

# FOOD & ENTERTAINING

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## 7 DAYS TV

### FOOD & ENTERTAINING

If you love food, you'll love these...

Saturday May 1

\* **Saturday Kitchen**, 10.00am, BBC One  
**James Martin's Brittany**, 12.30pm, RTÉ One  
**Two Fat Ladies**, 3.30pm, Good Food



Sunday May 2

\* **Two Fat Ladies**, 9.30am, Good Food  
**Something for the Weekend**, 10.00am, BBC Two  
**Man v Food**, 4.00pm, Good Food



Monday May 3

\* **Market Kitchen**, 12.0pm, Good Food  
**Iron Chef UK**, 5.00pm, Channel 4  
**Caribbean Food Made Easy**, 9.00pm, Good Food



Tuesday May 4

\* **Heston's 70s Feast**, 9.00pm, Channel 4  
**Daily Cooks Challenge**, 3.00pm, UTV  
**Barefoot Contessa**, 5.30pm, Good Food



Wednesday May 5

\* **Jamie Does... Venice**, 9.00pm, Channel 4  
**Food Safari**, 3.00pm, Good Food  
**Stuffed**, 7.30pm, BBC One



Thursday May 6

\* **Rachel Allen: Bake!** 2.00pm, Good Food  
**Aaron Craze: Rude Boy Food**, 1.30pm, Good Food  
**The Best in Australia**, 4.00pm, Good Food



Friday May 7

\* **Marco's Kitchen Burnout**, 9.00pm, UTV  
**James Martin Delicious**, 2.30pm, Good Food



## Truly tasty



A selection of moreish dishes designed by some of Ireland's top chefs for people on a restricted diet



### Chargrilled fillet of beet and ratatouille

by Derry Clarke

#### SERVES 4

Per portion this dish provides 2 portions of vegetables and 5 protein exchanges. Check your daily allowances to see if you have enough remaining for this dish.

#### For the beef

4 x 150g (5oz) beef fillets, well trimmed  
 1 tablespoon olive oil  
 1 level teaspoon fresh thyme, chopped  
 1 pinch (1/4 level teaspoon) freshly cracked black pepper

#### For the ratatouille

1 tablespoon olive oil  
 1 small onion, diced  
 1 garlic clove, crushed  
 1/2 red pepper, seeded and diced  
 100g (3 1/2oz) courgette, trimmed and diced  
 130g (4 1/2oz) aubergine, trimmed and diced  
 150g (5oz) canned chopped tomatoes, strained  
 1/2 level tablespoons fresh oregano, chopped  
 a pinch (1/4 level teaspoon) freshly ground black pepper

**1** To prepare the steaks, mix the oil and thyme and use to coat the beef fillets; season with the fresh cracked pepper.

**2** To cook the ratatouille, heat the olive oil in a large non-stick frying pan. Add the onion and garlic and sweat for 2 minutes until softened but not browned.

**3** Add the red pepper and sauté for another 2 minutes. Add the courgette and aubergine and cook for another minute, stirring to combine. Tip in the strained chopped tomatoes with oregano.

**4** Stir well and season with the pepper, then simmer for 5 minutes or until the vegetables are cooked though and tender, stirring occasionally. Keep warm.

**5** To cook the steaks, preheat the oven to 190°C (375°F, gas mark 5). Heat a cast-iron griddle pan (or frying pan) with a metal handle until very hot.

**6** Cook the steaks for 5 to 7 minutes and then transfer the seared steaks to the oven and cook for 10 minutes for well done, turning the steaks, depending on their thickness.

**7** To serve, divide the ratatouille among the warmed plates and arrange the chargrilled beef fillets on top. Serve with couscous.



### Cottage cheese, pomegranate and mint bruschetta

by Clodagh McKenna

#### SERVES 4

Per portion this dish provides 1/2 portion of fruit and 1 dairy. Check your daily allowance to see if you have enough remaining for the dish.

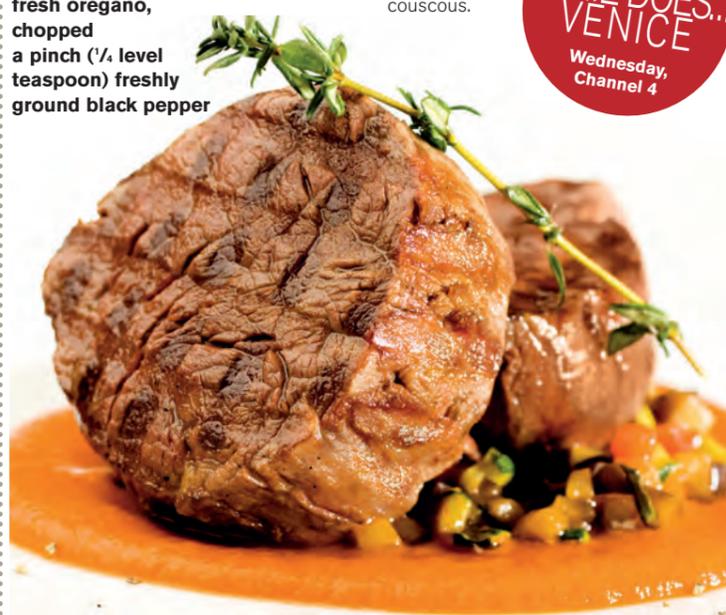
200g (7oz) cottage cheese, made with pasteurised milk, strained  
 1/2 pomegranate, seeds only  
 juice of half a lemon  
 4 slices of sourdough bread  
 2 level tablespoons fresh mint, finely chopped  
 3 tablespoons extra virgin olive oil  
 a pinch (1/4 level teaspoon) freshly ground black pepper

**1** Place the cottage cheese, pomegranate seeds and lemon juice into a bowl and mix together. Toast the sourdough slices, in toaster or under a hot grill, for 2 minutes on either side, until golden brown.

**2** Stir the mint into the cheese mixture, then season to taste with the ground black pepper. Add 2 tablespoons of really good olive oil and mix through.

**3** To serve, drizzle the sourdough toast with the remaining olive oil and top with a generous spoonful of the cheese mixture on each bread. Arrange on individual plates or serve on one large platter.

\* = Highly recommended



**TREAT ALERT!** THE NEW MAGNUM GOLD – VANILLA ICE CREAM WITH CARAMEL SWIRLS, DIPPED IN SMOOTH MILK CHOCOLATE

## Mini meringues with mango and lime cream

by Catherine Fulvio

**SERVES 8**

Per portion this dessert provides 1/2 a portion of fruit. Check your daily allowances to see if you have enough remaining for this dessert.

**For the meringue**  
**5 large egg whites**  
**300g (11oz) caster sugar**  
**2 level teaspoons cornflour**

**For the mango and lime cream**  
**600ml (1 pint) fresh cream**  
**1 level teaspoon icing sugar**  
**zest and juice of 1/2 lime (to taste)**  
**150g (5oz) fresh ripe mango, peeled, stoned and diced**

- 1** Preheat the oven to 130°C (250°F, gas mark 1-2).
- 2** To make the meringues, draw 8 x 6cm (2 1/2 in) circles on parchment paper, leaving spaces in between each circle. Place the paper on a large baking tray.
- 3** Place the egg whites in a large, spotlessly clean, dry bowl (preferably stainless steel or copper). With an electric mixer, whisk the egg whites until they are firm enough to form stiff peaks.
- 4** Sieve the caster sugar with the cornflour and whisk into the mixture a tablespoon at a time, whisking until the sugar is dissolved.
- 5** Spread a 2cm (3/4 in) layer of meringue evenly over the circles drawn on the parchment paper. To create an edge for the sides of your meringue nests, place the mixture into a piping bag fitted with a plain or star-shaped nozzle and pipe, or alternatively spoon, the mixture around the edges of each circle.
- 6** Place the meringues in the oven and bake for about 1 1/2 hours or



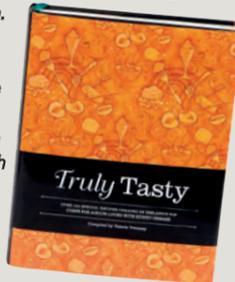
until the meringue is crisp and just very lightly coloured.

**7** To make the mango and lime cream, whip the cream and fold in the icing sugar and lime zest. Add a little lime juice to taste until you are happy with the sweet/sour flavour.

**8** To serve, fill the meringue nests with the lime cream and top with diced mango.

Recipes taken from *Truly Tasty*, compiled by Valerie Twomey, published by Cork University Press. It features over 100 recipes by 30 of Ireland's top chefs, specifically created for adults living with kidney disease. All royalties from the sale of *Truly Tasty* go to the Irish Kidney Association.

**NB: If on a renal diet, readers are advised to discuss the recipes with your dietician before using.**



## Supper idea

### Spicy burgers with raita dip

**SERVES 4**

**500g (1lb2oz) minced beef steak**  
**10ml (2 teaspoons) vegetable oil**  
**1 medium red onion, finely chopped**  
**2 cloves garlic, crushed**  
**10ml (2 teaspoons) piri piri seasoning**  
**5ml (1 teaspoon) ground cumin**  
**15ml (1 tablespoon) tomato pure**  
**30ml (2 tablespoons) Onken Natural Set Biopot Yoghurt**  
**25g (1oz) plain flour**  
**15ml (1 tablespoon) vegetable oil for frying**

**Cucumber raita**  
**2 tablespoons fresh chopped mint leaves**  
**8cm (3in) cucumber**  
**150ml (1/4 pint) Onken Natural Set Biopot Yoghurt**  
**cracked black pepper**

- 1** Heat the oil in a medium frying pan and fry the onion and garlic over a medium heat for 4-5 minutes. Cool slightly.
- 2** Place the mince in a large mixing bowl; add the piri piri seasoning, cumin and fried onion mixture and mix together. Bind the mince mixture with the tomato puree and yoghurt.
- 3** Divide the mixture into 4 and shape into 4 burgers. Put the flour onto a plate and coat the burgers in the flour. Place burgers on a clean plate and chill for 30 minutes.
- 4** Heat the vegetable oil in the frying pan, add the burgers and fry over medium heat for 5 minutes per side, for 20 - 25 minutes until cooked.
- 5** To make the raita: chop the fresh mint finely; peel the cucumber, deseed it and cut it into chunks; combine the yoghurt, mint and cucumber; turn into



a serving dish and top with cracked black pepper to serve.

**6** Serve the burger either on its own with the dip, wedges and salad or in a bun with the dressing topping the burger.

## GOING LOCO FOR COCONUTS!

Tipped as the next big thing in healthy beverages and with a growing list of celebrity consumers (including Madonna, Matthew McConaughey and Anthony Kiedis) Vita Coco, the 100% natural coconut water, has just arrived in Ireland and is exclusively available in Superquinn.

Made from fresh young green coconuts, it contains five naturally occurring essential electrolytes, 15 times more potassium than leading sports drinks (that's more potassium than two bananas), less than 64 kcals per serving, and contains no added sugar. Sounds like it could be the drink of the summer.



# MAKING THE MOST OF MILK

**HB**  
**HAZELBROOK FARM**  
 since 1926

