

Clonganny House Traditional Home Recipes

Velouté de Petits Pois aux Lardons

Ingredients

(12 portions)

- 2 large onions finely chopped
- Butter
- 1kg frozen peas
- 1kg potatoes peeled and chopped into small pieces
- 3 litres chicken stock or water
- 2 slices of back bacon, diced
- Slices of bread, with crusts removed and diced, for the croutons (optional)

Method

- In a large casserole/saucepan, sweat the onions gently in butter on a medium heat
- Add half the peas and half of the bacon and continue to cook for 5 minutes, stirring occasionally
- Add the stock/water to the pan and bring to the boil
- Add the chopped potatoes, bring back to the boil and simmer until the potatoes are soft
- Add remaining peas to the pan and simmer for 10 minutes
- Liquidise in a blender (or using a hand blender)
- Season to taste and stir in a few knobs of butter to produce a velvety texture

To serve, fry the remaining bacon in a hot pan until crisp. Remove and set aside. Fry the bread croutons in the same pan until crisp. Warm the soup and serve in individual bowls with a dollop of crème fraiche or double cream, a sprinkling of the bacon pieces and several croutons.

The velouté can be stored in a sealed container in the fridge for several days.

Béchamel Sauce

Ingredients

- 50g butter
- 50g flour
- 600ml cold milk
- Grated Cheese (e.g. Cheddar/Gruyere) as required

Method

- Melt the butter in a pan
- Stir in the flour and cook gently, stirring occasionally, for 2 minutes. Do not allow the flour to brown
- Remove the pan from the heat and gradually pour in the milk, stirring vigorously or whisking continuously
- Return the pan to the heat and bring to the boil, still stirring or whisking
- Add grated cheese and season with salt and pepper to taste

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Poulet Poché aux Legumes

(This will serve 4 people as a broth, or will form the base for a chicken casserole and a chicken consommé)

Ingredients

- 4 chicken legs or a whole chicken
- 1 onion, peeled and quartered
- 2 large carrots, peeled and chopped
- 2 large leeks, cut into chunks
- 1 medium swede (or 2 turnips) peeled and chopped roughly into chunks
- 1 bay leaf
- Thyme
- Parsley
- Water
- Salt and Peppercorns, to taste

Method

- Place all the ingredients in a large casserole or stock pot and cover with water
- Bring to boil and simmer for 1 to 1.5 hours until everything is well cooked (the chicken legs will float when cooked)

Serve immediately, as a broth, if desired. Alternatively, make a creamy chicken casserole as below.

Ingredients

- 1 large shallot, finely chopped
- Small half glass of white wine
- Crème Fraiche or Double Cream
- Butter

Method

- Gently sweat the shallot in butter until soft
- Add the white wine and simmer until reduced by at least half
- Add a couple of ladles of the liquid from the chicken broth and simmer until reduced
- Add crème fraiche or double cream and stir in
- Reduce the sauce until it is a consistency that covers the back of a spoon
- Add knob of butter to give a velvety finish
- Remove the chicken from the broth and remove the skin. If it is a whole chicken, divide it into portions
- Remove the vegetables from the broth and place in a separate serving dish with a small amount of the broth
- Place the chicken portions in a serving dish and pour the cream sauce over them
- Place a few sprigs of parsley on top and serve with Riz Pilaff (as below)

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Riz Pilaff

Ingredients

- 1 large shallot finely chopped
- 1 cup Basmati rice
- 2 cups water, chicken broth or stock

Method

- Gently sweat the shallot in butter until soft
- Stir the rice into the pan with the shallot
- Add the water or stock
- Cover with foil or a tight fitting lid
- Cook in the oven at 200 C for 20 minutes

Confit de Canard

Ingredients

- Several large duck legs (typically 6 to 8)
- Vegetable oil or duck fat
- Red onion, sliced
- Handful of fresh thyme or rosemary (depending on taste), chopped
- 1 bay leaf
- 2 cloves garlic, chopped

Method

- Trim the duck legs and season well with salt on both sides
- Place in a dish in the fridge for 24 hours
- When ready, wash the salt off the legs in cold running water and pat dry
- Sauté the duck legs in a small amount of oil over a high heat in a non-stick pan
- Place the duck legs with the onion and all other ingredients in an oven proof casserole
- Cover with vegetable oil or duck fat, making sure the duck legs are fully immersed
- Cook in 180 C for 2 to 2.5 hours
- When cooked, transfer the duck and all the fat into a well-sealed storage container (e.g. a large plastic box) ensuring the legs remain covered by the fat

In a fridge or cellar the duck confit will keep for up to 6 months.

To serve, remove the quantity of legs required from the container and place on a baking tray in a hot oven (200 C) for 15 to 20 minutes until the skin is crisped. Serve with a green salad or French beans and Gratin Dauphinois (as below).

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Gratin Dauphinois

Ingredients

- Potatoes (King Edward or Maris Piper work best) thinly sliced
- Milk
- Double Cream
- Garlic clove, chopped
- Salt and pepper to taste

Method

- Butter a Pyrex or ovenproof dish
- Place the thinly sliced potatoes, arranged in layers, in the dish
- Put equal quantities of milk and double cream in a saucepan (enough to just reach the top of the potatoes in the dish), add the garlic, salt and pepper and bring to the boil
- Pour the milk mixture over the potatoes in the dish
- Place the dish on a baking tray or in a larger roasting tin (to capture spillage) and cook for 1.5 to 2 hours at 180 C

Filet de Sole aux Champignons

Ingredients

- Lemon Sole fillets (allow 2 per person)
- Finely chopped shallot
- Sliced mushroom
- White wine
- Crème Fraiche or double cream
- Butter

Method

- Season the sole fillets, roll them and wrap each one individually in a small amount of cling film
- Steam the fillets using a steamer over a pan of boiling water for 10 to 15 minutes, until cooked
- Gently sweat a teaspoon of chopped shallots and 2 sliced mushrooms per person in butter
- Add a dash of white wine and half a cup of fish or vegetable stock per person and simmer until reduced by half
- Add Crème Fraiche or double cream and bring to consistency (where it covers the back of a spoon)
- Season to taste

To serve, place the sole fillets on a bed of cooked spinach leaves and cover with sauce

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Gratin de Jambon, Poireaux et Choux fleur

Ingredients

- Béchamel Sauce (as above)
- Ham, cut into julienne strips
- Leeks, cooked and cut into chunks
- Cauliflower, cooked and cut into florets
- Grated cheese (e.g. Cheddar/Gruyere) to sprinkle on top (optional)

Method

- Butter the inside of an ovenproof dish
- Arrange the ham, leeks and cauliflower in the dish and season to taste
- Pour the Béchamel sauce over the contents of the dish
- Top with grated cheese if desired
- Cook in a hot oven (200 C) for approximately 20 minutes or until the sauce is bubbling and the top is nicely browned

Tartine de Chevre Grillé aux Poivrons

Ingredients

- Slices of goat's cheese (allow 2 per person)
- Mixed peppers
- Olive oil
- Half a clove of garlic finely chopped (optional)
- Assorted salad leaves
- Bread (a good quality sourdough or French country loaf is recommended)

Method

- Core, deseed and thinly slice the peppers
- Gently sweat them in a small amount of olive oil with the garlic (if desired) until soft
- Slice and toast the bread
- Pile some of the cooked peppers on each slice of bread and top with a goats cheese and a drizzle of olive oil
- Return to the grill or place in a hot oven (200 C) until the cheese is softened and browning
- Remove from the grill/oven and serve with a selection of salad leaves

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Apple and Summer Fruit Crumble

Ingredients

- Bag of frozen summer fruit or equivalent
- Small glass of red wine
- Bramley apple, peeled, cored and diced
- 140g oats or chopped nuts or a mix
- 200g plain flour
- 80g brown sugar
- 160g butter

Method

- Place the apple in a pan with a 20g of butter, half a cup of water (to prevent it sticking to the pan) and sugar (to taste) and cook gently until the apple is soft, then set aside
- Place the frozen fruit in a pan with the red wine and sugar (to taste) and cook gently
- Combine the flour and sugar
- Add the remainder of the butter and the oats/nuts and mix to a crumble consistency
- Butter a Pyrex dish and spread a small layer of apple across it, place a layer of red fruit on top, then a layer of apple
- Top with the crumble mix
- Cook at 180 C for 30 to 35 minutes until the crumble is nicely browned

Bread and Butter Pudding

Ingredients

- Several slices of medium sliced white bread
- 1 or 2 cups sultanas
- Half a cup of chopped dried fruit (e.g. apricots or prunes)
- 500ml milk
- 500ml double cream
- 250g sugar
- 6 eggs
- Vanilla essence

Method

- Soak the sultanas in hot water to soften them
- Cut the crusts off the bread and cut each slice into 4 pieces
- Butter a Pyrex dish
- Layer the bread and the fruit into the dish
- Boil the milk and cream together with a dash of vanilla essence
- Beat the eggs and sugar together
- Add the hot milk and cream to the eggs and sugar
- Pour the liquid mixture over the bread and fruit and press the bread down with a spatula to ensure it is well covered Leave to soak for 5 to 10 minutes
- Cook in the oven in a Bain Marie (a dish of water) at 180 C for 40 minutes

This can be served immediately when cooked or can be kept in the fridge for 4 to 5 days and can be reheated in a microwave (whole or in individual portions).

Serve with Crème Anglaise (as below).

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Crème Anglaise

Ingredients

- 500ml milk
- 250g caster sugar
- 8 egg yolks
- Vanilla essence

Method

- Put the milk and vanilla essence in a pan and bring to the boil
- Beat the egg yolks and sugar together
- Add half of the milk to the eggs and sugar
- Mix well together
- Put the mixture back in pan with the rest of the milk and cook slowly (*it must not boil*)
- When it is at consistency to cover the back of a spoon, put it in a container and cool it down in a bowl or sink of cold water

To serve, pour the Crème Anglaise over your desert.

The Crème can be kept in a fridge for up to 4 days. Do not reheat. If it curdles when it is being cooked, place the mixture in a blender and blast at full speed!

Tarte Tatin

Ingredients

- Butter
- Caster sugar
- Several large Braeburn or Cox apples
- 500g pack of puff pastry

Method

- Cover the base of a deep ovenproof pan with a thin layer of soft butter (make sure the pan will fit in your oven!)
- Add a thin layer of caster sugar
- Peel the apples, cut each apple into 4 pieces and remove the core
- Arrange the apples pieces in circles to fill the pan
- Place the pan on a high heat to caramelize the butter and sugar
- While this is happening, roll out the pastry and prick it all over with a fork
- When the apples are ready, remove from the heat and place the pastry on top, making sure to tuck the edges in and ensure all gaps are filled
- Place in an oven at 200 C for 15 to 20 minutes until the pastry is cooked. Remove the pan from the oven
- Get a large flat tray or plate (larger than the pan). Place it, face downwards, over the top of the pan. Carefully turn the whole lot over and turn out the Tarte Tatin onto the tray. Take great care as the contents will be very hot and the caramel will be liquid
- Slice and serve with Crème Fraiche or Caramel ice-cream

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Granité au Champagne

Ingredients

- 500g caster sugar
- 500ml water
- Zest of 1 orange
- Zest and juice of 1 lemon
- 1 bottle of Champagne or sparkling wine (French!)

Method

- Place the sugar and water in a pan and bring to the boil
- Remove from the heat and place 650ml of the liquid in a large container which can be covered and sealed
- Add the Champagne to the container along with the fruit zest and juice, mix and place in the freezer
- After 24 hours whisk the mixture and return it to the freezer where it will keep for 3 to 4 months
- To serve, scrape a small amount into a small glass, dish or plate

Please Note :

Feel free to contact us if you any questions regarding the recipes above or need some help with cooking and baking.

As a gift for your love ones or family members, private cookery lessons are available in our own kitchen or the privacy of your own home.

Thank you.