

Cork spiced beef

- SERVES 10**
- 3kg rump of beef
 - 80g soft dark brown sugar
 - 20g allspice berries
 - 20g black peppercorns
 - 20g juniper berries
 - 1 tsp freshly grated nutmeg
 - 15g cloves
 - 15g saltpetre
 - 50g sea salt
 - 1 turnip, peeled and chopped

- 1 Trim off excess fat and rub the sugar into the beef, place in a bowl, cover and put in the fridge for 12 hours.
- 2 Grind together the spices and salt. Rub over the meat, cover and leave it for 6-7 days in the fridge, turning daily.
- 3 After 7 days, place the beef and turnip in a large saucepan and cover with cold water. Bring to the boil and simmer for 2 hours. Transfer to a serving dish and leave to cool. Serve cold.



TARA FISHER

Irish eggs with black pudding

- MAKES 4**
- 4 eggs
 - rapeseed or sunflower oil
- For the meat coating**
- 100g black pudding
 - 100g sausage meat
 - 1 tsp fresh thyme, chopped
 - 1 tsp flat-leaf parsley
 - 1 tsp Dijon mustard
 - zest of 1 lemon
 - 1 spring onion, chopped
 - sea salt and black pepper
- For the breadcrumb coating**
- 120g plain flour
 - 1 egg, beaten
 - 120g very fine breadcrumbs

- 1 Put the eggs in a pan of cold water over a high heat and bring to the boil. Reduce the heat and simmer for exactly 7min. Drain and cool the eggs under cold running water, then remove the shells.
- 2 While the eggs are cooking, blend



together the black pudding, sausage meat, thyme, parsley, mustard, lemon zest and spring onion. Season and mix well.

- 3 Dust your hands with flour and work with a quarter of the sausage mixture at a time. Roll the meat into a ball. Put on a piece of cling film and press slightly. Cover with more cling film and roll out into a 10cm circle. Remove the top sheet of cling film and put a boiled egg in the centre.
- 4 Close the sausage mixture around the egg. Remove all the cling film. Repeat with the remaining eggs.
- 5 To coat the eggs, put flour in one bowl, beaten egg in a second and breadcrumbs in a third. Dip each egg in the flour, then the egg, then roll it in the breadcrumbs.
- 6 Fill a pan with oil until it's two-thirds full and place over a medium heat. When the oil is hot, place the eggs in the pan and fry for 10min. Drain on kitchen paper and serve.

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Tuck of the Irish

Celebrate St Patrick's Day with a traditional foodie feast instead of lurid green drinks. By **Jenny Stallard**

HERE'S one main issue I have with Clodagh McKenna's new book *Clodagh's Irish Kitchen*. I can't stop picking it up from the shelf of cookery books next to my desk to look at the gorgeous pictures of the Irish coastline. And, of course, her recipes.

As she shows with these mouthwatering choices, cooking is the perfect way to celebrate St Patrick's Day in style.

There are so many fun ways to celebrate St Patrick's Day that don't involve green shots, says Clodagh (pictured). 'If you are having people over for dinner, create one hero Irish dish like my spiced beef, and spiced red cabbage, served on a table laid with crispy white linen



and pots of green herbs (rosemary, thyme, sage) placed along the centre of the table for that rustic Irish natural effect.

'Red cabbage is so good for

you, and it's delicious when you slow cook it with apples and raisins (or sultanas). I place the dish cooks, the apples break down and the juices run through the cabbage. This recipe looks amazing and is so good served with beef, pork or turkey. You can make it a couple of days in advance, and if you don't eat it all in one sitting, it's great cold in sandwiches.'

Recipes from
Clodagh's Irish Kitchen
by Clodagh McKenna
(Kyle Books, £19.99)



Slow-cooked red cabbage with apples and raisins

SERVES 10 AS A SIDE

- 900g red cabbage, shredded
- 450g Bramley cooking apples, peeled, cored and finely chopped
- ¼ whole nutmeg, freshly grated
- 3 tbsp soft, dark brown sugar
- 2 shallots, finely sliced
- 100g golden raisins
- 3 tbsp sherry wine vinegar
- 30g butter
- sea salt and freshly ground black pepper

- 1 Preheat the oven to 150C/gas mark 2.
- 2 Arrange a layer of cabbage in the base of a casserole dish and season. Add a layer of apples with a sprinkling of nutmeg and sugar, the sliced shallots and raisins. Continue until everything is used up. Pour over the vinegar and dot with the butter.
- 3 Put a tight-fitting lid on the casserole and cook very slowly for 2-2½ hours, stirring a couple of times during cooking.

