

**WELCOME**  
to  
**Ballymaloe Cookery School**  
**Summer 12 Week Certificate Course**  
**Week 1 – May 2015**

**Monday, 4<sup>th</sup> May**

**9.00am: Registration**

Collect your **Welcome packs, knives, aprons etc. from Reception on arrival.**

**9.30am**

- **Introduction to Gardeners:** Eileen O'Donovan; Susan Turner  
**Farm Manager:** Haulie Walsh
- **Introduction to Soil and Compost** – “It all starts in the good earth”.
- **Walk around the campus (weather permitting):**
  - Fruit Garden
  - Palais de Poulets (hen house)
  - Vegetable Garden
  - Courtyard - Laundry, Table Tennis, Bicycle shed, Timber, Tennis Court
  - Herb Garden
  - Greenhouses
    - How to sow a seed
    - Plant a vegetable and make compost
  - Cow Shed - Milking Parlour
  - Bins – hen bins, remind students to rinse buckets (tap outside K2)
  - **Waste disposal** – Bottle bank; Plastic/drink can bins
  - Students Vegetable garden – Raised Beds
  - **Introduction to** Jersey and Kerry Cows, Free Range Hens, Ducks, Saddleback Pigs ...

Student Introduction

How to lay a table, napkin rings

**Toby Allen explains about the Ballymaloe Cookery School Shop, WIFI, email terminals.**

**12.00pm LUNCH in The Garden Café and Garden Room**

# Ballymaloe Cookery School

## Summer 12 Week Certificate Course

### Week 1 – May 2015

**1.30pm Monday Afternoon**

**HOW THE SCHOOL OPERATES . . . . .**

**Rotas – explain to students**

**Basic Techniques:**

- How to lay a table
- How to serve at table
- How to clear a dining table
- Looking after guests.....
- How to: prepare an **Order of Work** and a **Time Plan**
- Measuring spoons
- Knife technique
- How to: sharpen knives with Philip Dennhardt
- How to: use a peeler
- How to: peel and chop an onion
- How to: peel and chop vegetables
- How to: slice mushrooms or cucumber
- How to: sweat vegetables

### **Explanation of symbols on recipes: -**

**V** - Vegetarian: No fish or meat

**VV** - Vegan: No fish, meat, dairy products or eggs

**C** - Coeliac: No flour or oats or grains containing gluten

**D** - Diabetic - No sugar

**(T)** - **TECHNIQUES** (listed on weeklists)

***ALTHOUGH WE MAKE EVERY EFFORT TO BE ACCURATE  
PLEASE DOUBLE CHECK SYMBOLS ON RECIPES***

# **Ballymaloe Cookery School**

## **Summer 12 Week Certificate Course**

### **Week 1 – May 2015**

#### ***Monday, 4<sup>th</sup> May Afternoon Cookery Demonstration***

- **How to make Stock; Demi-Glace and Glace de Viande**

**CD** Stock - Chicken Stock **VVCD** Vegetable Stock (8am on Rota) **(T)**

**VVC** Stock Syrups & variations – Rosemary Syrup; Ginger Syrup **(T)**

**VVC** Basic and Flavoured Homemade Lemonade – Blood Orange Lemonade **(T)**

- **Chopping, Slicing, Sweating and Sautéing**

**VD** Mushroom a la Crème and variations **(T)**

- **Preserving – Candying**

**VVC** Start Candied Peel **(T)**

**VC** Rice Pudding with Roast Rhubarb

**V** Oatmeal Biscuits and variations **(T)**

- **A basic soda bread (modern method)**

**VD** Shanagarry Brown Soda Bread **(T)**

# Ballymaloe Cookery School

## Summer 12 Week Certificate Course

### Week 1 – May 2015

*Tuesday, 5<sup>th</sup> May*

**MORNING 9.00am – Demonstration Room**

**9.00am - How to wash lettuce and salad leaves**

VC Late Spring Green Salad with Ballymaloe Cookery School French Dressing

**10.00am: Introduction to Teachers & Kitchen Tours** - Sue Cullinane, Florrie Cullinane, Pamela Black, Emer Fitzgerald, Debbie Shaw, Annette Roche, Sorcha Moynihan, Tracie Daly, Pat Browne, Sally Cross and Roisin McDonald.

**10.00am**

Students divide into 6 groups

- 1 Kitchen 1 ( A )
- 2 Kitchen 1 ( B )
- 3 Kitchen 2 ( A )
- 4 Kitchen 2 ( B )
- 5 Kitchen 3 ( A )
- 6 Kitchen 3 ( B )
- 7 Demo Kitchen

## Introduction to Duties

- Kitchen Hygiene: **First Wash Your Hands**
- Introduction to Rotas
- Oils, vinegars, mustard ...
- Grease proof paper etc...
- Serving Dishes; Cutters etc...
- Kitchen duties
- Hens buckets
- Stock Pot, Candied Peel Bowl
- Fridges and Freezers
- How to wash up – **One drop of detergent!**
- Weigh up area and how to use the scales
- How to wash a saucepan – use a dry, wire scrubber
- How to check a cooking station

# Ballymaloe Cookery School

## Summer 12 Week Certificate Course

### Week 1 – May 2015

**Tuesday, 5<sup>th</sup> May**

**10.30am Students divide into 6 groups**

3 groups in Kitchen 1 & 2

2 groups in Kitchen 3

1 group in Demo Area

#### ***A Balanced Meal***

Carrot and Parsnip Soup with Wild Garlic Pesto  
Shanagarry Brown Soda Bread  
Fettucini with Mushrooms and Marjoram  
A Salad of Organic Leaves  
Rice Pudding with Roast Rhubarb

**Students practice basic knife skills:**

**Peel and chop vegetables and make soup**

- **Basic soup technique (T):**

CD Carrot and Mint Soup

CD Carrot and Lovage Soup

CD Carrot and Parsnip Soup with Wild Garlic Pesto

C Carrot and Cumin Soup

C Carrot and Coriander Soup

CD Stock - Chicken Stock; **VVCD** Vegetable Stock (**8am on Rota**)

VD Mushroom à la Crème (serve with Fettucini)

VD Shanagarry Brown Soda Bread

VC Rice Pudding with Roast Rhubarb

**Make: VVC** Homemade Lemonade and variations

**VVC** Stock syrups & variations **VVC** Flavoured Syrups

- **VVC Start Candied Peel (T)**

**12.00pm - LUNCH**

# Ballymaloe Cookery School

## Summer 12 Week Certificate Course

### Week 1 – May 2015

**1.45pm Tuesday, 5<sup>th</sup> May Afternoon Demonstration – Wednesday, 6<sup>th</sup> May Lunch**

#### ***A Balanced Meal***

Potato Soup with Wild Garlic Pesto  
Gruyère and Dill Tart  
A Salad of Organic Leaves  
Rhubarb and Strawberry Compote  
Fork Biscuits

#### **How to: Prepare an Order of Work and Time Plan**

- **Basic soup technique (T)**

VCD Potato Soup     **Variety:** Golden Wonders

VCD Potato and Fresh Herb Soup

VCD Potato Soup with VC Wild Garlic Pesto

CD Potato Soup with Gubbeen Chorizo and Flat Parsley

VCD Onion and Thyme leaf Soup

- **VD How to make** Shortcrust Pastry, Wholewheat or Spelt Pastry (T)
- **How to line a flan ring or tart tin (T)**

VD Gruyère and Dill Tart

VD French Onion Tart

VD Mushroom and Thyme Leaf Tart

Add on Datterini Tomato Salad to serve with quiches ref Darina

- **VC Spring Green Salad with Ballymaloe Cookery School Dressing(T)**
- **How to poach fruit – COMPOTE (T)**

VVC Rhubarb and Strawberry Compote

VVC Bananas in Lime Syrup; Mangoes in Lime Syrup

V Fork Biscuits and variations

VVC Continue Candied Peel (T)

**N.B. Use Vegetable Stock for all Vegetarian soups**

**NB VEGETARIANS ARE RESPONSIBLE FOR MAKING VEGETARIAN STOCK**

**Taste of the Day:** Alphonso and Kent Mangoes

**Salad of the Day:** VVCD Cucumber, Radish & Mint

**Vegetarian Option:** VD Mushroom and Thyme Leaf Tart

# **Ballymaloe Cookery School**

## **Summer 12 Week Certificate Course**

### **Week 1 – May 2015**

*Tuesday, 5<sup>th</sup> May*

**6.30pm**

***Our Housekeeping team will visit cottages to meet students and check and sign the inventory in each cottage. Keep a signed copy to recheck at end of term.***

***(Time subject to change...)***

<b>6.00pm – 6.20pm</b>	<b>The Pink Cottage</b>
<b>6.00pm – 6.20pm</b>	<b>The White Cottage</b>
<b>6.00pm – 6.20pm</b>	<b>The Coach House</b>
<b>6.00pm – 6.20pm</b>	<b>The Playroom</b>
<b>6.25pm – 6.45pm</b>	<b>The Barn</b>
<b>6.25pm – 6.45pm</b>	<b>Frank &amp; Peggy's</b>
<b>6.25pm – 6.45pm</b>	<b>Mrs. Walsh's House</b>
<b>6.25pm – 6.45pm</b>	<b>Orchard Gardens</b>

# Ballymaloe Cookery School

## Summer 12 Week Certificate Course

### Week 1 – May 2015

**1.45pm Wednesday, 6<sup>th</sup> May Afternoon Demonstration – Friday, 8<sup>th</sup> May Lunch**

**Local Producer of the Week**

**Jane Murphy of Ardsallagh Goat's Cheese, Carrigtwohill, Co. Cork**

**Telephone: (021 – 4882336)**

#### **A Balanced Meal**

Ardsallagh Goat Cheese Salad with Wild Rocket, Figs and Pomegranate Seeds  
Penne with Tomatoes, Spicy Sausage and Cream  
Chocolate and Hazelnut Tart

**VC** Ardsallagh Goat Cheese Salad with Wild Rocket, Figs and Pomegranate Seeds **(T)**

**VC** Tuscan Rocket, Goat Cheese and Honey Salad

**VC** Fresh Goat Cheese Salad with Watercress, Kumquat Compote and Walnuts

**VC** Medjool Dates, Ardsallagh Goat Cheese, Almonds and Honey

- **How to cook bought pasta - cheats way! (T)**

**D** Penne with Tomatoes, Spicy Sausage and Cream (Chorizo or Kabanossi)

**VD** Penne with Mushroom and Marjoram

**VCD** Spring Green Salad

- **Peeling and toasting hazelnuts (T)**

**V** Chocolate and Hazelnut Tart

**V** Mummy's Sweet White Scones and variations **(T)**

- **Rules for successful jam making (T)**

**VVC** Raspberry, Loganberry or Tayberry Jam **(T)**

**V** Belgian Biscuit Cake – using left-over Fork biscuits

**VVC** Rhubarb Lemonade

**Petit Four: VC** Sugared Candied Peel or Candied Peel dipped in Chocolate

**Taste of the Day:** Chorizo and Kabanossi Sausage; Pomegranate; Parmigiano Reggiano

**Salad of the Day: VC** Warm Salad of Jerusalem Artichokes with Hazelnut Oil Dressing

**Vegetarian Option: VD** Penne with Mushroom and Marjoram

**6.00pm**

**May Aherne will explain to the students how the Ballymaloe Cookery School Laundry operates.**

**Venue:** The Laundry room for the use of residential students is tucked in between the White Cottage and Coach House



# Ballymaloe Cookery School

## Summer 12 Week Certificate Course

### Week 1 – May 2015

*Thursday, 7<sup>th</sup> May*

**9.00am**

***Biscuit of the Week:*** VD Ballymaloe Cheese Biscuits; White Crackers

***Introduction to Irish Farmhouse Cheese:***

Milleens, Cashel Blue, Gubbeen, Ardsallagh and Knockalara Cheese.

- How to buy and store cheese
- How to serve cheese (**see rota**)

Two students take charge of Cheese Board each day – Blue dining room and Garden Café dining room.

- **How to make Tea and Coffee**
- **How to make fresh Herb Tea and Tisanes**

***Preserving***

- **How to make Redcurrant Jelly**
- **How to make Shaken Redcurrants**

**10.30am**

**Introduction to Wine**

with

**Colm McCan**

- How to order wine/How to serve wine
- Wine lecture and video

**12.30pm** Light lunch at the school

**2.00pm**

***William Cahill of Callan Fire Protection***

will ***speak*** to the ***students*** on

***“Fire Precautions and Fire Safety”***

**2.30pm**

***Food Hygiene Lecture***

and the

***The Principals of HACCP***

with

***Darina Allen***

# Ballymaloe Cookery School

## Summer 12 Week Certificate Course

### Week 1 – May 2015

**1.45pm Friday, 8<sup>th</sup> May Afternoon Demonstration – Monday, 11<sup>th</sup> May Lunch**

#### ***A Balanced Meal***

Warm Salad of Spring Lamb Kidneys with Oyster Mushrooms  
Black-eyed Bean Stew with Mushrooms and Basmati Rice  
Crème Caramel with Caramel Sauce and Shards

- **How to prepare kidneys and sweetbreads (T)**

C Warm Salad of Spring Lamb Kidneys with Oyster Mushrooms

C Warm Salad of Lamb Kidneys, Straw Potatoes and Caramelized Shallots

D A Warm Salad of Spring Lamb Sweetbreads with Walnuts

D Salad of Warm Sweetbreads with Potato Crisps, Anchovies and Wild Garlic

- **How to cook beans and pulses (T)**

VVC Black-Eyed Beans with Mushrooms and Coriander with VCD Basmati Rice

VCD Plain Boiled Rice (T)

VC Crème Caramel with Caramel Sauce and Caramel Shards

- **How to make caramel (T)**

V Crunchy Orange Butter Scones – **two ways**

V Chocolate and Hazelnut Scones; V Marmalade Scones

- **Window sill cooking**

- **How to sprout mung beans (T)**

**Taste of the Day:** A selection of Beans: - Black-Eyed Beans; Haricot; Flageolet; Kidney Beans; Chick Peas; Black Beans; Mung Beans; Butter Beans, Barloti, Cannellini

**Salad of the Day:** VVCD Black Bean and Salsa Salad

**Vegetarian Option:** VVC Black-Eyed Beans with Mushrooms and Coriander

### **Midleton Farmers Market**

Saturdays 9.00am – 1.00pm

**Students interested in participating, please sign rota on notice board across from email terminals**

**(Market van departs from school at 7.00am)**

## **Summer 12 Week Certificate Course Week 1 – May 2015**

**Students, please note the following important  
upcoming dates up to the end of the course:**

***Saturday, 16<sup>th</sup>/Sunday, 17<sup>th</sup> May (end of Week 2)  
Kerrygold Ballymaloe Literary Festival  
of Food and Wine  
See [www.litfest.ie](http://www.litfest.ie) for details***

***Saturday, 23<sup>rd</sup> May (end of Week 3)  
2.00-5.00pm***

***Gluten-free Cooking with Rosemary Kearney***

Interested students please inform the office if they wish to attend this course.

***Saturday, 30<sup>th</sup> May (end of Week 4)  
9.30am – 12.30pm***

***Get Blogging with Lucy Pearce***

***Special price of €40.00 for students*** –interested students please inform the office if they wish to attend this course.

***Saturday, 6<sup>th</sup> June (end of Week 5)  
9.30am – 5.00pm***

***Guest Chefs Sarit Packer & Itamar Srulovich from Honey & Co***

Interested students please inform the office if they wish to attend this course.