

DONAL SKEHAN

HOME COOKED

as
seen on

TV



DONAL SKEHAN
HOMECOOKED



HarperCollins *Publishers*





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INTRODUCTION

There is nothing I love more than a good home-cooked meal. For me, the atmosphere and sentiment goes beyond anything you could have eating out and the idea of sharing food with family and friends is what home cooking is all about.

This book is a collection of 100 tasty and achievable recipes, which I hope are going to encourage people to get into the kitchen and get cooking. The recipes I love to write are ones that I just know will be used time and time again, and in this book I've combined family favourites with new and exciting recipes, which I'm so excited to add to my collection.

Inspiration for the recipes I write come mainly from my travels in Ireland and abroad. I always carry a notebook with me to write down any new and exciting ingredients I might come across or memorable meals that I just have to share. Recipes like Crusty Croque Madam from my summers in Paris and my Griddled Beef & Mint Salad from a recent trip to Vietnam are great weekday meals and they are both exciting and easy to prepare.

Every good home cook knows there are many different types of meals that have to fit in with busy lifestyles and so the recipes in this book are broken up into chapters based around the different types of meals that I like to cook throughout the year.

From everyday dinners like Maple Pork Chops with Griddled Baby Gem Lettuce or Chilli Lemongrass Chicken for snappy weekday meals, to food to share with friends like my Jeon Chicken with Mango Salsa and Mexican Fish Tacos and, of course, big dinners like Roast Beef with Salsa Verde and Sticky Pork with Crackling & an Apple & Ginger Sauce for those family Sunday lunches with all the trimmings. Cooking at home is a great way to stay healthy with the right sort of dishes and in my fast and healthy chapter, I've put together some of my favourite healthy dishes, which certainly aren't lacking on the flavour front. Lime & Coconut Chicken, Blackened Salmon with Green Goddess Avocado Salad and Butterflied Rosemary Chicken with Romesco Sauce certainly won't leave you hungry.

For colder darker days there is a whole chapter on comfort food that is filled with the type of recipes that will bring some warmth when you need it most. Braised Shoulder of Lamb, Three cheese Lasagne, Howth Head Seafood Chowder and Boeuf Bourginon tick all the boxes.

Weekends are covered, too, and there are lots of recipe ideas for lazy Saturday and Sunday mornings when breakfast becomes brunch. Caramelised Banana Pancakes, Eggs Benedict and Brioche French Toast with Berries & Chocolate – what a way to wake up!

When I was growing up, my favourite recipes to make were sweet, so I couldn't write a book without satisfying my sweet tooth and I've included two delectably delicious chapters full of desserts, sweet treats and baking recipes. Classics like the my Profiterole Mountain dripping

with chocolate sauce and a super sweet Lemon Meringue Pie oozing with lemon curd sit quietly happily beside my childhood favourites, which I've given a bit of a makeover to, like my Mikado Coconut Cream Cake and Salted Caramel Biscuits.

I hope that this book provides you with lots of inspiration for cooking at home and that you will be reaching for it again and again, splattered, dog-eared and full of wonderful food memories.

Happy Cooking!

A handwritten signature in black ink, appearing to be 'David', written in a cursive style.



LIST OF RECIPES

Asian Shiitake Mushroom & Chicken Steam-Baked Bags
Baked Risotto all'Arrabiata
Banoffee Cake
Barbecued Butterflied Lamb with Yoghurt & Mint
Basic Bread Recipe
Beef Carpaccio with Beetroot & Fennel
Beer Batter Fish with Pea Mash & Rosti Potato Cakes
Blackened Salmon with Green Goddess Avocado Salad
Blue Cheese Beef Sliders
Boeuf Bourginon
Braised Crispy Chicken Thighs with Spring Onions, Baby Gem & Peas
Brioche French Toast with Berries & Nutella
Bubble Bread Cinnamon Muffins
Bun Cha: Barbecued Pork Skewers with Herbs & Rice Vermicelli
Butterflied Rosemary Chicken with Romesco Sauce & Simple Steamed Greens
Buttermilk Fried Chicken with Sweet Potato Fries
Caramelised Banana Pancakes
Chilli & Lemongrass Chicken
Chilli & Tomato Crab Pasta
Chocolate & Hazelnut Semifreddo
Chocolate Pistachio Espresso Biscotti
Chorizo Chicken Bean Stew
Crazy Monkey Brownie Baked Alaska
Crème Brûlée
Crème Brûlée Doughnuts
Crusty Croque Madam
Deep, Dark & Delicious Pork Shoulder Tacos
Eggs Benedict
Eight Degrees Braised Shoulder of Lamb with Butter Bean Mash
Flavour Bomb Salad
Goose Fat Crunchy Roast Potatoes
Griddled Beef & Mint Salad with Toasted Rice & Peanuts
Ham Hock Terrine
Harissa Fish with Carrot & Mint Salad

Hole In The Bread Breakfast Eggs

Homemade Spring Rolls with Dipping Sauce

Honey & Orange Roast Carrot Bulgur Salad

Howth Head Seafood Chowder

Irish Camp Coffee Cake

Irish Cheddar & Caramelised Onion Bagels

Jerk Chicken with Mango Salsa

Kedgeree

Lamb à la Boulangère

La-Style Bacon, Avocado, Lettuce & Tomato Sandwich

Lemon Meringue Pie

Lime & Coconut Chicken

Lisbeth's Swedish Salt-Baked Salmon

Maple Pork Chops with Griddled Baby Gem Lettuce

Margarita Chicken with Smoky Avocado Corn Salsa

Mexican Fish Tacos

Mikado Coconut Cream Cake

Millionaire Chocolate Ganache Tart

Mini Beef Wellington

Mini Goat's Cheese, Spinach & Prosciutto Calzone

My Ultimate Rocky Road

One-pot Whole Chicken with White Wine Root Veg & Shallots

One-tray Roast Chicken, Potatoes & Asparagus

Orange Polenta Cake with Honey & Rosewater Syrup

Pad Thai

Pasta alla Norma

Peanut Butter Sandwich Cookies

PepperPot Roast Pear, Montgomery Cheese & Bacon Sandwich

Polenta Chips with Rosemary Salt

Pork Pot Stickers with Warm Bok Choy & Cashews

Profiterole Mountain

Prosciutto-wrapped Cheesy Chicken with Wild Mushroom Sauce

Raspberry Goddess Pie

Rhubarb Macaroon Bars

Rich Tomato Shellfish Soup

Roast Asian Beef Stew with Chilli Noodles

Roast Beef with Salsa Verde

Roast Chicken Cacciatore

Rosemary-crusteD Rack of Lamb with Crushed Minty Pea Potatoes

Salted Caramel Biscuits

Salted Peanut Caramel Mud Pie

Saturday Night Teriyaki Chicken

Scrambled Egg Croissants

Sole Meunière

Spicy Seafood Paella

Spring Pea & Ricotta Ravioli

Sticky Pork with Crackling & an Apple & Ginger Sauce

Strawberry & Mascarpone Cheese Belgian Waffle Stacks

Strawberry Cheesecake Tart

Strawberry Swirl Marshmallows

Summer Berry & Pistachio Pavlova Stack Cake

Surf & Turf Salad

Swedish Knäckebröd (Crisp Bread)

Sweet & Sticky Honeyed Duck Legs

Thai Rice Noodle Salad

Three-Cheese Lasagne

Thyme Honey & Butter Roast Carrots

Tomato Basil Tray Roast Fish Fillets with Gremolata

Toulouse Sausage Puy Lentil Stew

Turkey Noodle Lettuce Cups with Ginger Dipping Sauce

Turkish Ground Meat Pizza

Vietnamese Coffee Ice Cream

Waitress Mermaid Pie

Wild Honey Omelette Arnold Bennett

Yorkshire Puddings

Za'Atar Pork Fillet with Jewelled Herby Pomegranate Couscous



EVERYDAY DINNER

Maple Pork Chops with Griddled Baby Gem Lettuce
Chilli & Lemongrass Chicken
Prosciutto-wrapped Cheesy Chicken with Wild Mushroom Sauce
Chilli & Tomato Crab Pasta
Thai Rice Noodle Salad
Braised Crispy Chicken Thighs with Spring Onions, Baby Gem & Peas
Beer Batter Fish with Pea Mash & Rosti Potato Cakes
Sole Meunière
Flavour Bomb Salad
Spicy Seafood Paella
Pasta alla Norma



MAPLE PORK CHOPS WITH GRIDDLED BABY GEM LETTUCE

Sweet maple syrup, tangy vinegar and salty soy sauce with a kick of freshness from coriander really make for an extra special pork chop in this recipe. I particularly love serving them with griddled Baby Gem lettuce (a trick I picked up in America), which turns this humble salad green into something smoky, meaty and fresh.

SERVES 4

- 1 tbsp butter
- 1 tbsp rapeseed oil, plus extra for brushing
- 4 large pork loin chops on the bone, 2.5cm thick
- Sea salt and ground black pepper
- 1 small red onion, peeled and finely sliced
- 1 tbsp apple cider vinegar
- 4 tbsp maple syrup
- 1 tbsp light soy sauce
- 4 tbsp apple juice
- 4 Baby Gem lettuce, cut in half lengthways
- Large handful of coriander leaves, roughly chopped, plus extra to garnish
- 5 spring onions, trimmed and finely sliced, to garnish

Preheat the oven to 190°C (375°F), Gas Mark 5.

Melt the butter with the oil in a large ovenproof frying pan over a high heat. Pat the pork chops dry with a little kitchen paper and season with sea salt and ground black pepper. Add the chops to the pan and brown on both sides.

When the meat has a good colour, add the onion and fry for about 30 seconds. Then pour in the vinegar, maple syrup, soy sauce and apple juice and heat until the sauce is bubbling. Baste the meat well with the sauce and then place the pan in the oven on the middle shelf and cook for 10 minutes.

While the pork chops are cooking, place a large griddle pan over a high heat and brush the lettuce halves all over with a little of the oil, and season with sea salt and ground black pepper. Place the lettuce halves onto the griddle and cook for about 2 minutes on either side until they have nice deep char marks but still hold their shape. Remove from the heat and set aside.

When the chops are cooked, transfer to a warmed plate and reduce the sauce over a medium heat for a few minutes until slightly thickened. Add the coriander and stir through, then add the chops and the Baby Gem and coat generously in the sauce.

Serve the chops on warmed plates with the charred Baby Gem and scatter with spring onion and a little extra coriander.



CHILLI & LEMONGRASS CHICKEN

This is a wonderfully fragrant dish that is very easy to prepare. I use chicken thighs here as they have more flavour, but you can easily use chicken breasts instead. The paste made for the sauce can also be used with beef or pork.

SERVES 2

- 2 lemongrass stalks, finely chopped
- 1 red chilli, deseeded and finely chopped
- 2 garlic cloves, peeled and finely chopped
- 1 tbsp Thai fish sauce (Nam Pla)
- 350g chicken thigh meat, cut into bite-sized chunks
- 1 tbsp sunflower oil
- 1 tbsp curry powder
- 100ml chicken stock
- 1 tbsp caster sugar
- Small handful of mint, basil and coriander leaves, to garnish

In a bowl, combine the lemongrass, chilli, garlic and fish sauce. Place the chicken meat into another bowl and add half the lemongrass mix, reserving the rest. Cover and place in the fridge to marinate for at least 20 minutes.

Heat the oil in a wok or a large non-stick frying pan over a high heat. Add the reserved lemongrass mixture, then add the curry powder and stir-fry for about 1 minute until fragrant. Then add the marinated chicken and stir-fry for 4–5 minutes until the pieces have a nice colour on all sides.

Pour the chicken stock into the pan and stir in the sugar. Simmer for a few minutes until the stock has reduced and you are left with a thick sauce. Serve with steamed rice and garnish with the herbs.



PROSCIUTTO-WRAPPED CHEESY CHICKEN WITH WILD MUSHROOM SAUCE

This is a warm and comforting supper that doesn't take too much time to prepare. You can serve it with either steamed rice or a simply dressed salad, but the two key components are the crisp prosciutto-wrapped chicken oozing with cheese and rich and creamy mushroom sauce. You won't be able to say no!

SERVES 4

100g Gruyère cheese, finely grated
100g frozen spinach, thawed, squeezed of excess liquid and finely chopped
4 chicken breasts
8 slices of prosciutto
1 tbsp olive oil

FOR THE MUSHROOM SAUCE

50g dried mushrooms
200ml chicken stock
1 tbsp butter
1 onion, peeled and finely sliced
100g mixed fresh mushrooms, sliced
1 garlic clove, peeled and finely chopped
75ml white wine
125ml single cream
Sea salt and ground black pepper
Small handful of flat-leaf parsley, to garnish

Preheat the oven to 200°C (400°F), Gas Mark 6. For the mushroom sauce, soak the dried mushrooms in a bowl with the chicken stock.

To stuff the chicken, mix together the grated cheese and chopped spinach in a bowl. Lay the chicken breasts on a chopping board and, using a sharp knife, slice horizontally to create a pocket. Stuff each pocket with the cheese and spinach mix. Wrap two slices of prosciutto around each chicken breast.

Heat the oil in a large frying pan over a high heat. Add the chicken breasts and fry all over until they are crisp and golden. Transfer the breasts to a roasting tin and cook on the middle shelf in the oven for about 10 minutes until the prosciutto is crispy and the chicken is cooked through.

Meanwhile, make the mushroom sauce. Add the butter to the pan and place it back on a medium heat. Fry the onion and fresh mushrooms for about 6 minutes until tender. Then add the garlic and fry for another 2 minutes. Pour in the soaked dried mushrooms together with the chicken stock and add the white wine. Bring the sauce to the boil, then reduce the heat

and simmer for 2–3 minutes until slightly thickened. Remove the pan from the heat and stir in the cream. Season with sea salt and ground black pepper to taste.

Sprinkle the cooked chicken breast with parsley and serve with the mushroom sauce and some rice, pasta or salad leaves.



CHILLI & TOMATO CRAB PASTA

I love taking one ingredient and really making it the star of the dish. In this recipe crab hits the big time! Paired with the heat of chilli and the freshness of lemon juice and zest, it makes a pretty incredible pasta dish. You can buy crab meat quite easily nowadays and for a speedy supper it does save you the hassle of buying a crab, cooking it and then tearing out its insides. Hey, I'm all for shortcuts if you can take them!

SERVES 4

Sea salt
300g spaghetti or linguine
3 tbsp olive oil
3 garlic cloves, peeled and finely chopped
1 tsp dried chilli flakes
2 × 400g tins of chopped tomatoes
75ml white wine
150g cooked white crab meat
3 tbsp single cream
Grated zest and juice of 1 lemon
1 heaped tbsp capers, drained and rinsed
Good handful of flat-leaf parsley, chopped, to garnish
Extra virgin olive oil, to drizzle

Bring a large pot of water to the boil over a high heat. Season with salt and pop in the pasta. Cook as instructed on the packet until al dente and then drain.

While the pasta is cooking, heat the oil in a non-stick frying pan over a medium heat. Add the garlic and chilli flakes and fry for about 2 minutes, then add the tomatoes and wine and bring to a steady simmer. Cook for 10 minutes and then stir through the crab meat, cream, lemon zest and juice and capers. Allow the sauce to bubble away for 2–3 minutes and then tumble the pasta.

Mix through until the pasta is coated and serve in generous mounds on warmed plates, garnishing with the parsley and a drizzle of extra virgin olive oil.

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