



Recipe

Freddie's fast Spaghetti Bolognese

Ingredients

(serves 4)

- 500g Northern Ireland Farm Quality Assured minced beef
- 1 tbsp oil
- 1 onion, peeled and chopped finely
- 1 clove of garlic, crushed
- 200g smoked streaky bacon, chopped
- 2 tsp oregano or mixed herbs
- 500g jar classic original pasta sauce
- 100ml red wine or beef stock
- Salt and freshly ground pepper
- 400g quick cook spaghetti

To serve

- Green salad
- Garlic Bread
- Parmesan/ Fivemiletown Mature Cheddar, grated

Method

- Heat the oil in the frying pan/saucepan, add the onion, garlic and bacon and fry for 3 minutes.
- Add the mince and fry for a further 5 minutes, until the meat has browned.
- Add the herbs, the jar of sauce, the wine or stock and continue cooking for a further 15-20 minutes, or until thoroughly cooked.
- Season with salt and black pepper.
- Meanwhile, cook the spaghetti, in a large pan of boiling water according to the packet instructions, drain the spaghetti and toss the pasta in the Bolognese sauce for traditional Italian style.
- Serve with a green salad, garlic bread and freshly grated parmesan or mature cheddar.

Thanks to Food NI for bringing us these fantastic Italian dishes. You can create all these amazing meals using locally sourced produce. Northern Ireland is becoming world renowned for the quality and provenance of its food.





Recipe

Baked Pasta alla Carbonara

Ingredients

(serves 4)

- 125g/4oz Hannons Guanicale, diced, pan juices reserved
- 1 garlic clove, finely chopped
- 4 tbsp olive oil
- 300-350g/11-12oz dried macaroni
- 2 very large eggs (or 3 small)
- 140ml/5fl oz single cream
- 5 tbsp Causeway Cheese Company Coolkeeran cheese with Dulce, grated
- 100g Irwins Soda Breadcrumbs
- Finely Chopped Basil

To serve

- Green salad
- Homemade Chips

Method

- Fry the Guanicale and garlic in 1 tablespoon olive oil until crisp.
- Set to one side and leave to cool.
- Cook the macaroni according to the packet instructions.
- In a bowl, mix the eggs, single cream and two tablespoons of grated Coolkeeran cheese.
- Once combined, add the cooked Guanicale pan juices.
- Drain the cooked spaghetti, return to the pan and immediately pour in the carbonara sauce.
- Toss to coat and allow the egg to 'set' slightly.
- Fill casserole dish with pasta and sauce.
- Mix breadcrumbs, basil and remaining olive oil together and sprinkle over the top of the pasta.
- Bake in preheated 170° oven 5-10 minutes or until crust is golden brown.
- Serve with side of Green Salad and Basket of Homemade Chips.

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Recipe

Tagliatelle with Smoked Salmon sauce

Ingredients

(serves 4)

- 1 tbsp vegetable oil
- 250g chestnut or button mushrooms, quartered
- 375g dried or fresh tagliatelle
- 125g pack of Glenarm Organic Smoked Salmon, chopped
- 3 tbsp chopped fresh parsley
- 200ml carton half fat crème fraiche
- Juice of one lemon

To serve

- Green salad

Method

- Heat the oil in a frying pan, add the mushrooms and cook for 8 minutes until they begin to go brown.
- Meanwhile, bring a large pan of salted water to the boil. Add the pasta and cook according to the packet instructions.
- Stir the salmon, parsley, crème fraiche and lemon juice into the mushrooms and season.
- Drain the pasta and quickly toss in the creamy sauce.
- Serve immediately with the salad and enjoy!

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Recipe

Creamy Herby Pasta

Ingredients

(serves 3 - 4)

- 5tbsp crème fraîche
- 75g grated cheese
- 225g pasta – such as penne, twists or bows
- 8 asparagus spears, woody ends trimmed and spears cut into 5cm lengths
- 110g peas, fresh or frozen
- 110g spinach, washed, drained and torn into strips
- 1tbsp capers, rinsed
- 1tsp lemon juice
- Salt and freshly ground pepper
- A handful of mint leaves, shredded
- A handful of basil leaves, shredded
- 3tbsp toasted pine nuts

Method

- Add the pasta to a large saucepan of boiling water. Stir well and when it comes back to the boil, cook for 5 minutes.
- Add the asparagus, return to the boil and add the peas, then simmer for another 3–4 minutes, until the pasta is just getting tender; then drain well.
- Put the spinach into the pasta pan, and tip the pasta and vegetables on top; stir gently so the spinach starts to wilt.
- Stir in the crème fraîche, capers and lemon juice and add seasoning to taste; keep the pan over a low heat for a few minutes to heat everything through.
- Add the shredded mint and most of the basil. Spoon the pasta into hot serving bowls and sprinkle with the pine nuts, cheese and remaining basil leaves.
- Serve immediately and enjoy!

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Recipe

White Pizza with Ham and Leeks

Ingredients

Pizza Dough

- 350g strong flour
- ½ teaspoon salt
- 1 sachet yeast
- 1 dessertspoon honey
- 1 tablespoon olive oil
- Lukewarm Water to form a dough - approx 300ml

White Sauce (Alfredo Sauce)

- 100ml double cream
- 2 cloves garlic, crushed
- 50g leftover cheese, crumbled
- Topping - 50g ham, 1/2 leek, 50g cheddar cheese, grated

Method

- Place the flour and salt in a bowl and mix well. Make a well in the centre and add the yeast, honey and oil and half the water.
- Mix well and then mix in enough water to make a sticky dough.
- Turn onto a floured board and knead for 5 minutes. Place in a bowl, cover with cling and allow to rise for 1 hour.
- Boil the cream and garlic together. Mix in the cheese. Cool slightly.
- Set oven to 210oc.
- Knock back the dough and form into a round.
- Place on a hot pizza stone or hot baking sheet dusted with flour.
- Spread over the sauce and top with shredded leftover ham, leeks and sprinkle over grated cheese.
- Bake for 15 minutes.

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Recipe

Crab Meat served with Linguini Pasta

Ingredients

(serves 4)

- 500g of crab meat
- Butter
- Olive oil
- 1 chilli
- Fennel seeds
- Fresh mixed herbs
- Lemon
- 375g dried or fresh Linguini

Method

- Add pasta to boiling water and simmer until cooked.
- Heat the fennel seeds in a pan, add to them butter, olive oil, lemon, herbs, chilli and crab meat.
- Add the pasta to the crab meat mix and serve.

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Smoked Salmon with Penne pasta

Ingredients

(serves 2)

- 200g Glenarm Organic Smoked Salmon, sliced
- 100ml cream
- 50g Domona butter
- 50g peas
- 25g gherkins
- 25g capers
- 1 shallot, chopped
- 175g Penne Pasta

Method

- Add penne pasta to boiling water and cook until done. (dry and fresh pasta times vary)
- Add gherkins, capers and shallot to a pan and soften, add to this the cream and butter, heat until the butter melts.
- Add to the pan the smoked salmon and peas and heat.
- To serve add the paste to the sauce and garnish with parsley.

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Recipe

Paul Rankin Soda Bread – Rustic Italian Style

Ingredients

(10 minute recipe. Serves 2)

- 1 Irwin's soda split length ways
- 1 beef tomato
- 1 ball of Buffalo Mozzarella sliced into 4
- Fresh basil
- Salt and pepper
- Extra virgin olive oil

Method

- Brush soda with olive oil and fry in a dry, hot pan until golden and crispy. Place Mozzarella on hot soda and top with a well seasoned slice of beef tomato and a few leaves of fresh basil.
- A little drizzle of olive oil or Truffle oil will bring all the flavours together. Try this! It's easy and absolutely gorgeous, especially with a crisp glass of white wine at lunch.

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