



**CALOR**

now you can

# *A Taste* of the **WORLD CUP**

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Ireland's Award Winning Chefs Bring you  
32 World Cup Inspired Recipes

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# Calor and the Restaurants Association of Ireland team up to provide the flavours of the World Cup!



Calor and the Restaurants Association of Ireland recently teamed up to provide a variety of delicious recipes from all over the globe inspired by the countries taking part in the World Cup in Brazil.

This partnership provides the opportunity to showcase the superb culinary skills which are right here on our doorstep in Ireland and the fantastic range of restaurants that are members of the RAI. At the same time, it highlights the versatility of LPG for cooking, specifically the Calor Mini-BBQ, which has been specially designed as an outdoor cooking solution; it's portable and stylish and is the coolest summer accessory around.

Even though, the Boys in Green did not make the trip to Brazil, by trying out some of these gastronomic delights on the Mini-BBQ we hope that you can spice up the rest of your summer, and ease the disappointment!

Calor would like to thank our colleagues and partners at the Restaurants Association of Ireland for their help and support, and to all of the chefs and restaurants across the country that participated and shared some of their culinary delights.

We hope you enjoy the recipes as much as we have had tasting them!

## The Calor Team

To buy a **Calor Mini BBQ** online go to [shop.calorgas.ie](http://shop.calorgas.ie) or to find your nearest stockist go to [www.calorgas.ie/gas-cylinders/living/find-a-retailer](http://www.calorgas.ie/gas-cylinders/living/find-a-retailer)

For more information, check out our Twitter and Facebook channels.







**Brian McMonagle,**  
The Brewer's House

**Serves 4**

## Ingredients

4 x chicken breast  
½ cup of soy sauce  
½ tsp wholegrain mustard  
Juice of 4 limes  
½ tsp tobasco sauce  
½ tsp paprika  
3 cloves of grated garlic  
1 tsp of local honey  
Salt & pepper to season  
2 tsp guava paste

## For the Salad

The flesh of one coconut  
1x ripe mango, peeled and cut into bite size pieces  
300g of kale, lightly blanched in salt and water for 2 minutes. Then refreshed in iced water  
Juice of one lemon  
2 tsp cracked black pepper  
2 tbs of rapeseed oil  
100g hearts of palm in bite size pieces

# Grilled Chicken with Lime Marinade

Served with a Brazilian Salad  
of Kale, Fresh Mango and  
Fresh Coconut

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*Inspired by BRAZIL*

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## Start Cooking

Mix all the dry and wet ingredients.  
Marinate the chicken breasts for at least 6 hours.  
Light up the BBQ, place the chicken breasts on.  
Keep turning and spooning over juices, almost like braising.  
Leave to rest for a few minutes while you prepare your salad.  
Toss all the salad ingredients together and serve.

## Accompaniments

Black beans with cassava flour  
-a traditional Brazilian accompaniment.







Gary O'Hanlon,  
VM Restaurant at  
Viewmount House

Serves 4

## Ingredients

- 4 naan bread
- 1 cooked breast of chicken, diced up
- 4 tbsp basil Pesto
- 400g grated mozzarella cheese
- 2 tbsp ground cumin
- 100g fresh coriander

### For the Tomato Salsa

- 4 ripe tomatoes quartered and core removed
- 50g coriander
- Juice of one lime
- Olive oil to bind
- Salt & pepper to taste
- 1 red onion diced

### Cherry Pepper Mayonnaise

- 6 spoons heavy mayonnaise
- 4 peppadew (cherry) peppers.

# Naan Bread Pizza with Basil Pesto, Chicken, Mozzarella and Cumin

Served with Fresh Tomato Salsa

*Inspired by ITALY*

## Start Cooking

In a large bowl add the chicken, cheese, chopped fresh coriander and cumin together and mix well.

Add a large spoon of the basil pesto to the base of the naan bread and spread to the edges. Sprinkle on even amounts of the cheese and chicken mixture.

Place on pre-heated BBQ and grill on both sides. Then spread on the pesto. Leave a small perimeter free around the edges.

Top with the chicken and cheese mix and leave to gently cook on the BBQ.

Whilst the naan pizza is cooking combine the tomatoes, onion, coriander and lime juice together in a bowl.

Season to your taste with salt and pepper.

Drizzle in olive oil to your required taste to create a salsa.

For the cherry pepper mayonnaise just blend the ingredients together until smooth in a food processor.

Remove the naan bread from the BBQ. Cut into slices and serve with spoons of the fresh tomato salsa and a generous spoonful of the cherry pepper mayonnaise.

This dish is also lovely with a spoon of store bought guacamole, sour cream or natural yoghurt.







Barry Fitzgerald  
ETTO

Serves 4

## Ingredients

4 leeks  
16 chicken oysters  
Sea salt

### For the Romesco

1 large tomato  
1 dried chilli  
1/3 cup extra-virgin olive oil  
2 tablespoons hazelnuts, toasted and loose skins rubbed off with a kitchen towel while warm  
2 tablespoons blanched almonds  
1 slice of stale white bread, chopped  
2 large garlic cloves, sliced  
1/8 teaspoon dried hot red pepper flakes  
1/4 cup drained bottled pimientos, rinsed  
2 tablespoons water  
1 tablespoon red-wine vinegar  
1/4 teaspoon salt, or to taste

# Char-grilled Leeks, Romesco Sauce and Chicken Oysters

*Inspired by SPAIN*

## Start Cooking

To make the romesco, simply pulse all the ingredients in a blender until you have a coarse consistency similar to a humous.

The sauce is best served room temperature.

Light your BBQ and char the leeks until completely blackened and burnt on all sides and until they feel soft right to the centre.

Set aside to cool and then peel away the burnt skins to reveal a delicious smokey core.

Season lightly with salt and a squeeze of lemon juice.

Next grill the chicken oysters for 2-3 minutes on either side. Season again with salt, olive oil and lemon juice.

To serve spoon some romesco sauce on the plate and top with leeks and chicken oysters and drizzle with extra virgin olive oil.

A crisp salad would be a delicious accompaniment.







Theo Lynch,  
Allos Bar and Bistro

Serves 3

### Ingredients

Chicken breasts  
Nectarines – segments and juice  
Oranges – segments and juice  
Dried chilli  
Toasted pine nuts / sunflower seeds  
Organic salad leaves  
Olive oil  
Sea salt  
Parmesan cheese shavings  
Cucumber curls  
Confit peppers - Cut peppers into circles. Poach in olive oil and garlic for 8 – 10 mins, cool

# Sunflower, Summer Nectarine Chicken Breast

*Inspired by SPAIN*

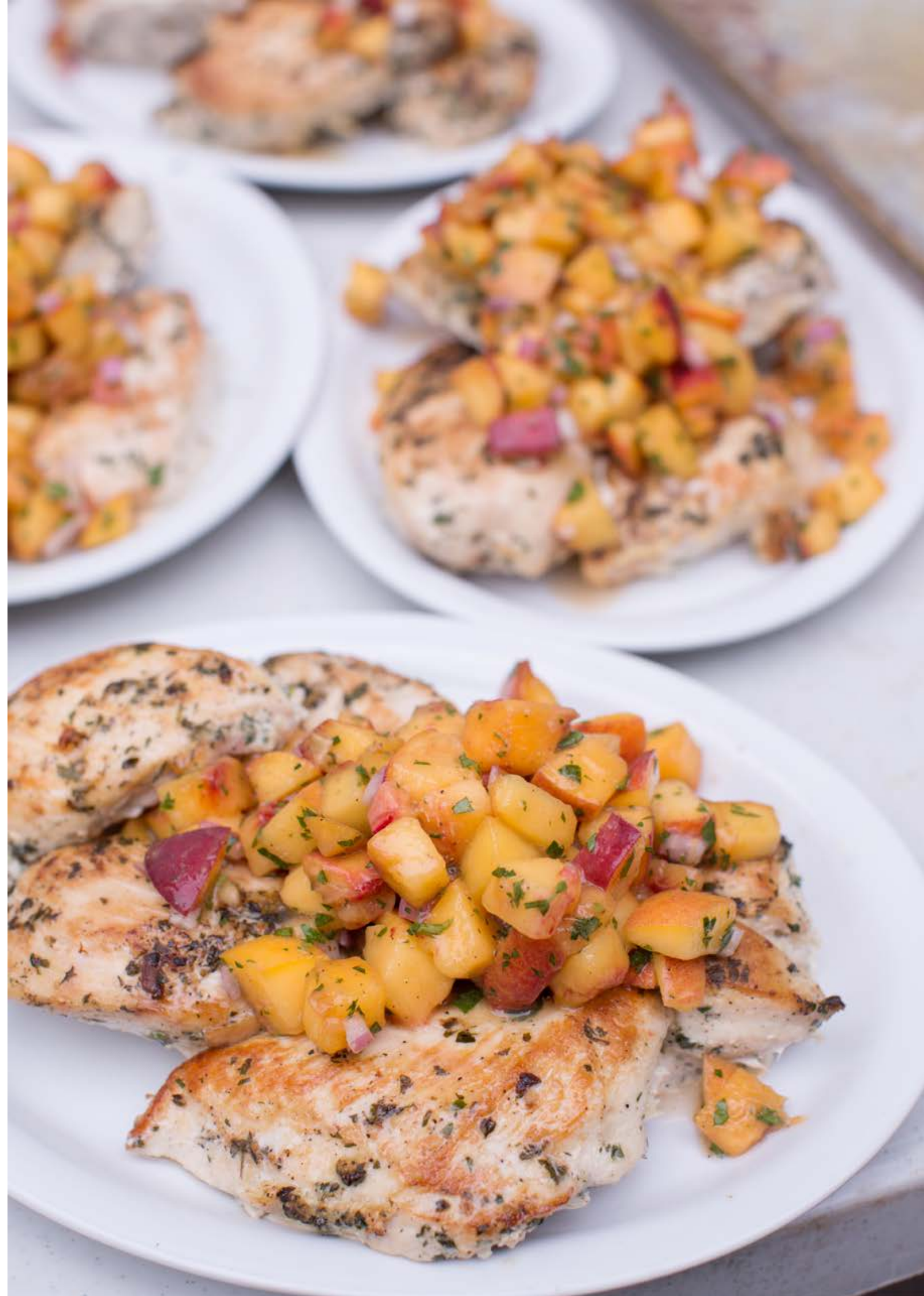
### Start Cooking

Butterfly chicken breast and marinade in chilli, nectarine and orange juice for 24 hours.

Dry and BBQ until fully cooked.

Assemble the veg and salad.

Serve and enjoy.







**Noel McMeel,**  
The Catalina Restaurant  
at the Lough Erne Resort

# Portuguese Pork Plate

*Inspired by PORTUGAL*



**Serves 4**

## Ingredients

### Pork Fillet

1 pork fillet  
4 slices pancetta (cured ham)

### Confit Belly

1 pork belly  
6 sprigs rosemary  
6 sprigs thyme  
6 cloves garlic

### Cheek & Shoulder

2 pork cheeks  
300g pork shoulder  
1 onion  
4 garlic  
4 bay

### Black Pudding

150g black pudding  
50g trim from shoulder  
Streaky bacon

### Caramelised Apple Puree

4 cooking apples  
300g sugar

### Apple Snow

20 ml hazelnut oil  
5ml cider reduction  
Malto dextrin  
Seasoning

### Cider Jus

2 pts brown chicken stock  
1 onion  
1 carrot  
1 stick celery  
2 cloves garlic  
2 bay  
1 sprig thyme  
½ pt cider

## Start Cooking

### Pork Fillet

Trim fillet and wrap with slices of the pancetta. Roll tightly in clingfilm and steam for 7 mins. Then pan fry or BBQ.

### Confit Belly

Remove the rib bone from the belly and place on a tray with the garlic and herbs. Cook in an oven or on a very slow BBQ. Chill to cut before sealing on a frying pan and bring to temperature in oven.

### Cheek & Shoulder

Remove the outer gristle from the cheeks /shoulder and seal off with the onions, garlic and bay. Place in the oven at a low heat for 4-6 hours. Cut the shoulder into bars and the cheeks in half, reheat in the gravy before serving.

### Black Pudding

Break up the black pudding with the shoulder trim and reform into a log. Place the bacon onto clingfilm and roll around the pudding. Roll tightly in clingfilm before portioning. Bring to temperature in the oven 170c for approx 9 mins depending on size.

### Caramelised Apple Puree

Peel and roughly chop the apples and place into a sauce pan with sugar and water. Cook until broken down and well caramelised. Blitz, season and pass.

### Apple Snow

Combine the cider reduction with the oil then add in the malto till the mix turn to a snow like texture.

### Cider Jus

Brown off all vegetables in a heavy based sauce pan and deglaze with cider.

Add in the herbs and reduce by half then the chicken stock.

Bring down to correct consistency  
Season and pass.



Sean Farnan  
The Moody Boar Bistro  
and Restaurant

Serves 4

## Ingredients

200ml red wine vinegar  
200g dark brown sugar  
1.4kg thick piece of pork shoulder,  
cut into 350g steaks  
2 cloves garlic  
2 tsp salt  
1/2 tsp ground black pepper  
1 tsp spanish paprika  
1tbsp dry oregano  
A few sprigs fresh oregano or  
marjoram, leaves picked  
Pinch sea salt & ground black pepper  
2 handfuls raisins  
50ml good-quality dry sherry  
Splash Spanish olive oil

## For the Beans

A few thick cut lardons of pancetta  
(same size as the butter beans)  
Spanish olive oil  
1 red onion, finely chopped  
1 red pepper, roughly chopped  
A few fresh rosemary, leaves picked  
A few fresh bay leaves  
540g tinned butter beans, drained

# Moorish Pork

*Inspired by SPAIN*

## Start Cooking

Bring sugar and vinegar to the boil slowly until sugar is dissolved and remove from the heat, allowing to cool down.

Place meat in a large non-metal dish. Using a garlic press, mince the garlic cloves over the shoulder steaks and rub into the meat with your hands.

Mix salt, pepper, paprika into a small bowl now crush the dry oregano between fingers to release the flavour and add it to the spice mixture. Rub the spice mixture into the meat.

Sprinkle the vinegar mix over the meat. Cover with plastic wrap and refrigerate for at least 4 hours or overnight if you are ahead as this will be better for the meat.

Pound most of your oregano leaves with a small pinch of salt and pepper in a pestle and mortar. Roughly chop the raisins, add them to the pestle and mortar with the sherry and a splash of extra virgin olive oil. Muddle everything together to make a paste, then put to one side for a minute.

Cut a pocket in the meat and place some of the raisin mix inside. You can use a wooden tooth pick to close it up.

Fry the pancetta in a medium pan on a high heat for a few minutes, then add a drizzle of olive oil. Stir in the chopped onion and pepper, turn the heat down and cook for about 5 more minutes, or until the vegetables have softened.

Roughly chop your rosemary leaves and add those to the pan along with your bay leaves.



Add your beans to the pan with water. Stir, then leave for about 20 minutes. Keep an eye on the beans and add a splash more water if they look dry.

Get your BBQ or griddle pan really hot. Rub on some olive oil. Place the meat on straight from the marinade on the hot side then move them to the gentler side of the BBQ so they can cook slowly for about 30 minutes turning occasionally.

Remove from grill, cut and serve.

**Note:** If you're using a griddle pan, turn the heat down to medium low, turning occasionally.

Taste the beans and season with salt and pepper.

Cook for a few more minutes if you want to achieve a thicker consistency.

Divide the beans between four plates and lay a piece of pork over each.

Sprinkle over the reserved oregano leaves, finish with a drizzle of olive oil and serve.

## Chefs Tip

Quantities of spices, salt and pepper are approximate. You may adjust quantities to your taste. Always keep in mind that you want to add flavour, but not overpower the meat.





Barry Liscombe,  
Hartes of Kildare

# Charred Tamworth Bacon Loin

With Honey Mustard,  
Carrot Slaw and  
Charred Gem Lettuce

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*Inspired by Iran/France*

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Serves 6

## Ingredients

### For the Bacon:

4 bacon loin chops cut ½ inch thick  
4tbsp organic Irish honey  
4tbsp wholegrain mustard  
2tbsp demerara sugar  
2tbsp rapeseed oil  
Tbsp chopped parsley

### For the Slaw & Gem Lettuce

4 medium carrots grated roughly  
2 tbsp mayonnaise  
2tbsp rapeseed oil  
2tbsp organic honey  
1tbsp ground cumin  
2tbsp chopped coriander  
1tsp turmeric  
Salt & pepper to taste

## Start Cooking

Lightly oil the bacon chops.

Place on your BBQ or char-grill for 5 mins on each side, then turn to get a lattice effect, when they are just ready brush some of honey and mustard on both side and allow to caramelise onto the bacon.

This should take 1 min on each side, leave to rest.

### For the slaw,

Combine all the ingredients in a bowl, season to taste.

For the gem lettuce, cut in half, brush with rapeseed oil and season with salt and pepper, place on the BBQ for 5mins to char, then leave to the side.







Ryan Murphy,  
Ballyfin Demesne

Serves 4

## Ingredients

1 pork butt or picnic cut pork,  
about 3.5 -4.5 kg in weight  
Worcestershire sauce  
Liquid smoke  
Dijon mustard  
Jack Daniel's used whiskey barrel  
wood charcoal

## Dry Rub

2 tablespoon sea salt  
2 tablespoon lemon zest  
2 tablespoon smoked paprika  
1 tablespoon dried fresh garlic powder  
1 tablespoon cayenne pepper

## Vinegar Based Sauce Recipe

500ml apple cider vinegar  
150ml water  
150ml Jack Daniel's whiskey  
1 tablespoon sriracha sauce  
150ml muscavado sugar  
1 tablespoon red pepper flakes  
½ teaspoon black pepper  
1 teaspoon salt

# USA Sandwich

*Inspired by USA*

## Start Cooking

Wash the pork cut under cold running water,  
Trim away any excess fat or loose pieces.  
Do not remove the bottom "fat cap" or skin layer.  
Cut out any veins if visible.

Sprinkle on some of the worcestershire sauce  
Sprinkle on just a little of the Liquid Smoke.

Rub these two liquids into the meat, getting under  
any flaps of meat as well.  
Spread a layer of mustard over the meat and rub it  
around to coat all sides.

Sprinkle a light layer of dry rub all over the meat, rub  
it into the meat with your fingers gently.

Wrap securely in cling film. Refrigerate overnight.  
Preheat grill to 120° high heat.  
Remove meat from refrigerator Place meat in tin foil  
lined shallow roasting pan and place in oven.

After 4 hours, pour on some of the sauce recipe  
about once each hour until meat is done.  
Meat should reach internal temperature of 85° to  
be done. About 2 hours per kilo of meat.

Remove from oven, wrap tightly in foil, then wrap in  
a towel.

Set aside in a cool place and, let rest for one hour.

Pull the meat apart. Add vinegar sauce.

## To Serve

1 crusty burger bap sliced in half.

Spread butter and grill then assemble sandwich with  
2 spoons of pulled pork.

1 spoon of homemade coleslaw.







**Joery Castel,**  
The Boat House Restaurant

## Ingredients

### Satay Sauce

1 onion finely diced  
6 cloves of garlic (finely chopped)  
400g peanut butter  
400ml water  
400ml coconut milk  
1 teaspoon ground ginger  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
150ml sweet soy sauce  
3 stalks lemongrass  
4 kafir lime leaf  
2 tablespoon Malaysian chilli paste

### Pork Satay

1kg diced pork loin (1cm dice)  
100ml Coca Cola  
200ml sweet soy sauce (ketjap manis)  
8 cloves of garlic (finely chopped)  
1 teaspoon ground ginger  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
2 tablespoon Malaysian chilli paste

# Pork Satay

Served with  
with Satay Sauce and  
Atjar Tjampoer

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*Inspired by*  
*THE NETHERLANDS/INDONESIA*

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### Pickled Malaysian Vegetables

2 finely chopped onions  
2 cloves of garlic finely chopped  
2 red chilli's finely diced  
2 kafir lime leaf  
½ teaspoon of ground ginger  
¼ teaspoon ground coriander  
¼ teaspoon ground cumin  
¼ teaspoon kurkuma  
½ teaspoon ground galanga  
2 tablespoon water  
1kg white cabbage(finely sliced)  
500g carrots(cut in matchsticks)  
250ml white wine vinegar  
250ml rice wine vinegar  
500ml water  
½ teaspoon kurkuma



## Start Cooking

### Pickled Malaysian Vegetables

Sweat off the onion, garlic, chilli, and lime leaf in a little oil.

Add the dried spices and the water and bring to the boil. Set aside.

Bring the vinegars, water and the salt and kurkuma to boiling point, add the cabbage and carrots and boil for 2 minutes.

Add the spice mix and boil for another minute.

Cool down and keep in the fridge until needed.

### Satay Sauce

Sweat off onion and garlic in a little oil, add the dried spices.

Sweat off for a further 2 minutes and add all the other ingredients, bring to the boiling point while stirring constantly.

Be careful as it catches easily. Strain through a sieve and keep warm.

### Pork Satay

Mix all the ingredients together and marinate overnight.

The next day soak wooden skewers for half an hour in cold water and carefully put the pork pieces on the sticks making sure to leave some space to hold on to the sticks.

Grill on the BBQ for about 10-15 minutes until done.

Serve all together.





**James McAlister**  
The Morning Star

**Serves 4**

## Ingredients

### Lamb Burgers

Lamb mince  
1 egg  
1 red chilli  
4 tbsp olive oil  
3 garlic cloves  
Juice 1 lemon  
1 tbsp fresh oregano  
1 tbsp fresh thyme  
Flatbreads to serve

### Tzatziki

½ cucumber halved and deseeded  
170g pot of greek yoghurt  
1 garlic clove, crushed  
Handful fresh mint leaves, chopped

### Super Chickpea Salad

400g chickpeas  
5 red peppers  
4 tbsp roughly chopped mint  
4 tbsp roughly chopped parsley  
4 spring onions finely chopped  
1 whole lemon juiced  
1 tsp fish sauce  
½ pomegranate seeds

# BBQ Lamb Burgers

Served with Tzatziki and  
Super Chickpea Salad

*Inspired by GREECE*

## Start Cooking

### Lamb Burgers

Mash the garlic in a pestle and mortar, mix with olive oil, lemon juice, oregano, thyme, Maldon sea salt, cracked black pepper, finely chopped red chilli & 1 whisked egg. Place in a large porcelain dish and allow to rest and marinade in the fridge. Do this a couple of hours before cooking.

Place the minced lamb in a large mixing bowl and add the ingredients above, mix by hand until combined or alternatively the burgers can be briefly mixed in a food processor until just starting to hold together, but be careful not to over-work the mixture.

Divide and shape the mixture into and place the burgers on a cling film-covered tray and keep them in the fridge to relax for at least 30 minutes. They are best made the day before cooking.

To prevent the burgers from sticking, brush with a little oil before putting on the BBQ.

Fire up the BBQ, and wait until hot before placing the lamb burgers on the griddle for approximately 15 minutes turning occasionally. Once cooked through allow to rest before dressing and serving!

### Tzatziki

Whilst the burgers are cooking, get the tzatziki going. Coarsely grate the cucumber, sprinkle with Maldon sea salt, squeezing out any excess fluid once grated. Tip into a bowl with yoghurt, garlic, mint, olive oil and mix.



### Chickpea Salad

Crack open your tin of chickpeas and drain excess water. Crush roughly with a fork.

Grill the sliced peppers on the BBQ until charred. Then roughly chop.

Mix with the mint, parsley, spring onions, lemon juice, fish sauce and season.

Finally through over the pomegranate seeds for some freshness and splash of colour!

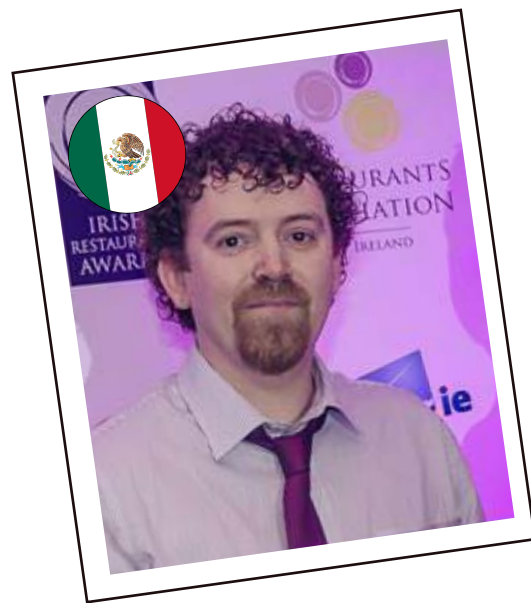
### Finishing Touches

Whilst the burgers are resting throw season your flatbreads with some olive oil and salt and pepper, wrap in tin foil and heat on the BBQ until they're warm through.

Toss on the griddle for a couple of seconds each side before tearing up and serving.

Serve the burgers on the flatbreads with a dollop of tzatziki and your super healthy chickpea salad!





Aidan Murray,  
The Yew Tree Restaurant

Serves 4

## Ingredients

4 lamb shanks  
3 peppers  
(red, yellow and green, diced)  
1 large onion (diced)  
1 tbl spoon paprika  
1 tbl spoon cumin  
1 tbl spoon curry Powder  
2 cloves of garlic (crushed)  
2 tbl spoons sweet chilli sauce  
1 glass of white wine  
Gravy granules of choice

## To Serve

4 x tortilla wraps

# Mexican Style Lamb Shanks

Served with Mexican  
Tortilla Wraps

*Inspired by MEXICO*

## Start Cooking

Before your BBQ starts boil the lamb shanks for 2.5 to 3hrs until tender, remove from the pot and strain the remaining cooking liquid.

On your BBQ, place a medium sized saucepan and add a little oil, the onion, peppers, paprika, cumin and curry powder.

Fry for 3-5 minutes and add the wine, garlic and sweet chilli sauce.

Bring to a vigorous boil to allow the alcohol to evaporate from the wine before adding 1.5 pints of the cooking liquid.

Whisk in your chosen gravy granules and bring to a thick gravy consistency.

Return the lamb shanks to the saucepan and remove from the heat.

Cut your tortilla wraps into slices and colour on both sides on the BBQ and set aside to crisp up.







Michelle McGowan,  
The Pilot Bar

Serves 8

## Ingredients

8 steel skewers  
500g good quality lamb mince  
2 tsp ground cumin  
2 tsp ground coriander  
3 cloves garlic finely chopped  
2 chillies (de-seeded) finely chopped  
2 tbsp chopped fresh mint  
2 tbsp mint sauce  
1 tbsp fresh coriander, chopped

## Flat bread

280g strong white flour  
7g sachet of dried yeast  
2 cloves of garlic crushed  
2 tbsp olive oil  
120ml warm water  
50g salted butter

## Cumin Mayo

Tomato ketchup  
Dried cumin

# Lamb Kofta Kebab

Served in a Garlic Flatbread  
with Cumin Mayo and Green Salad

*Inspired by GREECE*

## Start Cooking

Mix all kofta kebab ingredients together and divide into 8 portions, mold onto 8 steel skewers and refrigerate until ready to cook.

## Flat bread

Sieve flour into mixing bowl with yeast and mix. Add butter and garlic to water and stir.

Mix the wet and dry ingredients together with hands to form a smooth dough. Knead on a floured surface for 5 mins then return to bowl.

Cover with a clean damp cloth and leave in a warm place until dough has doubled in size (approx 1hour).

Divide dough into 8 portions. Roll on a lightly floured surface into round flatbreads about 2 or 3 mm thick (about the size of a dinner plate). Prick with a fork and place on a mesh tray ready to place on BBQ. Cook for approx 2-3mins each side.

Stack on top of each other to keep warm until ready to use.

To cook kofta kebabs brush with olive oil and cook on all sides for 2 or 3 mins until brown and cooked through.

## Mayonnaise

Quantities vary depending on taste.

Add the ketchup and cumin to the mayo and stir until blended.

Spread mayo all over the flat bread top with shredded Iceberg lettuce add kofta and fold flatbread over.

Serve with a green salad and extra cumin mayo on the side.







Darren Brooks,  
Sli Dara at  
Kinnitty Castle Hotel

Serves 4

## Ingredients

200g lean lamb mince  
1 shallot (finely diced)  
1 chilli deseeded (finely diced)  
30g chopped sun-dried tomatoes  
1 large flower bap  
2 leaves of baby gem lettuce  
½ ripe avocado (thinly sliced)  
1 clove of garlic (crushed)  
4 tomatoes, skinned, deseeded and roughly chopped  
Small bunch of coriander, chopped  
Pinch of sea salt  
Freshly ground black pepper

# Mexican Lamb Burger with Chilli and Sun-Dried Tomato Salsa

*Inspired by MEXICO*

## Start Cooking

Put a saucepan on the BBQ and sweat off ½ shallot, ½ the chilli and garlic, add in lamb mince and mould into patty.

Season with salt and pepper

Seal off burger patty on a hot pan (1 minute on each side) cook in oven for 20 minutes at 170c.

Add remaining shallot and chilli with tomatoes, sun-dried tomatoes into a bowl with the copped coriander, season with salt and pepper, (5 ml olive oil if required)

## Assemble

Toast bap, add salsa, lettuce, burger, avocado and serve with salsa on the side.







Robert Krawczyk,  
Brabazon @ Tankardstown

Serves 2

### Ingredients

800g prime T bone steak  
Freshly picked garden beetroot  
Olive oil  
Pinch of salt  
Selection of salad leaves

### For the Béarnaise Sauce

4 free range egg yolks  
3 half eggshells of water  
1 half eggshell of vinegar  
½ lb butter- clarified  
1 teasp of fresh tarragon leaves  
1 teasp of diced shallot

# Hay Smoked T Bone Steak

Served with Charred Garden  
Beetroots and Béarnaise Sauce

*Inspired by ENGLAND*

### Start Cooking

Heat up the BBQ and add the T bone cooking for about 10/15 minutes for medium, turn just once halfway through cooking time.

It is important to let the meat rest for 10/15 minutes before serving.

Blanch the beetroots in salted water, peel and char-grill in some olive oil.

### To make the Béarnaise Sauce

Add the egg yolks, water and vinegar to a metal bowl and place over a pan of simmering water, whisk together until thickened and light in colour.

Gradually add the clarified butter, whisking constantly.

Season with salt and add the chopped tarragon leaves and finely diced shallots.

Serve with freshly picked garden salad.







Shamzuri Hanifa,  
The Cottage Restaurant

Serves

## Ingredients

1 pound of Irish sirloin of beef,  
sliced thinly into pieces ½ inch

## Marinade

(for 1 pound of beef):

½ cup of fresh pear puree  
¼ cup onion purée  
4 cloves of minced garlic  
1 teaspoon minced ginger  
1 chopped spring onion  
2 tbs soy sauce/tamari soy  
sauce for gluten free  
2 tbs brown sugar  
1 teaspoon pinch of ground  
Black pepper  
1 tbs toasted sesame oil  
Few thin slices of carrot

# Beef Bulgogi

National Dish of Korea

*Inspired by KOREA*

## Start Cooking

Mix all the marinade ingredients in a bowl.

Add the sliced beef and mix well.

For full flavour, best to keep it in the fridge and let it  
marinate for at least 30 minutes.

Marinate overnight for a tougher cut of beef.

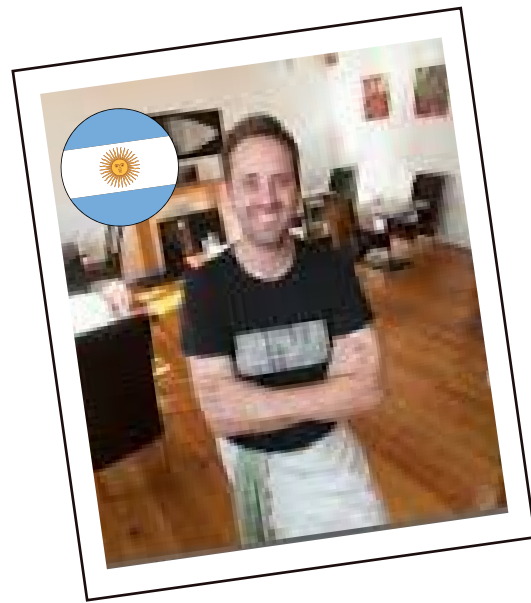
Heat the pan or griddle on high heat and cook the beef  
for few minute till nicely caramelised.

It can also can be grilled on the BBQ.

Serve with steamed rice and ginger.







**Billy Whitty,**  
Aldridge Lodge

Serves 1

### Ingredients

1 beef spare rib (Jacobs ladder)  
Horseradish fresh  
Creme fraiche  
Watercress  
Seasoning

# Slow Cooked BBQ Beef Spare Rib

Served with Horseradish  
Sauce and Watercress

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*Inspired by ARGENTINA*

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### Start Cooking

Preheat oven to 120 degrees.

Place beef in a roasting tray, season well and cover  
3/4 of it with water.

Cook for 6 hours.

Grate horseradish and combine with creme fraiche.

Finish on BBQ with fresh herbs.

Serve with watercress and baked potatoes.







Tom Flavin,  
River Restaurant at  
The Limerick Strand Hotel

**Serves 2**

### Ingredients

1 litre orange juice  
250 gr sesame seeds  
250 ml sesame oil  
250 gr mango chutney  
250 gr tomato ketchup  
250 gr chilli sauce ketchup  
250 gr honey

# Simple Sticky BBQ Sauce

Works great with ribs  
or chicken

*Inspired by USA*

### Start Cooking

Reduce orange juice by half.

Add remaining ingredients and reduce to sauce consistency.

Marinate ribs or chicken in sauce for 24 hrs.

Cook on a BBQ continuously basting with the sauce until cooked.







Cormac Rowe,  
The Lady Helen at  
Mount Juliet

**Prep Time 3 Days**

## Ingredients

Beef short ribs-1.5-2 kg

### Dry Rub

Garlic powder 1 tsp  
Cayenne pepper 1tsp  
Ground cumin 1 tsp  
Smoked paprika 2 tsp  
Malden salt 3 tbsp

### BBQ Cooking Liquor

Onion 1 ( diced)  
Muscavado sugar 60g  
Maple syrup 80ml  
Tomato paste 60g  
White wine vinegar 50ml  
Chicken stock 500ml  
Coopers extra stout 400ml  
Coriander 50g  
Parsley 80g

# Beef Short Ribs

This dish has lots of flavour and is great for a sunny day. It does need a bit of forward planning but is well worth the work

*Inspired by AUSTRALIA*

## Start Cooking

Rub the short rib with the dry spices and leave marinade for 1 - 2 days.

In a large pot, brown off the onions, Once brown add in tomato paste and cook out for a further 5 minutes.

Add in sugar and maple syrup and leave to slightly caramelize in the pot. Add in remaining ingredients and put to one side.

In a large casserole dish brown off the short Rib and then add in the cooking liquor.

Cook at a low temp, 120-130 degrees depending on oven for approx 4 hours.  
Longer time might be needed depending on size of the short Rib. Once cooked remove form the heat and leave cool overnight.

The next day heat up the BBQ. Remove any fat that will be on top of the beef and then place on a gentle heat to warm.

Once warm remove the rib from the casserole dish and place onto tinfoil over the BBQ and leave to glazeand char for approx 20-30 minutes.

Use the cooking liquor to glaze the short ribs as they cook on the BBQ to create a dark sticky coating on the beef.

Serve immediately.







Feargal O'Donnell,  
The Fatted Calf

**Serves 4**

## Ingredients

4 tbsp unsalted butter,  
softened  
1 small garlic clove, minced  
¼ teaspoon finely grated lime  
zest  
1 tbsp fresh lime juice  
Maldon salt  
1½ teaspoon sweet paprika  
1½ teaspoon ground cumin  
1½ teaspoon cajun spice  
4 x 10oz boneless ribeye steaks,  
1 inch thick  
Vegetable oil, for the grill

# Mexican Spice-Rubbed Ribeye with Lime Butter

Works great with Ribs  
or Chicken

*Inspired by MEXICO*

## Start Cooking

Preheat the Calor Mini-BBQ.

In a small bowl, combine the softened butter, garlic, lime zest, lime juice and a pinch of salt.

In another bowl, combine the paprika, cumin and Cajun spice with 1½ teaspoon Maldon salt.

Rub the mixture all over the steaks.

Oil the grate and grill the steaks over moderately high heat, turning once, until slightly charred and medium rare (about 10 minutes).

Transfer the steaks to plates and top with the lime butter.

Let the steaks stand for 3 – 4 minutes before serving.







**Ian Orr,**  
Browns Restaurant and  
Champagne Lounge

**Serves 2**

## Ingredients

2 deluxe Hereford sirloin steaks  
1 aubergine, cut in to small chunks  
1 courgette, cut in to small chunks  
1 red pepper cut in to small chunks  
10 black baresa olives chopped in half  
3 tbsp nostia tomato puree  
1 meadow fresh rocket  
6 tbsp primadonna extra virgin olive oil  
2 tbsp sugar  
2 tbsp balsamic vinegar

# Hereford BBQ Sirloin Steaks

Served with Italian Stew,  
Black Olives and Rocket Salad

*Inspired by ITALY*

## Start Cooking

Start by frying off each of the vegetables in a hot pan with olive oil, salt and pepper.

Cook until golden and soft and then add them to a large pot.

Take the pot of vegetables to a slow heat and add the tomato puree, balsamic vinegar, sugar and 50 ml of water. Cook this for a further ten minutes.

Season the steaks with salt and pepper and rub with a tablespoon of olive oil.

Cook on BBQ for two minutes each side for medium rare.

Toss the rocket with a tablespoon of extra virgin olive oil and place on a dish with the cooked steaks.

## Chef's Tip

Have your steaks out at room temperature and they will cook more evenly.







Conor Mee,  
Courthouse Restaurant

Serves 4

## Ingredients

4 x 300g monkfish tail on the bone  
(ask your nice fish monger to trim it)  
1 fresh lime

## Spices

Half tsp sczhuan pepper  
Half tsp chilli pepper  
Half tsp black sesame seeds  
Half tsp dried seaweed powder  
Half tsp white sesame seeds  
Half tsp ground ginger  
1 orange zested  
Half tsp salt  
Half tsp sugar  
300g greek yoghurt  
50g chopped fresh coriander

# Spiced Baby Monkfish Tail

Served with  
Coriander Yoghurt

*Inspired by JAPAN*

## Start Cooking

Combine all spices and salt and sugar together.

Roll monkfish tails in combined spices.

Strain yoghurt for half an hour.  
(to remove excess liquid)

Add chopped coriander to yoghurt (mix well).

Place spiced monkfish on hot BBQ, turning every  
30 seconds (allowing 10 mins).

Serve with coriander yoghurt and fresh lime.







Alan Foley,

The Cellar Restaurant  
@ Step House Hotel

Serves 3

## Ingredients

Hake – 200g per person  
Iberico chorizo x 2-3 Slices  
Confit of garlic  
Olive oil  
Lemon for seasoning

## Cous Cous

3 shallots  
2 garlic cloves  
40g chorizo  
1 celery stick  
1 bay leaf  
100 ml water  
Pinch of salt & pepper to season  
20 ml olive oil  
100g cous cous

## Bell Pepper & Chilli

4 red pepper  
10 gr chorizo  
Garlic confit x 10 gr  
1 red chilli  
70ml olive oil  
Seasoning – salt & pepper  
Gastric  
(equal measures of sugar & red wine vinegar)

# BBQ Hake, Iberico Chorizo Cous Cous, Bell Pepper and Chilli

*Inspired by Spain*

## Start Cooking

Soak cous cous, sweat off veg and chorizo. Add olive oil and cook on a very low heat for 15-20mins.

Add all remaining liquid and pour over cous cous, cover and refrigerate for 1 hour.

Roast bell pepper in the oven @ 200c for 20-25 mins.

Remove and add remaining ingredients then puree and pass through a sieve.

Taste and adjust seasoning if necessary.

Marinate fish for 1hr before BBQ.

Place on the BBQ and leave for 3-4 mins.

Repeat this process on the other side.

Remove from the BBQ and add lemon juice

Serve immediately.







Kevin Aherne,  
Sage Restaurant

# Steamed Mackerel

With Baby Carrots,  
Samphire and Marjoram

*Inspired by England*

Serves 2

## Ingredients

3 mackerel, filleted  
10 baby carrots  
200g samphire (asparagus works well too)  
1 onion  
2 garlic cloves  
Bunch of marjoram or oregano  
50g butter  
Salt and pepper for seasoning  
Tin foil

## Start Cooking

The first thing is to make sure that, if you haven't caught it yourself of course, the fish is fresh. Mackerel is at its best straight out of the ocean so remember, the fresher the better!

Remove the centre bone from the mackerel by running a sharp knife down each side of the centre of the fillet.

Wash the baby carrots under cold running water (there is no need to peel them just make sure they are clean). Slice the onion and garlic as finely as possible.

Tear a square piece of tin foil Place the carrots in the middle with the onions and garlic on top. Then put the samphire or asparagus on top of the onions to create a bed-like structure for the mackerel to lie on.

Rub the fish fillets with the butter season and pop on top of the vegetables. Then roughly chop the oregano and sprinkle on the fish.

Now wrap the dish making sure it is airtight so no steam will escape. Pop it on the BBQ for 12-14 minutes.

Remove from the oven, open and serve with some buttery new potatoes.



“

My favourite time of the year in the kitchen is when I hear two things - new potatoes and mackerel. It's just one of those moments I remember growing up - heading off with the lads to go mackerel fishing either from the pier or out on a boat. Mackerel is easy to catch and very easy to cook. There are just so many ways to cook this oily, flavoursome fish - whether grilled, pan fried or on the BBQ – and I love them all. This recipe just goes to show the versatility of mackerel.

”





**Frankie Mallon,**  
An Port Mór

**Serves 4**

# Clare Island BBQ Salmon with Cajun Spices

Served with Cucumber,  
Avocado and Mint Salsa and  
topped with Creme Fraiche

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*Inspired by MEXICO*

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## Ingredients

600g fresh Clare Island salmon  
50g cajun spices  
100g creme fraiche

## Salsa

50g cucumber  
1 avocado  
50g scallions chopped  
1 medium red onion, diced  
1 beef tomato, chopped  
Juice of 1 lemon  
Sprig of mint

## Start Cooking

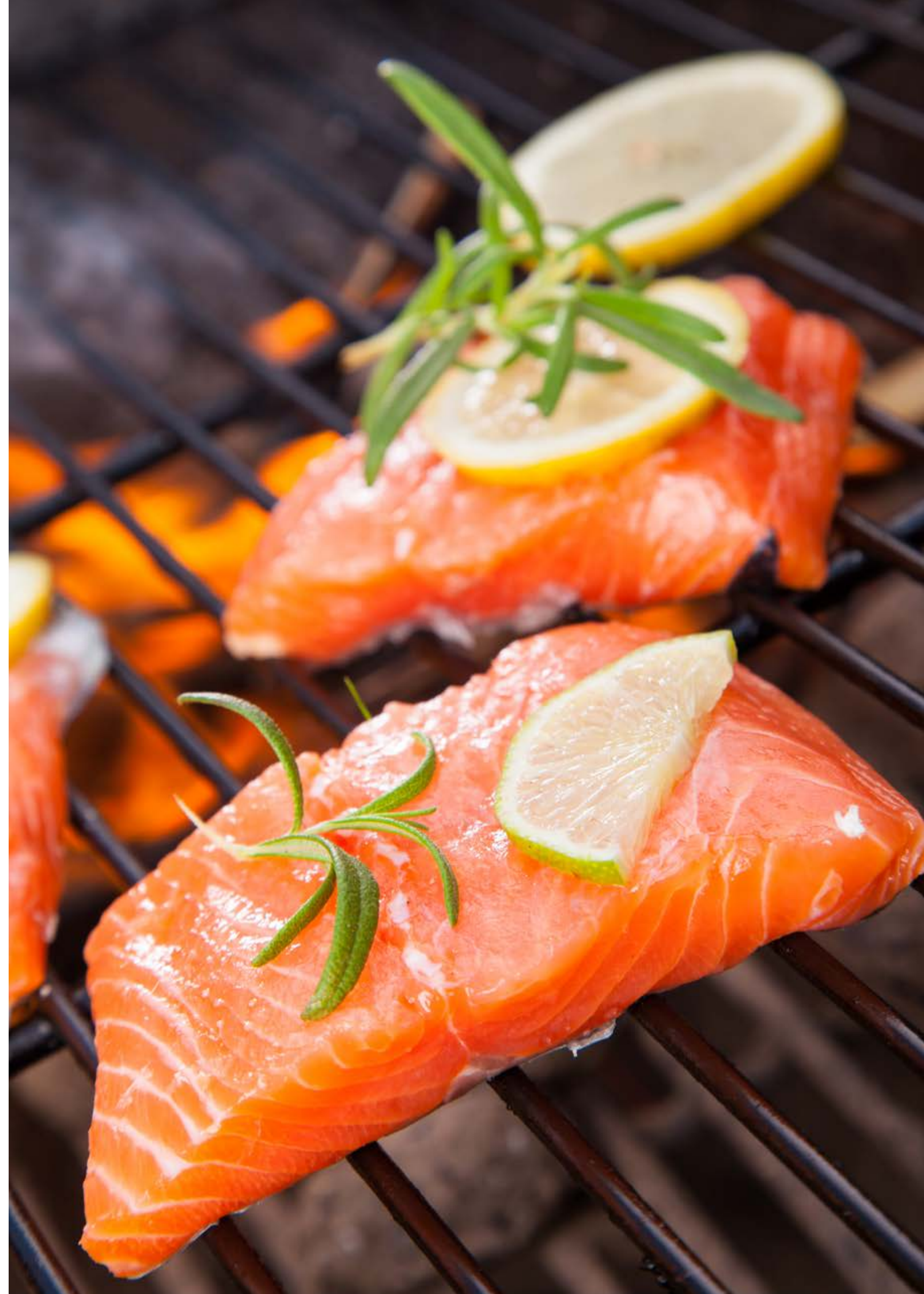
Combine all the ingredients that has been diced for the salsa and toss gently in a bowl.

Cut the salmon in 150g fillets (skin on) and sprinkle with the cajun spices.

Lay the salmon on a hot BBQ that has been slightly oiled.

Cook salmon 3-4 minutes on each side until slightly pink in the middle.

Serve the salmon on plates topped with the fresh salsa and creme fraiche.







Tim Daly,  
The Strawberry Tree  
At BrookLodge

Serves 2

## Ingredients

4kg organic sea salt  
8 organic egg whites  
4 wild line caught black sea bream  
about 400-500gms on the bone,  
head on.  
4 organic lemons, sliced thinly  
2 organic fennel bulb, sliced thinly  
200 ml Irish organic rape seed oil

# Salt Crust Baked Wild Sea Bream

*Inspired by SPAIN*

## Start Cooking

In a large bowl mix together the sea salt and egg whites, and put to one side. With the sea bream, take some of the sliced lemon and fennel, and stuff inside the cavity of the fish.

In two deep roasting dishes (tin for BBQ) line the bottom with half of the sea salt mixture, place the rest of the fennel and lemon on the top, and then place two of the sea bream over in each tray.

Drizzle with the organic rape seed oil and cover with the rest of the sea salt mixture and pack down.

Preheat oven to 220° and roast for 30 minutes. Or, place and rotate occasionally on smouldering BBQ charcoals for 45 minutes. Don't worry about the crust colouring.

## Finish

When cooked set aside for 10 minutes, crack open the salt with a rolling pin and carefully lift out the sea bream, take off the bone (if you wish) and serve.



“

We always look forward to the lighter cooking of summer in **The Strawberry Tree** and when the Black Sea Bream comes back inshore round about June for warmer waters, we know that sunshine will come too.

It seems our ancestors marketing department were not good at naming our fish and foods; Black Sea Bream is a prime example! But think of grilled Dorada on a beach restaurant in the Mediterranean, and it sounds so much better. Sea Bream is such a fabulous fish.

So this is one of our takes using this wild summer fish. This method can be used in the oven or on the BBQ and is bomb-proof for any novice cook. The salt crust will continue to protect the moisture of the fish, long after the minimum times given below, even if the host is having the craic with their friends and has completely forgotten that they are in charge of the BBQ.

”





**Conor Woods,**  
The Bay Tree Restaurant  
at Belvedere House B & B

**Serves 4**

## Ingredients

1 bottle of ponzu dressing  
(This a citrus soy sauce)  
1 tube of wasabi paste  
Small jar of pickled ginger  
1 bunch of scallions  
1 bunch of fresh coriander  
12 very fresh oysters

# Carlingford Oysters Japanese Style

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*Inspired by JAPAN*

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## Start Cooking

Have your BBQ ready and hot. Place oysters on the grill.

When you see the bubbles coming out the side they are done. Open with an oyster knife. Careful they are hot use an oven glove.

Put a few drops of the ponzu dressing on.

Place a tiny squeeze of wasabi on the shell beside oyster.

Put a small amount of the pickled ginger on the oyster.

Slice your spring onions and coriander and sprinkle over your oysters.

Serve to your friends with a cold beer or a nice glass of chilled white.

This method of cooking oysters can be used for lots of different types dressings so you can experiment.







**Remy Dupuy,**

Castle Murray Restaurant  
At Castle Murray House Hotel

**Serves 4**

## Ingredients

4 medium size John Dory  
2 baby gem  
3 lemon  
2 lemon grass sticks  
1 branch of fresh thyme  
1 clove of garlic  
1 branch of rosemary  
10ml rapeseed oil  
15g of sugar  
100g salted butter  
100ml cream  
Salt & pepper

# Grilled John Dory

Roasted Lemon, Grilled Baby  
Gem Lettuce,  
Lemon Grass Beurre Blanc

*Inspired by FRANCE*

## Start Cooking

Head, trim and wash the John Dory.

To make the marinade, chop the thyme, rosemary, garlic & 1 stick of lemon grass.

Bring them together in a bowl. Mix with the rapeseed oil and add a pinch of sugar. Let it then rest for 30 mins.

To make the beurre blanc, peel one zest of 1 lemon in a saucepan. Squeeze the juice on it.

Chop the remaining lemon grass stick. Add to the juice and zest. Pour 10ml of water as well and a pinch of sugar. Bring to the boil and reduce to 2 tbl spoon.

Add the cream and diced butter and keep whisking on a low heat until melted and emulsified. Keep warm.

Cut the baby gem lettuce in half and generously covers with butter on the flat side. Sprinkle a bit of sugar on it too.

Cut the lemons in half. Heat up a flat pan and place them cut side down. Turn them over & when coloured season with salt and pepper. Toast for 20 min in the oven @ 180c.

Cook the John Dory on a BBQ or grill. Brush some marinade when the fish is turned from the flames.

Cook around 3mins on each side and reserve on a hot dish. Grill the baby gem to get a slight caramelised.

To bring the dish together, place the dory first on the plate, the roasted lemon beside it.

Place the grilled baby gem across the two.

Sprinkle the lemon grass beurre blanc around and the remaining marinade over the fish and lettuce.

Serve immediately.







David Hurley,  
The Dining Room at  
Gregans Castle Hotel

**Serves 2**

## Ingredients

4 whole mackerel  
- ask your fishmonger to butterfly fillet them for you  
2 pre-cooked large baked potatoes  
200g sour cream  
1 red and 1 yellow pepper  
1 bunch cherry tomatoes  
1 clove garlic  
Drizzle olive oil  
Pinch chopped oregano or coriander  
Splash sherry vinegar  
Pinch sugar  
Salt & pepper  
8 thin slices streaky bacon

# Grilled Mackerel and Bacon

Works Great with Ribs  
or Chicken

*Inspired by PORTUGAL*

## Start Cooking

Chop the garlic and fry in olive oil until golden.

Add the de-seeded and chopped peppers, fry lightly until just softened.

Add a little salt, pepper, sugar and vinegar. Cook for 1 minute.

Add the quartered cherry tomatoes and cook for 1 min, remove from the heat and allow cool.

Add the chopped herbs, mix and taste for seasoning.

Generously place the pepper mix between the two fillets of mackerel and gently fold so as the fish looks whole again.

Wrap 2 very thin slices of the bacon around the mackerel to keep the lovely filling inside.

Drizzle olive oil over.

When the BBQ is ready cut the baked potatoes in half, drizzle with olive and place on the grill along with the mackerel.

Grill for 5-6 mins on each side until cooked.

Serve with a dollop of soured cream, drizzle of good quality extra virgin olive oil and any extra filling not used.







Jessica Murphy,  
Kai Café and Restaurant

Serves 4

## Ingredients

4 corn cobs  
1 red onion  
2 tsp chilli flakes  
2 eggs  
15d coriander leaves  
125g plain flour  
1tsp baking soda  
Salt & pepper

## Smashed Avocado

2 avocados  
1 lime  
Salt & pepper

## Ancho Chilli Mayo

1 cup mayonnaise  
2 tbsp ancho chilli paste  
1 lime  
Salt & pepper

# Sweetcorn Fritters

Served with Smashed Avocado  
and Ancho Chilli Mayo

*Inspired by MEXICO*

## Start Cooking

Mix half the corn, and the rest of the ingredients together, then add to a food processor. Whizz the ingredients until you get a smooth texture.

Remove from processor and add the remaining corn to add texture.

Form mixture into round, even patties.

Fry in a hot pan for 2 minutes, or until cooked through and brown on the outside.

Drain on paper towels and keep warm in the oven until ready to serve.

## Smashed Avocado

Mash avocados roughly with a fork, squeeze half a lime, and season with salt and pepper.

## Ancho Chilli Mayo

Add all the ingredients to a food processor and puree. Season, to taste, with salt and pepper.







Paul Flynn,  
The Tannery

Serves 4

## Ingredients

1 kid goat (approx 4 kg)  
Chopped coriander  
Red chilli  
Flat bread

## Marinade

Buttermilk  
Orange zest  
300ml natural yoghurt,  
200ml creme fraiche  
6 cloves garlic blitzed  
60g fresh ginger blitzed  
3 tablespoons of baharat spice mix  
Fresh garden mint  
Sunflower oil

## Riata

2tsp cumin  
400ml natural yoghurt  
1 to 2tsp honey

# Persian Charred Goat, Toasted Cumin and Honey Riata

*Inspired by IRAN*

## Start Cooking

Pop the goat into the buttermilk, add a pinch salt and pared orange zest.

## Make the Marinade

Mix the natural yoghurt, with creme fraiche, blitzed garlic gloves, blitzed ginger, 3 tablespoons of the Baharat spice mix, a good handful chopped fresh garden mint, and a little slug of sunflower oil.

Take meat out of buttermilk and pat dry.

Coat generously in the marinade.

Leave aside as long as possible, then pop on the BBQ over a medium heat.

## Make the Riata

Lightly toast 2tsp cumin, then grind. Add to the natural yoghurt, 1 to 2tsp honey and a pinch of salt.

Gently heat flat bread, cut open, in goes the riata, roughly chopped coriander, meat and marinade, another 'squeeze' of riata and diced red chilli to garnish.







Dermot Gannon,  
The Old Convent

Serves 2

## Ingredients

2 x 12 oz Ballinwillin 'wild' boar chops

## Marinade

6 tablespoons of ketchup manis  
(Indonesian soy sauce)  
2 crushed garlic cloves  
100 millitress of rape seed oil  
Zest of 2 limes  
Zest of 2 oranges  
Zest of 2 lemons  
1 teaspoon of Nepalese pepper cracked  
1 tablespoon of chopped rosemary  
1 tablespoon of chopped sage  
1/2 teaspoon cinnamon  
1/2 teaspoon cloves  
Pinch of star anise

# Ballinwillan Wild Boar Chops

*Inspired by PORTUGAL*

## Start Cooking

Mix all marinade ingredients together.

Marinate chops for 12 hours in fridge, turning over after 6 hours.

Cook on high heat, turning and basting with marinade until pink in the middle.







Fergus Murphy,  
Murph's Bistro at  
The Derragarra Inn

Serves 4

## Ingredients

100g (3.5 oz) butter, softened  
1 teaspoon fresh lemon juice  
Dozen salted anchovy fillets in olive oil drained  
450g (1lb) kangaroo lion fillets, trimmed.  
Little olive oil  
Salt and freshly ground black pepper

# BBQ Kangaroo Escalopes

Served with  
Anchovy Butter

*Inspired by AUSTRALIA*

## Start Cooking

Blend the softened butter, anchovies and lemon juice together. Add salt and black pepper, whizz until well blended.

Place on a sheet of tinfoil, shape into a sausage and roll up the tinfoil to make a tube of butter. Chill until firm.

Slice the kangaroo fillet into ten thin slices, brush with a little olive oil. Season with black pepper.

Place the oiled kangaroo slices on the hot BBQ grill, a little at a time and promptly sear for 1-2 minutes on both sides.

Please note, do not turn until the first side is properly sealed. Best served medium rare so cooking should only take a few minutes.

To serve, slice the anchovy butter into 10 discs, remove the meat to a warm serving plate and arrange the discs of butter on top so that they melt over the hot meat.

Your kangaroo is ready to be served.





# Calor Mini-BBQ



*Thank You*  
& **Happy Cooking**

Proudly brought to you by **Calor** and  
**The Restaurant Association of Ireland**