

FREE

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PLUS: SADDLE UP FOR CHELTENHAM

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HARBOURING HEALTH: Fair City's Aoibheann McCaul jumps into action for the Harbour2Harbour Walk For Aware taking place this Sunday at 10.30am. The fun and healthy event, which last year saw more than 1,200 walkers raise more than €40,000 for Aware, proceeds along the coast from Howth and Dún Laoghaire harbours and vice versa. Visit www.aware.ie PICTURE: FENNELLS

EU shares banking blame: Taoiseach

by ANGHARAD WILLIAMS

TAOISEACH Enda Kenny yesterday said the European Union should take responsibility for its actions following the banking crash in 2008 and he reiterated demands for concessions on Ireland's debt.

Speaking in London's Mansion House, Mr Kenny said the debt was primarily the responsibility of the previous government, but that said the activities of Frankfurt and Brussels compounded the effect of its actions.

'The principle that there can be no shared European taxpayer responsibility for banks without shared control and supervision is reasonable,' Mr Kenny said in a speech to members of London's business community. 'But the corollary must also be true; where the policy for dealing with bank failures was determined at European – and not national – level, so too must the burden of the legacy costs of those policies.'

Mr Kenny was in London for a series of engagements including talks with Britain's prime minister David Cameron in the run-up to St Patrick's Day. He emphasised the importance of Ireland's relationship with its 'nearest neighbours' and its export market.

'For our part, Britain is our biggest market for key sectors such as food and beverages,

Debt burden should be shared: Kenny



and of course for tourism.' He also said Britain has much to gain from membership of the EU. 'We see the British relationship with the EU as being a two-way relationship – Britain benefits from its membership of the EU, and the EU is better off with Britain as a leading member.'

He then went on to deliver a keynote speech at the London School of Economics where he said a functioning financial sector was critical to Europe's future growth, and that progress on a banking union is a major priority during Ireland's EU presidency.

Mr Kenny and Mr Cameron later attended a joint British-Irish Tourism event and held a meeting to discuss unrest in Northern Ireland over the flying of the Union flag.

WILD NETTLE AND POTATO SOUP



This is a perfect transition from the heavy winter-warmer style soups to the lighter style of summer. Flavoured with the last of the winter leeks, thickened with fabulous floury spuds and combined with the first taste of spring with the baby wild nettles and the hint of wild garlic, this is a perfect early spring soup.

INGREDIENTS

100g wild nettle leaves ♦ 10g wild garlic leaves ♦ 350g old organic potatoes, roughly chopped ♦ 1 large organic onion sliced ♦ 1 stick of organic celery, chopped roughly ♦ 1 organic leek, sliced ♦ 2 bay leaves ♦ 1l organic vegetable stock ♦ 50ml organic cream ♦ organic olive oil, sea salt, black pepper and ground nutmeg ♦ a little wild garlic pesto or cream and a little nutmeg

METHOD Step 1: In a large pot, heat oil and simmer onions, celery and bay leaves together until soft. Add the leeks and cook for a few minutes, season lightly with the sea salt, black pepper and the ground nutmeg, and then add in the potatoes. Stir everything together and pour in the vegetable stock. **Step 2:** Bring to the boil, then simmer until the potatoes are soft. When potatoes are cooked, add in the wild nettles and wild garlic, cook for a few minutes, remove from the heat and blitz in a processor until smooth. **Step 3:** Pour soup purée back into the pot; add cream to a pleasing consistency, reheat and season with sea salt and black pepper as desired. Serve with a swirl of wild garlic pesto or cream topped with ground nutmeg.

COOKBOOK

Freeze by Justine Pattison
(Weidenfeld & Nicholson, £18.99)
★★★★☆

If you use your freezer for party ice and peas and then wonder why there's nothing in it for dinner, Justine Pattison can help. She runs a test kitchen, perfecting dishes all day every day, and although Freeze is the first book with her name on it, she's the brains behind countless big-name recipes.

Not surprisingly, she's got all the essentials – clear instructions, clever quick fixes and practical tips – down pat, leaving the cook to marvel at what can be done with a freezer and a bit of imagination.

There's everything here from frozen sandwich fillings and canapés to make-ahead roast potatoes and breakfast pancakes, and show-off dishes that you can bung in the oven from frozen when you've got other things to be doing.

Using ordinary recipes, knowing when it's safe to cook food straight from the freezer can be a minefield. Here, there are dishes such as fast fish stew, warm chicken salad and beef stir fry that use

frozen protein lifted straight from the icy depths.

There's also a whole chapter devoted to getting the best out of the freezer, from freezing food flat and then stacking it filing-cabinet style to how to defrost a freezer or deal with a power cut.

Freeze took two years to write and, apart from a rare, rogue typo, the meticulous research shows on every page. If Pattison says something's going to work, it will. I probably didn't need to test the very easy lemon and lime tart, made with a Hobnob crust and a filling of cream and condensed milk magically thickened with citrus juice. But I did, with great success, and what we didn't eat is – you guessed it – in the freezer.

Emma Sturgess



JUSTINE'S MAKE-AHEAD ROAST POTATOES

I think the first secret of great roast potatoes is to choose a good floury variety; waxy potatoes are hopeless. Parboil the potatoes for a few minutes and drain. The second secret is to rough up the parboiled potatoes on all sides, then toss liberally in oil while still in the saucepan. That way, you get a nice even coating of fat rather than potatoes swimming in oil as they roast. The recipe makes enough for eight, but you can always cook some to use straight away and freeze the rest, or adjust the recipe to suit the number you are cooking for.

INGREDIENTS serves 8 2.25kg potatoes, preferably King Edward or Maris Piper ♦ 5 tbsp sunflower oil ♦ 1 tsp flaked sea salt ♦ freshly ground black pepper

METHOD Step 1: Peel the potatoes and cut them into even-sized chunks. (Medium potatoes can be cut into half.) Put the potatoes into a very large saucepan and cover with cold water. Bring to the boil over a high heat, then reduce the heat to a simmer and cook for 3 minutes.

Step 2: Drain the potatoes in a large colander and return them to the saucepan. Shake vigorously to knock the potatoes about and scuff up their surfaces, as this will make them much crisper when they roast. Pour the oil over the potatoes and season with the salt and plenty of freshly ground black pepper. Toss together well. Scatter the potatoes in a single layer over a large baking tray.

Step 3: To cook now, place the tray in a preheated oven at 210C. Cook for 45 to 55mins or until the potatoes are golden, crisp and tender in the centre, turning them halfway through the cooking time to get an even colour.

To freeze: (up to 3 months) Cool the oiled and seasoned potatoes on a baking tray. Open freezer until solid then transfer them to a labelled freezer bag. Seal and freeze.

To serve: Preheat the oven to 210C/Fan 190C/Gas 6½. Scatter the frozen potatoes in a single layer over a large baking tray. Cook for 50 to 60mins or until the potatoes are golden, crisp and tender in the centre.



FOOD NEWS with Angharad Williams

TAYTO AGUS AN TEANGA

Mr Tayto is celebrating St Patrick's Day and Seachtain Na Gaeilge by using his cúpla focal. Limited edition Tayto Cáis agus Oinniún six packs are on sale now, which pay homage to the much loved Tayto design of the 1980s. Raymond Coyle of Tayto said, 'We are delighted to welcome the Tayto Cheese and Onion design from the 1980s back to the market and are excited to see the reaction it receives from the loyal Tayto fans.' Check out the bags at www.facebook.com/MrTayto or follow Mr. Tayto on Twitter at [MrTaytoIreland](https://twitter.com/MrTaytoIreland).

EAT IRISH ONLY

If you want to support Irish brands and still keep to a tight budget, then try SuperValu's Eat Irish Only menu, part of



their Great Irish event. For less than €100 per week you can feed a family of four on the specially created menu which only uses quality Irish produce. The menu has everything from leek and potato soup and Irish beef hot pot to Sunday roast chicken. Join the Eat Irish Challenge and get a copy of the menu at www.supervalu.ie.

COME ALL YE FOODIES

Good Food Ireland has launched a brand new website targeting foodies across the world and offers access to Irish gourmet artisan food. The website includes an online artisan food shop, recipes, and My Food Trip where you can book a food-based holiday, cookery classes, or accommodation with Good Food Ireland members. Margaret Jeffares, founder of Good Food Ireland (pictured), says, 'These new innovative additions to our website will allow visitors to experience the best of Irish food and plan their food holiday in Ireland.' www.goodfoodireland.ie



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