

Newsletter Autumn 2017

What a wonderful summer we have had here in Kilcoole - the sunny southeast at its best - and no better way to end the summer by celebrating 10 years of production here in our kitchen in Kilcoole on Monday 4th September.

I wanted to mark the day with a lunch featuring the best of Irish foods, cooked by me for my longstanding customers, suppliers, foodie friends and family. And what a day we had! It was very special for me and my team at Janet's Country Fayre.



Pictured above: Tracey, Kate, Loretta and Jill at our 10 year celebrations.



Monday 4th September, 2017

Menu

Fillet of Irish Hereford Beef
(Nolans Butchers, Kilsullen, Co. Kildare)
Horseradish with crème fraiche
JCF Beetroot Blush

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*Baked Irish Ham on the Bone*  
(Nolans Butchers, Kilsullen, Co. Kildare)  
With JCF Apricot Chutney Glaze

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Steamed New Potatoes
with JCF Parsley Pesto

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*Seasonal Green Salad*  
With JCF Summer Sunshine Dressing

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Ballinlough Castle Tea Room Ice cream
Apricot & Blackberry

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*Cheeseboard with JCF Chutneys*  
Crozier/ Montgomery Cheddar / St. Tola / Delice  
(Sheridans Cheesemongers)

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Celebrating 10 Years in Production

Above is the menu from our 10 Years in Production Celebrations.

The highlight of the lunch was the [Blackberry Ice Cream](#) - the simplest recipe given to me when I ran the Tea Rooms at Ballinlough Castle Gardens, which I am glad to share with you. And you can use any soft fruit you prefer.

1kg Blackberries (defrosted if not fresh)

4 Egg Whites

3 Cups of castor sugar

2 Tbs Freshly squeezed lemon juice

500ml Fresh cream

Method:

Put the fruit, egg whites, castor sugar, lemon juice in the magimix and slowly blend until smooth.

In a separate bowl whip the cream until softly peaking. Then fold all the ingredients in together and pour into tubs. Put on the lids , label and freeze.

A great tip I will give you is how to have your ice cream ready to serve without the messiness of softening it !

Select the serving bowl you want to use. Take the ice cream out of the freezer and allow to stand for approx. 15 minutes. Then start scooping the icecream into the serving bowl. Wrap the bowl in plenty of clingfilm and then pop back into the freezer. This way it will be ready to serve when you need it.

I have enjoyed the summer back in production working on some exciting new product development for 2018 and , as always, looking to see how we can improve our products in any way.

Our new Cheeseboard Chutney is going to be a big hit for this Christmas !

Irish Bramley apples and cider vinegar, succulent apricots, plums and dates, pecan nuts and pears and rich brown sugar. The very best of ingredients for a Cheeseboard Chutney. Enjoy with the best of Irish Farmhouse cheeses and Sheridans brown bread crackers.

And our Cranberry Sauce won a Gold Star at this year's Great Taste Awards.

Judges' Comments

Large and naturally sharp cranberries; this makes a great change to sweet Cranberry Sauce; its' not overly reduced and would add a layer of freshness to meat and poultry. We really like the texture of the whole cranberries and think this sauce has a really "honest "simplicity of cranberry flavour



And speaking of awards, congratulations to Freshways on their Silver Blas na hEireann award for their beef bap.....which includes our Red Onion Marmalade !!

Life at JCF is always moving forward and it has been a summer of many changes. Karen and Maggie who have been my fantastic team doing product tastings around the country, have got themselves super new full time jobs and I really do want to thank them both for all their great work over the past few years.

I am delighted to welcome Brenda on board . Here we both are at the Gluten Free Living show on 30th September.



This was our first time to take a stand at the Gluten Free Living Show, now that our pasta and pizza sauces are approved by the Coeliac Society. And what an excellent day Brenda and I had. The show was so well organised by The Coeliac society in conjunction with Supervalu . And it was good to meet and chat with so many people who suffer from coeliac disease, and to understand the impact on their lives.

I was delighted to join the staff at The Butlers Pantry for their 30th birthday on Saturday 14th October, and enjoyed visiting their shops to chat with staff and join in the birthday fun. Here I am in the Clontarf shop stocking up on some delicious meals.



I had a great catch up chat with Veronica Molloy of Crossogue Preserves. We both go back a long way and each of us has been supplying products into the Butlers Pantry for nigh on 25 years !

And of all the fantastic products I have worked on with Nial Hill, Head of Food Development at The Butlers Pantry, I have to say that Niall's **Sundried Tomato Pesto** is one of my favourites. Niall gives me a recipe that he has created and then I take that recipe to a larger scale of production to supply all The Butlers Pantry Shops.

My other favourite is their signature winter chutney , **Apricot & Roast Red Pepper Chutney** - perfect to serve with chicken and pork dishes with a dash of cream.....& a dash of Calvados if you have it ! And essential to turn leftover christmas turkey into a spectacular fricasse served with basmati rice.

Niall is leaving the Butlers Pantry in November and I want to wish him the very best wherever his career takes him in the future.

It has also been an exciting year working with Sheridans Cheesemongers. Many of you may not know that I created all the Sheridans range of chutneys with Kevin & Seamus and Elisabeth Ryan. This autumn we launch Sheridans **Tomato Relish** and **Winter Chutney**.

The Tomato Relish is a beautifully crafted simple recipe. Tomatoes, Irish Bramley apples and cider vinegar, soft brown sugar, gherkins and lots of fresh ginger... and slow cooking.

The Winter Chutney is deliciously rich with nuts and dates and warming winter spices.....

And now 2 super recipes for those chilly autumn evenings. The first is just the quickest and easiest recipe ever created by Jill Menzel my fantastic Productin Manager.

Jill's Quick and Easy chicken with Scrummy Plum Chutney

4 Chicken breasts

A jar of Janet's Just Delicious Scrummy Plum Chutney

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Lightly panfry the chicken breasts on both sides. Then transfer to a shallow casserole dish.

Spread the jar of chutney over the chicken breasts. Cover the casserole dish in tinfoil.

*Place in a warm oven (180 degrees) and cook for 35 minutes.
Serve with hot fluffy rice and some vegetables of your choice.*



Another delicious autumn recipe is Catherine Fulvio's

Roast Pumpkin & Red Pepper Cannelloni.

You will find it on Page 38 of her fabulous cookery book *Eat Like An Italian - Recipes for The Good Life*. One of my personal favourites.

As Catherine says, this recipe may seem long but it is well worth the time spent. And keeping it local Catherine recommends combining my *Beetroot Blush* with cream and spinach for the cannelloni stuffing as a variant on the recipe. Perfect for when you have a bit of time over the Halloween Bank Holiday weekend