

THE LITTLE BLACK
RECIPE
BOOK



KILLYBEGS AND TYRONE

GOOD FOOD INITIATIVE



KILLYBEGS

Introduction

Killybegs Tourism is delighted to be involved with the Flavour of Tyrone in compiling the little black recipe book. For us in Killybegs it is yet another step in forming a Good Food Circle in Donegal South West.



We restaurateurs are only too aware of the need to source good food locally and for menus to reflect local produce. In Donegal South West we are blessed with an abundance of fresh seafood, a fact that will not go amiss in reading this little black book.

We have commenced a dialogue with local organic producers with a view to including their produce on our menus. It is our hope that within a short period of time Killybegs will be renowned as having the best seafood in the country and will be at the cutting edge of innovative cuisine.

Killybegs lies 18 miles west of Donegal Town (20 minutes drive) and is the gateway to Sliabh Liag, Europe's highest sea cliffs. It is a picturesque fishing port; Ireland's largest and liveliest, which boasts live music 7 nights a week all year round. Driving west from Killybegs to Glencolmille takes in the world's most beautiful coastal drive. The area has modern hotels, a motor van stop over, approved B&Bs, access to three golf courses, holiday homes, an indoor equestrian centre, a blue flag beach, several sea angling boats and a fun Donegal Bay Safari for all the family.

Looking forward to your visit,

Hugh O'Donnell,

Chairman, Killybegs Tourism.

Introduction



As part of the Flavour of Tyrone initiative the first Good Food Circle was set up in Northern Ireland and consists of sixteen highly rated establishments, all of whom have been independently assessed.



We, the restaurateurs, are constantly striving to maintain and improve our reputation for good honest food produced from only fresh quality local produce. In this recipe book, we have put an emphasis on classic but simple to prepare recipes using the quality assured beef, lamb, pork and chicken that we are renowned for, as well as the vegetables that are grown in our fields. Along with our partners from Killybegs, we invite you to pamper your palate and try out the recipes, tried and tested by our skilled and imaginative chefs and to appreciate the work of the growers, suppliers and producers. We hope that not only will you enjoy the culinary delights in the booklet, but that you will visit us in our restaurants both in Tyrone and Killybegs.

This recipe booklet has been produced and distributed in conjunction with South Tyrone Exploring Diversity Initiative and is supported by funding from Special EU Programmes Body under measure 5.2 promoting Peace and Reconciliation. The program continues to manage and facilitate planned cooperation through developing a series of networks between Dungannon and South Tyrone Borough and Donegal in areas of mutual interest.

Mary Ferris,

Director, Flavour of Tyrone.

For further information on Tourism in Tyrone and the Good Food Circle visit:
www.flavourof Tyrone.com
www.tyronegoodfoodcircle.com



Aroma

Lemon & Basil Pasta

KILLYBEGS

www.killybegs.ie

- 500g spaghetti
- 2 lemons
- 120ml virgin olive oil
- 250g freshly grated parmesan
- 1 large bundle of fresh basil leaves

Place spaghetti in a large saucepan of salted boiling water.

Stir occasionally to prevent sticking. Cook until al-dente.

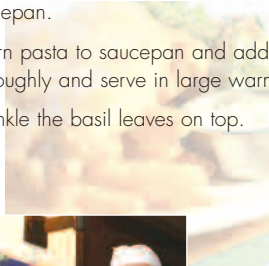
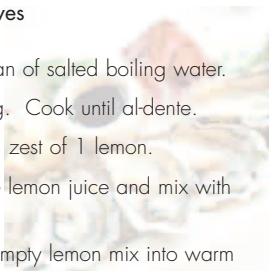
Juice 2 lemons in a bowl and add zest of 1 lemon.

Add olive oil and parmesan to the lemon juice and mix with electric mixer.

Drain pasta into a colander and empty lemon mix into warm saucepan.

Return pasta to saucepan and add black pepper for seasoning, stir thoroughly and serve in large warm bowl.

Sprinkle the basil leaves on top.



Aroma, The Craft Village, Donegal Town.

Chef Proprietor: Tom Dooley.

Tel: +353 74 97 23222.

Cookstown Pork - 'Calypso' flavour with Cashew and coconut rice

Serves 4

Dark rum & brown sugar provide a distinctive coating for boneless pork chops. They are served with rice cooked in coconut milk and flavoured with roasted cashews on coriander.

4x 175g/6 oz Cookstown
pork loin chops
4 tspn dark rum
4 tspn brown sugar
1 tspn sunflower oil
2 tspn dark soya sauce
1 garlic clove peeled &
crushed

Pinch ground all spice

COCONUT RICE

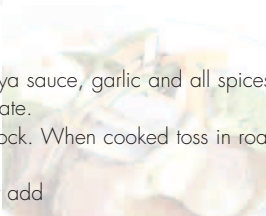
325g/12 oz mixture wild &
long grain rice
400ml/14 fl. oz coconut milk
575ml/1 pt chicken stock
75g/3 oz roasted cashews

Mix rum, sugar, sunflower oil, soya sauce, garlic and all spices.
Dip pork chops & leave to marinate.

Cook rice in coconut milk and stock. When cooked toss in roasted cashews.

Pan fry pork over a medium heat add
marinating juices to the pan.

Pour over pork & serve with rice
garnished with coriander leaves.



Silverbirch Hotel

Mr Allan Duncan

5 Gortin Road, Omagh, Co Tyrone

Tel: (028) 8224 2520 Fax: (028) 8224 9061

Email: info@silverbirchhotel.com Web: www.silverbirchhotel.com



La Bella Donna

Pork Valdostana

KILLYBEGS

www.killybegs.ie

- 2 loin pork chops
- 2 slices Fontina cheese or soft cheese
- 2 slices Parma ham
- 4 fresh sage leaves
- 1 cup plain flour
- 1 cup extra virgin olive oil
- 30g butter
- 1 cup red wine
- salt & pepper

Suppliers: Edmund Walshe, Butchers supplied the pork and parma ham and McGinty Fruit and Vegetable Suppliers supplied the sage and potatoes.



Pre heat oven to 220°C. Trim the chops of fat. Place a sage leaf on top of the meaty part of the chops followed by a slice of the Fontina cheese or soft cheese. Wrap the Parma ham around the chop so the meaty part is completely covered. Coat the wrapped chop in the seasoned flour. Heat the oil and butter in a hot pan. Place chops, cheese side down, on the pan and cook for 2 minutes, turn over and cook for another 2 minutes until brown. Pour the chops and bring to a boil. Transfer to oven and bake for 15 minutes until chops are tender and serve on warm plates. Spoon the juice over the chops. Serve with rosemary roasted cubed potato.



La Bella Donna, No.2 Bridge Street, Donegal Town.
Tel: +353 74 9725790
Email: labeladonna@eircom.net
Chef: Nabil Maziri

Serves 4

- 4x 175g/6 oz chicken fillets
- 100g/4 oz button mushrooms
- 250ml chicken stock
- 3tbs white wine
- 50g/2 oz butter
- 200g/7 oz chopped tomatoes
- 1 Shallot onion peeled & chopped
- 1 good tbsp tomato puree
- chopped parsley

Place butter in sauté pan on fairly hot stove

Season chicken fillets with black pepper and place in the pan

Cook to golden both sides

Add onion, cover pan with lid and continue to cook for 2 min -
remove chicken to serving dish

Add the button mushrooms into sauce pan

Add white wine, boil rapidly and reduce by half

Add chicken stock and chopped tomatoes

Simmer for 5 min

Season to taste; add good tbsp of
tomato puree to colour to your liking

Put chicken fillets back into the pan with
the sauce and simmer for 2-3 min

Sprinkle with chopped parsley and serve
with boiled rice

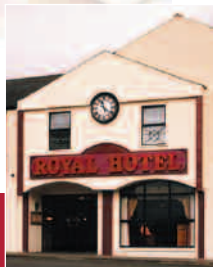
Royal Hotel

Stephen and Iris Thom

64-72 Coagh Street, Cookstown, Co Tyrone BT80 8NG

Tel: (028) 8676 2224 Fax: (028) 8676 1932

Email: miltonroyal@aol.com www.theroyalhotel.com





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www.killybegs.ie

The Village Tavern

Sauté Monkfish & Crab's Claws

Serves 4

1 kg Monkfish cut into 1" chunks
16 cooked crab claws
500ml fresh cream
50g chopped sundried tomato
100ml white wine
2 tablespoons garlic butter
2 tablespoons chopped scallions
salt and pepper



*Suppliers: Crab claws supplied by Errigal Fish, Carrick
Monkfish supplied by Albatross Seafoods, Killybegs*

Melt the garlic butter in a frying pan. Add the monkfish and seal on both sides.

Add the cream and bring to boil.

Add the wine, sundried tomato, scallions and Crab Claws.



Reduce heat and simmer, reducing the sauce to $\frac{1}{2}$.

Season to taste.

Serve with mashed potato.

The Village Tavern, Mountcharles, Co. Donegal.
Tel: +353 74 9735622
www.thevillagetavern.ie Email: thevillagetavern@yahoo.ie
Pictured Chef: Pauric Kennedy
Executive and Proprietor: Edna O'Rourke

Serves 4

- 4 x 175g/6 oz Northern Irish chicken fillets
- 4 x slices smoked Cookstown bacon
- 150ml/¼ pt Barnhill (Armagh) Bramley apple juice
- 1 small clove of garlic peeled and crushed
- 275ml/½ pt fresh cream
- 1 small onion peeled & chopped
- 2 x large Tyrone mushrooms

Preheat oven to 200°C

Place chicken in tray with water or stock (enough to cover chicken)

Poach in oven for approx 15-20 min or until chicken is tender

Pour oil into pan and sweat onions, garlic, mushrooms and bacon for a few minutes without colouring

Add apple juice, cream and chicken stock from the poached chicken

Simmer gently until sauce thickens slightly

Season with salt and pepper

Pour over chicken and garnish with chopped parsley

Serve



Chaplin's Wine Bar and Restaurant

Lorraine Averill and Heather Jenkins
24 Loy Street, Loy Buildings, Cookstown,
Co Tyrone BT80 8PE
Tel: (028) 8676 9888 Mobile: 07932 503985



Castle Murray House

Pan Fried Monk Fish

KILLYBEGS with Tomato & Chorizo Sauce

www.killybegs.ie

Serves 4

- 4 clean monkfish tails
- 1 onion – finely chopped
- ½ tsp sugar
- 50g of Tarragon
- 200g of tomato – chopped
- 1 clove of garlic
- 100g sliced chorizo
- 2 tsp of olive oil
- 50g butter



In a sauce pan, fry onions, chopped garlic and add sugar until it gets brown. Add chopped tomatoes and the chorizo. Add salt & pepper. Cook for 25 minutes and add the chopped tarragon at the end.

Pan fry the monkfish tails on the bone until they are golden brown. Finish the monkfish in the oven for 5 minutes.



Present the monk on top of the tomato sauce and sprinkle a bit of chopped tarragon on top.

Castle Murray House Restaurant, St. John's Point,
Dunkineely, Co. Donegal.
Tel: +353 74 9737022 Fax: +35374 9737330
www.castlemurray.com Email: info@castlemurray.com
Chef: Remy Dupuy

Char grilled chicken fillet with crispy Cookstown bacon, melted Fivemiletown cheese, ratatouille chutney and fresh basil pesto.

Serves 2

2x 225g/ 8 oz chicken fillets
skin removed

2 rashers Cookstown smoked
back bacon

75g/3 oz grated
Fivemiletown cheddar

Olive oil for brushing
En place ratatouille chutney
En place basil pesto
Flat leaf parsley to garnish

Trim the chicken fillets removing any sinew.
Gently open the fillets out with a sharp knife to butterfly.
Brush the fillets with olive oil and place on a heated char grill or a hot ribbed skillet.

Cook for approximately 15/20 minutes turning regularly.
Cook bacon rashers on skillet or grill for 2 minutes each side to slightly browned and crispy.

Keep the bacon warm until chicken is cooked through.
Heat the grill and place the cooked chicken with bacon on top adding a generous helping of grated cheese.
Melt the cheese until golden and bubbly.

To serve use a large plate with 3 dollops of en place ratatouille chutney, drizzle some fresh basil pesto around the edge of the plate, place the chicken and bacon in the centre of the plate, garnish with flat leaf parsley and serve at once with a helping of hot steaming champ and seasonal vegetables. Enjoy!



Otter Lodge

Harold and Heather Moffett

26 Dungannon Road, Cookstown, Co Tyrone BT80 8TL

Tel: (028) 8676 5427 Fax: (028) 8676 9427

Email: info@otterlodge.com Web: www.otterlodge.com



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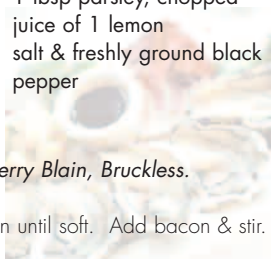
www.killybegs.ie

The Ring Fort Inn

Black-Eye Beans with Mussels & Tomato

1 tin of Black-Eye Beans
2 tbsp olive oil
1 medium onion, chopped
2 rashers, chopped
2 tsp garlic, crushed
1 pint of chicken stock
(1 chicken stock cube
dissolved in hot water)

1 kilo mussels
1 tomato, chopped
1 tbsp parsley, chopped
juice of 1 lemon
salt & freshly ground black
pepper



Supplier: Mussels supplied by Gerry Blain, Bruckless.

Heat the oil in a pan and fry onion until soft. Add bacon & stir.

Add the beans and garlic, cover with chicken stock and cook for 20 minutes.

Add the mussels, shake and cook for 4 minutes (If using fresh mussels cover pan and allow steam to open all shells).

Stir in tomato, parsley and lemon juice and serve in small soup bowls.



The Ring Fort Inn, Darney, Bruckless. Co. Donegal
Tel: +353 74 9737937 Fax: +353 74 9737875
Email : theringfortinn@eircom.net
Chef: Joe Nowlan

Char-grilled Tyrone Black Angus Beef with Ceps, Spinach Crust and Celeriac Rosti



www.tyronegoodfoodcircle.com

175g/6 oz Steak or Tyrone Black Angus beef fillet
25g/1 oz smoked rindless Cookstown streaky bacon
50g/2 oz brown cep mushrooms sliced
8 leaves of baby spinach
12½g/½ oz melted butter

25g/1 oz white breadcrumbs
25g/1 oz celeriac peeled & grated (available in local supermarkets)
25g/1 oz white potatoes grated
75ml/3 fl. oz brown stock
1 glass red wine

Prepare rosti by mixing potato and celeriac together with a little melted butter, black pepper and salt. Mould into a flat circle shape and fry on a hot pan until coloured on both sides and cooked through.

Brush fillet with a little oil and season on both sides with black pepper. Place on a hot char-grill pan and bar mark criss-cross on both sides quickly. Meanwhile sauté all the mushrooms in butter quickly and remove from pan. Put aside half of the mushrooms and keep warm.

Prepare a spinach crust by blending baby spinach and breadcrumbs together with a little seasoning until it resembles a soft moist mixture. Put aside.

Place half of mushrooms on three rashers of smoked bacon. Rest beef on top and wrap bacon around fillet. Place fillet of beef in oven @ 180°C for 10-15 minutes.

Add wine to a hot saucepan and then the stock. Simmer and add a little butter until it reaches a syrupy consistency. Place spinach crust on top of the beef for the last 5 minutes towards the end of cooking time. Allow to brown. Also place rosti in oven for 5 minutes and allow to brown.

Place celeriac rosti in the centre of a large round plate. Rest the wrapped beef on top and gently ladle the reduced jus around the fillet. Place leftover mushrooms alternatively around the plate and garnish with fresh thyme.



Tullylagan Country House Hotel

Adrian and Paul Martin

40B Tullylagan Road, Cookstown, Co Tyrone BT80 8UP

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Email: info@tullylagan.com Web: www.tullylagan.com



The Turntable Restaurant @ The Tara Hotel

KILLYBEGS

www.killybegs.ie

Squid Bruschetta

Serves 4

- 4 Squid Tubes, washed & thinly sliced.
- 4 garlic bread slices, fresh or frozen.
- 1 tablespoon olive oil.
- 2 tomatoes, thinly sliced.
- 30g ready prepared olive & Feta cheese salad

Suppliers: Squid supplied by Murrins Fish, Killybegs. Garlic bread supplied by Gallaghers Bakery, Ardara.

Preheat the grill and cook garlic bread.

Heat the oil in pan and stir fry the squid for 1-2 minutes.

Arrange 2-3 slices of tomato on each slice of bread, top with cooked squid, olive and feta salad.

Cook under moderate grill for 3-4 minutes. Serve immediately.



The Turntable Restaurant @ The Tara Hotel, Killybegs.

Tel: +353 74 9741700

www.tarahotel.ie Email: info@tarahotel.ie

Chef: Dermot Anderson.

Viscounts Medallions of Beef In Peppered Sauce

Serves 2

- 4x 75g/3 oz slices of fillet steak (Supplied by Hewitt Meats)
- 2 tbls cooking oil
- 2 tbls brandy
- 1 tsp tomato puree
- 1 tsp cracked black pepper
- 200 ml beef stock
- 150 ml cream

Season meat lightly with black pepper, heat frying pan, brown meat for two or three minutes on either side, add brandy and flambé, add tomato puree, cracked pepper and beef stock. Reduce by half, add cream and simmer for three minutes. Serve with new boiled potatoes and steamed green beans

Viscounts Restaurant

Mr Nigel Scott

10 Northland Row, Dungannon, Co Tyrone BT71 6AP

Tel: (028) 8775 3800 Fax: (028) 8775 3880

Email: info@viscountsrestaurant.co.uk Web: www.viscountsrestaurant.co.uk





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www.killybegs.ie

The Captain's Table

Roasted Sea Bass

with Caper Dressing & Anchovies

Serves 4

- 8 Sea Bass fillets.
- salt & pepper
- 1 cup of household flour
- 1 cup Extra Virgin Olive Oil
- 3 tablespoons chopped fresh parsley
- 2 tablespoons drained capers
- 1 small tin anchovies
- 1 teaspoon mustard
- 1 tablespoon fresh lemon juice
- 1 clove garlic



Suppliers: Sea Bass supplied by Molloy's fish, Stragar, Killybegs

Season the fillets with salt & pepper and lightly dredge in flour.

Heat 2 tablespoons of oil in a large frying pan over medium heat and sauté the fillets for approx 5 minutes on each side.

While cooking, grind the parsley, capers, anchovies and garlic in a food processor.

When well mixed add mustard, lemon juice & olive oil.



Season with salt and pepper. Spoon sauce on warm plates and carefully place fillets on top.

Accompany with mashed potato and asparagus tips.

The Captain's Table at The Bay View Hotel,

Killybegs, Co. Donegal.

Tel: +353 74 9731950 Fax: +353 74 9731856

www.bayviewhotel.ie Email: info@bayviewhotel.ie

Chef: Michelle Brady

Stangmore Country House

Roasted Rack of Cloughbane Farm Lamb with Sweet & Sour Aubergines & Herbed New Potatoes



www.tyronegoodfoodcircle.com

Serves 2

1 rack of fresh trimmed lamb
with six cutlets (about 500g/1
lb.), cut in two
2 tbsp. pine nuts, toasted
1 small aubergine cut into strips
1 small red pepper cut into strips
1 onion, peeled & chopped

1 tbsp. golden caster sugar
1 clove garlic, peeled & crushed
2 tbsp. red wine vinegar
1 tbsp. capers (rinsed)
6 black olives, thickly sliced
new potatoes - enough for two
A generous tbsp. of freshly
chopped herbs - mint, parsley,
thyme etc

Oven temp. 220°C / gas mark 7

Score the fat which covers the main part of the lamb in a criss cross pattern. Heat an ovenproof pan & brush the lamb lightly with olive oil. Transfer the meat to the pan and seal on all sides then transfer to the oven. Cook 20 minutes for pink or 30 minutes for medium to well done. Boil or steam the new potatoes until tender.

Fry the aubergine in hot olive oil for about 5 mins. until soft & lightly golden, remove from the pan. Re-heat the pan & fry the onion, pepper & sugar for about 3 mins.

Add the garlic, fry for about 30 seconds & add the vinegar, capers & olives. Add the aubergines, mix together & season.

When the lamb is ready, remove from the oven and leave it to rest for about 5 minutes.

To serve - stir the pine nuts & three-quarters of the herbs into the aubergine mixture. Spoon this mixture onto a warm plate and arrange the lamb on top. Toss the new potatoes in the remaining herbs & serve on the side.

Stangmore Country House

Anne & Andy Brace

65 Moy Road, Dungannon, Co Tyrone BT71 7DT

Tel: (028) 8772 5600 Fax: (028) 8772 6644

Mobile: 07977 119998 Email: info@stangmorecountryhouse.com

Web: www.stangmorecountryhouse.com





KILLYBEGS

www.killybegs.ie

The Cope House

Chicken, Prawn & Monk Roulade

4 servings

4x8oz chicken fillets

4oz monkfish

4oz shelled prawn (fresh or
defrosted)

4oz shredded cheddar

1-pint chicken stock

1 clove of garlic

¼ pint double cream

20g butter

Suppliers: Chicken supplied by Dave Ainsworth Butcher, Killybegs.

Baby potato & mixed greens supplied by John McIntyre, organic farmer, Ballyshannon.

Prawns and Monkfish supplied by Albert Kyles, Fishmonger at the pier, Killybegs.

Lightly batten out fillets, between cling film.

Season fillets with salt & pepper. Place ½ prawns, monkfish & cheese in chicken. Place chicken fillets on cling film and roll in sausage shape, twisting both ends. Place in fridge for 20 minutes to firm up.

Bring chicken stock to boil. Place fillets (still in cling film) in stock & poach for 20 minutes.

Make sauce by putting ¼ pint of stock in saucepan and reduce by ½. Add the cream and reduce by ½ again.

Chop up remaining prawn and add to sauce with the chopped garlic. Add butter to reduced sauce and whisk.

Remove chicken roulades from cling film and let rest for 2 minutes.

Slice & fan chicken on a warm plate & pour sauce over. Serve with baby potato and mixed greens.



The Cope House, Main Street, Killybegs, Co. Donegal.

Tel: +353 74 9731836.

Chef: Andrew Chapman.

fillet steak

wheaten bread

onions

cheese

green salad

Fry of locally sourced quality assured fillet steak to your liking and set on slice of homemade wheaten bread. Top with locally grown onions and cover with the finest Fivemiletown cheese and set under the grill until golden.

Serve with a selection of freshly picked tossed green salad in your favourite salad dressing. Alternatively it can be served with fluffy mashed potato or creamy garlic potatoes.

This dish is also delicious served with a peppered sauce which can be simply made by frying onions and cracked black pepper in white wine. Reduce wine and add water. Simmer for ten minutes then add tomato puree and thicken with gravy granules. Finish off with generous amount of Killyman fresh cream to leave a creamy pouring consistency.

Quinn's Corner

Paudge and Carmel Quinn
175 Ballygawley Road, Dungannon, Co Tyrone
Tel: (028) 8776 7529 Fax: (028) 8776 1984
Email: carmelquinn@aol.com



Aubergine Slices with prawns and Cheese sauce

Serves 4

1 aubergine	1 cup of white wine
1 cup of household flour	¼ litre double cream
500g shelled or defrosted prawns	1 egg yolk
1 small onion	100g butter
	25g grated parmesan cheese.

Suppliers: Aubergine supplied by Mickey Kerrigan, Mountcharles and prawns supplied by Cathal Mc Gowan, Killybegs.

Slice the aubergine into thin rounds, spread the slices on a large tray and sprinkle with salt. Leave for 20 minutes to remove excess moisture. Pat dry with a paper towel and pass through the flour, shaking off any excess.

In a large frying pan, pour enough olive oil to cover the base and heat. Place the floured aubergine rounds into the oil and fry on each side until golden. Remove and drain on paper towel. Arrange carefully and keep to one side.

THE SAUCE

Finely dice onion and place on hot pan with olive oil. Sauté off and add wine, allow to reduce, add cream and allow to reduce further. Whisk in the butter and remove from heat and whisk in egg yolk. Add in prawns and finally the parmesan cheese. Spoon the sauce over the aubergine rounds. Place under the grill until golden brown and serve immediately.



No 22 Main Street, Killybegs, Co. Donegal

Tel: +353 74 97 32876

www.22mainstreet.com Email: info@22mainstreet.com

Chef: Hugh O'Donnell

Salley's Restaurant

Steak Bushmills



www.tyronegoodfoodcircle.com

Serves 4

4x225g/8oz Clogher Valley Sirloin Steaks cooked to your liking

CHAMP: -

6 medium Irish potatoes peeled and diced
25g/1 oz golden cow butter
25ml/1 fl. oz milk
small bunch scallions – chopped
salt & pepper

SAUCE: -

25g/1oz golden cow butter
25g/1oz plain flour
275ml/½ pt. chicken stock
275ml/½ pt. double cream
salt & pepper
100ml/4 fl. oz Bushmills Irish Whiskey to taste

1. Cook potatoes in lightly salted water until soft.
2. While potatoes are cooking make the sauce by placing butter in pan and melting, then add the flour and beat until smooth. Allow to cook for a few minutes on low heat, now whisk in the chicken stock followed by the cream, simmer for 5 to 10 minutes and season with salt & pepper, add the Bushmills Whiskey to taste.
3. When potatoes are soft drain well and mash. In a separate pan melt the butter and add the milk and scallions, bring to boil and simmer for a few minutes. Add to the mashed potatoes and mix well, add salt & pepper to taste.
4. Put a serving of champ on each plate with your steak on top and cover with Bushmills sauce. Delicious with fresh seasonal vegetables

ENJOY

Salley's Restaurant, Mrs Debbie Dodds
Moore Street, Aughnacloy, Co Tyrone BT69 6AY
Tel: (028) 8555 7979 Fax: (028) 8555 7064
Mobile: 07879 437683
Email: sgdodds@hotmail.com





The Clock Tower

Pan fried fillet of Turbot

KILLYBEGS with a Lemon & Prawn Beurre Blanc
www.killybegs.ie

1 kilo turbot, filleted and skinned

3 tbsp of olive oil

10g of salted household flour

2g of butter

½ lemon, zested & juiced

250ml of whipping cream

250ml of white wine

150g cold butter, cubed

75g of Atlantic prawn

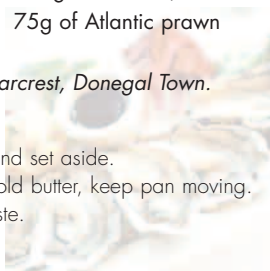
Suppliers: Turbot supplied by Starcrest, Donegal Town.

PRAWN BEURRE BLANC

Reduce white wine in a hot pan and set aside.

Add prawns, slowly add cubed cold butter, keep pan moving.

Add zest and juice of lemon to taste.



TURBOT

Heat 3tbsp of olive oil in pan, add lightly floured turbot fillets, presentation sides down.

Add 2g of butter, cook until golden brown and then turn.

Fish will only take 4 minutes.

Pour Prawn Beurre Blanc around fish and serve with creamy mash.



The Clock Tower, Fintra Bay, Killybegs, Co. Donegal
Tel: +353 74 9741922 Fax: +353 74 9741931
www.theclocktower.ie Email: info@theclocktower.ie
Executive Chef: Trevor Willis Pictured Chef: Garry Boyle

Serves 2

Trimmed rack of Tyrone lamb served on a bed of Askins champ with a redcurrant reduction, garnished with crispy shoestring onions

1 rack of Tyrone Lamb	1 red pepper	Butter
Redcurrant Jelly	2 slices smoked	1 Spanish onion peeled
4 medium size peeled potatoes	Cookstown bacon	25g/1 oz plain flour
1 green pepper	4 tablespoons fresh cream	Pepper
		Salt

Ask your local butcher to trim the rack of lamb and cut into cutlets with two bones per cutlet. Heat an oven proof frying pan or grill pan for a few minutes, lightly brush the cutlets with some olive oil and season the lamb with a little cracked black pepper then seal the lamb on all sides, when the lamb is sealed place the pan with the lamb in a pre heated oven 230°C/gas mark 8 for at least twenty minutes or a little longer if you would like the lamb better cooked.

ASKINS CHAMP - Dice the peppers and bacon and sauté in a little oil, then boil the potatoes, when cooked drain the potatoes, add the cream and butter with a little salt to season, mash the potatoes and beat in peppers and bacon.

REDCURRANT REDUCTION - When the lamb is cooked to your liking remove from the oven and let it rest. Transfer the juices from the pan to a small saucepan and add two tablespoons of redcurrant jelly gently whisk until reduced.

SHOESTRING ONIONS - Finely slice the onion, then toss in plain flour and place a small quantity in some hot oil until golden brown and then drain on kitchen paper

TO SERVE - Spoon the champ onto a plate, place the lamb on top and drizzle with the redcurrant reduction then garnish with the shoestring onions. **ENJOY**



Askin's Restaurant

Mr Eddie Quinn

50-56 Main Street, Ballygawley BT70 2HL

Tel: (028) 8556 8910

Email: info@eatsdrinksfortywinks.com Web: www.eatsdrinksfortywinks.com

Oysters Bloody Mary

Serves 2

12 oysters in the shell
2-3 generous shots of vodka
1 bottle 375ml Britvic Tomato juice
2 tablespoons Tabasco sauce
2 tablespoons Worcestershire sauce

¼ cucumber cut into cubes
2 celery sticks cut into cubes
250g fresh parmesan shavings
12 ice cubes
4 lemon wedges for garnish

Supplier: Oysters supplied by Gerry Blain, Bruckless, Co. Donegal.

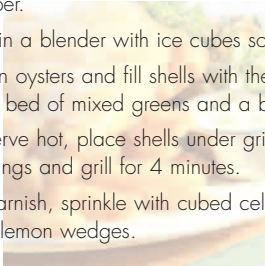
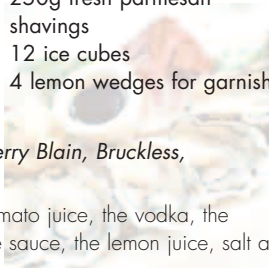
Make a Bloody Mary using the tomato juice, the vodka, the Tabasco sauce, the Worcestershire sauce, the lemon juice, salt and pepper.

Mix in a blender with ice cubes so that it is well chilled.

Open oysters and fill shells with the Bloody Mary mix. Serve shells on a bed of mixed greens and a bed of crushed ice.

To serve hot, place shells under grill with the addition of parmesan shavings and grill for 4 minutes.

To garnish, sprinkle with cubed celery and cucumber and serve with lemon wedges.



- 1x 175g/6 oz fillet of Crossgar chicken
- 8 Cassidy's Mushrooms brushed & sliced
- 1 onion peeled & chopped
- 2 slices of Connolly's Smokey Bacon chopped
- 150ml/ ¼ pint cider
- 50g/2 oz flour
- 450ml/ ¾ pint Dale Farm Milk
- salt & pepper
- 4 tspn fresh cream

Melt margarine and add flour to make a roux. Add Dale Farm milk remembering to whisk all the time. Season with salt & pepper. Allow to cool.

Fry of Cassidy's Mushrooms, onions & Connolly's Smokey Bacon. Add cider, allow to reduce.

Mix in sauce. Add a little cream to taste.

Pan Fry Crossgar chicken fillet – 5mins on both sides until juice runs clear.

Pour sauce over Crossgar chicken & garnish.

Serve





The Blue Haven

Stuffed Fillet of Trout

with Carmelized Cucumber & Ginger Sauce

KILLYBEGS

www.killybegs.ie

Serves 2

2 fillets of trout

STUFFING

100g white breadcrumbs

100g prawns

200ml cream

1 egg white

½ tsp fresh basil

salt & pepper

SAUCE

½ cucumber, peeled & diced

½ tsp chopped fresh ginger

½ clove crushed garlic

200 ml of white wine

200ml of cream

2 tbsp of olive oil

2g of butter

½ tsp tomato puree

Suppliers: Trout supplied by Albatross Seafoods, Killybegs.

Place prawn in food processor and pulse. Add crumbs, egg white and pulse. Add cream, basil and season and pulse again.

Remove stuffing, place evenly on each fillet and roll up fillets.

Secure with cocktail stick. Place in oven on a tray with white wine and bay leaf, cook for 20 minutes at 220°C.

SAUCE

Put cucumber on hot pan with melted butter, lemon and a little sugar and fry until golden brown. Add garlic and ginger and fry lightly. Add wine and reduce. Add a little tomato puree and cream, season and adjust consistency.



The Blue Haven, Largy, Kiltcar, Co. Donegal.

Tel: +353 74 9738090 Fax: +353 74 9738469.

www.bluehaven.ie Email: info@bluehaven.ie

Executive Chef: John Mc Neillis

Pictured Chef: Karen McSharry

Serves 4

4x 150g – 175g/5oz – 6oz locally reared Clogher Lamb

Chump Chops

3-4 tblspn olive oil

1 sprig fresh thyme

400g/14 oz puy lentils

1 medium carrot peeled

½ small celeriac peeled

1 medium leek peeled

2 tbspn coarsely chopped parsley

4 tbspn vinaigrette

salt and pepper

from Tyrone Farmers Market

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Remove the central bone from chumps. Trim. Marinade with half the oil and thyme sprig. Set aside in fridge.

Cook the lentils in salted water for 15 min. Drain and season.

Dice vegetables into 1cm. squares. Sauté until lightly browned.

Mix with lentils, parsley and 2 tablespoons vinaigrette. Set aside.

Heat pan until very hot. Brown lamb chumps for 3-5 mins. each side, seasoning lightly.

Reheat lentil and vegetable mixture.

Deglaze the pan with vinaigrette to make jus.

This dish is perfect with gratin Northern Ireland potatoes topped with Fivemiletown Creamery Cheddar cheese.

Corick House

Mrs Jean Beacom

20 Corick Road, Clogher, Co Tyrone BT76 0BZ

Tel: (028) 8554 8216 Fax: (028) 8554 9531

Email: reservations@corickcountryhouse.com

Web: www.corickcountryhouse.com





KILLYBEGS

www.killybegs.ie

Teach Barnai

Cod with garlic sauce

Serves 4

- 2 large cod fillets, cut into 4 portions
- 3tbsp olive oil
- 4g butter
- ½ tsp tomato puree
- salt & pepper
- 3 garlic cloves, crushed
- 200ml white wine
- 200ml whipping cream

Supplier: Cod supplied by Starcrest, Donegal Town.



Heat oil on pan. Place cod fillets on hot pan. Leave for 2 minutes.

Turn cod fillets over and leave on hot flame for a further 2 minutes. Add chopped garlic and reduce heat.

Add wine and reduce. Add cream. Add tomato puree. Let cod fillets simmer in sauce as sauce reduces.

Add salt and pepper.

Whisk in butter towards end to give sauce a sheen.

Serve with ratatouille.



Teach Barnai, Kilcar, Co. Donegal

Tel: +353 74 9738160

www.teachbarnai.com Email: info@teachbarnai.com

Chef: Brendan Mc Nelis.

Clogher Valley Cheesy Chicken

Serves 4

4x 175g/6 oz Tyrone Free
Range chicken supremes
Fivemiletown Brie cheese
(1 wedge)
Breadcrumbs (half a loaf)
1 lemon
1 small bag of basil and 1
small bag of chives

2 eggs
150ml/¼ pint of milk
Flour for coating
Baby potatoes
2 bags of spinach
Salt and Pepper
Butter and oil for frying

Firstly, lay your chicken fillets skin side down and make a small pocket in the fillet. Cut the Fivemiletown Brie into 4 equal portions, and place one portion into each fillet. Put basil, chives, lemon zest and breadcrumbs into a food processor for 2 minutes then place on a tray. Mix eggs and milk together in a bowl, and dust your chicken fillets with flour, then into the egg and milk mixture and finally into the breadcrumbs until there is a nice coat of crumbs on the fillet. Deep fry for 2 minutes and then place in oven at moderate heat for 35-45 minutes. While the chicken is cooking, part boil the baby potatoes, then strain and slice into a pan with butter and a small amount of oil, season well and fry until crispy and golden brown. With a pot of boiling water, well seasoned, set the spinach in for 1 minute, then drain.

TO SERVE

Set the spinach in the centre of the plate, then place your sauté potatoes on top, and take your chicken from the oven, cut at an angle in half, to let the cheese ooze out and set on top of the potatoes and spinach.

TO GARNISH

Just a nice basil leaf on top.

Valley Hotel

Mr Greg Williamson, General Manager
60 Main Street, Fivemiletown, BT75 0PW
Tel: (028) 8952 1505 Fax: (028) 8952 1688
Email: info@thevalleyhotel.com Web: www.thevalleyhotel.com





KILLYBEGS

www.killybegs.ie

An Cistin

Pasta with Smoked Salmon Butter

Serves 4

- 1 side smoked salmon
- 1lb butter
- 500g spaghetti
- 2 tbsp chopped parsley

Supplier: Smoked Salmon supplied by Gallagher Brothers, Fish Merchants, Killybegs.

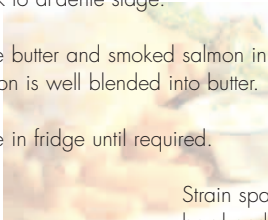
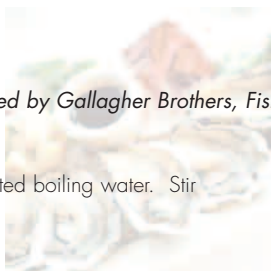
Place spaghetti in saucepan of salted boiling water. Stir occasionally to avoid sticking.

Cook to al-dente stage.

Place butter and smoked salmon in food processor and pulse until salmon is well blended into butter.

Place in fridge until required.

Strain spaghetti, place in warm serving bowl and add smoked salmon butter. Let butter melt and mix thoroughly.



An Cistin, Glencolmille, Co. Donegal.

Tel: +353 74 9730213

Email: lisnacloyacottage@gmail.com

Chef: Garry Anderson

USEFUL KILLYBEGS LINKS



KILLYBEGS

www.killybegs.ie
www.killybegsonline.org

...both individual websites offer useful and comprehensive information on Ireland's liveliest fishing port including accommodation, community life, activities, festivals and lots more.

www.donegalsatlantichighlands.com/www.dah.ie

...will keep everyone up to date with what's happening in South West Donegal listing events, amenities and much much more.

www.donegaldirect.ie

...offers a complete and updated listing of all that is great about Donegal Hospitality and Tourism including visitor attractions, accommodation, activities, craft, entertainment and lots more.

USEFUL TYRONE LINKS



www.tyronegoodfoodcircle.com

...is the official website of Tyrone's very own Good Food Circle, giving updated information on member restaurants, exciting theme events, competitions and lots more.

www.flavourofityrone.com

...offers a comprehensive listing of all that is great about Tyrone Hospitality including visitor attractions, accommodation, activities, craft, entertainment and lots more.

www.tyronefarmersmarket.com

...provides you with a choice for quality local food produced on the farm. This website will give you detailed information on Tyrone Farmers' Market producers and events as well as useful links.

www.dungannonlife.com

...will keep everyone up to date with what's happening in and around Dungannon.

www.dungannon.gov.uk

...is Dungannon & South Tyrone Borough Council's official website and provides useful information on its provision of services and departments, events & initiatives in the area and lots more.

Killybegs Tourist Information Centre

Kelly's Quay

Killybegs

Co Donegal

Tel: +353 74 973 2346

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Flavour of Tyrone

c/o Killymaddy Tourist Information Centre

190 Ballygawley Road

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Fax: +44 (0)28 8776 0908

Web: www.flavourof Tyrone.com

Email: killymaddy@dstbc.org

*Care has been taken to ensure that all the information is correct at
time of going to press.*

No responsibility can be accepted for omission or error.




**DUNGAUNNON
& SOUTHERN TYRONE**
District Council