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Jenny's twist on the Irish classic "bacon and cabbage "

Irish Bacon and cabbage croquettes with a parsley cream

Growing up St Patrick day was always a very busy day in my household, from early morning church to the local parade, thaw out in the car on the way home (it was always bitterly cold) and Gaa all Ireland club final day on the tv with the bacon on since early morning.

The food around St Patricks day is a celebration of everything Irish. It has evolved over the years but at the heart of it is bacon and cabbage. So, when the bacon and cabbage dinner is finished you can use this recipe to have croquettes, all the flavour of a bacon and cabbage dinner in one bite.

Ingredients:

Cooking the bacon

- 1.3kg of back bacon 1 onion peeled and studded with 6 cloves.
- Large bunch of herbs tied together including bay, thyme, and parsley stalks (bouquet garni)
- 1 head cabbage cut into quarter with the heart still in tacked, I use sweetheart but curly is just as nice.

For the parsley cream

150ml stock from the bacon.

142ml cream

1tsp mustard

Hand full curly parsley chopped.

Mash potato

2 large potatoes diced.

50g butter

50ml cream

Ground black pepper and sea salt.

Panko crumb flour and egg.

Method

Place the bacon in a stock pot with the onion and herbs, cover with water then cook for 45mins topping up with water if needed. Ladle 150ml of the bacon stock into a smaller saucepan set aside. Add the cabbage wedges to the stockpot then continue to cook for another 15-20mins until the cabbage is tender.

Remove cabbage and bacon and use the off cuts of bacon to use in the croquette's recipe.

Ultimate Mash potato

In a saucepan put the diced potato into cold salted water bring to the boil and cook until tender, when cooked strain off the water, put pot back onto the heat to dry out potatoes mash the potatoes with the cream and knob of butter season.

Making the croquettes

For every 200g of potatoes you will need approx. 100g bacon bits and approx. 50g cabbage diced. Mix, checking seasoning.

Roll croquettes into even sized balls, allow to cool in a fridge for approx. 20mins and set up in 3 different bowls flour, egg wash, and panko breadcrumbs.

Dip the croquettes into the flour first then into egg wash and finally into breadcrumbs.

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Cook in a fryer 180c for approx. 5 mins or until golden brown.

While everything is cooking make the sauce, pour the cream into the bacon stock, and bring to the boil. Simmer for a few minutes then whisk in the mustard and parsley season with salt and pepper to taste.

To assemble

Put the sauce on the base of the plate and put croquettes top.

I like to serve it with a little salad of pickled carrots and parsnips with rosemary oil.

Lá Fhéile Pádraig sona duit

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