

Ballymaloe Cookery School
Summer 12 Week Certificate Course
Week 5 – April 2015

Monday, 1st June

**School Closed –
Enjoy the long
weekend!**

Ballymaloe Cookery School

Summer 12 Week Certificate Course

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Tuesday, 2nd June Afternoon Demonstration – Thursday, 4th June Lunch
1.45pm Breakfast Demonstration

A Balanced Meal

Freshly Squeezed Orange Juice or Breakfast Fruit Salad
Macroom Oatmeal with Soft Brown Sugar and Cream
Country House Breakfast
Basket of Breads with Honey, Marmalade and Preserves
Tea or Coffee

Local Producer of the Week

Noreen & Martin Conroy Local Pig Farmers and suppliers of free range bacon products. **Telephone:** 087 2767206

VVC Bucks Fizz

- **How to segment citrus fruit and prepare a grapefruit (T)**

A Citrus Salad - VVC Orange, Mint and Grapefruit Cocktail

VVC Chilled Grapefruit with Ginger Sugar and Mint

VVC Breakfast Fruit Salad

VVC Freshly squeezed juices: orange; ruby grapefruit; tangerine; clementine; citrus fruit; apple juice; (blood orange – February)

VV Pinhead Oatmeal Porridge with Soft Brown Sugar and Cream (T)

VV Macroom Oatmeal Porridge from the last remaining Stone-ground Mill in Ireland

VV Ballymaloe Nut and Grain Muesli

VV Ballymaloe Strawberry, Raspberry or Apple Muesli

VV Granola – **toasted breakfast cereal**

CD Traditional Smoked Kippers from Woodcock Smokery with **VC** Parsley Butter

- **CD An Irish breakfast - guidelines**

Gubbeen and Ummera Smoked Bacon, Sausage, Tomato, Mushrooms, Black and White Puddings, Lambs Kidneys

VD Fried Eggs with Sage Leaves

V Perfect Poached Eggs on Toast (T)

VCD Baked Eggs and variations (T)

VCD Scrambled Eggs and variations - Indian and Mexican Scrambled Eggs) (T)

Eggs Benedict

Ulster Fry – as above with VD Fadge or Potato Bread

V Classic Waffles with Maple Syrup

Breakfast Pancakes with Maple Syrup and Bacon

Cont....

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V Homemade Yoghurt with Local Honey

VD Smoothie: Banana and variations

- **Bread**

VD A Basket of Ballymaloe Breads – Brown and White Soda Bread

V Spotted Dog; Stripy Cat; Emigrant's Bread

VD Ballymaloe Brown Yeast Bread (T); V White Yeast Bread

V Ballymaloe Breakfast Scones

VVC Strawberry and Redcurrant Jam; VVC Blackcurrant Jam (T)

VVC Rhubarb and Ginger Jam

VVC Loganberry Jam; VVC Blackberry, Apple and Sweet Geranium Jam

VVC Damson Jam

VVC Kumquat Marmalade

- **Breakfast in bed, How to lay a breakfast tray**

V Bridge Creek Fresh Ginger Muffins (T)

V Raw Apple Muffins

V Blueberry Muffins

Mini Muffins

- **A section of local honey; honeycomb**

Taste of the Day: Taste of Local Honey; Ballymaloe Cookery School Apple Blossom Honey; West Waterford Honey; Lisanley Honey; Michael Wolfe's Honey; Inisbeg Honey; New Season's Honeycomb.

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Wednesday, 3rd June

7.30am – 8.45am Organic Gardening Class

9.00am Cheese of the Week

Ardrahan Farmhouse Cheese
made by Mary Burns, Kanturk, Co. Cork
Telephone: 00353 (0) 29 78099
Email: ardrahanceese@gmail.com

Biscuit of the Week

V Chocolate Chip Cookies; Peanut Butter Cookies
Refrigerator Cookies; Walnut Refrigerator Biscuits

VVC Raspberry or Rhubarb Shrub

9.30am

Wine Lecture Number Three

with

Colm McCan, Sommelier

from

Ballymaloe House

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Wednesday, 3rd June

2.00pm Afternoon Demonstration
Fermented Foods for a Healthier Life

Homemade Yoghurt

Labneh

Sourdough Bread

Water Kiefer

Milk Kiefer

Coconut Milk Kiefer

Kombucha

Sauerkraut (Kraut-Chi)

Kimchi

David Tanis's Scallion Kimchi

Beetroot Kvass

Chilled Buttermilk and Cucumber Soup

Mead

Fermented Carrot Sticks

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1.45pm Thursday, 4th June Afternoon Demonstration – Friday, 5th June Lunch

A Balanced Meal

Rory's Spiced Goujons of Plaice with Coriander Aioli and Chilli Salsa
Chilli con Carne with Sour Cream, Cheddar Cheese, Salsa and Tortilla Chips
Chocolate Éclairs with Toasted Hazelnuts

- **How to fillet flat fish**
- **Goujons (T)**

Goujons of Monkfish with Harissa and Coriander Mayonnaise

Rory's Spiced Goujons of Black Sole, Lemon Sole or Plaice with Coriander Aioli and Chilli Salsa

Baja Style Fish Tacos with Chipotle Mayonnaise

- **C Fish Stock (T)**

D Chilli con Carne with Sour Cream, Cheddar Cheese, **VVC** Tomato and Coriander Salsa and **VD** Tortilla Chips

C Lamb Chilli con Carne; **C** Venison Chilli con Carne (*recipe only*)

VVC Provençale Bean Stew with **VVCD** Steamed Rice

VVC Mediterranean Bean Stew

VVC Green Salad

- **How to slice a zucchini - courgette**

VCD New Season's Zucchini

- **VD Choux pastry (T)**

V Chocolate Éclairs with Toasted Hazelnuts

Variations: Chocolate and Raspberry Éclairs; Coffee and Cardamom Éclairs;

Lemon Curd Éclairs; Caramel Éclairs; Banana with Nutella and Toasted Hazelnuts Éclairs

V Choux Garlands

- **Choux au Fromage**

VD Gougère

V Beignets with Cinnamon Sugar and Hot Chocolate

V Beignets with Rhubarb Sauce

- **Homemade Marshmallows (T)**

Vegetarian Option: **VD** Cheese Galette

Salad of the Day: **CD** Cannellini Bean Salad

Taste of the Day: Dover or Lemon Sole

Ballymaloe Cookery School

Thursday, 4th June



Slow Food[®] East Cork

7.00pm – Slow Food Event

at

Ballymaloe Cookery School

Stop Food Waste

with

Mindy O'Brien

from

Voice

Special Price €2.00 for students (all proceeds raised educate children from local primary schools as part of the East Cork Slow Food Educational Project.)

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1.45pm Friday, 5th June Afternoon Demonstration – Monday, 8th June Lunch

A Balanced Meal

Ardsallagh Goat Cheese Croquettes with Rocket Leaves,
Roast Pepper and Tapenade Oil
Spiced Indian Caribbean Fish Curry
Profiteroles with Hot Chocolate Sauce

- **Savoury Custards (T)**

Parmesan Custards with Anchovy Toasts

Wild Garlic Custards

- **Goat cheese salad (T)**

D Ardsallagh Goat Cheese Croquettes with Rocket Leaves, Roast Pepper and Tapenade Oil

- **Bread (T)**

VV Ballymaloe Cookery School Focaccia

- **Spiced fish (T)**

C Spiced Indian Fish Curry from Kerala in South India - **tempering (T)**

CD Pollock or Ling with Tomato and Fresh Spices; **CD** Pilaff Rice

VC Green Salad with Cider Vinegar Dressing

- **How to make homemade pasta (T)**

VD Homemade Pasta eg. Parsley Noodles

VD Gillian Hegarty's Homemade Noodles

VD Noodles with Garlic and Herbs

- **Choux Pastry (T)**

V Profiteroles with Chocolate Sauce

Variations: Lemon Curd Profiteroles; Strawberry Profiteroles

V Caramel Salambos (round)

V Crème Patisserie (T)

V Mini Croque en Bouche

Vegetarian Option: **V** Isaac's Frittata

Salad of the Day: **VVC** Beetroot, Carrot and Flat Parsley Salad

Taste of the Day: Curry Leaves

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Saturday, 6th June

9.30am – 4.30pm

Guest Chefs
Sarit Packer and Itamar Srulovich
from
Honey & Co Restaurant in London

(Interested students welcome to attend –
please inform office if you wish to do so)

Venue: demonstration room