Choose food with the **Bord Bia Quality Mark**
this Festive Season

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**Christmas Cookbook**

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Proud to bring you a delicious Christmas

At Christmas, we pride ourselves in providing the best for our family and that includes creating delicious Christmas meals with trusted ingredients.

By choosing food with the Bord Bia Quality Mark this Christmas, you can be proud to know that you are giving your family the best.

The Bord Bia Quality Mark means that you can trust your food has been produced with great care and attention along the way and you can trace these wholesome, natural ingredients back to the farm they came from.

You will find the Bord Bia Quality Mark on the following products; bacon, beef, burgers, chicken, cooked ham, duck, eggs, fruit, lamb, pork, potatoes, rashers, sausages, turkey and vegetables.

Be proud to choose food with the Bord Bia Quality Mark when shopping for your family this Christmas.

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Welcome to our Christmas Cookbook which includes a collection of recipes, traditional and new, which we hope will add to your own ideas for entertaining right through to New Year’s Eve.

One of the keys to delicious dishes is the ingredients you use. Across the range of recipes, from the Christmas dinner, through party bites, to scrumptious desserts, we have incorporated ingredients which have been produced to the highest standards by Bord Bia approved suppliers.

We hope you enjoy trying the recipes and don’t forget to choose food with the Bord Bia Quality Mark this Christmas.

Roast Rack of Lamb with Mustard and Herb Topping

Really delicious. You can vary the type of herbs and use your favourites!

Preheat the oven to Gas Mark 6, 200°C (400°F). Season the lamb with salt and pepper. Heat the oil in a pan and brown the lamb for a couple of minutes until golden. Leave to cool. Meanwhile make up the topping – combine the herbs, breadcrumbs, seasoning and butter and mix well.

When the lamb has cooled, spread the mustard over the top and spoon on the herb and breadcrumb mixture. Press well onto the lamb. Place in the preheated oven and roast for 25 minutes. At this stage the lamb will be medium rare. Allow to sit in a warm place for 5–10 minutes before serving.

Delicious with roast potatoes and roast vegetables.

Pork with Apple and Cider

A lovely creamy pork dish. You could also use diced pork fillet, just reduce the cooking time to one hour.

Preheat the oven to Gas Mark 4, 180°C (350°F). Season the pork, shoulder or gigot, well trimmed and diced

Preparation:

3–4

1 rack of lamb, well trimmed Salt and freshly-ground black pepper
1 tablesp. olive oil
1 teasp. thyme, chopped
75g breadcrumbs
Knob butter
1 tablesp. good quality mustard

Make the topping:

1–2 tablesp. olive oil
1 medium onion, finely chopped
1 clove garlic, finely chopped
1 good tablesp. plain flour
250mls dry cider
1 large cooking apple, chopped
3 tablesp. cream
1 bay leaf
Salt and freshly-ground black pepper

Preheat the oven to Gas Mark 6, 200°C (400°F). Heat a tablespoon of oil in a frying pan. Add the pork, a few pieces at a time, and brown well. Remove the meat as it browns to a shallow baking dish. Add a little more oil to the pan if necessary. Add the onion and garlic and cook for a couple of minutes until softened. Then add the flour and cook for a minute or two. Add the cider, stirring all the time. Then add the apple, cream, bay leaf and seasoning. Pour the sauce over the pork in the baking dish. Cover with foil and cook in the preheated oven for approximately 1½ hours or until the pork is tender.

Meanwhile make up the topping. Melt the butter in a large pan. Add the garlic and breadcrumbs. Toss together for two to three minutes until crispy. Add the lemon rind, parsley and a little seasoning. Set aside.

When the pork is cooked, taste for seasoning. Sprinkle the Garlic Topping over the pork and serve with mashed potatoes with a little wholegrain mustard mixed through them.
Roast Turkey with Thyme and Onion Stuffing

This traditional recipe is hard to beat!

To Make the Stuffing
Place the bread, parsley, thyme and onion in a food processor. Process until you have fine breadcrumbs and the onion is finely chopped. Remove to a bowl, season and mix in the butter.

To Stuff the Turkey
Loosen the skin at the neck end with your hands. Pack the stuffing in, pushing it up between the flesh and the skin, but not too tightly, because it will expand during cooking. Tuck the neck flap under the bird’s back and secure with a cocktail stick. Any remaining stuffing can be cooked in a covered baking dish with the turkey. Weigh the turkey and calculate the cooking time. Allow 15–20 minutes per ½ kg (allow 10–15 minutes per ½ kg for turkeys weighing over 8 kgs). Place the turkey, breast side up, in an oiled roasting tin.

To Cook the Turkey
Set the oven at Gas Mark 7, 220°C (450°F).

Season the turkey with salt and pepper and dust with a little flour. Rub all over with the butter, then lay the bacon slices on the breast, overlapping each other. Cover the bacon with a piece of buttered greaseproof paper. This will keep the bacon in place. Wrap the turkey loosely in tin foil and roast in the preset oven. After the first ¾ hour reduce the heat to Gas Mark 3, 170°C (325°F). Baste a couple of times during roasting. For the last ½ hour remove the tin foil.

To check if the turkey is cooked, pierce the thickest part of the leg – the juices should run clear.

When the turkey is cooked remove from the oven, transfer to a large plate, reserve the cooking juices in the tin to make the gravy. Cover the turkey loosely with foil and allow to rest for ½ hour in a warm place while you finish the ham and roast potatoes or vegetables.

Cranberry Sauce

1 packet x 325g cranberries
225g sugar
125ml water

Simmer the lot together for 5–10 minutes.
Ham with Marmalade and Ginger Glaze

A really delicious glaze - if you are cooking a full ham just double the glaze quantities.

Place the ham, vegetables, peppercorns, bay leaf, cider or apple juice and orange pieces in a large saucepan then cover with cold water. Place a lid on the saucepan, bring to the boil then reduce the heat and simmer for approximately 2 hours. When the ham is cooked the skin will peel off easily.

Preheat the oven to Gas Mark 6, 200°C (400°F). Transfer the ham to a roasting tin just large enough to hold it. Using a sharp knife remove the skin. Taking care not to cut into the flesh, score the fat into diamonds. Mix the marmalade and ginger together in a small bowl. Warm in the microwave for 10 seconds, then brush the mixture over the joint. Stud each diamond with a clove. Pour three ladlefuls of the reserved poaching liquid around the ham to keep it moist and bake for about 30 minutes, basting every 10 minutes, until golden brown. Strain the rest of the poaching liquid and freeze. This can be used in soups or sauces.

Remove the ham from the oven and leave to rest in a warm place for at least 15 minutes. Slice thickly and serve.

TIME 3½ HOURS
SERVES 10

4kg fillet of ham/gammon joint
1-2 carrots, chopped
1-2 sticks of celery, chopped
1 onion, halved
1 tablesp. peppercorns
1 bay leaf
1 litre cider or apple juice
1 orange thickly sliced

Glaze
3 tablesp. fine cut marmalade
½ tablesp. ground ginger
Whole cloves for studding the ham

Guide to Good Gravy

A well-flavoured stock is important, so, a day ahead, place the giblets, some onion slices and a bay leaf in a saucepan, cover with water and simmer gently for 1½–2 hours. Then strain and season.

After removing the turkey from the roasting tin, pour off the fat and leave behind the juices. Over a medium heat, stir in a tablesp. of flour. Blend well. Add a dash of wine. Continue to cook. Stir in the stock and simmer for 2–3 minutes.

A tablesp. of redcurrant jelly, cream or balsamic vinegar will also add to the flavour. Season to taste.
Brussels Sprouts with Chilli and Lemon

**SERVES** 8

- 1 kg Brussels sprouts, trimmed
- 1 tbsp. olive oil
- 2 shallots, finely sliced
- 2 garlic cloves, finely sliced
- 1 red chilli, deseeded and thinly sliced
- Squeeze of lemon juice
- Salt and freshly-ground black pepper

Trim the sprouts and place in a saucepan of boiling salted water. Reduce to a simmer and cook for 5–8 minutes, depending on the size of the sprouts. While they are cooking, heat the oil in a pan and sauté the shallots, garlic and chilli for a couple of minutes over a medium heat. They should be soft and not coloured.

When the sprouts are cooked, drain them well, then stir through the shallots, garlic and chilli mixture along with a squeeze of lemon juice and salt and black pepper to taste.

Braised Red Cabbage

**SERVES** 10

- 100g light muscovado sugar
- ½ tsp. ground cinnamon
- ¼ tsp. ground cloves
- Good pinch of freshly grated nutmeg
- 900g red cabbage, trimmed, stalks removed and cut into 1cm slices
- 450g onions, finely chopped
- 450g cooking apples, peeled, cored and finely chopped
- 4 tbspsp. red wine vinegar
- Juice of 1 orange
- 25g butter
- Salt and freshly-ground black pepper

Preheat the oven to Gas Mark 4, 180ºC (350ºF).

Place the sugar in a bowl with the cinnamon, cloves and nutmeg and stir to combine. Arrange a layer of the cabbage in the bottom of a large casserole dish and season to taste. Scatter a layer of the onions over the seasoned cabbage, followed by a layer of the apples and sprinkle some of the flavoured sugar on top.

Continue layering in this way until all the ingredients have been used up, finishing with a layer of the seasoned cabbage. Pour the red wine vinegar and orange juice into the casserole dish and dot the butter on top.

Cover the red cabbage mixture tightly and bake on the bottom shelf of the oven for about 2 hours, stirring every 30 minutes until the cabbage is meltingly tender.
Roasted Winter Vegetables

SERVES 8

700g each of carrots, parsnips and white turnip, peeled and chopped into 5cm chunks
700g potatoes, scrubbed and cut into wedges
2 red onions, peeled and cut into eight, through the root
Olive oil
Salt and freshly-ground black pepper

Preheat the oven to Gas Mark 6, 200°C (400°F).

Put the vegetables in a large bowl and drizzle generously with olive oil and season with salt and pepper. Transfer them to a roasting tin and spread out into a single layer. Cook for 20–30 minutes until tender.

Perfect Roast Potatoes

The most important thing to remember for perfect potatoes is not to roast them too long in advance as they lose their crunch if you keep them waiting. Start by par-boiling the peeled potatoes for 6–8 minutes. Drain well and leave to dry out in the saucepan for a few minutes.

Heat the oven to Gas Mark 6, 200°C (400°F).

Heat some olive oil in a roasting pan. Shake the potatoes around in the saucepan to roughen the edges — this will give you nice crispy bits when they are cooked. Then add them to the hot oil in the roasting pan.

Cook for 30–40 minutes.
Proud to Produce Beef and Lamb with the Bord Bia Quality Mark

“As a beef and lamb producer, I have always cared for my animals and managed my farm to the best of my ability. Being part of the Bord Bia Quality Assurance Scheme means that I can reassure my customers of this, and meet their requirements for food that is traceable and produced to the highest standards. Being a winner of Bord Bia Quality Lamb Producer Award has also helped in confirming their trust in me.”

Did you know...
... members of the Bord Bia Quality Assurance Scheme are regularly audited by independent auditors.

Beef Wellington

A very special way to serve fillet of beef and always a favourite!

TIME 1 HOUR 20 MINS
SERVES 6

1kg fillet of beef, well trimmed
1 tablesp. olive oil
75g butter
1 small onion, finely chopped
2 shallots, finely chopped
350g mushrooms, finely chopped
Salt and freshly-ground black pepper
A pinch nutmeg
500g store-bought puff pastry, defrosted if frozen
1 egg, beaten

Heat the oil and 50g of the butter in a small pan, add the onion and shallots and cook until transparent. Add the mushrooms, seasoning and nutmeg. Stir over a moderate heat until all moisture from the mushrooms has evaporated. Transfer to a plate to cool.

Heat the remaining butter in a frying pan. Season the beef then brown it on all sides. This should take about five minutes. Allow to cool while you roll the pastry into an oblong shape, large enough to wrap around the beef. Spread the cold mushroom mixture over the pastry, leaving a 2cm border all around. Moisten the edges with beaten egg. Place the cooled meat in the centre and wrap the pastry around it. Seal the edges and place on a baking tray, with the seal underneath. Use the pastry trimmings to make leaves for decoration, brush with a little egg and place on top of the parcel. Brush the parcel with the rest of the beaten egg.

Chill in the fridge for 20 minutes to allow the pastry to rest before baking. Then place in a preheated oven, Gas Mark 8, 230°C (440°F). After 10 minutes turn the temperature down to Gas Mark 6, 200°C (400°F) for a further 25 minutes. The beef will be medium rare at this stage. Cook for five minutes less if you like it rare.

Serve with roast potatoes and vegetables which you can cook in the oven at the same time as the beef.
Steamed Haddock with Carrots and Leeks

By steaming the fish in this way, you end up with a delicious sauce to serve with it.

TIME 20 MINUTES
SERVES 4

4 haddock fillets about 175g each
2 tablesp. lemon juice
2 tablesp. olive oil
4 tablesp. water
1 garlic clove, finely chopped
1 carrot, peeled and sliced into thin strips
1 red pepper, sliced into thin strips
1 leek, cleaned and sliced into thin strips
Salt and freshly-ground black pepper
2 tablesp. flat-leaf parsley, finely chopped

Place the lemon juice, olive oil, water, garlic, carrot, pepper and leek in a large frying pan. Season with salt and pepper and bring to the boil. Lower the heat to a simmer and lay the fish fillets close together on top of the vegetables. Cover with a piece of baking parchment, then with a lid or a tray and cook for 6–7 minutes until the fish is cooked – the flesh should be flaking.

Using a fish slice, gently transfer the fish to warmed serving plates. Add the chopped parsley to the cooking liquid then spoon this over the fish and you have your sauce. This is delicious served with boiled new potatoes and sautéed spinach.

Spicy Chicken

The combination of spices work really well together – a perfect dish for either lunch or dinner.

TIME 45 MINUTES
SERVES 4

4 chicken breasts, part boned with skin on
2 tablesp. olive oil
Knob butter
Salt and freshly-ground black pepper
1 onion, finely chopped
3cm piece fresh ginger, finely chopped
3 cloves garlic, finely chopped
2 chillies, deseeded and finely chopped
3 tomatoes, chopped
1 teasp. each of cumin and coriander seeds
5 cardamom pods, cracked open and seeds removed (pods discarded)
400ml tin of coconut milk
Juice of 2 limes
1 bunch of fresh basil leaves, chopped

Put the oil and butter in a large frying pan over a medium-high heat. Season the chicken and fry until browned. Transfer to a plate.

Add the onion, ginger, garlic and chillies to the pan and cook for 2 minutes. Stir in the tomatoes and allow them to cook for a minute or two. Grind the dry spices to a powder in a pestle and mortar. Add to the tomato mixture and cook for a minute. Add the coconut milk to the pan along with the browned chicken breasts. Season and simmer for 30 minutes, turning occasionally until the chicken is cooked through.

Add the lime juice and basil leaves just before serving. Serve with rice and a green salad.
Sausages with Mustard, Honey and Chopped Rosemary

Combine 1 tablespoon mustard, 2 tablespoons honey and 1 teaspoon chopped rosemary. Grill 500g sausages. When cooked toss in the mustard and honey mixture to coat.

Spiced Beef with Fruity Chutney

Place a 2½–3kg joint of spiced beef in a deep casserole dish as near to its size as possible. Add 250ml water and cover tightly. Cook in a very low oven, Gas Mark 1, 140°C (275°F) for five hours. Leave it to cool in the liquid for 2–3 hours and then remove and wrap in tin foil. Store in the fridge until you need it. Slice thinly and serve on brown or white soda bread with a fruity chutney.

Monkfish Wrapped in Bacon

Cut the monkfish into pieces about 2cm wide. Cut each streaky rasher into 2 or 3 pieces and use these to wrap the pieces of monkfish. Place, joint side down on a grill rack and cook under the hot grill for 5–8 minutes. Serve with a herb dressing made by mixing 150mls mayonnaise in the processor with 1 tablespoon warm water, 1 chopped garlic clove and a bunch of basil (approximately 20g).

Proud to Serve food with the Bord Bia Quality Mark

“At Christmas I want to spend time with my family and give them that bit of extra special attention. It’s important to me that I prepare meals for them using the freshest, most natural ingredients which have been produced to the highest standards. Serving food with the Bord Bia Quality Mark makes me feel I am doing my best for them.”

Did you know...
... the Irish food industry supports almost 270,000 jobs.
**Bites**

**Smoked Salmon with Herbed Cream Cheese**

Spread some herbed cream cheese on blinis and top with smoked salmon. Blinis are small pancakes made from buckwheat flour. If you can’t get them use brown soda bread or small pieces of toast.

**Tomato, Pesto and Goats’ Cheese Crostini**

Using a small pastry cutter, if available, cut rounds from slices of white bread – you should get 4–5 rounds per slice. Alternatively thinly slice a French stick. Brush with a little olive oil and toast in a hot oven for a couple of minutes. Mix together some freshly chopped tomatoes, chopped scallions and coriander, seasoning and a little olive oil. Top each round of toast with ½ teasp. pesto, a spoonful of the tomato mixture and some soft goats’ cheese.

**Skewered Duck with Chilli and Scallions**

Place on a grill pan, and cook under a hot grill for 4–5 minutes, turning half way through.

Mix the remaining soy sauce and sesame oil with the scallions and chilli. Serve as a dipping sauce with the skewered duck.

<table>
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<th>Skewered Duck with Chilli and Scallions</th>
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<tr>
<td>2 duck breasts, cut into thin slices, about 4cm long</td>
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<tr>
<td>18 wooden skewers</td>
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<tr>
<td>100ml light soy sauce</td>
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<tr>
<td>2 teasp. sesame oil</td>
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<tr>
<td>2-3 scallions, finely sliced</td>
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<tr>
<td>1 red chilli, deseeded and finely chopped</td>
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Soak the wooden skewers in warm water for 30–40 minutes to prevent them burning. Combine half the soy sauce with 1 teasp. sesame oil. Coat the sliced duck in this mixture and leave to marinade while the skewers are soaking. Then thread the duck onto the skewers.

Choose food with the Bord Bia Quality Mark this Festive Season.
Orange and Chocolate Ice-Cream

This is a delicious dessert that will keep in the freezer for up to six weeks!

TIME 20 MINUTES
PLUS FREEZING

SERVES 8–10

Zest of an orange
Juice of ½ an orange
4 large eggs, separated
100g golden caster sugar
300ml cream
100g chocolate, finely chopped
To decorate: Dark chocolate curls/grated chocolate

Line a 1 litre loaf tin with cling film. Put the orange zest and juice, egg yolks and sugar in a bowl. Beat until thick and creamy.

Beat the egg whites until stiff, set aside. Now beat the cream until it holds its shape.

Fold the cream into the egg mixture, then carefully fold in the egg whites. Stir through the chopped chocolate and spoon into the loaf tin. Cover the surface with cling film. Place in the freezer for about two hours.

When frozen wrap in tin foil.

To serve: Unwrap, place on a serving dish and decorate with chocolate curls/grated chocolate.

Apple Tart with Whiskey Flavoured Custard

This delicious recipe was prepared for us by award winning chef John Howard.

TIME 45 MINUTES

SERVES 4

250g shortcrust pastry
50g ground almonds
4 large cooking apples, peeled and diced
2 tablesp. sugar
250ml cream
3 egg yolks
50g caster sugar
Dash of whiskey

Line four individual tart tins with the pastry. Sprinkle some ground almonds on the base of each one. Then add the apple and enough sugar to sweeten. Heat the cream. Beat the egg yolks and sugar together. Stir in the cream and a dash of whiskey. Spoon a little of the cream mixture into each tart. Keep remaining cream. Bake tarts for 25–35 minutes.

Pour the remaining cream into a bowl. Place over simmering water. Stirring constantly, continue to cook until the custard thickens. Set aside - keep warm.

Serve the tart, dusted with icing sugar, with the warm custard. Vanilla ice-cream, thin almond biscuit, raspberries etc. are optional.

HAVE A HAPPY CHRISTMAS WITH a real Christmas tree

Growing the success of Irish food & horticulture

Bord Bia
Irish Food Board

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