

FAITHLEGG



Harvest festival 2022

It is with great pleasure I get the opportunity to showcase just a few Waterford suppliers in this dish of

Comeragh mountain lamb, rosemary roast Dunphy's carrots, wilted Barefoot farm spinach, Faithlegg's beetroot and mint relish and Waterford whiskey jus,

I will be using loin of lamb in this recipe, but you could use rack or leg.

Roast carrots,

- 4 med sized carrots
- 200ml butter
- Sprig of rosemary
- Crumbled bacon (dried streaky bacon and broken up in pestle and mortar)

Method:

Top, tail and wash the 4 med sized carrots, roast in a hot oven for 30mins basting with butter

For service chop the rosemary and add to bacon crumble

Sprinkle the crumble over the carrot on the plate

Loin of lamb

Remove any sinew from the lamb score the skin

Season by rubbing the skin with garlic and mint paste and seal on a hot pan

Cook for 8-10mins depending on pink you would like it.

Waterford whiskey jus

1diced shallot

1clove garlic

2 shots Waterford whiskey

200ml red wine

1 sprig of rosemary

500ml lamb stock (veal stock is ok too)

100g butter

Method:

In a medium sized pan add the garlic shallot and fry off without colour, deglaze the pan that the lamb was sealed in with a glass of red wine reduce and add the onion and garlic mix add the whiskey

Reduce and add the stock allow to reduce by half and check seasoning whisk in the butter.

Barefoot farm spinach

Remove the stem of the spinach

In a pan add a knob of butter a splash of white wine,

The spinach will come down by 1/3 but keeping its bright green colour remove from heat and place on the plate

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Beetroot and mint relish

Ingredients:

- 650g beetroot
- 1 medium onion diced
- 1 apple peeled cored and diced
- 200g brown sugar
- 250ml white wine vinegar
- 3 whole star anise
- ¼ tsp ground cloves
- 2 sprigs of Fresh mint

Method

- Prepare the beetroot, trim the leaves off wash and place in a large saucepan with cold water bring to the boil and cook for about 30mins until tender
- Drain and rinse under cold water. Wearing rubber gloves rub the skin off the beetroot removing it., you may need to rub a bit harder to remove the top of the beetroot, when done, grate coarsely.
- Meanwhile, combine the onion, apple, sugar, vinegar, star anise and cloves in a medium saucepan
- Bring to the boil over a high heat until the sugar is dissolved,
- Reduce the heat and simmer until apple is tender
- Add beetroot to apple mixture. Simmer for 30minutes or until mixture is syrupy. Chop mint and add for last five minutes of cooking.
- Remove and discard star anise and pour into hot sterilised jars and seal.

This will last for two months unopened in the fridge or for 2 weeks once opened.

This is a great accompaniment to red meats or with a cheese board, with the season changing and an abundance of beetroot I thought I would give you this little recipe, to add to your larder

Enjoy

Jenny Flynn Executive Chef Faithlegg hotel

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