2009

The Hard Times Cookbook: Good Food on a Budget

Éamonn Ó Catháin

Follow this and additional works at: http://arrow.dit.ie/irckbooks

Part of the Arts and Humanities Commons

Recommended Citation

http://arrow.dit.ie/irckbooks/98

This work is licensed under a Creative Commons Attribution-Noncommercial-Share Alike 3.0 License
Éamonn Ó CATHÁIN

THE HARD TIMES COOKBOOK

GOOD FOOD ON A BUDGET
THE HARD TIMES
COOKBOOK

ÉAMONN
Ó CATHÁIN
# CONTENTS

## INTRODUCTION

11

## THE ESSENTIALS

17

Ingredients 17

Utensils 19

Some Basic Recipes You Shouldn't Be Without 21

Vinaigrette I 21

Vinaigrette II 22

Vinaigrette III (*sauce moutarde*) 22

Mayonnaise 23

Pesto 24

Bouquet garni 25

## SOUPS

27

*Chicken stock* 29

Lettuce and carrot soup 30

A simple leek and potato soup 32

French onion soup 34

*Beef stock* 34

Garlic soup (*tourin à l’ail*) 39

A garlic soup from Spain 42

Garlic soup with lardons 44

Fish soup 46

Harira 48

White haricot bean soup 51
STARTERS

Tomato salad I 56
Tomato salad II 58
Warm potato and sausage salad 60
*Spaghettini con aglio, olio e peperoncino* 63
Hot chickpeas 66
Spiced Moroccan carrots 68
Thai roast pork salad 69
Vietnamese beef salad 71
Bang bang chicken salad 73
*A pissaladière* of goat’s cheese with onion, cherry tomatoes and courgettes 75
Parsley and Gruyère tart 78
*Piperata vasca* or *biperrada* 81
*Ceviche* 83
Chicken salad with fromage frais dressing 85
*Chiquetaille* of salt cod with chilled cucumber 87
*Brandade de morue* 90

MAIN COURSES: MEAT AND POULTRY 93

Colombo of chicken 95
A simple chicken stir-fry 97
Belly pork with noodles 99
Grilled lamb chops with a warm chickpea, lemon and olive dressing 101
Casserole of Irish beef with Celtic beer and roasted root vegetables 103
*Poule au pot* 106
Chicken stew Basque style 110
Grilled bacon chop with a ragout of broad beans and mustard cabbage 112
Quick tagine of kefta 114
Mechoui of leg of turkey 116
Escalopes of turkey with gremolata 119
Cassoulet 121
Grilled spatchcocked chicken with Moroccan spices 124

MAIN COURSES: FISH 129

Atún encebollado 131
Baked fish a la rotena 133
Grilled hake with leek and ginger sauce 135
Whole baked mackerel with white wine, garlic and pearl onions 136
Grilled mackerel fillets with chermoula and stuffed prunes 138
Pan-fried mackerel with tomato and corn salsa and potato salad 140
Mussels marinière 143
Gratin of curried mussels with spinach 145
Spaghettini with mussels and cherry tomatoes 147
Baked whole fish with chermoula and couscous 149
Ray wings with lemon and caper butter 151

VEGETABLES AND FUNNY LITTLE THINGS ON THE SIDE 153

Patatas a la sierra 155
Potatoes baked with yoghurt and Cashel Blue 157
Mashed potato 158
Sautéed potatoes 160
Albondigas 162
Stir-fried broccoli with cashew nuts, garlic and oyster sauce 164
Broccoli with anchovy and garlic 165
Spinach salad with chickpeas and artichokes 166
Orange and date salad 168
Orange and carrot salad 169
Orange and radish salad 169
Tempura of vegetables 171

PASTAS, OMELETTES AND QUICK DISHES AND SNACKS 173

Maccheroni alla carbonara 175
Paglia e fieno con piselli 176
Tagliatelle alla bolognese 178
Spaghetti with lemon and basil 181
Stuffed tomatoes 182
Shepherd's pie (hachis Parmentier) 184
Huevos revueltos 188
Spinach and Parmesan frittata 190
Spanish omelette (tortilla de patatas) 192
Omelette Parmentière 194
Breton galettes 196
Crostini 199
Chargrilled mixed peppers with basil, anchovy and capers, served with garlic bruschetta 201
Bruschetta of cannellini beans and ricotta 203
Bruschetta of goat's cheese with honey 205
*Croque-monsieur and croque-madame* 207

**DESSERTS** 209
Rhubarb and whiskey tart 211
Olive oil cake 213
*Petits pots de chocolat* (little pots of chocolate) 215
*Churros* 216
Polenta and almond cake 218
Apple and cranberry crumble 220
Rhubarb crumble 222
Chocolate madeleines 224
Walnut tart 226
Honey-dipped briouats with almonds and dates 228
*Clafoutis* 230
Salad of exotic fruits with ginger and vanilla 232
*Creme anglaise* 234
Custard 235

**EATING IN** 237
Rillettes of mackerel 244
Chicken liver mousse 246
Chicken liver parfait 248
Red pepper terrine 249

**A FINAL WORD** 251
With the Celtic Tiger a distant memory, people are quickly getting back to basics – particularly when it comes to food. They are growing their own fruit and vegetables, learning to live more frugally and, in particular, rediscovering the lost art of home cooking.

In this exciting and accessible cookbook, renowned chef and former restaurateur Éamonn Ó Catháin offers advice to all those looking to cook on a budget without skimping on taste or quality. He takes the reader on a tour of the world's cuisines, with straightforward recipes for classic French, Spanish, North African – and, of course, Irish – dishes. Through it all runs the theme that we can eat better for less by buying local, seasonal produce, cooking it simply, and adapting classic European and North African dishes to local tastes and ingredients.

This indispensable guide, which contains more than a hundred recipes, will help you reconnect with food in these changed times – and save money in the process.

Éamonn Ó Catháin, the former proprietor of legendary Dublin restaurant Shay Beano, is a renowned chef who can be found regularly parading his encyclopedic knowledge of food (and music) on TV and radio, and in newspapers and magazines. He is a regular on RTÉ’s The Afternoon Show and the linchpin of TG4’s food-based programming. He lives in Belfast.