

STAR CHEFS

# Celebrate ST PATRICK'S DAY

This March 17, treat your friends to an Irish feast from chef Clodagh McKenna



'In Ireland, life revolves around the kitchen. Whether it's cups of tea and a piece of cake fresh from the oven, a family supper, Sunday lunch, or our famed Irish breakfast, life happens over a simmering pot. When you're welcomed into someone's home, the kettle is put on, and the first thing you're asked is "Are you hungry?" And when there's a celebration, it's food that we bring with us.' [@clodaghmckenna](#) [@clodagh\\_mckenna](#)

## Colcannon soup with parsley pesto

SERVES 4 PREP 15 mins COOK 25 mins EASY

|                                |                              |
|--------------------------------|------------------------------|
| 50g butter                     | <b>For the parsley pesto</b> |
| 300g potatoes, diced           | 150g flat-leaf parsley       |
| 100g onions, diced             | 150ml extra virgin olive oil |
| 2 garlic cloves, crushed       | 50g hazelnuts, toasted       |
| ½ tsp freshly grated nutmeg    | 1 garlic clove, crushed      |
| 800ml hot chicken or veg stock | 50g freshly grated parmesan  |
| 400g cabbage, sliced           |                              |
| 100ml cream                    |                              |

- 1 Melt the butter in a heavy-bottomed saucepan over a medium heat. Add the potatoes, onions, garlic and nutmeg, stir, then cover with a lid, turn down the heat and leave to sweat for about 15 mins, stirring occasionally.
- 2 Add the stock and turn the heat up to high, then cook until the onions and potatoes are completely soft. Add the cabbage, then cook for 5 mins more.
- 3 Once you've added the cabbage to the soup, put all the ingredients for the pesto in a food processor and whizz to a chunky consistency. Set aside until ready to serve.
- 4 When the cabbage has wilted, stir in the cream, then pour the soup into a blender and whizz until smooth. Season well.
- 5 To serve, divide the soup between four bowls and garnish with a generous drizzle of parsley pesto.

**GOOD TO KNOW** fibre - vit c - 1 of 5-a-day  
**PER SERVING** 360 kcals - fat 25g - saturates 12g - carbs 18g  
- sugars 5g - fibre 6g - protein 12g - salt 0.8g

## MENU FOR 4

Colcannon soup  
with parsley pesto

Crispy chicken with creamy Irish  
whiskey & wild mushroom sauce

Salted caramel whiskey  
bread & butter pudding





## Crispy chicken with creamy Irish whiskey & wild mushroom sauce

**SERVES 4** **PREP 30 mins** **COOK 15 mins** **EASY**

2 tbsp olive oil  
20g butter  
2 garlic cloves, sliced  
4 good-quality skin-on chicken breasts (or supremes if you can get them)  
mash, to serve (optional)

**For the sauce**  
50g butter  
2 shallots, finely chopped  
300g wild mushrooms  
100ml Irish whiskey  
300ml cream  
1 tbsp finely chopped tarragon

**1** Heat oven to 180C/160C fan/gas 4. Heat the oil and butter in an ovenproof frying pan over a medium heat. Add the garlic, then put the the chicken breasts on top, skin-side down, and season well. Leave the chicken to crisp for 5 mins, then turn over and crisp on the other side. Transfer the frying pan to the oven and roast for 20 mins.

**2** Meanwhile, make the sauce. Melt the butter in a saucepan over a medium heat, then stir in the shallots and mushrooms and cook for 3 mins, stirring constantly. Pour in the whiskey, turn up the heat, and leave to simmer until reduced by half, then stir in the cream and tarragon, and season. Reduce the heat to low and cook for 5 mins more.

**3** To serve, put the chicken breasts on four plates and spoon over some of the whiskey and wild mushroom sauce. Serve with mash, if you like.

**GOOD TO KNOW** 1 of 5-a-day • gluten free

**PER SERVING** 623 kcals • fat 42g • saturates 20g • carbs 3g • sugars 3g • fibre 1g • protein 41g • salt 0.6g

## Salted caramel and whiskey bread & butter pudding

**SERVES 10** **PREP 20 mins**  
plus 1 hr 30 mins soaking  
**COOK 1 hr** **EASY**

100g raisins  
120ml Irish whiskey  
100g butter, at room temperature, plus extra for the dish  
5 large eggs  
480ml double cream  
225g sugar  
½ tsp ground cinnamon  
¼ tsp ground nutmeg  
1 tsp vanilla extract  
12 slices firm white bread  
**For the salted caramel sauce**  
110g unsalted butter, chopped  
225g sugar  
1 tbsp sea salt  
600ml cream

**1** Heat oven to 200C/180C fan/gas 6. Soak the raisins in the whiskey in a mixing bowl for 1 hr. Butter a 23 cm rectangular baking dish.  
**2** In a large bowl, whisk together the eggs, cream, sugar, cinnamon, nutmeg and vanilla to make a custard. Butter the bread on one side, then halve the slices diagonally. Arrange half the slices in the bottom of the baking dish in an overlapping layer, then drain the raisins and sprinkle half of them on top. Repeat with the remaining bread and raisins, then pour the custard over the bread and leave to soak for 30 mins.

**3** Put the dish in a large roasting tin, then add enough hot water to the tin to come halfway up the sides of the dish. Bake for 50–60 mins or until the pudding is set and the top is golden. Remove the dish from the water bath and leave to cool slightly on a wire rack.

**4** For the salted caramel sauce, melt the butter in a saucepan over a medium heat. Whisk in the sugar, sea salt and cream, then reduce the heat to low and simmer for 10 mins or until the sauce thickens. Serve the pudding warm with the salted caramel sauce spooned over. *Any leftovers will keep in the fridge for up to two days.*

**GOOD TO KNOW** calcium

**PER SERVING** 1043 kcals • fat 79g • saturates 48g • carbs 67g • sugars 54g • fibre 1g • protein 9g • salt 2.2g



Recipes adapted from *Clodagh's Irish Kitchen* by Clodagh McKenna (£19.99, Kyle Books). Photographs © Tara Fisher

