



Seasonal Recipes from Stanley

At the time when the first Stanley range cooker was being made in Waterford in 1936 our everyday recipes were based on whatever was readily available. The gentle heat from the Stanley gave delicious results and as seasons progressed there were new recipes to which one could look forward. Although most ingredients are now readily available all year round, for really healthy delicious food it is essential to source the best quality ingredients.

With growing concern about 'food miles' and making food production more sustainable, there is increasing support for eating food which is grown locally and appropriate to the season. Local, in-season produce is easy to prepare, and often only needs a rinse before being eaten or cooked, and it's usually the most affordable way to buy fresh vegetables and fruit.

Your local farmer's market is the ideal place to buy your vegetables as you know exactly where they were grown and by whom.

The following are a selection of recipes for which the ingredients should be readily available in August.

Helvick Fish Pie

The fish you use can be adjusted to suit the season. Use cod or salmon as the base for the mixed fish and include mussels, prawns and monkfish or whatever fish is available at your local fishmongers.

1³/₄lb/800g mixed fish
12fl oz/350ml milk
2fl oz/50ml white wine
2fl oz/50ml chicken stock
1oz/25g butter
1oz/25g flour
Bay leaf
3 springs chopped fresh dill
3lbs/1.3kg potatoes,
butter and milk for seasoning
Salt and Pepper

Poach fish in milk with bay leaf until fish is opaque. Strain milk off fish and place fish in a pie dish. Melt butter and add flour to make roux, add white wine and stock, whisk until mixture becomes thick. Add reserved milk and whisk until sauce thickens. Season to taste and add chopped dill. Pour sauce over fish, allow to cool. Steam potatoes until cooked. Mash with milk and butter until light and fluffy, season to taste. Smooth mashed potatoes over fish in pie dish. Place in preheated oven 180°C for 15 minutes. This can be prepared beforehand, chilled and reheated later on that day. A perfect meal served only with a crisp green salad.

Summer Pudding

Take advantage of the abundance of delicious berries



in season in August.

500g raspberries

500g mixed berries such as blackberries,
redcurrants, blackcurrants or bluberries with stalks
removed

180g castor sugar

1 loaf thick-sliced white bread - crusts removed.

Put all the ingredients in a pan and put on a gentle heat. As soon as the fruit begins to release its juices and all the sugar has dissolved simmer for about 4-5 minutes.

The mixture should be swimming in juice but the fruit should not have lost its shape. Leave to cool.

Strain off about half the juice into a dish and dip a bread slice into it, so that one side becomes saturated with pink, then lay this in a 1.2 litre pudding bowl so that its juice-soaked side hugs the side of the bowl. Do the same with the rest of the bread, overlapping the last slice of bread each time, to make a spiral arrangement. Finish by placing a full slice of bread at the bottom ensuring there are no gaps.

Spoon in the fruit with some of the juice, then cover the top with more overlapping squares of bread, tucking in the edges. Fit a saucer over the dish so that the rim just fits inside the rim of the bowl, push it in and then weight it with something heavy, like a large can of food. Put in the fridge and leave to set overnight.

Remove the saucer and loosen the edges of the pudding with a knife. Invert on to a deep plate, and pour over the remaining berry juices. Serve with cream or ice-cream.



Summer Pudding Flat cap mushrooms with bacon and goat's cheese

This recipe comes into its own in August when fields, just like magic, turn white with a crop of mushrooms of all shapes and sizes.

Ingredients

4 large flat cap field mushrooms
3 tablespoons olive oil
2oz (50g) butter
2oz (50g) rindless bacon finely chopped
2 large cloves of garlic, peeled and crushed
4oz/100g breadcrumbs
2 tablespoons chopped basil
2oz/50g goat's cheese crumbled
1 tablespoon lemon juice
Toasted pine nuts
Freshly ground salt and pepper

Cut stalks from mushrooms and chop them finely reserving the whole caps. Heat 2 tablespoons oil in a frying pan, add the mushroom caps, rounded side down, and fry for one minute to brown. Transfer to a baking sheet. Melt the butter, add the chopped mushroom stalks, bacon and garlic to the frying pan and fry for 5 minutes, and then transfer to a bowl. Add the breadcrumbs, basil, goat's cheese,

lemon juice and seasoning and mix well. Divide the stuffing between the mushroom caps. Drizzle the remaining olive oil over the top and bake at 200° C for 20minutes until crisp and golden. To serve sprinkle generously with toasted pine nuts and torn basil leaves.

