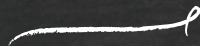


CORK ON A FORK

and a few spoonfuls from across the border





*Hello to all food
lovers everywhere!*

To love food is natural, to have a passion for food is addictive! And I'm feeding this addiction by putting together my favourite 'Cork on a Fork' recipes to share with all you gastronomes and creative cooks out there!

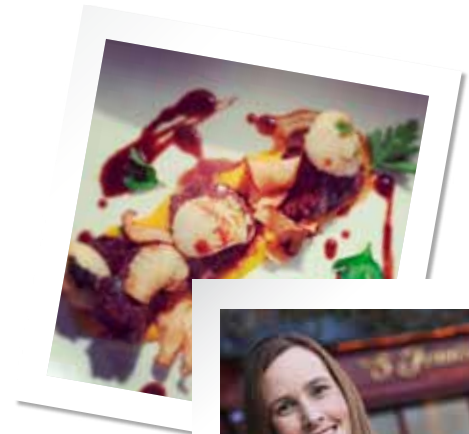
The team and I at No. 5 Fenn's Quay make it our business to tempt our clientele with sassy takes on traditional recipes, adding the fruits of Cork's rich hinterland to bring irresistible dishes to the table.

Join us on the journey!

Kate Lawlor

Chef Proprietor at No. 5 Fenn's Quay, Cork.

 @fachefess





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MAKES 10-12

Bread Rolls with Carrigaline Garlic & Herb Cheese

Ingredients

- 500g plain flour
- 15g fresh yeast or alternatively with 17g pack of dried yeast (follow instructions on pack)
- 10g sea salt
- 300ml warm water
- 100g grated Carrigaline Garlic & Herb Cheese

Instructions

1. Place the yeast and warm water together, and dissolve the yeast (not too hot or you will kill the yeast).
2. Sieve the flour and salt into the mixing bowl, and make a well. Add the water and mix.
3. Using the dough hook, mix until a dough has formed (or mix by hand).
4. Remove the dough and knead for 5 minutes.
5. Return to a bowl, cover with a damp cloth and leave in a warm place for 30 minutes.
6. While you wait, preheat oven to 200°C.
7. The dough should now have doubled in size. Flour your surface and place your dough on bench.
8. Stretch out the dough and spread 3/4 of the cheese on it, and work it in for about 5 minutes. The cheese should be mixed through the dough at this stage.
9. Then divide into dough balls, place on a tray, and leave for 30 minutes in a warm area.
10. Sprinkle with water, and put a sprinkle of cheese on each roll.
11. Cook for 18 minutes.

Serving Suggestion: Great accompaniment to our Ballea Carrigaline Lamb & Rosscarbery Black Pudding Burgers (see page 13).



Firm 'n' Buttermilk Pancakes

SERVES 2-4

Ingredients

- 500ml buttermilk
- 200g flour
- Pinch of sea salt
- 2 eggs
- Pinch of bread soda

Instructions

1. Whisk up ingredients in a bowl (this mix will be quite thick) and pass through a sieve if lumpy.
2. Melt some butter in a frying pan and add 3 dollops of mix on a high heat.
3. Reduce the heat to medium to low and turn.
4. Begin to cook on the other side until firm.

Serving Suggestion: We like to serve them with Rosscarbery streaky bacon and maple syrup.



Ballyhoura Mushroom Tart

SERVES 8

Ingredients

Tart

- 350g Ballyhoura mixed mushrooms
- 1 leek
- 20g butter
- 3 eggs
- 250ml cream

Pastry

- 375g butter at room temperature
- 1 tsp sea salt
- 1 tsp cracked black pepper
- 100ml milk
- 500g flour

Instructions

1. For the pastry, rub the butter, black pepper, flour and salt together until it resembles bread crumbs. Then add in the egg and milk mix until it is blended. Wrap in cling film and leave to rest for 30 minutes.
2. Preheat oven to 180°C (gas 4).
3. In a frying pan, sweat the mushrooms and leeks with butter until soft. Then season and set aside.
4. For the tart filling, whisk 3 eggs and 250ml of cream.
5. Place the mushroom mix on base and pour over egg mix.
6. Bake in the oven for 30 minutes or until set.

Serving Suggestion: Serve with a lightly dressed salad of mixed leaves and cherry vine tomatoes.



Farmers' Market Cauliflower & Potato Spring Rolls

SERVES 4

Ingredients

- 1 onion, finely chopped
- 150g potatoes, cubed
- 150g cauliflower florets
- 1 heaped tsp of 'Green Saffron' confit spiced blend, or curry powder (available at Farmers' Market)
- 140g frozen peas
- 1 tsp chopped fresh mint
- 4-6 10 inch spring roll pastry sheets
- 1 egg, beaten
- Olive oil
- Crème fraîche

Instructions

1. Heat deep-fryer to 180°C.
2. Bring a pot of water to the boil and add potato and cauliflower.
3. Cook for 2 minutes, then drain and rinse in cold water. Leave to cool before draining the cold water.
4. In a pan with a drop of oil, sauté the onions until soft, and add the spices.
5. Add the potato, cauliflower and peas.
6. Mix well, then add the mint.
7. Beat egg.
8. Place mix on pastry and brush pastry edges with egg.
9. Tightly roll the pastry around the mixture, making sure the parcel is sealed.
10. Fry in deep-fryer until golden and serve with crème fraîche.

Serving Suggestion: The good thing about these is you can put them in the freezer and take them out at a later date. Still scrumptious!



Ballea Carrigaline Lamb & Rosscarbery Black Pudding Burgers

MAKES 6 BURGERS

Ingredients

- 500g minced Ballea Carrigaline Lamb
- 1 egg
- 50g bread crumbs
- 1 tsp mint
- 1/4 tsp cinnamon
- 1/2 red onion diced and cooked
- 1/4 tube of Rosscarbery Black Pudding diced into small cubes

Instructions

1. Mix all ingredients in a bowl and shape into 6oz burgers (170g or roughly the size of your palm).
2. Preheat oven to 180°C.
3. Place in a pan on medium heat with a dash of vegetable or sunflower oil. Place your burger in the pan when warm and cook for 3 minutes. Turn and cook for a further 3 minutes.
4. Place in the oven for 14 minutes or until cooked.

Serving Suggestion: Serve with a fresh burger bun or with our Carrigaline Garlic & Herb Cheese Bread Rolls (see page 5).



Durcan's Spiced Beef and Horseradish Croquette with Dungarvan Black Rock Stout Gravy

SERVES 4

Ingredients

Croquettes

- 500g fluffy cooled mashed potato
- 1 tsp wholegrain mustard
- Salt and freshly ground black pepper
- 200g plain flour
- 200ml milk
- 2 tsp horseradish sauce
- 1 tsp chopped fresh chives
- Oil
- 1 egg
- 300g breadcrumbs

Gravy

- 500ml Irish stout (I used Dungarvan Black Rock Stout)
- 500g cooked, cold spiced beef, sliced
- 300ml rich beef stock
- Fresh herbs, to garnish

Instructions

1. Place the mash in a bowl with the horseradish, mustard and chives. Season with salt and pepper and mix well. Shape the mash into croquettes roughly the length of your baby finger. Place in the fridge to set for 20 minutes.
2. Meanwhile, to make the gravy, pour the stout into a pot on a medium to high heat and reduce the liquid by half. Add the beef stock and keep warm.
3. Turn your deep-fryer to 180°C (or bake in oven at 200°C). Put the flour in a shallow bowl or plate. Mix the egg and milk together and place in a separate shallow bowl, then place the breadcrumbs in a third shallow bowl or plate. Dip the croquettes first in flour, then the egg wash, then the breadcrumbs, shaking off any excess crumbs. Place the croquettes in the basket of the deep-fryer and cook until golden.

Serving Suggestion: Pour the gravy onto a plate, add 2 slices of cold spiced beef and a warm croquette. Garnish with fresh herbs and serve.



K. O'Connell's Baked Cod with Wilted Spinach & Leek, served with Carrot Purée

SERVES 4

Ingredients

- 4 x 250g pieces of cod
- 1/2 leek, chopped
- 1 500g bag of spinach (baby leaf or large leaf)
- 50g butter
- 4 carrots, chopped
- 250ml chicken stock
- 1/2 tsp ground coriander seeds
- Sea salt & ground black pepper

Instructions

Baked Cod

1. Pre-heat oven to 180°C.
2. De-bone the cod pieces.
3. Grease tray with butter and season with salt & pepper.
4. Place cod on tray, flesh side down, brush with butter and season again.
5. Place in the oven for 12 minutes.

While the cod is baking, make the carrot purée.

Carrot Purée

1. Put the carrots, stock, coriander seeds and 35g of butter in a pot.
2. Cook until soft, and blend to a smooth consistency. Season with salt & pepper.

Wilted Spinach and Leek

1. Put 15g of butter in a pan on a medium-to-low heat, and cook the leeks until soft. Then add the spinach and cook until wilted.

Serving Suggestion: Place the cod on a bed of spinach and leek and serve with carrot purée.



Fenni's Chocolate Chip Cookies

MAKES 30 COOKIES

Ingredients

- 75g butter
- 75g castor sugar
- 50g brown sugar
- 1 egg, beaten
- 175g plain flour
- Pinch of sea salt
- 50g chocolate drops

* To cream butter and sugar is a common term for bringing the sugar and butter together until it reaches a pale colour.

Instructions

1. Preheat oven to 190°C.
2. Cream* the butter and the sugars, then gradually add the egg.
3. Add the flour to form a dough.
4. Then add the chocolate drops, and let the dough set for 1 hour in the fridge.
5. Line a tray with baking parchment.
6. Start by making a ball with a piece of dough.
7. Place on the tray, and flatten to form cookie shapes - repeat this step until all the dough has been used.
8. Cook for 10-15 minutes or until the cookies are golden in colour.
9. Leave to cool.

Serving Suggestion: Serve with ice cream (Baldwin's vanilla ice cream is gorgeous and is available in Bradley's & O'Keefe's Stores, Saint Luke's Cross, Cork).



Fenni's Flour-less Chocolate Pudding

SERVES 8-10

Ingredients

- 250g dark chocolate (55%)
- 225g butter
- 5 eggs
- 100g castor sugar
- 1 tsp of cocoa powder
- 2 teaspoon vanilla extract
- Extra sugar and butter for tin

Instructions

1. Preheat oven to 170°C.
2. Grease 12 inch spring based tin with butter and dust with sugar.
3. Melt the chocolate & butter together and mix.
4. Beat the eggs and sugar for 1 minute.
5. Then add the cocoa powder and blend well, before adding the vanilla and the warm melted chocolate & butter.
6. Wrap tin in tin foil, fill with mixture and set in a tray with warm water (au Bain Marie), bake for 30 minutes or until set.

Serving Suggestion: Serve with ice cream (Baldwin's vanilla ice cream is gorgeous and is available in Bradley's & O'Keefe's Stores, Saint Luke's Cross, Cork).



Cork Cider Sorbet

SERVES 6-8

Ingredients

- 250ml of stock syrup (175g castor sugar and 175ml water, squeeze of lemon)
- 1 bottle of medium dry Stonewell or Longueville Cider 500ml
- 210ml natural apple juice (not from concentrate) e.g. Ballyhoura Cloudy Apple

Instructions

1. To make your stock syrup, place all your ingredients in a pot and cook until sugar is dissolved.
2. Mix all ingredients together and place in a freezer-proof shallow container and freeze for 2 hours.
3. Stir the ice crystals and leave for a further 3-5 hours.
4. Use an ice-cream scoop to serve or, alternatively, use your ice-cream maker.

Serving Suggestion: Serve with fresh fruit salad sprinkled with cinnamon.



Vanilla Carrageen Moss (The Irish Panna Cotta) with Rhubarb & Cork Dry Gin Compôte

SERVES 4

Ingredients

Vanilla Carrageen Moss

- 100g castor sugar
- 10g Carrageen seaweed
- 200ml milk
- 300ml cream
- 1 tsp vanilla extract

Rhubarb & Cork Dry Gin Compôte

- 1 bunch of rhubarb washed, cleaned and chopped into 1 inch pieces
- 2 oranges juiced
- 120g brown sugar
- 2-3 caps of Cork Dry Gin (optional)

Instructions

1. For the Vanilla Carrageen Moss, place all ingredients in a pot on a medium heat and bring to the boil. Then turn down to a low simmer for 10-12 minutes.
2. Pass through a sieve and pour mix into 4 Martini glasses or any serving vessel you choose. Place in the fridge and leave to set for 2-3 hours.
3. For the rhubarb and Cork Dry Gin compôte, place all ingredients in a pot and cook on a medium to low heat until the sugar has dissolved and the rhubarb is cooked.
4. Serve warm with the Carrageen Moss.

Serving Suggestion: Serve the compôte in a clean oyster shell for that extra WOW factor!



SERVES 8-10

Kate's Beetroot and Orange Blossom Fudge

Ingredients

- 710g castor sugar (+ 1 tsp castor sugar to be kept separate)
- 225g butter
- 450ml milk
- 225ml cream
- Beetroot juice left over and 1 vac-pack of beetroot
- 1/2 tsp orange blossom water

Instructions

1. Place the 710g of sugar, butter, milk and cream in a pot and whisk continuously until it reaches 115°C. Transfer to a mixer and mix with the paddle and attachment for 10 minutes.
2. Add the beetroot juice, orange blossom water and remaining 1 tsp sugar. Blend together, then evenly spread the fudge mixture into a 35cm pan lined with parchment paper and refrigerate until it's set.

Serve at room temperature.

Serving Suggestion: Serve after dinner while dessert is being prepared or enjoy when you want something sweet but not a full dessert.



Fenni's Chutney

MAKES 3 x 300g JARS

Ingredients

- 450g cooking apples, chopped
- 225g chopped white onions
- 1/2 red pepper, chopped
- 450ml white wine vinegar
- 225 g brown sugar
- 1/4 tbs of coriander seeds
- 3 black peppercorns
- 1/2 tbs sea salt
- 25g ginger root, bruised
- 2 tbs chopped coriander

Instructions

1. Put the fruit and vegetables in a heavy based pot, and add the vinegar.
2. Bring to the boil and simmer for 30 minutes, then add the brown sugar, coriander seeds, ginger, sea salt and peppercorns.
3. Cook until the sugar has dissolved and the mixture thickened. This may take 30 minutes. Then remove the ginger.
4. When mixture has cooled, add the fresh coriander.

Serving Suggestion: Serve with charcuterie or on crackers with cheese.



Fenni's Raspberry Jam

MAKES 6 x 300g JARS

Ingredients

- 1kg of frozen/fresh raspberries
- Juice of 1 lemon
- 1kg sure-set jam sugar

Instructions

1. Preheat the oven to 180°C.
2. Place the berries, apples and lemon juice in a pot over the low heat. Once they begin to warm up, add in the sugar, stirring until it's dissolved. Cook for a further 30 minutes on the lowest heat possible.
3. Spoon into sterilised jam jars and let it cool slightly before securing the lids.
4. Because this quick jam has no preservatives, it should be kept in the refrigerator or a very cool, dry place and enjoyed within 2 weeks of preparation.

Serving Suggestion: Serve with butter on fresh bread or toast or add a dollop to morning porridge to liven it up a bit. This is also lovely blended with chopped jalapeños and served atop baked brie.

We use local produce from the best

Bradleys' Off Licence

North Main Street
Supplier of Stonewell &
Longueville Cider.
www.bradleysofflicence.ie

Ballyhoura Mushrooms

Mahon Market (Thursday),
Coal Quay Market (Saturday) &
Middleton Market (Saturday).
www.ballyhouramushrooms.ie

Carrigaline Cheese

Available at On The Pig's Back,
The English Market & Douglas
Woollen Mills and other local retailers.
www.carrigalinecheese.com

Rosscarbery Recipes

Black pudding & rashers
Available at On The Pig's Back, The
English Market & Douglas Woollen
Mills and other local retailers.
[f /rosscarberyrecipes](https://www.facebook.com/rosscarberyrecipes)

O'Mahonys Butchers

Ballea Lamb
Grand Parade entrance,
The English Market, Cork.
[f /omahonysbutchers](https://www.facebook.com/omahonysbutchers)

Durcans' Meats

 Spiced beef
The English Market, Cork.
www.tomdurcanmeats.ie

 Our slate supplier is Slated Ireland www.slated.ie

K. O'Connells

Fish Merchants &
Carrageen Moss
The English Market, Cork.
www.koconnellfish.com

Feirm Úr Buttermilk

John & Mary Cronin,
Belgooly, Co. Cork.
email: feirmur@gmail.com

Dungarvan Brewing Company

Dungarvan Black Rock Stout
Dungarvan, Co. Waterford.
www.dungarvanbrewingcompany.com



The popular Michelin recommended No. 5 Fenn's Quay Restaurant is located in Cork city centre at Sheare's Street, beside the Court House and just off Washington Street, it is also adjacent to The Mercy Hospital.

Having served the People's Republic and beyond for over four years,

No. 5 Fenn's Quay has continued not only to work with local produce and suppliers, but to delight local food-lovers with our creative and affordably-priced dishes, served within a warm and inviting atmosphere.

Acclaimed by several food critics, Chef Proprietor Kate Lawlor is an award-winning food blogger (www.fqchefess.blogspot.ie) and is well known both nationally and locally for her flair for food.

No. 5 Fenn's Quay Restaurant is open daily for brunch, lunch, early bird and evening dinner (except Sundays) or why not drop in for coffee anytime!

To make a booking:

call 021-427 9527,

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