

  
**MOVEMBER®**



# Movember Cookbook

## Cook like a Man

Recipes from Distinguished Gentlemen  
Scientists



## **Foreword**

A sincere thank you to all the men from the Conway Institute and the School of Medicine who contributed to this very special Movember Cookbook. If the saying that if you can cook in the kitchen you can work in a lab is true, then our labs are in a good place. We have everything from healthy granola for your breakfast to hearty pastas, vegetarian curries, fish dishes and spicy chicken dishes to chocolate fudge brownies to finish off your evening meal and then some. There is even a recipe which sounds like it was once made in the lab, obviously that was in the pre-covid era.

This Cookbook is to mark International Men's Day 2020. This is a day that aims to celebrate all the men in our lives, fathers, brothers, uncles, friends etc. In 2020, the themes International Men's Day is focusing on includes:

- Making a positive difference to the wellbeing and lives of men and boys
- Raising awareness and/or funds for charities supporting men and boys' wellbeing
- Promoting a positive conversation about men, manhood and masculinity

The SoM EDI committee would like thank Elaine Quinn of the Conway Institute for all her help in making this book possible and guiding us along the way. This may be the first of these books but hopefully it won't be the last.

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## **Gerry's Dublin Coddle**

**Dr Sean Ennis**

The Movember Cookbook ad 'if you can work in a lab, you can cook in a kitchen' got me reminiscing about my first days working in UCD almost 45 years ago now.

It was my very first week in UCD, many many moons ago, long before the days of 'Health & Safety'. I was excited to be in the lab and begin experiments, However, my first lesson with Gerry was a real surprise!

**Gerry** – Have you had the lecture on the Bunsen Burner yet?

**Me** - Yes (it was 3 hrs long!).

**Gerry** – You will need 3 tripods, 3 Bunsen Burners and a large pot.....

**Gerry** – 'Empty sacks don't stand' Today we are going to make Dublin Coddle!

Gerry's recipe has evolved a little over the years. It's a great comfort food on a cold winters day and tastes even better reheated on the second day.

### **INGREDIENTS**

Favourite pork sausages		450g	1lb
Bacon cut into small pieces		450g	1lb
Large onions, peeled and sliced	3		
Garlic cloves, diced	2		
Leek, peeled and sliced	1		
Carrots, peeled and sliced	4	450g	1lb
Boiled water		2Lt	4.5pt
or ham, chicken or beef stock cube or potato soup (optional)			
Potatoes, medium	6	1kg	~2lb 3oz
Fresh herbs, finely chopped (parsley, rosemary, thyme)			
Ground black pepper and salt			

### **METHOD**

1. Cook the bacon until just about crisp.
2. Set aside and remove excess grease on a paper towel.
3. Sauté the sausages until they are coloured (optional).
4. In a large pot, add the sausages, onions and garlic (optional), bacon, vegetables, Herbs, black pepper and water/ stock.
5. Bring to the boil. Then simmer for 1 to several hours.
6. Add in the potatoes about 1 hour before serving.
7. Serve with some fresh bread.

## **Bakwan Jagung (Corn fritters, Javanese recipe)**

### **Prof Denis Shields**

This is enough for about 40 fritters so make less if you are not feeding a crowd. This is good food to bring to a party.

#### **Ingredients**

3 ears of fresh corn or failing that tinned corn  
150g white flour  
75g rice flour  
2 scallion stalks, sliced thinly (scallions are spring onions)  
3 eggs  
10 shallots, minced (failing that use some onions)  
5 cloves garlic, crushed  
1.547 teaspoons of salt  
1.031 teaspoons of pepper  
300 ml water

#### **Protocol**

- Stand ears of corn in a bowl and scrape off the kernels with a knife
- Chuck in the rest and mix to a thick batter
- Heat a fair amount of oil (Can deep fry, or what I do is shallow fry with lots of oil in the pan that gradually gets soaked up as you cook more, so i don't have a whole load of suspicious looking pre-cooked oil hanging around the kitchen when I am finished) to hot (170C if you have a thermometer, I don't).
- Drop ladles of mix into oil and fry till golden brown, turning once (2-3 minutes each side).
- Drain and cool.
- Selamat makan!

If you're loving this idea of frying food, but want something more vegan, why not pop into the pan the following:

## **Tempeh Rashers**

400g tempeh (can buy it in jars from health food shops, or in cooler of a few supermarkets, but for the best tempeh fly out to Indonesia, buy some there, and fly home) cut into thin slices. Tempeh is a fermented soy product with a curious flavour.

Make a marinade with tamari or soy sauce, some source of sugar (Ketjap Manis, or whatever), lemon juice (or vinegar if you have no lemon juice), garlic, salt, a sprinkle of chili powder, teaspoon of smoked paprika, a little bit of cumin, a dollop of tomato puree, some kind of oil e.g. rapeseed. Blend with some kind of blender. Marinade the tempeh for a while in the mix (depends how hungry you are, overnight could be good) and then fry till crispy. This recipe is adapted from a Happy Pear cookbook if you want to hunt down exact amounts, which I have forgotten. This one is definitely vegan.

#### **Conclusions**

Frying in oil may not be the healthiest, but it is so delicious that the endorphin rush will balance out any pro-inflammatory release of cytokines.

## **Oven Roasted Brussels Sprouts with Lemon, Pancetta and Parmesan Cheese** **Dr Omri Teltsh**

This is the ultimate recipe for brussels sprout lovers and if you deal with people that don't like them, this is the recipe for converting them and help them to see the (green!) light.

### **Ingredients:**

1 kg Brussels sprouts, trimmed and cut in half through the core  
150 gr sliced pancetta  
4 tablespoons olive oil  
1½ tablespoon lime pickles (or zest from one lemon)  
1½ tablespoon sweet chilli sauce  
1 tablespoon soy sauce  
1 teaspoon balsamic vinegar  
1 teaspoon dry rosemary leaves  
salt and freshly ground black pepper  
4 tablespoons grated Parmesan cheese  
2 tablespoons balsamic glaze / pomegranate molasses / 2 tablespoons balsamic vinegar + 2  
tablespoon sweet Chilly sauce  
1 teaspoon sesame oil  
4 tablespoons toasted pumpkin seeds

### **Method:**

1. Preheat the oven to 180°C fan.
2. Place the Brussels sprouts on a sheet pan. Add the olive oil, lime pickles, sweet chilli sauce, soy sauce, balsamic vinegar, rosemary leaves, pinch of salt and ¼ teaspoon pepper and toss with your hands. Add and toss the sliced pancetta. Spread out the mixture in a single layer (divide the mixture to two sheet pans if needed).
3. Roast the Brussels sprouts for 40 to 50 minutes, until they're tender and nicely browned and the pancetta is cooked. Toss once during roasting. scatter over the Parmesan and roast for a further 5-7 minutes, until the cheese is crisp and golden brown, and the sprouts tender.
4. Remove from the oven, drizzle immediately with the balsamic glaze and sesame oil, sprinkle the pumpkin seeds and toss again. Taste for seasonings and add few squeezes of fresh lemon if desired and serve hot.







## **Sweet Potato and Butternut Squash Curry with Herb Raita**

**Mr James White**

Serves 5

### **Ingredients:**

#### *For the curry*

- 1 large onion, diced
- 1 teaspoon of cumin seeds
- 1 teaspoon of mustard seeds
- 1 tablespoon of curry powder or curry paste of your preference
- 1 tablespoon of balsamic vinegar
- 2 cloves of garlic, finely chopped
- 400 g butternut squash, peeled and chopped into cubes
- 400 g sweet potato, peeled and chopped into cubes
- 400 g tin of chopped tomatoes
- 500 mL of vegetable stock
- 400 g tin of chickpeas, drained and rinsed
- 100 g red lentils
- Salt and pepper
- Some finely chopped coriander to garnish

#### *For the raita*

- 250 g plain, natural yoghurt
- A good handful of finely chopped coriander
- A good handful of finely chopped mint
- A dash of garam masala spice

### **Recipe**

#### *Sweet Potato and Butternut Squash Curry*

1. Heat 2 tablespoons of oil in a large pan. Add chopped onion and cook until softened
2. Add the cumin seeds, the mustard seeds, garlic and curry powder or curry paste. Mix spices with onion and cook for a further minute
3. Add butternut squash, sweet potato, lentils, chopped tomatoes and vegetable stock to the pan, and stir through all the ingredients
4. Bring to a boil, and then turn down to a medium heat and cover with a lid. Allow it to simmer for approximately 30 minutes, stirring occasionally.
5. After 30 minutes, check that the sweet potatoes have begun to break down, and the lentils have thickened. When this has occurred, add chickpeas. Also add vinegar – this gives the curry a subtle zing and balances out the sweetness slightly. Citrus, such as lemon juice, could also be used to achieve this. Stir through the chickpeas and vinegar
6. Season with salt and pepper to taste

7. Garnish with coriander. Serve with accompanying side of Raita. Serve alongside potatoes, rice, or naan bread

#### *Herb Raita*

1. In a large bowl or container, add yoghurt, coriander, mint and garam masala. Mix ingredients together
2. Place in fridge for at least one hour



## **Vegetarian Red Pesto Linguine**

**Dr Niall Quinn**

Step 1: Marinate vegetables, aubergine, mushrooms and broccoli in garlic salt and black pepper for an hour or overnight. Add some olive oil and slightly oven cook your vegetables (pre-cook broccoli).

Step 2: Cook onions and garlic in a pan for 5/10 mins. Add in your vegetables and cook for 10/15 mins. Add in a jar of red pesto and cook for 10 mins. Add in 250 ml of double cream and mix for 10 mins. Add in some sun-dried tomatoes for 5 mins.

Step 3: Cook your linguine and grate in some vegetarian parmesan cheese into pesto linguine.

## **Cormac's Rock Star Nasi Goreng** **Professor Cormac Taylor**

This easy to cook up dish is a delight for a casual lunch or dinner. The aroma's which kick in when the self made sauce hits the pan is mouth-watering in the extreme. Highly recommended for wanna-be rock stars and air guitar maestros. Best of all it is dead easy...

4 Tablespoons of Groundnut Oil  
4 garlic cloves  
2 red chillies  
1 teaspoons of coriander seeds  
2 tablespoons of Fish Sauce  
2 tablespoons of tomato sauce  
3 large shallots  
3 tablespoons of sunflower oil  
600g king prawns  
500g basmati rice (cooked and cooled)  
1 tablespoon Dark Soy Sauce  
1 tablespoon of sweet soy sauce (e.g. kecap manis)  
2 spring onions  
4 eggs  
Prawn crackers.



Blitz or use pestle and mortar to grind together groundnut oil, garlic, chillies, fish sauce, coriander seeds, shallots and tomato sauce into a smooth paste.

Heat 1 large tablespoon of the sauce in a wok or large frying pan with 1 tablespoon of the sunflower oil. Take time to dig those crazy aromas. After a minute add the prawns, cook those babies for 3-4 minutes and put aside.

Add another spoon of sauce and sunflower oil to pan for one minute and add the rice. with the sweet and dark soy sauce and the spring onions. Throw in the prawns and cook for a further 3-4 minutes until piping hot !!

Divide into plates, throw a fried egg on top and serve with prawn crackers.... Then just Rock and Roll your way to Nasi Goreng Heaven... 😊

## Sausage and Fennel Pasta

Mr David Phelan



### Ingredients

- 250g pasta (rigatoni or any other tube-shaped pasta)
- 4 -5 good quality sausages (casing removed)
- 4 shallots (roughly chopped)
- 3-4 cloves garlic (finely chopped)
- 400g passata (or 1 tin of chopped tomatoes)
- 3 large handfuls of baby spinach
- 1 tsp olive oil
- 1 tbsp fennel seeds
- 1 tsp chilli flakes (optional)
- Salt
- Parmesan to serve

### Method

1. Bring a pot of water to the boil and add 1-2 tsp salt.
2. Add pasta to water and cook for about 5-6 minutes until about 2/3 cooked (should still have plenty of bite)
3. While pasta is cooking, heat the olive oil in a pan and add the chopped garlic and shallots.
4. Fry for about 2 minutes until the shallots start to soften.
5. Add the fennel seeds and cook for another minute.
6. Add the sausages and fry until the sausage meat starts to brown.
7. Add the passata (and chilli flakes if using) and combine.
8. Add the baby spinach and combine as it wilts (takes about 1 minute)
9. Transfer all of the pasta into the pan, with about half of the pasta water (the starch in the water makes a nice thick sauce... but the more you add the longer it will take to reduce)
10. Mix the pasta well into the other ingredients.
11. Simmer for 5-10 minutes, until the sauce has reduced down completely.
12. Serve with grated parmesan.

Leftovers can be stored in the fridge in an airtight container for up to 2 days.

Tip: If reheating leftovers in the microwave, add a splash of water. This stops the sauce and pasta from drying out too much!

## **Pumpkin Carbonara!**

### **Mr Alessandro Cumin**

#### **Ingredients for 2:**

- pumpkin q.b.
- 200g of short pasta
- oil
- grated Parmigiano cheese q.b.
- 100 g pancetta (or guanciale)
- rosemary q.b.
- black pepper q.b.

#### **Methods:**

1. Cut the pumpkin in cubes, cook it in a pan with just a little bit of oil, rosemary, salt and pepper for 15 min, then add a little bit of the water used for cooking the pasta and blend it to make a cream
2. In a pan (with a little bit of oil if you use the pancetta, without oil if you use the guanciale) SLOWLY (very low flame) cook the pancetta (10/15 min)
3. Boil the pasta (cook it 2-3 minutes less than what is written on the pasta package) and preserve some cooking water
4. Drain the pasta, add it to the pan with pancetta, add a little bit of cooking water and finish to cook the pasta (1-2 min) evaporating the water
5. Close the flame, add the pumpkin cream to the pasta and mix it, adding cooking water if needed  
Serve on a plate adding grated parmigiano, pepper and rosemary to the top Enjoy!

#### **Suggestions:**

Use a quite sweet pumpkin, the cool thing of this recipe is the contrast between the salty of the pancetta and the sweetness of the pumpkin



## **Monkfish!**

### **Mr Alessandro Cumin**

#### **Ingredients (for 2):**

- 240g of monkfish (my suggestion is to buy it already clean, it was not so easy to clean an entire one)
- chopped pistachios (a LOT)
- 100 g cherry tomatoes
- oil
- salt

#### **Method:**

- Clean the monkfish, cut it in nuggets, put it in a bowl with salt and oil, and let it rest for 5 minutes
- In the meantime put a pan on a very high flame, let it get really hot, then put tomatoes (cut in a half) on it. Grill the tomatoes in this way.
- blend the grilled tomatoes with a little bit of salt oil and pepper, in this way you'll have the sauce.
- remove the monkfish from the oil and put it on the chopped pistachios (be careful of make pistachios stick well on the monkfish)
- put a little bit of oil in a pan and let it warm at medium flame
- turn the flame to the minimum, put the monkfish in the pan, cover it with a cover and let it cook for 7/8 minutes. (never remove the cover or turn the fish)
- serve, add the sauce and enjoy!

#### **Suggestions:**

if you buy frozen monkfish be careful of let him defrost well before to start, otherwise it will lose to much water while it is cooking.

if you want you can try to roast pistachios in a pan (or oven) before chopping them.

## **Cream of leeks, courgettes and mint**

### **Mr Alessandro Cumin**

#### INGREDIENTS

- Zucchini, 2;
- Leeks, 1 and a half;
- Mint q.b. (I use an entire packaging);
- EVO oil, to taste;
- Bread, to taste;
- Black pepper, to taste;
- Salt to taste.

#### PREPARATION

- Finely slice the leek, the courgettes and cook them in a pan with a little bit of EVO oil;
- Season with salt and pepper and add hot water to facilitate cooking
- add the fresh mint leaves, cook for other 2 minutes, then blend with a blender until obtaining a smooth and homogeneous velvety;
- Cut the bread crumb into regular cubes and make "crunchy" in the oven with a drizzle of oil until golden brown;
- Serve the soup in a small bowl and finish with the crispy croutons, finish with a drizzle of EVO oil.
- enjoy!

## **Pasta with Pistachios**

### **Mr Alessandro Cumin**

#### Ingredients:

- Pistachios 200g
- oil
- salt
- pasta
- garlic
- shrimps
- fennel seeds

#### Method:

1. Make the pesto putting in a mixer the Pistachios (almost all of them), a slice of garlic, oil, water and a little bit of salt (the pesto must be quite solid at the end)
2. Cook the shrimps in a cooking pan with some oil and a slice of garlic
3. At the same time cook the pasta (cook it 2-3 minutes less than what is written on the pasta package) and preserve some cooking water
4. Add the pesto to the cooking pan with the shrimps
5. Add the pasta to the cooking pan and finish to cook it helping yourself with cooking water
6. At the end add on the top some chopped Pistachios and some fennel seeds
7. Enjoy!

## Lasagne with sausages, pumpkin and provola cheese

**Mr Alessandro Cumin**

### **Ingredients for 6:**

- 750 ml of bechamel (the recipe says 750ml, as I honestly do not like that much bechamel, I use far less than that, but it's up to you. I strongly suggest to make it from scratch instead of buy it, if you do not know how to do it, ask me ;) )
- lasagne
- 600g of pumpkin
- 600g of sausages
- salt
- grated Parmigiano cheese (A LOT)
- 450g of Provola cheese (I suggest the smoked one)

### **Methods:**

1. Cut the pumpkin in cubes, cook it in a pan with just a little bit of oil for 15 min, then blend it to create a cream
2. Add the cream to the bechamel, add a little bit of salt, then mix it really well (mix 1)
3. Remove the "skin" of the sausage, we have to use only the meat
4. Cut the meat in small pieces and then cook it in a pan since it takes colour (N.B. The Maillard reaction is important!)
5. cut the provola cheese in really thin pieces
6. Take a baking dish, and cover the bottom with a layer of mix 1
7. Then put on it a layer of lasagne
8. Then a layer of mix1, some sausage pieces, and then cover with provola cheese and abundant grated Parmigiano cheese
9. Repeat points 7/8 for at least 4 times
10. Add on the top the grated Parmigiano cheese
11. Put in the oven at 180°C for 25 minutes.

Enjoy!

### **Suggestions:**

You can use both fresh lasagne or dry ones (but buy good quality ones!), if you use dry ones you need to use more bechamel and to use a pumpkin with quite a lot water, because they have to absorb water while they cook.

## **Fennelicious salmon risotto**

**Dr Stephen Thorpe**

For 4 hungry people!

### Ingredients

- 750 ml fish stock (vegetable ok too)
- 300 ml dry white wine
- 2 tbsp sunflower oil
- ½ fennel bulb (or 1 small bulb), finely chopped
- 2 crushed garlic cloves
- 250 g risotto rice
- 150 g frozen peas
- Juice from ½ lemon
- 2 x large salmon fillets (approx. 300 g), skinned and thinly sliced
- 3 tbsp full-fat crème fraîche
- 3 sprigs fresh tarragon, coarsely chopped
- 30g grated Parmesan, plus extra for sprinkling
- Salt and pepper
- Optional extra: Pea shoots to garnish

### Protocol

1. Pour the stock into a saucepan and warm over a low heat.
2. Pour the oil into a large frying pan on a medium-high heat.
3. Add the fennel and fry for about 4 minutes until softened but not browned.
4. Add the garlic and rice and fry for a minute, stirring to coat the rice grains in oil.
5. Add the wine to the stock and bring to a simmer.
6. Add a ladleful of the hot stock mixture to the rice and simmer, stirring continuously.
7. When the stock is almost fully absorbed, add the next ladleful. Continue to add the stock, a ladleful at a time, and cook the risotto for 15–20 minutes. You should have about 250ml stock in the saucepan and the rice is nearly cooked.
8. Add the frozen peas and lemon juice with some of the remaining stock and stir for a couple more minutes.
9. Add the salmon slices, crème fraîche, tarragon and grated Parmesan.
10. Stir and continue to cook until the salmon is done to your liking.
11. Season to taste with salt and pepper and serve immediately, sprinkled with extra parmesan and garnished with pea shoots.

### Tips

- Make sure to add hot stock so that the mixture doesn't take too long to boil and the rice getting overcooked.
- Serve risotto asap so it doesn't go soggy!

## **Pasta n°2**

### **Mr Alessandro Cumin**

#### **Ingredients:**

- cherry tomatoes
- garlic
- chevrè
- soy sauce (preferably sweet soy sauce)
- shrimps
- Pasta (short pasta)
- oil



#### **Method:**

1. Heat the oil in a pan with a clove of garlic for a couple of minutes
2. Add the shrimps and cook them (shrimps generally don't have to cook so much)  
Remove shrimps and the garlic
3. Cut the cherry tomatoes in 4 parts
4. In the same pan used before cook the tomatoes until they "melt"
5. At the same time cook the pasta (cook it 2-3 minutes less than what is written on the pasta package) and preserve some cooking water
6. Remove the "skin" of the tomatoes from the pan
7. Add the pasta and the shrimps to the pan, then add a little bit of the cooking water to the pan to finish to cook the pasta
8. Shut off the flame and add the chevrè
9. Mix until the chevrè will be melted (if needed add some cooking water to help you)
10. Add some soy sauce and mix again for a little bit
11. Enjoy!

#### **Suggestions:**

To better bind flavours, after you have cooked them, cut half of the shrimps in tiny pieces, leaving the other half entire.

## **Tinga (Pulled chicken with tomatoes, onions and chilies)**

**Dr Luis Fernando Iglesias Martinez**

This is a Mexico city classic. It is super easy to prepare.

**Mandatory Ingredients:** 3 Chicken Breasts (other parts will do), 5 tomatoes, 3 onions and 2 cloves of garlic, oil (olive or sunflower or rapeseed any really) salt and pepper.

**Optional** (i.e. it is hard to find here): Chipotle (smoked jalapenos). You can replace it with normal chilies and chili flakes.

- 1) Boil the chicken breasts at a low heat for at least 40 minutes with salt and pepper. (if you want you can add bay-leaf and oregano). Keep the broth.
- 2) Cut the onions in a julienne style. Chop the garlic in fine pieces and cut the tomatoes in fours.
- 3) For the chili peppers, there are two ways to go about them. If you don't mind the heat, slice them. Otherwise, remove the seeds first.
- 4) In a pan at medium heat, saute the onions, the chilies and the garlicks.
- 5) When the onions become translucent. Add the chopped tomatoes and a bit of the broth (the water with which the chicken was boiled).
- 6) In a cutting board or plate. Pull the chicken with your hands or slice it in thin strands.
- 7) Add it to the tomato mix and poom! You got yourself some tinga.

We usually eat this as a main in wraps or tortillas or in a bowl with tostadas (tortilla chips).



## **Quesadillas de Alambre de Pollo (chicken alambre quesadillas)**

**Dr Luis Fernando Iglesias Martinez**

Another Mexico city classic.

**Ingredients:** 3 Chicken Breasts, 2 peppers, 2 onions, 2 cloves of garlic and 3 rashers, oil, some grated cheese and kids wraps (the normal wraps are way too big for these).

- 1) Slice the onions and peppers in julienne style. Slice the garlics and rashers in small pieces. Cut the chicken breast fajita style.
- 2) Slice the bacon rashers and cook in a pan until they are crispy. Use medium to high heat.
- 3) Add the garlic and the onions and a drizzle of oil.
- 4) When the onions are translucent, add the peppers.
- 5) Add the chicken to the mix and saute.
- 6) On a separate pan, large enough to fit a wrap, heat up a wrap without any oil.
- 7) Add grated cheese and then the chicken mix on one half. Do not add to much or you won't be able to close your quesadilla!
- 8) Fold the wrap with spatula. Only lift the side that has no filling over the other.
- 9) Cook for a small while until the cheese melts.

## **Bresaola Rolls**

### **Mr Alessandro Cumin**

#### **Ingredients:**

- Bresaola slices (preferably not too thin)
- Mascarpone
- ricotta
- walnuts
- Cherries in Syrup

#### **Method:**

1. Make a mix with 60% mascarpone, 40% ricotta and lots of chopped walnuts
2. Put a coffee spoon of the mix inside 2 bresaola slices
3. Add on the top a cherry
4. Close the bresaola, help yourself with a toothpick
5. Enjoy!

#### **Suggestions:**

-you can add on the top of the rolls some pecorino cheese to put a dish that is a little bit more salty  
- you can also do a vinegrette to put on the rolls (with 2 spoons of oil, 1 spoon of vinegar, 1 spoon of the syrup of the cherries and some salt. Put all together in a little container, then shake vigorously).

## Elevate your Morning Porridge with Homemade Granola

Prof. Bill Watson



Tired of boring porridge in the morning?

Jazz it up with this wonderful recipe for homemade Granola.

1. Preheat oven to 200oC
2. Line a baking tray with baking paper
3. Add 2 mugs of porridge oats (Irish)
4. 200g of Mixed seeds



5. 200g of Desiccated Coconut



6. 200g of Wall nut halves (brake again in half – ie. ¼)
7. Heat (microwave) 200g of Irish honey with 100g of coconut oil until the oil has melted, then pour over oat mixture and mix well. Spread the mixture over the baking tray and place in over.



8. Bake for approx. 20mins but take out every 5 minutes and mix ensuring at the end of the baking time all the oats are cooked and golden brown.



9. Leave to cool and place in an air tight container.



## **Coconut Pannacotta with Spicy Roasted Mango**

**Dr Thomas Dodd**

Serves 4

Pannacotta

185 ml cream

55g caster sugar

½ tsp vanilla extract

2 leaves of gelatine

250g natural yoghurt

1 ½ tbsp. desiccated coconut

Place the cream and sugar in a saucepan over a medium heat. Stir until the sugar dissolves, then bring to the boil and remove from the heat source. Add the vanilla extract. Soak the gelatine leaf in cold water until it softens. Squeeze out the excess water and drop the gelatine leave into the warm cream mixture. Stir until it dissolves. Add the yoghurt and coconut and stir until the mixture is smooth. Divide evenly between 4 125ml ramekins. Place in fridge to chill for at least 3 hours or until fully set.

### **Spicy roasted mango**

1 ½ tbsp. caster sugar

1 tsp mild curry powder

1 mango, peeled and sliced

1 medium orange, zest and juice

1 tbsp butter

To prepare the mango, preheat oven to 180 °C/Fan 160°C/Gas 4.

Combine the sugar and curry powder together in a small bowl. Butter a roasting pan and place the mango slices evenly. Drizzle over the orange juice and zest and sprinkle the curry sugar over. Roast for about 10 minutes until the mango is lightly caramel and softened. Set aside. To serve, blend the mango, taste for sweetness (you may need to add ½ tsp of sugar) and then spoon over the top of the pannacotta, or leave the mango slices whole and spoon over the dessert.



## Carrot Pudding (Origin name Carrot halua) (Bangladeshi popular Dessert)

Dr. Arman Rahman

The perfect carrot halwa  
Recipe is from my family archive.

### **Serves 4-6**

3 Cardamom whole  
1 stick cinnamon whole  
100 g Irish Butter  
500g carrots, boiled and mashed  
2 cups full fat powder milk (can be replaced by semi skimmed powder milk)  
Pinch of saffron  
2 cups white sugar  
Handful of raisins or sultanas  
Handful of pistachios, almonds or cashews, roughly chopped for garnish(Optional)

1. Heat the butter in a wide, heavy-based pan, add whole cinnamon and cardamom on medium-high heat and fry for a minute or so until aromatic, then add the boiled mashed carrot.
2. Fry for five minutes on medium heat, then turn up the heat and fry for another five minutes, stirring all the time. Repeat if necessary, until the carrots are soft and dry – this should take 10-15 minutes in total.
3. Add the sugar and continue cooking in medium heat, stirring at the same time so the mixture doesn't catch until thickened. Then stir with the milk powder and few strands of saffron and cook for another minute or so. Allow cooling slightly before serving with the nuts on top. Add resin before serving.

It is a very popular dessert on any festival in Bangladesh.



## The Chockie Mountains

**Prof Liam Gallagher**

### THE 10 STEP PROTOCOL

1. Buy some chocolate – avoid the fancy dark chocolate stuff (yuk!)
2. A big bar of chocolate should be enough for 12 cakes (I am not the best at measurements)
3. Raid any cereal boxes laying around the house – preferably Rice Krispies, although this flexible recipe allows for substitution with cornflakes, Special K or, perhaps, Coco Pops (aka double dip)
4. Fill cereal to brim of standard soup bowl and keep ready for placing into larger mixing bowl (see Step 7)
5. Break chocolate into pieces (important to taste chocolate in advance – also builds anticipation)
6. Put the chocolate in a heatproof mixing bowl and place over boiling water in a pot. Bowl should fit snugly into pot
7. Keep heating the water and allow chocolate to melt (I like this bit the best) – important to sample once again to make sure it is on track
8. Transfer cereal from soup bowl into mixing bowl and mix well (a tablespoon is good option here)
9. Place the chocolate-coated cereal into Fairy cake holders – a nice dollop does the trick and make sure to lick the spoon at the end (yum yum!)
10. Place in fridge for quick cool down (I favour this due to inherent impatience) or leave at room temperature
11. Extra special step – sprinkle some icing sugar on the cakes – sort of like snow on the mountains (that is the artist in me)





## **Chocolate Fudge Brownies!**

**Mr Christian Myles**

### **Ingredients:**

- 225 g good-quality dark chocolate
- 225 g butter
- 300 g caster sugar
- 3 large eggs, beaten
- 1 tsp vanilla extract
- 75 g plain flour, sifted
- 1 tsp baking powder
- Equipment:
- 22 x 30cm baking tin

### **Method:**

1. Preheat the oven to 180°C (350°F/Gas 4).
2. Line the baking tin with non-stick parchment paper.
3. Place the chocolate and butter in a heatproof bowl and set over a saucepan of barely simmering water, making sure the base of the bowl does not touch the water.
4. Stir constantly until it is melted and smooth.
5. With an electric beater, whisk the sugar and eggs together for about 2-3 minutes until pale and light.
6. Slowly add the melted chocolate and butter then add the vanilla extract and continue to whisk until thickened.
7. Lastly, add the sifted flour and baking powder and fold in gently.
8. Turn the mixture into the prepared tin and bake in the middle shelf of the oven for 30 minutes until the top is firm and the brownies have come away slightly from the sides of the tin.
9. Remove from the oven and allow to cool. When cooled cut into 24 squares.





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