

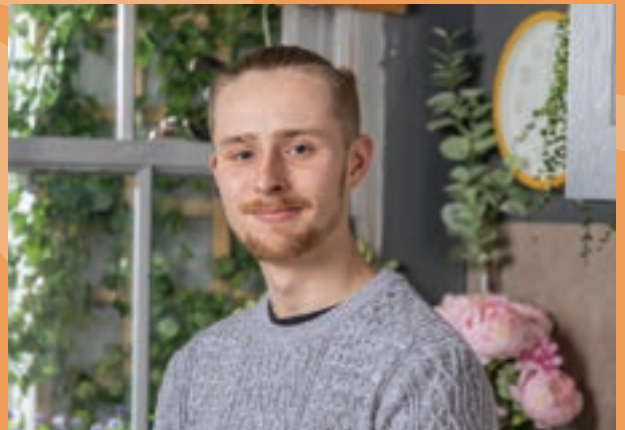


CULINARY
ARTISTS



Ollscoil
Teicneolaíochta
an Oirdheisirt

South East
Technological
University



GREETINGS



The 4th year students of the BA (Hons) Culinary Arts Year, as part of the ‘Media & Visual Arts: Food Imagery, Promotion & Design’ module have prepared for your delectation this e-cookery book.

The module which follows on from a food writing one in the previous semester happens in the student’s final year of study, after their Erasmus work placement and international study opportunity and the students return to 4th year replete with Joie de vivre,

ready to take on their final year and a suite of new modules.

Throughout this module, students are encouraged to think beyond the plate—to consider how food and the culinary industry is communicated, shared, and experienced in a digital world

For this project the students were asked to create a recipe of their choice; a recipe that means something to them, one which perhaps represents them or the style of food that interests them

and one which demonstrates not only technical skill but also an awareness of audience, presentation, and a growing confidence in their own voice.

The recipes contained within, follow a template, but yet the students are asked to use their own voice, writing style, description methods etc. to best represent the recipe and themselves. We got the opportunity for this book to work alongside professional food photographer Harry Weir in his Dublin studio to set and capture these recipes in picture for the publication.

I would like to thank the programme leader Mark Gaffney of the BA (Hons) programme and the Head of Department Dr. Don O’ Neill for their support to the module, throughout. I would also like to thank our colleague Fiona O’ Connor and her team in the Carlow campus for her support in terms of allocating SATLE funding to the project.

This group of students are a wonderful group, and have brought great richness to the programme and to the department. This e-cookery book is but one tiny part of a vast range of accomplishment’s during their time in SETU and in

their culinary journey, and I have no doubt it is only the beginning.

Le gach dea-mhéin,

Edward Hayden

Module Lecturer

FOREWORD



My congratulations to the 4th year BA (Hons) Culinary Arts students of South East Technological University (SETU) on the publication of this fantastic e-cookery book. This publication was produced by the students as part of their Media & Visual Arts: Food Imagery, Promotion and Design module, under the supervision of lecturer Edward Hayden.

The talent, creativity and expertise on display is of the highest standard and we are proud of what are students have

achieved. Culinary Arts is a practical and multi-dimensional subject with students required to hone a range of skills, including how they display, market and communicate their culinary ideas and proficiency. This has culminated in this impressive e-cookery book.

Food brings people together and has a very important social and cultural dimension. It is wonderful for our students to have this opportunity to bring their inspirational recipes to you through

their e-cookery book. They are the culinary stars of the future and we are lucky to have this opportunity to experience their ideas through their recipes.

My thanks to Edward and all those who have supported our 4th year BA (Hons) Culinary Arts students as they approach the end of their SETU degree. We will watch their future successes with much interest.

I would also like to acknowledge the funding support from the Higher Education Authority (HEA) via the Strategic Alignment of Teaching and Learning Enhancement Funding in Higher Education (SATLE)

initiative.

I hope you all enjoy this e-cookery book and happy cooking!

President Veronica Campbell

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SAM JUDD

Hi, my name is Sam and I'm from Cork. I fell in love with this dish whilst on my work placement in Italy and just had to share it with all of you. Although it doesn't follow the traditional Arrabbiata recipe, the combination of many strong ingredients works perfectly for a fiery (angry) pasta sauce.



Pasta Arrabbiata

Honest, spicy and strong in flavour is the key phrases of Arrabbiata, this pasta, translating into "Angry" uses strong contrasting flavours with a kick of spice to make your dinner time special.

Preparation Time

1 Hour

Equipment

2 x Deep Pots
1 x Chopping Board
1 x Knife
1x Rolling Pin

Ingredients

Sauce	
Garlic	2 Clove
Anchovy	5 Whole
Rosemary	1 Tbsp
Thyme	1 Tbsp
Red Chilli	1 Whole
Tomato Paste	1 Tsp
Whole Tomato	200g / 7oz
Salt & Pepper	TT
Olive Oil	2 Tbsp
Fresh Pasta	
Egg	1 Whole
Egg Yolk	1 Whole

00' Flour	200g / 7oz + Extra for Dusting
Olive Oil	10g
To finish	
Parmagianno	TT
Capers	1 Tbsp

Method

1. Mince the garlic, anchovies, herbs and chilli together, they should be as fine as possible as to melt into the sauce.
2. Add your olive oil to a deep pot, and on low heat, slowly begin to sauté your minced ingredients.
3. After roughly 10 minutes or until your ingredients have begun to slightly melt, add in the tomato paste and cook out for a further 5 minutes.
4. Add the fresh tomatoes and a touch of water to help them break down. Let these cook until they begin to lose shape and a sauce begins to form.
5. From here its up to you as to how long you cook the sauce, the longer and slower - the deeper and richer the flavour, I prefer to leave it about 45 minutes.
6. Whilst the sauce is cooking, begin making the pasta, Add the flour to a bowl and create a well in the middle.
7. Place the eggs and olive oil inside the well and slowly whisk with a fork, whilst incorporating the flour.
8. Once the paste has come together, its time to tip the dough out onto a lightly floured surface.
9. Knead the dough until it begins to have a strong resistance and becomes shiny, adding flour as needed to prevent a sticky mess.
10. Once the dough is ready, wrap in clingfilm and let rest in the fridge for at least 30 minutes.
11. When your happy with the sauce, take the dough out of the fridge, and using a rolling pin, roll to about 1mm thick, or thin enough so that you can see your hand from the other side.

12. Lightly dust the pasta sheet with flour, and fold it onto itself, repeating the step until your sheet is around 15cm width.
13. Finally with your knife, cut the pasta dough into 1cm strips for tagliatelle and toss in some more flour to prevent sticking.
14. To assemble the dish, put on a pot of water and add salt until it tastes like the sea. Bring to the boil
15. Once boiling, cook the pasta for 2 minutes and using a tong, lift the pasta from the pot and into the sauce, making sure it is drained, but still carrying some of the starchy liquid.
16. Combine the two, and serve, adding parmesan and chopped capers to your liking.

Serving Suggestions

- Top with a crispy pangrattato and with some home-made bread to mop up the sauce.
- The sauce from this recipe doesn't just have to be served with tagliatelle, use it with lasagna, pizza, or even with steak.

Recipe Modifications

- To make the sauce vegetarian friendly, simply omit the Anchovy.

Storage

- The pasta, if not cooked can be dried out and will keep for 1 day.
- The sauce, once cold can be refrigerated in an airtight box for up to 3 days.

Top Tips

When cooking the tomato paste, it is essential to let it cook a little in the dry pan (without the tomatoes or water) so that it develops





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JACK BROWN

Hi I'm Jack, I'm from Meath. I have chosen this dish for the book because it brings me great nostalgia from Sundays in my Granny's. My plan after college is to continue working in kitchens with hopes to eventually run a kitchen of my own.

I am currently working in The Pier in Tramore. On my Erasmus I worked in Ogo, a small restaurant on the coast in Cornwall where I got the opportunity to really develop my skills and become more confident as a chef. On my Erasmus I also studied in Humber in Toronto where I developed some brilliant memories that I'll never forget.



Baked Alaska

Light, airy and beautifully indulgent, this Baked Alaska is a showstopping dessert perfect for any occasion. With a soft sponge base, a layer of smooth, creamy ice cream, and a golden, toasted meringue exterior, it delivers a striking contrast of temperatures and textures in every bite

Cake:

120g Salted Butter
 120g Caster Sugar
 Zest of 1 Lemon
 1fl oz/ 30ml Milk
 120g Self Raising Flour
 2 Eggs
 2 tsp Vanilla Paste

Filling

1 Litre Vanilla Ice Cream

Meringue

180g Caster Sugar
 3 Egg Whites
 1 tbsp Granulated Sugar

Equipment

Oven
 20cm Cake Tin
 Hand Whisk
 Large Bowl
 Ice Cream Scoop
 Palette Knife or Spatula
 Wire Rack

Prep Time: 15 Minutes

Cook Time: 10 Minutes

Method

1. Preheat 180C/350F/Gas Mark 4. Lightly grease cake tin.
2. Start making sponge by beating the butter and sugar together until fluffy. Beat in vanilla paste and eggs and then fold in flour, milk and lemon zest.
3. Transfer mixture into tin and bake for 18-20 or until firm.
4. Once cooked, removed cake from oven and let cool on the wire rack.
5. Start meringue by beating egg whites and caster sugar together until soft peaks are reached or (thick and shiny).
6. Meanwhile scoop on ice cream onto the sponge and leave 2cm gap around the edges. With a spatula, cover with meringue and make sure it is all well sealed.
7. Sprinkle over the granulated sugar and place back in oven for 3 minutes until it is golden brown.
8. Serve straight away.

Storage Instructions

The sponge element can be frozen in advance if you wish and then defrosted and assembled.

Serving Suggestion

Pairs perfectly with fresh fruit or a fruit compote.

Possible Recipe Modification

Multiple layers of different ice cream can also work instead of just vanilla.





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DARA PHELAN

Hi I'm Dara, I'm from Laois. I have chosen this dish for the book as I believe Black Forest Gateau is a timeless classic dessert in need of a modern-day update. My plan after college is to travel, travel, travel. On my Erasmus I worked/ studied in The Grand Central Hotel, Belfast/ Ulster University, Coleraine, respectively.



Black Forest Gateau Reimagined (Plated Dessert): Chocolate Soil, Cherry Syrup, White Chocolate Ganache, French Meringue Mushrooms & Tempered Chocolate Logs with Flakes

A contemporary plated interpretation of the classic Black Forest gâteau. This version deconstructs the dessert into a refined composition: rich chocolate soil, structured chocolate logs, delicate meringue mushrooms, and smooth ganache, with cherry syrup served tableside for a balanced, interactive finish.

Ingredients:

For the chocolate sponge (soil):

5 eggs (room temperature)
150g/ 5oz caster sugar

120g/ 4oz plain flour
30g/ 1oz cocoa powder
40g/ 2 oz melted butter

For the cherry syrup:

200g/ 7 oz sour cherries (fresh or jarred)
100g/ 4 oz sugar
100ml water
30ml kirsch (optional)

For the white chocolate ganache:

300g/ 10oz white chocolate
150ml double cream
1 tsp vanilla extract

For the French meringue mushrooms:

2 egg whites
100g/ 4oz caster sugar

For the tempered chocolate logs & flakes:

300g/ 10oz dark chocolate

Equipment List:

- Cake tin (20–22 cm)
- Baking parchment
- Mixing bowls
- Electric whisk or stand mixer
- Spatula
- Sieve
- Saucepan
- Palette knife
- Baking tray
- Piping bag
- Oven
- Cooling rack
- Thermometer (for chocolate tempering)
- Sharp knife
- Food processor or hands (for soil texture)
- Squeeze bottle or small jug (for syrup service)

Prep time: 2 hour 20 minutes

Cook time: 2 hours

Method

1. To prepare the chocolate sponge whisk eggs and sugar to ribbon stage until thick and pale. Sift flour and cocoa powder together, then gently fold into the mixture followed by melted butter. Pour into a lined cake tin and bake at 180°C for 20–25 minutes. Cool completely. Break or pulse the sponge into coarse crumbs to create a “soil” texture. Cook these crumbs in the oven on a flat tray for 5–10 minutes allowing them to crisp up a little. Set aside.
2. To make the cherry syrup simmer cherries, sugar, and water for 10 minutes. Strain, reserving both syrup and fruit, separately. Stir in kirsch once cooled. Transfer syrup to a small jug for service.
3. To prepare the white chocolate ganache heat cream until just below boiling, then pour over chopped white chocolate. Stir until smooth and glossy, add vanilla, and allow to cool to a pipeable consistency. Transfer to a piping bag.
4. To make the French meringue whisk egg whites to soft peaks, gradually add caster sugar until stiff peaks form. On a flat baking tray, lined with baking parchment, pipe the meringue in the shape of mushroom caps and stems, (As pictured in main image) and bake at 90–100°C for 1.5–2 hours until dry. Attach stems using melted chocolate and allow to set.
5. To temper the chocolate melt to 45–50°C, cool to 27–28°C, then reheat to 31–32°C.
6. (If you haven't tempered chocolate before, an online video on tempering chocolate will help you) Spread onto some strips of acetate and shape into logs, allowing them to partially set before gently lifting and arranging. Create chocolate flakes by scraping thin layers of partially set chocolate.
7. To plate spoon chocolate soil onto the plate, spreading naturally to resemble forest ground. Arrange chocolate logs on top, leaning and intersecting to create height and structure. Pipe white chocolate ganache neatly into and along the logs. Sprinkle chocolate flakes over the ganache and logs for texture. Place meringue mushrooms around the plate in a natural, scattered formation.
8. Serve the cherry syrup alongside in a small jug, allowing it to be poured at the table for added theatre and flavour balance. Scatter the cherries around, if desired, for added impact.

Suggested Recipe Modifications

- Add a cherry gel or compote quenelle for a more pronounced fruit element
- Replace white chocolate ganache with mascarpone cream for a lighter finish
- Infuse ganache with kirsch or tonka bean for depth
- Add crushed cocoa nibs to the soil for extra bitterness and texture
- Plate with edible flowers or micro herbs for visual contrast

Storage

- Chocolate soil: Store in an airtight container for up to 2 days
- Ganache: Refrigerate for up to 3 days; bring to piping consistency before use
- Meringue mushrooms: Store in a dry airtight container for up to 1 week
- Cherry syrup: Refrigerate for up to 5 days
- Tempered chocolate elements: Store in a cool, dry place
- Fully plated dessert: Not suitable for storage—assemble fresh

Top Tips

- Keep soil slightly coarse for a more realistic and textural finish
- Temper chocolate carefully to ensure structure and shine in the logs
- Pipe ganache cleanly for a professional plated look
- Balance sweetness by using sour cherries or reducing sugar in ganache
- Build height and asymmetry in plating for a natural forest aesthetic





MÁRTON OLÁH

Hi, my name is Márton Oláh, I am a Hungarian exchange student here at SETU doing my Erasmus. While originally from Hungary, for the past 2 years I have studied at Institut Lyffe in Lyon, France. During my career I have had the opportunity to work in various fine dining establishments in Budapest and lastly, I was working in one of the newest up-and-coming bistros of Paris, this recipe got its inspiration from there actually. After my studies I hope to be working in creative kitchen all over the world to become a better chef and one day be able to open my very own restaurant.



Veal tartare seasoned with chimichurri and pecorino

This dish is what I would call a real fusion food, the classic French veal tartare with a south American twist and the complementary flavours of Italian cheeses. The fatty sensations of the cream and cheeses perfectly complement the lean veal which is seasoned with the zingy herby chimichurri with just enough spice that it cuts through all the richness. It is a perfect starter for a night where the reader would like to shock their guests with an unconventional pairing that is sure to be the showstopper of the night. It is essential that we use the freshest ingredients possible so the simplicity of the dish can shine.

Ingredients for 4 portions:

Preparation time: 35-45 minutes

Cook time: 20-25 minutes

- Veal tenderloin - 350g/12oz
- Chimichurri
 - Fresh parsley - 40g/2oz
 - Garlic - 2 cloves
 - Red wine vinegar - 30g/1oz
 - Extra Virgin Olive Oil - 80g/3oz
 - Dried Oregano - 2 tsp
 - Fresh chili - 10g
 - Fine salt - to taste
- Parmesan sablé
 - Parmesan cheese - 80g/3oz
 - Unsalted butter - 80g/3oz
 - All-purpose flour - 80g/3oz
 - Egg yolk - 1
 - Fine salt - 1 pinch

- Wonton crackers
 - Wonton sheets - 2
 - Unsalted butter (for brushing)
- Seasoned Normandy Cream
 - Thick crème fraîche - 120g/4oz
 - Fine salt - to taste
 - Lemon zest - to taste
- Aged pecorino - 20g/1oz
- Crispy onions - 20g/1 oz

Method:

- 1) We should start by the actual tartare part. For this all we need to do is cut our veal into little cubes for a nice aesthetic.
 - Firstly, clean the veal tenderloin of any sinew or fats that are visible on the outside, then for the actual cutting part it is a good trick to place the meat in the freezer for 30-40 minutes so that it can firm up a little and this way it'll be easier to cut.
 - When it's firm enough, with a sharp knife cut into 3-4-millimetre cubes, keep refrigerated until our guests arrive
- 2) We can start our accompaniments while the veal is chilling in the freezer, we have plenty of time to tackle our chimichurri, so the flavours have time to get to know each other.
 - Chop the parsley fine and either chop the garlic if you'd like that pungent garlic taste or if you'd prefer a gentler taste grate it with a fine microplane grater.
 - To assemble our sauce, we need to just mix the chopped parsley and garlic with our other ingredients and check for seasoning. Keep it in the fridge until usage.
- 3) Before we tackle our crispy elements, we can prepare the base of the dish which is the beautiful crème fraîche from Normandy.
 - After seasoning the cream with a little salt and lemon zest, we just need to whip it lightly with a whisk to give it a looser texture. This will help us achieve a more pleasant mouth feel.
- 4) We can start to work on our parmesan sablé since it needs to cool down more than our other cracker. It is similar to a shortcrust pastry but with the intense flavour of parmesan.
 - To get started we'll need to grate the parmesan finely and mix it with our butter, it is easier if we let the butter at room temperature before to make it easier to work with. Once we have that we can add the other ingredients and work it into a pliable dough, it should be a little sticky and tacky. Ball the dough up and chill it in the fridge for 30 minutes.
 - Once chilled, roll the dough between two layers of parchment paper so it doesn't stick to the rolling pin, roll it to 5-millimetre thickness.
 - Bake it at 170 degrees Celsius / 340 degrees Fahrenheit for 10 - 12 minutes or until golden.
 - Let it cool completely and break it into uneven 3-centimetre pieces for plating, you can keep it in an airtight container until usage.
- 5) For our second crispy element we are just going to create a "roof" for our tartare out of some wonton sheets.
 - Firstly, cut the square wonton sheets into triangles
 - Lay out the sheets, brushing them with melted unsalted butter and put two brushed sheets on top of each other.
 - Take the triangles and lay them out on a baking sheet covered in parchment paper, take another parchment and it on top of the rounds and put another baking sheet to weigh down the rounds
 - Bake them at 180 degrees Celsius/355 degrees Fahrenheit for 6-8 minutes or until golden and crispy.
 - Leave them to cool and store them whole in an airtight container until usage

Plating:

- 1) Before serving the starter take the meat out at least 10 minutes of the fridge before to let it come up little to room temperature, mix it with the chimichurri. There should be enough chimichurri for us to get the flavour of it, but we don't want to eat only parsley and oil. Let it marinate for 10 minutes.
 - Don't add the crispy onions yet since they will go soggy by just sitting there.
- 2) When we are ready to serve, smear a little dollop of our seasoned Normandy cream on the plate, this is going to be our base for our structure.
- 3) Put one or two little pieces of the parmesan sablé on top of the cream, don't be afraid to push it in there to smear the cream a little more.
- 4) Now add the crispy onions to our tartare and chimichurri mix, give it a little mix and check for seasoning. When spooning the tartare be careful to evenly arrange them on the number of plates and try to create a little hill of meat. We want something with height not a flat surface.
- 5) When that is ready grate the Pecorino Romano cheese on top of the tartare and place a single triangle of our wonton sheet crispy on top like a roof to our structure. Give it a drizzle of olive oil if you feel like and enjoy.

Wine pairings:

- 1) A white Sauvignon Blanc like a Sancerre
- 2) A light red Pinot Noir from Burgundy or Alsace
- 1) A Blanc de Blanc Champagne





IGOR ZIELINSKI

Hey I'm Igor and I'm from Wexford. For this book I have chosen this dish as it is one of my favourite recipes, the perfect dessert for a late spring dinner. It's inspired by my time on Erasmus that I spent in the Piedmonte region in Italy, where fresh fruit and produce was not an uncommon occurrence. My plan after college is to travel more, eat new food, meet new people and enjoy my time before I (hopefully) open my own café.



Mojito Tart

This tart is a vibrant, botanical reimagining of the classic Tarte au Citron. It captures the soul of a Mojito, the sharp electricity of lime, the cool aroma of fresh mint, and the sophisticated punch of white chocolate. By using a Sablée base and a specialized Chablon technique (sealing the crust with chocolate), we ensure the pastry stays perfectly crisp under the lush, citrus curd.

Ingredients

Lime Sablée Crust:

200g plain flour
70g unsalted butter, cold and cubed
70g icing sugar
60g egg (approx. 1 large egg)
Grated zest of 1 lime
1g fine salt
40g white chocolate (for the *Chablon* seal)

Mojito Cream:

210g fresh lime juice (approx. 6 to 8 limes)
240g caster sugar
300g eggs (approx. 6 eggs)
150g unsalted butter, cubed
1 large bunch fresh mint

Italian Meringue Topping:

100g egg whites (approx. 3 or 4 eggs)
250g caster sugar
80g water
30g icing sugar (for dusting/caramelizing)

Preparation Time:

1 hour (plus 1 hour chilling)

Cooking Time: 45 minutes

Method

The Scented Crust: Prepare the pastry by rubbing the flour and lime zest into the cold butter until sandy. Add the icing sugar, salt, and egg. Knead briefly until unified. Chill for 1 hour. Roll out and line a 24cm tart ring. Prick the base and bake at 170°C for 25 to 30 minutes until golden.

The Chablon Seal: Once the crust is cool, melt the 40g of white chocolate. Using a pastry brush, paint a thin layer over the inside of the tart shell. This 'Chablon' creates a waterproof barrier so the cream doesn't make the pastry soggy. Let it harden.

The Mojito Infusion: In a saucepan, combine the lime juice, sugar, and the bunch of mint. Bring to a boil to extract the oils. Place your eggs in a bowl and whisk lightly. Pour the boiling lime mixture over the eggs through a fine-mesh strainer (discarding the mint). Return the mixture to the pan and cook over medium heat, stirring constantly until thickened. Whisk in the butter until glossy.

The Filling: Transfer the Mojito cream to a piping bag with a 10mm nozzle. Fill the chocolate-lined shell generously and level with a spatula. Chill until set.

The Italian Meringue: Boil the 250g sugar and 80g water until it reaches 121°C. Meanwhile, whisk the egg whites to soft peaks. Slowly stream the hot syrup into the whites while whisking on high speed. Continue whisking until the bowl feels cool and the meringue is stiff and glossy.

The Finish: Spread the meringue over the tart using an offset spatula to create decorative peaks. Dust lightly with icing sugar and use a kitchen blowtorch to caramelize the surface until golden. Garnish with fresh mint leaves and extra lime zest.

Serving Suggestion

Serve this tart on a chilled glass platter. Pair it with a small glass of sparkling mineral water infused with cucumber. The crisp, clean water resets the palate between the rich, buttery crust and the intense, zesty lime curd.

Suggested Recipe Modifications

- Add 2 tablespoons of aged dark rum to the lime curd once it has cooled slightly. This leans further into the cocktail inspiration and adds a warm, caramel-like undertone to the citrus, or try Malibu.
- Replace 30g of the flour in the crust with desiccated coconut. The coconut-lime-mint trio creates a 'Tropical Mojito' profile that feels like a summer holiday in a single bite.

Storage

The Italian meringue is quite stable, but the tart is best served the day it is assembled. Store in the refrigerator for up to 2 days. Note that the blowtorched sugar may soften slightly over time due to the moisture in the fridge.

Top Tips

- White chocolate is the secret weapon here. Because lime juice is highly acidic, it can soften pastry quickly. The chocolate seal is what separates an amateur tart from an artisanal masterpiece.
- When boiling the mint in the juice, don't chop it. Keeping the leaves whole allows you to strain them out easily while still capturing the pure, essential oils without making the curd look murky.
- Ensure the sugar syrup reaches exactly 121°C. If it's too cool, the meringue will be runny, if it's too hot, it will become stringy and difficult to spread.





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JESSICA BECKLEY

Hi, I am Jessica Beckley, I am from Wexford. I have chosen this dish for the book because it is simple, easy, and light.

My plan after college is to travel and work in different levels of restaurants gaining as much knowledge as I possibly can with fresh and unique ingredients.

I am currently working in Bearú in Wexford and working on my skills in the kitchen through practice and leaning.

On my Erasmus I worked in NIMA Restuarnte in Portugal, where I gained experience in working with fresh and local produce along with transforming it into Michelin standard dishes. I also studied at Vives Hogeschool in Brugge, Belgium where I expanded not only my mindset in the kitchen but my relationships and friendships with people from all over the world.



Buttermilk Pancakes, Berry Compote and Vanilla Mascarpone

A stack of fluffy buttermilk pancakes – with a generous topping of mixed berry compote made of fresh raspberries, blueberries, and blackberries. Finished off with a small addition of a smooth and rich vanilla flavoured mascarpone.

Ingredients

For the Pancakes:

11oz/320g Plain Flour
3oz/75g Caster Sugar
2 tsp/ 10g Bicarbonate Soda
1 tsp/5g Baking Powder
½ tsp/2.5g Salt
1oz/25g Butter- Melted
20floc/570ml Butter Milk
4 Eggs Large

For the Berry Compote:

14oz/400g Mixed Frozen Berries
5oz/125g Castor Sugar
5floc/125ml Water
4oz/100g Fresh Berries

For the Mascarpone:

4oz/100g Mascarpone Cream Cheese
2oz/50g Icing Sugar
1floc/25ml Double Cream
1 tsp/5ml Vanilla Extract

Equipment List:

Electric mixer/whisk
Heavy Based Sauce Pan
Weighing Scale

Preparation Time: 20 minutes

Cooking Time: 25-30 minutes

Method:

- Firstly, start by making the berry compote, place frozen mixed berries (200g) into a heavy based sauce pan along with the weighed-out water and sugar
- Then place the sauce pan on a medium heat and allow the sugar to dissolve in the water while stirring occasionally with a wooden spoon. The berries should start to cook down and reduce until they become soft and create a syrup consistency. Then remove the pot from the heat and set aside, add in the fresh berries (100g), and mix them through then allow the compote to cool and thicken.
- To make the pancake batter begin by carefully weighing out all of the dry ingredients. Using a large bowl and a sieve to remove any lumps from the dry mix, place the flour, castor sugar, bicarbonate soda, baking powder, and salt and mix together until fully combined then set aside.
- In a small sauce pan, add the butter (25g) and place it on a low heat until it has fully melted, then add it to a medium size glass or plastic jug. Next measure out the buttermilk (570ml) and place it into the jug with the buttermilk then crack the 4 large eggs into it and whisk together until fully combined.
- Using a hand whisk or electric mixer combine all of the wet ingredients together with the dry ingredients in a large bowl and whisk until the mixture is smooth and silky. Set the mixture aside and allow it to rest for 5-10 minutes.
- In a clean small size bowl place the mascarpone cheese, icing sugar, double cream, and vanilla extract. Using a hand whisk or electric mixer, whisk them together until they are fully combined and the mixture is smooth, then cover the bowl with cling wrap and set it aside in the fridge.
- To begin making the pancakes place a clean non-stick pan onto a medium heat, place a small knob of butter into the pan, and allow it to melt slightly. Using a ladle as the measurement, spoon out one ladle of the pancake mixture into the centre of the pan.
- Allow the pancake to begin forming bubbles across the surface, then when the mixture on top has slightly set use a flat lifter or spatula to flip the pancake over in the pan. There should be a golden colour on the top of the pancake, allow the bottom of the pancake to cook for 2-3 minutes and then remove it from the pan. Repeat this process to make as many pancakes as the mixture produces depending on the size and thickness of each pancake.
- Place the stack of pancakes on a plate, then use a spoon to cover them lightly with the berry compote and then finally finish them with a spoon of the vanilla mascarpone cream cheese and fresh berries.

Serving Suggestions:

Serve warm on a plate with all of the toppings for a delicious breakfast or brunch option.

Suggested Recipe Modifications:

You can easily change the flavours of the pancakes using the recipe above as a base:

- Instead of using the mixed berry compote you can add lemon zest and blueberries into the pancake batter before cooking them, giving them a more refreshing flavour.
- You can add other ingredients such as different kinds of chocolate chips to create a more rich and gooey texture to the pancakes.
- Another option is to make the pancakes more dietary friendly by using wholemeal flour instead of plain and adding a little extra butter milk to keep them moist.

Top Tips:

When mixing the dry ingredients together make sure that they are sieved and combine evenly, and then when adding the wet ingredients make sure there are not lumps ensuring the pancakes will cook evenly without clumps of flour.

When making the berry compote make sure that the sugar does not burn and the mixture does not over reduce to prevents it hardening or sticking to the pot.





CULINARY ARTISTS



BEN FLANAGAN

Hello, I'm Ben Flanagan from Kildare. I hope you enjoy making this dish as much as I enjoyed creating it.

I recently spent time working in London during my technical placement, where I was inspired by a number of incredible restaurants. In particular, The River Café had a lasting impact on me. I was drawn to their ingredient-led approach and Italian style of cooking, where simplicity allows each element to shine.

That philosophy really stayed with me; food doesn't need to be overcomplicated. It's about a few beautiful ingredients working together in balance.

I hope you enjoy this dish as much as I did.



Guinness & Treacle Brown Bread with Labneh, Sardine, Cucumber & Dill.

A simple, ingredient-led starter combining warm Guinness brown bread with tangy labneh and salty sardine. The dish presents three core components, allowing each ingredient to shine while working in balance. It feels distinctly Irish in character, while incorporating global flavours and techniques through the use of labneh and anchovy.

Ingredients

Guinness & Treacle Brown Bread

250g wholemeal flour
2oz/60g plain flour
2oz/60g porridge oats
1 tsp bread soda
1 tsp Maldon sea salt
1 tsp brown sugar
3½oz/100g treacle

1oz/30g butter
3½fl oz/100ml Guinness
7fl oz/200ml milk
1 tbsp porridge oats (for topping)

Labneh

18oz/500g Irish full-fat natural yoghurt
1 tsp Maldon sea salt

To Serve

1 tin Shines sardines in oil
Extra virgin olive oil
Zest of ½ lemon
Black pepper
Fresh dill
1 cucumber (for ribbons)

Equipment List

2lb loaf tin
Mixing bowls
Whisk
Spatula or wooden spoon
Muslin cloth or clean tea towel
Wire rack

Preparation Time:

15 minutes (+ 12-24 hours for labneh)

Cooking Time:

45-50 minutes

Method

Labneh:

Mix the yoghurt with the salt. Place into a muslin cloth or clean tea towel and hang over a bowl. Leave to strain in a refrigerated environment for 12-24 hours until thick and creamy.

Guinness & Treacle Brown Bread:

Preheat the oven to 180°C/350°F/Gas Mark 4 (160°C fan).
Grease and line a 2lb loaf tin.

In a small bowl, gently melt the butter and treacle together and allow to cool slightly.

In a separate bowl, combine the wholemeal flour, plain flour, oats, bread soda, salt, and sugar.

Whisk the Guinness and milk into the melted treacle mixture.

Pour the wet ingredients into the dry ingredients and mix until just combined. Do not overmix.

Transfer the mixture into the prepared loaf tin and sprinkle porridge oats on top.

Bake for 45-50 minutes until fully cooked through.

Remove from the tin and allow to cool on a wire rack.

To Assemble:

Slice the bread and serve slightly warm. Spread a generous layer of labneh onto each slice.

Lay the sardines over the labneh.

Using a vegetable peeler, shave the cucumber into thin ribbons and arrange lightly over the fish.

Finish with fresh dill, a drizzle of olive oil, lemon zest, and black pepper.

Serving Suggestions:

Serve immediately while the bread is warm, allowing the contrast between warm bread and cool labneh to come through.

Suggested Recipe Modifications:

- Whip the labneh with a little olive oil for a lighter texture
- Add pickled cucumber for additional acidity
- Finish with chilli flakes for a subtle heat

Storage:

Bread can be stored in an airtight container at room temperature for up to 5 days.

Labneh can be kept refrigerated for up to 4-5 days. A thin layer of olive oil can be added to help preserve freshness.

Top Tips:

Avoid overmixing the bread mixture, as this will result in a dense loaf. Ensure the labneh is fully strained for the best texture and flavour. Slice cucumber ribbons just before serving to maintain freshness and texture.





CULINARY ARTISTS



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NATIONAL FORUM
FOR THE ENHANCEMENT OF TEACHING
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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.

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