mins. Remove the fish and set aside to cool, then drain the cooking liquid into a jug or bowl.
2. When the fish is cool enough to handle, break into large flakes. Be sure to remove any skin and bones. Sprinkle the fish over the base of a shallow 1.75lt ovenproof dish.
3. Melt half the butter in a pan. Add the flour and cook for one minute stirring continuously. Remove from the heat and gradually stir in the reserved cooking liquid. Return to the heat, slowly bring it back to the boil. Simmer for 10 mins to cook out the flour. Remove from the heat and add the chopped flat leafed parsley, season with salt & pepper. Pour the liquid sauce over the fish and leave to cool.
4. Preheat the oven to 200c. Boil the potatoes for 15-20 mins. Drain & add the remaining butter and mash. Season with salt & pepper. Beat in enough of the remaining milk to make a spreadable mash,
5. Spoon the mash over the fish filling, mark the surface with a fork. Bake for 35-40 mins until piping hot and golden brown & green cabbage. Accompanied by white sauce.

The Quays

Grass Fed Corned Beef & Cabbage

Ingredients:

- Corned Beef Silverside
- Bay Leave
- All Spice
- Salt
- Pepper
- Green Irish Cabbage
- Onion
- Butter

Method:

1. Cover corned beef in cold water in a large pot along with a few bay leaves and a good pinch of salt, pepper and all spice. Slowly bring to the boil.
2. Reduce heat and simmer with some crunched up grease proof paper until fork tender. (Cooking time will vary depending on size and shape of meat but from simmer, 45 minutes per 450g is a guide)
3. Top up pot with water occasionally to keep beef covered. Once cooked remove from heat and allow to rest for 20mins or until ready to carve.
4. Meanwhile, trim the cabbage, removing the core. Slice cabbage into shreds and wash with cold water. Add to a large pot and fill with water 1/3 of the way up the cabbage, along with a generous knob of butter and salt to taste and 1/2 an onion.
5. Bring to the boil and stir cabbage well. Reduce heat to medium and cook uncovered until tender. Remove from heat.
6. Slice beef and serve on bed of mashed potato, topped with green cabbage. Accompanied by white sauce

Gougane Barra Hotel

Katy's Award - Winning Brown Soda Bread

Ingredients:

- 650g of brown wholemeal flour (or extra coarse wholemeal)
- 225g of plain white flour
- 2 tsp of bread soda (bicarbonate of soda)
- Optional: 50g of demerara brown sugar
- 4 free range eggs
- Optional: 1-3 dessert spoons of treacle (warmed slightly)
- 10g of butter
- 850ml of buttermilk
- Optional: handful of walnuts/ mixed seeds

Method:

1. Preheat oven to 170C.
2. Mix all the dry ingredients very well in a mixing bowl.
3. Whisk the eggs with an electric mixer or by hand. Add the warmed treacle and then the butter. Add $\frac{3}{4}$ of the buttermilk.
4. Make a well in the centre of the dry ingredients and add all the liquid ingredients. Mix well. Add the remaining buttermilk, if required.
5. Divide mixture into 4 x (445g) 1 lb. lightly oiled bread tins.
6. Optional: shake sesame seeds on top.
7. Bake at 170C for one hour or a little under.
8. We always listen to our bread to decide when it is ready; when it has stopped whispering it is ready.

*This recipe is based on a brown soda bread made by Katy's mom, Rita.
It goes well with vegetable soup or butter & jam.*

Organico Green Smoothie



Ingredients:

- 1 pineapple
- 4-5 bananas, frozen
- 200g spinach/kale
- 2 tsp spirulina powder
- 500mls coconut water
- 5 tbs protein powder
- 1 avocado
- 500mls fresh cloudy apple juice
- 1-2 limes (depending on how sweet the pineapple is)
- 2 oranges

Method:

1. Prep the pineapple by cutting the top and tail off, peeling and cutting into chunks.
2. Wash the spinach and kale and take off any big stalks, roughly chop.
3. Peel and dice avocados and peel oranges.
4. Place the pineapple, avocado, oranges, frozen banana and greens into a big blender jug along with the apple juice and blend adding coconut water if it gets too thick.
5. Add the protein powder, spirulina and the rest of the coconut water and blend until really smooth.
6. Taste and depending on how sweet it is add lime juice to taste. This smoothie lasts for up to 48 hours chilled in the fridge.

Teaseys

Irish Stew (Serves four to six)

Ingredients:

- 1-1½ kg neck or shoulder of Borlin Valley lamb
- Bouquet of parsley, thyme and bayleaf
- 3 large onions, finely chopped
- Salt and freshly ground black pepper
- 4 carrots, chopped into bite-sized pieces
- 1 leek, chopped into bite-sized pieces
- 6 large Kilcrohane potatoes, peeled and chopped
- 2 tablespoons of Cornflour
- Finely chopped parsley

Method:

1. Remove the meat from the bone, trim off all the fat and cut into cubes.
2. In a fresh pot put the meat, bouquet of herbs, onions, seasoning, carrots, leeks, and cover with water. Simmer gently for one and half hours skim off the foam as it rises. (This is very important for the final flavour and appearance of the stew.) Cook for one half hours.
3. Add the potatoes and Cornflour and continue cooking for 25 minutes.
4. Stir in the chopped parsley and a dash of Worcester sauce.

Serving Suggestion:

Serve in deep bowls with Irish soda bread
or crusty sourdough bread

The Maritime Hotel

Bailey's Toast

Ingredients:

- 4 large eggs
- 180ml milk
- 50g sugar · 50g Baileys Irish Cream
- 1 teaspoon vanilla extract
- 4 brioche bread
- 2 tablespoons butter

For the Chocolate Sauce:

- 6 ounces dark chocolate
- 2 tablespoons heavy cream
- 2 teaspoons Baileys Irish cream
- 2oz crushed Hazelnuts

For Serving: Whipped cream, optional & fresh strawberries



Method:

1. Whisk eggs in a shallow bowl until whites and yolks are completely incorporated. Add in milk, sugar, Baileys, and vanilla extract to eggs and whisk again.
2. Soak each slice of bread in egg mixture, making sure to coat both sides. Soak for a minute or so, longer if bread is extra thick, and less time if you are using a thinner bread. Heat a skillet with a tablespoon of butter on medium-low heat.
3. Cook French toast for 3 minutes per side, or until golden brown and heated through.
4. Cook remaining French toast using remaining butter. While the French toast is cooking, gather ingredients for chocolate sauce.

Make the Chocolate and Hazelnut Sauce:

1. Add crushed hazelnuts, chocolate chips, heavy cream, and Baileys to a microwave-safe bowl. Heat on high for 30 seconds, stir, and then heat again in 15-second increments until the mixture is completely melted.
2. Drizzle French toast with chocolate sauce and top with whipped cream and strawberries if you wish.

Uncle Pete's Colcannon

Ingredients:

- 1kg peeled rooster potatoes
- 100g butter
- 150ml double cream
- 4 rashers finely chopped
- 1 small cabbage, finely shredded



Method:

1. Boil the potatoes and simmer till tender
2. Sauté the bacon and cabbage in half the butter
3. Bring the cream and rest of the butter to the boil in a sauce pan.
4. Mash the potatoes and add the butter/cream mix and cooked bacon and cabbage.
5. Mix well and serve

The Westlodge Hotel

Irish Tipples

Aneta's Irish Coffee

Ingredients:

- 8oz Freshly Brewed Coffee
- 1 x 35.5cl Measure of Irish Whiskey
- 1 Teaspoon Brown Sugar
- 1 Table Spoon Whipped Cream
- A Sprinkle of Ground Coffee Method

Method:

1. Scald the Glass.
2. Half Fill Glass with Coffee.
3. Add in the Sugar and Stir well.
4. Add in the Whiskey.
5. Scald a Teaspoon and slowly pour the cream over the back of the teaspoon in to the glass.
6. Sprinkle Ground Coffee on top of cream.



Why not visit us over the St.Patrick's Day weekend & try JiJo's Shamrocked Shooter or Brian's Loopy Leprechaun

The Boston Mary Barry's Fruit Cake

Ingredients:

- 3 pounds of plain white flour
- Half pound of butter
- 2 heaped teaspoons of bread soda
- Half teaspoon of cinnamon
- Half teaspoons of nutmeg
- Half teaspoon of mixed spice
- Half pound of sugar
- 1 pound of sultanas
- 1 litre of butter milk

Method:

1. Place all the ingredients into a large mixing bowl & mix.
2. Bake for 1 hour 30 mins at 180 degrees Celsius.

This is quite a big cake mother uses roasting tray with parchment paper - Otherwise half the ingredients