



**CULINARY  
ARTISTS**



Ollscoil  
Teicneolaíochta  
an Oirdheiscirt

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# INTRODUCTION



As the teaching semester comes to an end, I am delighted to showcase the work of the 4th year BA (Hons) Culinary Arts students as part of the Media & Visual Arts: Promotion, Imagery & Design module for your enjoyment. This module is a follow on to a food writing module, in which the students look at recipe writing, food blogs, restaurant reviews and much more. In this module as well as looking at branding and design concepts, students also looked at

food photography and the principles of food styling. We hosted an in-house food styling workshop on campus here at SETU, earlier in the semester and also travelled to Dublin to work with well-known food and brand photographer, Harry Weir.

This e-book contains a recipe from each of the seven students on the module, and a photograph of the dish that they styled and photographed alongside Harry at his Dublin based studio.

The students who entered

this programme with passion and curiosity, now leave with refined skills, creative confidence, and a deep respect for the craft of cooking. Their dedication, resilience, and appetite for innovation have shaped them into chefs ready to inspire kitchens and communities alike. This cookbook is a celebration of their journey—each recipe a reflection of their unique self and shared love for food. I am proud of all they have accomplished, and I look forward to the impact they will undoubtedly make in the culinary world.

For your part I hope that you will enjoy trying out the recipes

in the days, weeks and months ahead.

As I conclude I am confident that if any of these students publish their own book in the years to come... that they will remember they were first published at SETU.

Comhghairdeas leis na daltaí agus guím gach rath oraibh i bhur gcócaireacht.

Le gach dea-ghuí,

Edward Hayden  
Module Lecturer



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*My name is Sarah and I'm a young chef from Co. Kilkenny. I have always enjoyed cooking and baking, it was always a part of daily life growing up. I've enjoyed developing not only my culinary skills but personal skills throughout the past four years with my wonderful peers. I'm looking forward to what the future has to hold.*

## SARAH POWER

# PEA AND PARMESAN RISOTTO AND PAN SEARED COD

(SERVES 2)

### FOR THE PEA AND PARMESAN RISOTTO:

- 100g Arborio rice
- 1 tablespoons (30ml) olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 60ml white wine (optional)
- 500ml chicken or vegetable stock (kept warm)
- 75g frozen peas
- 25g freshly grated Parmesan cheese
- Salt and black pepper, to taste

### FOR THE SEARED COD:

- 2 cod fillets
- Salt and black pepper, to taste
- 1 tablespoon (15ml) olive oil
- 15g butter



### METHOD:

Prepare the Pea and Parmesan Risotto:

1. Heat the olive oil in a large pan over medium heat. Add the chopped onion and cook for about 3-4 minutes until soft.
2. Add the minced garlic and cook for another minute, stirring constantly.
3. Stir in the Arborio rice and cook for 1-2 minutes, until the rice is lightly toasted.
4. If using white wine, pour it in now and let it absorb into the rice.
5. Begin adding the warm stock, one ladle (around 100ml) at a time, stirring continuously. Wait until the liquid is absorbed before adding the next ladle of stock.
6. Keep adding the stock, stirring, for about 18-20 minutes, until the rice is cooked through and creamy.
7. In the final 2-3 minutes, stir in the frozen peas, butter, and Parmesan cheese. Season with salt and pepper to taste, and keep warm on low heat.

### COOK THE SEARED COD:

- Season the cod fillets generously with salt and pepper on both sides.
- Heat the olive oil and butter together in a non-stick pan over medium-high heat.
- Once the oil and butter are hot, add the cod fillets and cook for 3-4 minutes on each side, until golden brown and cooked through. The fish should easily flake with a fork. Remove from the pan and set aside.

### ASSEMBLE THE DISH:

- 1. Spoon a generous portion of the pea and parmesan risotto onto each plate.
- 2. Place the seared cod fillet on top of the risotto.
- 3. Drizzle the parsley butter over the cod and risotto.
- 4. Place the parmesan crisp into the risotto.

### TO SERVE

- Serve the dish immediately while it's hot and enjoy the crispy Parmesan, creamy risotto, fresh cod. It's a lovely, comforting dish for any occasion!



*Hi my name is Ciara Farrell, I'm from a small village called Dunnamaggin and have always loved anything to do with pastry, from a young age I have dreamed about creating and decorating gorgeous cakes and desserts, completing this degree has helped me get one step closer to my dream and I have loved every minute of it, this dessert is something that is simple to create but is a real showstopper, and of course is delicious also.*

## CIARA FARRELL

# A MODERN BLACK FOREST GATEAU

*Chocolate delice served on a sable biscuit, coated in a cherry glaze  
Served with a chocolate soil, crème pate, edible flowers and mint*

### CHOCOLATE DELICE:

- 175g dark chocolate
- 50g egg yolks
- 25g sugar
- 200ml cream
- 125ml milk

### METHOD:

- Melt the chocolate au bain marie (in a bowl over a pot of gently simmering water); once melted take off the heat and allow to cool slightly.
- Heat 125ml cream and all the milk in a heavy based saucepan, in the meantime whisk the egg yolks and sugar in a mixing bowl until pale and fluffy.
- Once the cream and milk are beginning to boil remove from the heat and slowly add to the egg mixture and whisk into the eggs to temper them. Once mixed transfer the egg mixture back to the saucepan and put back on a gentle heat, stirring constantly to prevent the mixture from scrambling, stir until the mixture has thickened around 5 minutes. Remove from the heat and allow to cool slightly.
- Whip the remaining cream (75ml) until stiff peaks
- Blitz the melted chocolate mixture into the custard and mix until fully incorporated
- Fold in the whipped cream, transfer to a piping bag, pipe into desired moulds (I used dome shaped moulds), transfer to the freezer and allow to freeze until completely set.

### SABLE PASTE:

- 120g butter, softened
- 90g icing sugar, sifted
- 60g plain flour, sifted
- 1 egg
- 30g ground almonds, sifted
- 2g salt
- 200g plain flour, sifted



### METHOD:

- In the bowl of a stand mixer combine the butter, icing sugar, first weight of plain flour (60g), egg, ground almonds and salt with the paddle attachment and mix until all combined into a smooth paste, add the second weight of flour (200g) and mix until just combined.
- Place the dough between two sheets of parchment paper and roll out to about ¼ inch thick, place in the fridge to let chill for a minimum of 20 minutes.
- Preheat the oven to 170C/325F/Gas Mark 4 and line a baking tray with greaseproof paper
- Cut out the desired shape, the same size as the chocolate delice mould, place the cut-out biscuits on the baking tray and bake for 10 minutes until golden brown.

### CHOCOLATE SOIL:

- 70g dark chocolate
- 100g sugar
- 2 tbsp water





**METHOD:**

- In a medium saucepan heat the sugar and water, bring to the boil until it reaches 121 degrees Celsius
- In a medium bowl, weigh the chocolate, pour the sugar syrup over the chocolate and mix with a spatula until the mixture begins to resemble crumbs, set aside until ready to use.

**CRÈME PATE:**

- 500ml Milk
- 1 Vanilla pod
- 4 Egg yolks
- 125g Caster sugar
- 75g Plain flour
- 10g Custard powder

**METHOD:**

- Heat the milk and cut the vanilla pod and leave to infuse
- Beat the sugar and the egg yolks together until cream white. Add the flour and custard powder
- Strain the hot milk, gradually blending into the egg mixture
- Strain into a clean pan and bring back to the boil, stirring constantly
- When the mixture has boiled and thickened, pour into a plastic bowl, sprinkle with caster sugar and cover with cling film
- Chill over ice and refrigerate as soon as possible
- When required, knock back in a stand mixer.
- Transfer to a piping bag fitted with a round nozzle

**ASSEMBLY:**

- Place the sable biscuit on a wire rack on top of a tray place the frozen chocolate delice on top, pour the glaze evenly on top of the chocolate delice and let set.
- Add the chocolate soil in a half-moon crescent shape, adding dots of crème pate on top of the chocolate soil and your edible flowers and mint
- Add a scoop of cherry sorbet to the centre of the plate
- Optional: using a melon baller carve out the centre of the crème pate dots on the plate and add cherry gel to the centre, add edible flowers. Be creative

*My name is Niluka Jasinghe. I was born in Sri Lanka and studied at Rahula College in Matara. During my school years, I was deeply involved in athletics. I loved events like the 110m hurdles, triple jump, and high jump. I was proud to hold the junior national record in Sri Lanka for the 110m hurdles. I enrolled in the Culinary Arts program at SETU campus, which marked the beginning of a wonderful new chapter in my life. Now, in my final year, I have grown*

## NILUKA JASINGHE

*passionate about pastry and dessert creation. My favourite subjects are Pastry and Confectionery, Artisan Food Production, European Food Regulations, Media, and Visual Arts. These subjects have given me not only technical skills but also creativity and confidence in my work. I'm excited about the future and ready to share my passion for food with the world. University has not only taught me how to cook it has helped me rediscover who I am.*

## MACARONS

### STEP 1

- 100g ground almonds
- 100g icing sugar
- 40g egg white

Mix together until a smooth paste is formed with no lumps

Add food colouring if using.

Set to one side.

### STEP 2

- 25g egg white
- 95g caster sugar
- a little bit of water (about 20ml)
- Pinch of cream of tartar
- Make a stock syrup with the sugar and water, once it comes to about 100C start whisking the second egg whites.
- When the stock syrup reaches 121C, pour onto the whisking egg whites.
- Continue to mix while it cools to 35C.
- Beat the meringue into the almond mix.
- Pipe into 1cm rounds
- Tap the tray to even out the mixture
- Allow to dry out for about an hour.
- Bake at 145C for 10 – 12 minutes.

### BUTTERCREAM FOR MACARONS

- 150g butter
- 300g icing sugar

### FLAVOUR AND COLOUR AS REQUIRED

- Beat the butter and sugar together, add flavouring and colouring.
- Use some of the buttercream to stick two macarons together, drizzling with some melted chocolate if desired.





*Hi, I'm Evan, a 22-year-old from Dublin, Ireland, and the third oldest of nine siblings, so you can imagine our house was never short on noise or hungry mouths to feed! I used to be big into boxing, spending hours training and competing, but somewhere along the way, baking became my true passion. That shift led me to pursue and complete a four-year BA in Culinary Arts at SETU Waterford.*

## EVAN O' REILLY

*These days, I've traded boxing gloves for rolling pins, and I find real joy in creating food that brings people together. One of my all-time favourite recipes is for these lemon meringue tarts. They've got the perfect balance of tangy citrus, silky meringue, and buttery pastry and they never last long when I bring them home. Whether you're baking for family, friends, or just yourself, I hope you enjoy making them as much as I do.*

# LEMON MERINGUE TART WITH A MACARON BISCUIT GARNISH

### SABLE PASTE:

- 110g butter
- 90g Icing Sugar
- 230g Plain Flour
- 1 Egg (room temperature)
- 30g Ground Almonds
- Pinch Salt

### LEMON CURD:

- 200ml Lemon Juice
- Zest of 1 Lemon
- 170g Sugar
- 250g Butter
- 3 Eggs

### ITALIAN MERINGUE:

- 4 large egg whites
- 200g caster sugar
- ½ tsp of lemon juice or cream of tartar
- 120ml water

### MACARON GARNISH:

- 140g Egg Whites
- 180g Ground Almonds
- 180g Icing Sugar
- 180g Caster Sugar
- 1 tsp Green Food Colouring
- 1 tsp Purple Food Colouring



### SABLE BISCUIT:

Firstly, we are going to make the sable paste because that needs to chill. Dice the butter into small cubes and leave the butter in the fridge to chill. Then add the dry ingredients in a separate bowl and mix together.

. If doing by hand use a rubbing in method with the chilled butter and dry ingredients until its fully incorporated and resembles a sand like texture. However, if using an electric mixture then beat it together on a medium speed until it also reaches the same texture.

. Lightly flour the surface of the table then beat the egg separately then mix this into the butter and dry ingredients mix and knead until it reaches a dough. Avoid over-kneading the dough as it can cause the dough to be more tough. This step should roughly only take 2 – 4 minutes of kneading. Then roll the dough into a ball then wrap in some cling film and leave in the fridge for a minimum of 1 hour.





### **MACARON:**

While that is chilling move onto the macaron. In an electric mixer whisk the egg whites over a high speed and slowly add the caster sugar one spoonful at a time. Sieve the ground almond and icing sugar together into a large bowl and repeat this step twice to fully ensure there are no lumps left in the mixture.

Once the egg whites and sugar has been whipped to stiff peaks then it is time to fold in the ground almond and icing sugar just a small amount at a time. Then add the food colouring. In Separate bowls split the mixture and add the green food dye to one bowl and the purple to another. Mix these with a metal spoon until you reach the colour you are looking for.

Place the mixture into a piping bag by putting the purple down one side and the green down the others so that it gives a natural pattern, no piping nozzle is necessary here and cut off a small tip from the top and begin to pipe straight down onto the baking mat or grease proof paper and leave until a skin form across the top of the macaroons this can take at least an 1hr.

### **LEMON CURD:**

The next step is to make the lemon curd. Start by having everything prepared before putting anything on the heat. This includes zesting the lemon, beat the eggs and having the butter diced.

Put the lemon juice and zest au Bain Marie and whisk in the butter and allow that to melt fully. Whisk in the sugar until dissolved. Leave to simmer for 5 mins. Add the beaten eggs and continue to whisk the entire time until the curd has become thicker.

Pass the lemon curd through a sieve to remove the lemon zest and any egg that may have scrambled. Leave to cool and it will thicken even more. To speed this process up it can be put in the fridge until were at the assembling point.

### **TART CASES:**

Now cook the sable tarts. Roll the pastry over the tart cases and press the pastry into the corners and trim the edges for a cleaner look. Then stab the bottom of the tin with a fork to avoid the pastry from puffing or rising up. When using the smaller tart cases there is no need to blind bake it, but it will take less time in the oven roughly 12 minutes in total in a preheated oven at 170C (fan oven).

### **ITALIAN MERINGUE:**

The last element that needs to be made is the Italian meringue. In a small saucepan on a high heat adds the sugar and water and stir together until it reaches a boil.

. In an electric mixer begin to whisk the egg whites on a high speed whilst waiting on the sugar and water mixture to reach a higher temperature. Add the cream of tartar to

the egg whites and continue whisking. When the egg white's mixture has reached stiff peaks turnoff the speed and list the whisk and the mix should be firm but slowly fall off the whisk.

Once the sugar/water mix reaches 116 its then ready to slowly add into the stiff egg whites on a medium speed. Then continue to whisk until it has reached the consistency of fluffy but stiff. It should be glossy and have a shine. Place it in a piping bag with a star nozzle and leave it for assembly.

### **MACARONS:**

Bake the macaroons at 140 C for 16 mins. The reason for purposely overbaking the macarons is so that they can be crushed and spread on the bottom of the plate when serving. The reason I use macarons instead of a biscuit is because macarons holds there colour a lot better than a biscuit. When these have cooled down crush them using your hands and keep aside.

### **ASSEMBLY:**

Now that the tarts are cooked, the filling is ready, and the meringue is ready to go in a piping bag it's time to assemble. Firstly, fill the sable tarts with the lemon curd making sure not to overfill the tarts as this will affect the finished look. Then pipe the Italian meringue onto the tart, this can be done in swirls or decorative peaks.

. Then place the lemon meringue pie or pies on the bottom rack of a preheated oven at 170 C for 20 minutes. The reason for this is to allow the meringue to set but also to get a golden finish.

Remove from the oven and place on a wire rack to cool. If you were unhappy with the colour of the meringue and thought it needed more, you could always use a blowtorch for just a few seconds to give it a better finish.

Spread the crushed macaroons on one side of the plate and then follow up with the lemon meringue tarts on top. The last step is to enjoy.

*Hi, I'm Stuart Dunne Maher, a chef from County Kilkenny with a love for refined, seasonal cooking. I've worked in kitchens across Ireland, Northern Ireland, France, and Belgium, mostly in high-end hotels and restaurants. Right now, I'm a Sous Chef at Ristorante Rinuccini in Kilkenny. I started cooking professionally in 2019 and haven't looked back since. I'm also finishing my Culinary Arts degree at SETU, with plans to go into teaching and mentoring*

## STUART DUNNE MAHER

*young chefs down the line. My cooking style is rooted in classic European techniques with a focus on Irish ingredients. I'm passionate about craft, flavour, and constantly learning.*

# RACK OF LAMB WITH WILD GARLIC & CELERIAC PURÉE, PEAS, FONDANT POTATO & RED WINE JUS (4 PORTIONS)

### RACK OF LAMB

- 2 racks of lamb (8 bones each, French-trimmed)
- 2 tbsp Dijon mustard
- 2 tbsp olive oil
- 2 cloves garlic, crushed
- 2 sprigs rosemary
- Salt & black pepper

### WILD GARLIC PURÉE

- 100g wild garlic (washed and trimmed)
- 30g baby spinach (for colour)
- 25g unsalted butter
- Salt, to taste
- Ice water (for blanching)

### CELERIAC PURÉE

- 1 medium celeriac (about 500g), peeled and diced
- 200ml double cream
- 100ml whole milk
- 25g unsalted butter
- Salt and white pepper

### FONDANT POTATOES

- 4 large floury potatoes (e.g. Maris Piper), peeled and cut into cylinders
- 50g unsalted butter
- 2 sprigs thyme
- 2 garlic cloves, crushed
- 400ml chicken stock
- Salt and pepper

### GARDEN PEAS

- 200g fresh or frozen garden peas
- 10g butter
- Salt and pepper
- Optional: mint chiffonade for freshness



### RED WINE JUS

- 500ml red wine (preferably full-bodied, like Cabernet Sauvignon)
- 250ml beef or veal stock
- 2 shallots, finely diced
- 1 garlic clove, smashed
- 1 sprig thyme
- 1 bay leaf
- 1 tsp balsamic vinegar (optional, for balance)
- 15g cold butter (to finish)





## METHOD

### FONDANT POTATOES (START FIRST)

- Preheat oven to 180°C (350°F).
- In a sauté pan, sear potato cylinders in butter until golden on both flat sides.
- Add garlic, thyme, and stock. Season.
- Cover with foil and bake for 35–40 mins until tender and stock is mostly absorbed.

### CELERIAC PURÉE

- Simmer celeriac in milk and cream until tender (15–20 mins).
- Drain (reserve liquid), and blend with butter, adding cooking liquid as needed.
- Season to taste and pass through a fine sieve for extra smoothness.

### WILD GARLIC PURÉE

- Blanch wild garlic and spinach in salted boiling water (20–30 secs).
- Shock in ice water, drain, and squeeze out excess water.
- Blend with butter until smooth and vibrant. Season to taste.

### GARDEN PEAS

- Blanch peas in salted water (2–3 mins), refresh in ice water.
- Before serving, sauté gently in butter and season. Add mint if using.

### RED WINE JUS

- Sauté shallots and garlic in a little oil until soft.
- Add red wine, thyme, and bay leaf. Reduce by two-thirds.
- Add stock and reduce again by half.
- Strain and finish with a knob of butter and balsamic (if desired). Adjust seasoning.

## RACK OF LAMB

- Season racks with salt and pepper. Sear in oil with garlic and rosemary until browned.
- Brush with Dijon mustard and roast in oven at 200°C (392°F) for 15–18 minutes for medium-rare.
- Rest for 10 minutes, then slice into individual or double chops.

## PLATING SUGGESTION

- Spoon a smear of wild garlic purée on the plate.
- Add a quenelle or scoop of celeriac purée.
- Place fondant potato beside the purées.
- Scatter peas artfully on or around the purées.
- Arrange 2–3 lamb chops per plate.
- Drizzle red wine jus over and around the meat.
- Optional: Garnish with micro herbs or wild garlic flowers

## CONOR SHERIDAN

# PAN-SEARED DUCK WITH WILD GARLIC PURÉE, FONDANT POTATO, GLAZED BEETROOT, AND MADEIRA JUS

### INTRODUCTION

This recipe combines the rich, delectable aromas of pan-seared duck with the earthy notes of wild garlic purée, the buttery smoothness of fondant potatoes, the sweet complexity of glazed beetroot, and more. An outstanding culinary experience is provided by this meal, which is finished with a creamy Madeira jus. It is ideal for a special occasion or a lovely dinner party since it blends delicate flavours and methods that will please even the pickiest palate.

### PREPARATION AND COOKING TIME

**Preparation Time:** 40 minutes

**Cooking Time:** 1 hour 10 minutes

**Serves:** 2

### INGREDIENTS

#### FOR THE DUCK BREAST:

- 2 duck breasts (approx. 6 oz / 170 g each)
- 1 tbsp olive oil
- Salt and freshly ground black pepper, to taste
- 1 sprig fresh thyme
- 1 garlic clove, smashed

#### FOR THE WILD GARLIC PURÉE:

- 3 oz / 85 g wild garlic leaves
- 1 tbsp butter
- 2 tbsp heavy cream
- Salt, to taste
- 1 tsp lemon juice (optional)

#### FOR THE FONDANT POTATOES:

- 2 medium-sized rooster potatoes (approx. 7 oz / 200 g each)
- 2 tbsp butter
- 1 tbsp olive oil
- 1 garlic clove, smashed
- 1 sprig fresh thyme
- 240 ml vegetable/chicken stock
- Salt and freshly ground black pepper, to taste

#### FOR THE GLAZED BEETROOT:

- 2 medium-sized beetroot, peeled and cut into wedges (approx. 8 oz / 230 g)
- 1 tbsp olive oil
- 1 tbsp cider vinegar
- 1 tbsp honey
- Salt and freshly ground black pepper, to taste

#### FOR THE MADEIRA JUS:

- 120 ml Madeira wine
- 120 ml chicken stock
- 150g salted butter
- 1 shallot, finely chopped
- 1 sprig fresh thyme
- Salt and freshly ground black pepper, to taste







## METHOD

### DUCK BREAST:

**Score the Skin:** Score the skin of the duck breasts in a crosshatch pattern using a sharp knife. Be careful not to cut into the meat itself.

**Season:** Season both sides of the duck breasts with salt and freshly ground black pepper.

**Cook the Duck:** Place duck breast into a cold pan and turn the heat up to high to begin to render the fat of the duck. After 5-6 minutes flip duck, cooking for 1-2 minutes before transferring to the over to finish cooking, another 4-5 minutes will leave the duck at a lovely medium.

**Finish:** Remove the duck from the oven and leave to rest for 4 minutes. To serve slice lengthways and slice a small bit off each side to allow the duck breast to stand up on the plate.

### WILD GARLIC PURÉE:

**Blanch the Garlic:** In a small saucepan of boiling water, blanch the wild garlic for 1–2 minutes until wilted. Drain and transfer immediately to a bowl of ice water to stop the cooking process.

**Purée:** Squeeze out excess water from the garlic and transfer it to a blender. Add butter and cream, and blend until smooth. Season with salt to taste, and add a squeeze of lemon juice if desired to brighten the flavor.

### FONDANT POTATOES:

**Prep the Potatoes:** Peel the potatoes and trim them into even cylinders, about 2 inches (5 cm) tall.

**Sear the Potatoes:** Heat the olive oil and butter in a skillet over medium heat. Add the potatoes and sear on all sides until golden brown (about 2-3 minutes per side).

**Cook the Potatoes:** Add the smashed garlic and thyme to the pan, then pour in the vegetable stock. Bring it to a simmer, then cover the pan with a lid and cook for 15–20 minutes, until the potatoes are tender and the stock has reduced to a glaze. Season with salt and pepper to taste.

### GLAZED BEETROOT:

**Cook the Beetroot:** In a Large pot, place whole beetroots and boil until tender, depending on the size of the beetroot this could take between 40 minutes and an hour.

**Portion the beetroot:** Remove the beetroot from the water and peel, cutting the cooked beetroot into the desired shape for the dish.

**Glaze:** Add the balsamic vinegar and honey to the pan. Stir to coat the beetroot and allow the glaze to reduce for 5–6 minutes until the beetroot is tender and glossy. Season with salt and pepper to taste.

### MADEIRA JUS:

**Sauté Shallot:** In a small saucepan, melt 50g butter over medium heat. Add the finely chopped shallot and sauté for 2–3 minutes until softened.

**Deglaze:** Add the Madeira wine, scraping the bottom of the pan to lift any caramelized bits. Simmer for 2–3 minutes to reduce the wine by half.

**Simmer:** Add the chicken stock and fresh thyme to the pan. Simmer for 8–10 minutes, until the sauce has reduced and thickened slightly.

**Monte:** Slowly stir in cubes of the remaining cold butter to finish the sauce, resulting in a glossy texture.

### SERVING SUGGESTIONS

To plate this dish elegantly, begin by using a squeeze bottle and making a ring of wild garlic puree around the centre of the plate, with one or two spots on this circle having a larger dot placed of puree. Arrange the duck breast, fondant potato and glazed beetroot around this circle evenly and the pour the sauce into the centre of the circle. Garnish with some pan fried mushrooms to give a pop of colour and contrast the green puree.

*From the street markets of Phuket to the vineyards of Tuscany, my culinary journey has spanned continents, cultures, and cuisines. Each dish I create is a tribute to the people, places, and traditions I've encountered along the way. Picking up recipes, stories, and the occasional spice stain along the way. I've always had the passion to travel since a young age and base my cooking off the various cuisines I've encountered throughout my 22 years of life. The idea*

## HANNAH ROCHE

*of adopting a recipe and morphing it into a unique dish is extraordinary.*

*Being a chef is a privilege but being able to embrace various cuisines is a gift. Whether I'm at home reinventing shepherd's pie with a Greek twist or turning soda bread into something you actually crave, I am dedicated to blending my Irish roots with some global flair.*

## CHICKEN ARRABIATA

- 1 skinless chicken breast fillet (about 150g)
- 3 tsp olive oil
- 1 shallot, finely chopped
- 2 garlic cloves, crushed
- ½ tsp chilli flakes
- 1 x 400g tin chopped tomatoes
- ½ tbsp caster sugar
- 150g dried spaghetti
- handful of basil leaves
- 50g pitted black olives
- 30g Parmesan, grated

### METHOD:

Put the chicken between two layers of baking paper, then bash with a rolling pin to an even 1-1.5cm thickness. Season with salt and pepper and brush with 1 teaspoon of olive oil.

Heat a frying pan until hot, then cook the chicken over a high heat for about 3-4 minutes on each side, or until golden and cooked through. Transfer to a plate and loosely cover with foil to keep warm.

Heat a further 2 teaspoons oil in the same pan and gently cook the shallot for 2-3 minutes until softened. Stir in the garlic and chilli flakes and cook for a further minute.

Tip in the tinned tomatoes and caster sugar with some seasoning. Quarter-fill the tomato tin with water, swirl around and add this to the sauce. Simmer for 8-10 minutes until thickened.

Meanwhile, cook the spaghetti in salted boiling water following pack instructions.

Chop most of the basil and slice the chicken into thin strips. Stir both through the sauce with the olives for the final 2 minutes of simmering time. Check the seasoning to taste. Drain the pasta and combine with the sauce.

Divide between two bowls and scatter over the Parmesan and reserved basil leaves.





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## COOKING FOR FUN

THIS BOOK HAS BEEN COMPILED BY THE 4TH YEAR STUDENTS OF THE BA (HONS) CULINARY ARTS STUDENTS AS PART OF THEIR MEDIA & VISUAL ARTS: FOOD PROMOTION, IMAGERY & DESIGN MODULE AT SOUTH EAST TECHNOLOGICAL UNIVERSITY.

IT WAS KINDLY SUPPORTED AS PART OF SATLE FUNDING INITIATIVE