

# Eat Out

For a Happy Heart.....portion size matters!

## RECIPES

Delicious dishes, low in fat, full of fruit and vegetables



IRISH  
HEART  
FOUNDATION



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

## Portion Size Matters

Customer demand for healthy options has never been greater. Last year 80% of customers thought it was a good idea to provide the option of smaller food portions and 90% considered it a good idea to offer a fruit or vegetable-based low fat dish. With more and more people eating out, it makes good business sense to meet this demand and let the customer make the choice. Also, as overweight and obesity is increasingly becoming a serious public health problem, you can support your customers by providing portion sizes that meet the national healthy eating guidelines.

The Irish Heart Foundation is delighted to have the full support from the chefs of Ireland. To prompt you with ideas for tasty, attractive and healthy menus, members of the Panel of Chefs of Ireland and Euro-Toques Ireland, amongst others, have contributed recipes to this year's Happy Heart Eat Out campaign. Thanks to all those chefs who contributed and to those whose recipes we could not use on this occasion due to lack of space.

The recipes range from traditional dishes to those with international flavours, from simple and easy recipes to more adventurous styles, but all have an emphasis on being low in fat and high in fruit and vegetables and are in line with the theme of this year's campaign of 'Portion Size Matters'. For good health it is not just the quality and variety of food that is important, how much we eat matters. Therefore as part of the promotion we ask that you provide dishes in keeping with the recommended portion size, based on the Food Pyramid serving sizes on pages 14/15. Customers will be reminded, through the publicity campaign and the promotional table cards, to choose the healthier choice and to consider the portion size.

If you would prefer to use your own recipes, follow our healthy catering guidelines on the back page. If you use these recipes or any other Irish Heart Foundation recipe (see our website [www.irishheart.ie](http://www.irishheart.ie)) you can use the happy heart stickers, supplied in the Happy Heart Eat Out pack, on your menus to highlight the healthy option.

Offering the healthy option does not mean losing out on taste, variety or presentation. Let these recipes inspire your menu for Happy Heart Eat Out during the month of June!

For more recipe ideas,  
see our website [www.irishheart.ie](http://www.irishheart.ie)  
phone Janis Morrissey at (01) 668 5001 or  
email: [jmorrissey@irishheart.ie](mailto:jmorrissey@irishheart.ie)

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Happy Heart Eat Out is developed and promoted by the Irish Heart Foundation

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## Smoked Salmon and Crab Roulade

**Serves 4**

**What you need:**

8 slices smoked salmon  
200g/8oz crab meat  
2 teaspoons horseradish  
4 tablespoons natural yoghurt  
Nutmeg and freshly ground black pepper

**What you do:**

Mix the crabmeat, horseradish, natural yoghurt and seasoning. Lay the smoked salmon on a sheet of cling film and spread with the crabmeat. Roll as tightly as possible, using the cling film as a guide. Leave to cool for at least 4 hours. Slice and serve with some lettuce leaves drizzled with a little olive oil or balsamic vinegar.

*Aidan McManus, King Sitric Restaurant, Howth, Co. Dublin*



## Slow Roast Tomato and Baby Spinach Salad

**Serves 4**

**What you need:**

6 plum tomatoes  
120g/5oz baby spinach  
1 red onion, chopped  
50g/2oz sunflower seeds, toasted

1 bunch thyme, chopped  
Freshly ground black pepper

**Dressing**

2 limes, juiced  
2 cloves garlic, crushed  
1 teaspoon Dijon mustard  
2 teaspoons olive oil

**What you do:**

Cut tomatoes in half lengthways. Place on tray, sprinkle with black pepper and chopped thyme. Roast at 110°C/225°F/Gas Mark ¼ for 3 hours. Allow to cool. For the salad, mix baby spinach, red onion, sunflower seeds and roasted tomatoes. Mix the dressing ingredients. Serve with a little dressing poured over salad leaves.

*Margaret Duffy, Talbot 101 Restaurant, Dublin 1*

## Crunchy Asian Salad with Marinated Chicken Strips

**Serves 4**

**What you need:**

2 x skinless chicken breasts

**Marinade**

75ml soy sauce  
75ml oyster sauce  
75ml chilli sauce

1 sprig lemongrass  
1 tablespoon Chinese 5 spice  
2 - 3 tablespoons honey  
3 cloves garlic  
A little freshly ground black pepper

**Salad**

150g/6oz watercress, washed and dried  
110g/4oz rocket, washed and dried  
227g/9oz packet beansprouts, washed and dried

1 red onion, sliced  
16 cherry tomatoes

**To serve:** 1 tablespoon sesame seeds

**What you do:**

Cut chicken strips about 10mm wide across the breast at a slight angle, about 10 strips from each. Mix all ingredients for marinade in a bowl and whisk well together. Add chicken to marinade and cover with cling film. Refrigerate for about 12 hours. Preheat oven to 180°C/350°F/Gas Mark 4. Add chicken and marinade to hot pan. When it sizzles, remove and place in a hot oven. Cook uncovered for 20 minutes. Place watercress, rocket and beansprouts in a bowl. Add whole cherry tomatoes and red onion. Remove chicken from oven. Spoon 4 tablespoons of cooking liquid into the salad. Toss gently. Arrange in the centre of 4 high back bowls. With a tongs, place 5 strips of chicken on each salad. Sprinkle with sesame seeds and serve.

*John Conmy, Hamlet Court Hotel, Enfield, Co. Meath*

## Tomato, Chickpea and Orange Soup

**Serves 4**

**What you need:**

1 medium onion, chopped finely  
2 cloves garlic, crushed  
1 tablespoon of pure vegetable oil

400g/1lb tin tomatoes  
1 orange, rind and chopped flesh  
75g/3oz chickpeas  
300ml vegetable stock

**To serve:**

2 tablespoons crème fraîche  
Mint, freshly chopped

**What you do:**

Soak chickpeas overnight and then simmer for 30 – 60 minutes or use pre-cooked option. Set aside. Sauté the onion in a little oil on a gentle heat for 10 minutes, until it has softened, but not coloured. Add the garlic, orange rind and flesh. Add the tomatoes and stock. Bring to the boil, and simmer gently for 20 minutes until cooked through. Then add the chickpeas and simmer for a further 10 minutes. Liquidise the soup. Serve with a little crème fraîche and a sprinkle of mint.

*Michelle Darmody, Cake Café, Dublin 2*

## Green Minestrone Soup

**Serves 4**

**What you need:**

50g/2oz dried spaghetti, broken into 1cm pieces  
½ - 1 vegetable stock cube  
1 onion, medium size, diced into 1cm pieces  
2 celery sticks, diced into 1cm pieces  
1 clove garlic, crushed  
1 courgette, diced into 1cm pieces  
50g/2oz peas  
50g/2oz broad beans, peeled into 1cm pieces  
100g/4oz broccoli, broken into small pieces  
50g/2oz French beans, cut into 1cm pieces  
8 basil leaves, roughly chopped pieces  
1 tablespoon parsley, chopped

**What you do:**

Dissolve stock cube in 2 pints of boiling water. Sweat the onion, celery and garlic in 3 tablespoons of stock for 3–4 minutes, without colouring. Add the rest of the stock and bring to the boil. Add spaghetti and simmer for 12 minutes. Add French beans, peas and broad beans and simmer for 1 minute. Then add the courgette and broccoli and cook for another 2 minutes. Finish with basil and parsley and serve straight away. Serve with tomato bread or crusty warm bread.

*Paul Hargreaves, Rhodes D7, Dublin 7*



## Crab, Mango and Tomato Tower with Alfalfa Sprouts and Mango Salsa

**Serves 4 - 6**

**What you need:**

75g/3oz crab meat, shells removed  
1 fresh mango, peeled, seeded and diced  
1 avocado, peeled and diced

**For the sauce**

½ shallot, minced  
½ teaspoon olive oil  
100g/4oz mango, chopped  
80ml dry white wine  
1 tablespoon rice wine vinegar

A little salt and freshly ground black pepper

**Garnish**

6 x 6 inch long chives  
6 mandarin oranges, peeled and segmented  
Alfalfa sprouts  
Beetroot sprouts

**What you do:**

Take 4 - 6 deep round moulds (open at both ends and about 6.5cm/2½ inches each in diameter) and place each on top of a piece of cling film. Put a layer of mango in the bottom, then a layer of crabmeat on top. Leave in fridge until just prior to serving. For the sauce, sauté the shallot in a little oil until just soft. Add white wine and remaining ingredients. Cook on medium heat for 10 minutes, stirring occasionally. Remove and allow to cool. Purée in a blender until smooth. Remove moulds from fridge. Add a layer of avocado and set aside. Spoon some sauce onto the centre of each plate and spread into a 10cm/4inch circle. Invert the tower into the middle of the sauce by pushing down on the cling film to release the tower from its mould. Garnish with mandarin oranges, chives, alfalfa sprouts and beetroot sprouts.

**Chef's Note:** The sauce can be made up to three days in advance.

*Norbert Thul, Beckett's Bar and Restaurant, Waterford*

## Baked Fillet of Pork

**Serves 4**

**What you need:**

400g/16oz pork fillet, well trimmed  
50g/2oz blanched white of leek or 4 slices Parma ham  
A little French mustard  
50g/2oz leek, thinly sliced  
50g/2oz carrots, thinly sliced  
50g/2oz mushrooms, sliced  
4 tarragon sprigs, chopped  
100ml cider or fresh vegetable stock  
A little freshly ground black pepper

**What you do:**

Brush the pork fillet with a little mustard. Wrap with Parma ham or blanched white of leek. Place vegetables into square of tin foil. Place pork fillet on top. Cover with stock or cider. Season with black pepper. Make into a parcel to seal in the juices. Place in an oven at 190°C /375°F/Gas Mark 5. Cook for 20 minutes. Slice fillet and place on top of vegetables with fresh tarragon on top. Serve with a crisp side salad or boiled new potatoes and green vegetables.

**Chef's Note:** Open the parcel at the table to release aroma.

*Sylvester Dolan, Sandhouse Hotel, Rossnowlagh, Donegal*



## Connemara Lamb Stew

**Serves 4**

**What you need:**

450g/1lb lean diced shoulder Connemara lamb  
200g/½lb onion, diced  
200g/½lb carrots, diced  
50g/2oz celery, diced

¼ Savoy cabbage (middle green leaves), diced  
200g/½lb broccoli, broken into florets  
200g/½lb potatoes, peeled and diced

**Seasoning**

2 bay leaves  
Freshly ground white pepper

**Garnish**

Parsley/chervil, roughly chopped

**What you do:**

Place lamb in pot and cover with water. Bring to the boil. Rinse under cold water and change to a clean pot. Cover with cold water and bring to the boil slowly. Let simmer for an hour before adding bay leaves, onions, carrots, celery and potato. Let simmer for another 30 minutes until lamb is cooked. Add Savoy cabbage and broccoli and season with freshly ground white pepper. Continue cooking for a further 2 minutes. Remove bay leaves, sprinkle with herbs and serve.

**Chef's Note:** Steamed baby potatoes (in their skins) or small peeled potatoes with chopped parsley can be served separately, if required.

*Peter Laffey, Bon Secours Hospital, Renmore, Galway*

## Oriental Beef

**Serves 4**

**What you need:**

100g/4oz egg noodles  
300g/12oz fillet beef, cut into thin strips  
2 teaspoons olive oil  
1 bunch scallions/spring onions  
1 carrot, cut into thin strips

1 red pepper, cut into thin strips  
1 green pepper, cut into thin strips  
1 yellow pepper, cut into thin strips  
1 courgette, cut into thin strips  
3 tomatoes, cut into wedges  
100g/4oz button mushrooms, sliced

2 tablespoons dry sherry (optional)  
½ teaspoon ground ginger  
3 tablespoons reduced-salt soy sauce  
1 tablespoon clear honey  
Freshly ground black pepper

**What you do:**

Stir-fry the beef in a little oil in a wok or non-stick frying pan for 2 minutes. Add in onions, carrots and courgette and cook for another 3 minutes. Add remaining ingredients. Cook for another 5 minutes. Put the egg noodles in a pot of boiling water and cook for 3 to 4 minutes. Drain and add to stir-fry. Cook for 1 minute and serve.

*Padraic McCaffrey, Melody's Bar and Restaurant, Galway City*

## Poached Irish Fillet of Beef with Smoked Garlic, Crisp Greens and New Season Potatoes with a Red Wine Sauce

**Serves 4**

**What you need:**

4 x 100g/4oz Irish beef fillets  
8 x smoked garlic cloves, finely chopped  
240g/8oz green beans, extra fine

480g/16oz new potatoes  
2 litres beef stock  
2g thyme, chopped  
2g rosemary, chopped  
500ml red wine

**What you do:**

Cut the beef fillets in half to leave 50g/2oz pieces. Mix the garlic and herbs and add to the beef, rubbing into the meat. Allow to marinate in fridge for 30 minutes. Bring potatoes to boil and simmer until cooked. Simmer the beef stock, then place it in a wide roasting dish. Add the beef and cook for eight minutes for rare or longer until well done. When it is cooked, remove and strain stock into saucepan. Reduce the stock by half and then add red wine. Reduce until sauce is the right consistency (lightly coats the back of a teaspoon). Gently bring another pot of water to boil for beans and add at last minute. Assemble beef and vegetables and serve.

*Mark Ussher, Luttrellstown Castle Resort, Dublin 15*



## Supreme of Corn-fed Chicken stuffed with Peaches and Baby Spinach served with Wild Mushrooms and Thyme Jus

**Serves 4**

**What you need:**

4 corn-fed chicken breasts  
200g/8oz dried peaches  
1 bag baby spinach, blanched  
4 pieces pig's caul, about 20cm/8inches square  
1 tablespoon olive oil  
1 small onion, diced  
1 clove garlic, crushed

100g/4oz Swiss brown mushrooms, sliced  
50g/2oz shiitake mushrooms, sliced  
50g/2oz oyster mushrooms, sliced  
A little salt and freshly ground black pepper

**Thyme broth**

825ml chicken stock  
½ teaspoon fresh thyme leaves  
1 teaspoon ginger, chopped  
1 stalk lemongrass, soft part only, chopped  
2 teaspoons coriander, ground  
Fresh coriander leaves to garnish  
A little salt and freshly ground black pepper

**What you do:**

Make a length-ways incision into each chicken breast and open it out like a butterfly. Reconstitute the dried peaches in a little hot water. When soft, place a quarter of the cooked peaches in the middle of each chicken breast. Divide the baby spinach in half and place a quarter of this on top of each pile of peaches and season with a little salt and freshly ground black pepper. Roll up each chicken breast and wrap each one in a piece of the pig's caul. Pan-fry the chicken in a non-stick pan over medium heat until browned, and then bake in the oven for 10-12 minutes. Remove pan from the oven and keep warm. Sauté the onion with a little olive oil. Add garlic, three types of mushrooms and the remaining baby spinach.

**Thyme broth**

Place the chicken stock, thyme, ginger, lemongrass and coriander in a large saucepan and bring to the boil. Reduce in volume by half over high heat, then strain through a fine sieve. Remove the chicken breasts from the pan and slice each one into 4 rounds.

**To Serve:** Place the mushroom mixture in the middle of 4 warmed serving bowls and place the chicken on top. Pour the broth around the outside until it reaches the top of the mushrooms. Garnish with coriander leaves and serve immediately.

*Norbert Thul, Beckett's Bar and Restaurant, Waterford*

## Chicken Kebabs with Couscous

**Serves 4**

**What you need:**

4 skinless chicken breasts, cut into 24 pieces  
 1 yellow pepper, deseeded and cut into 8 pieces  
 1 red pepper, deseeded and cut into 8 pieces  
 1 lemon, rind grated, juice squeezed  
 2 cloves garlic, crushed  
 2 tablespoons olive oil  
 1 tablespoon fresh coriander, chopped  
 A little salt and freshly ground black pepper

**Couscous**

200g/8oz couscous  
 ½ - 1 tablespoon olive oil  
 4 green spring onions, finely chopped  
 3 tablespoons coriander, chopped  
 A little salt and freshly ground black pepper

**Yoghurt dressing**

200ml low-fat natural yoghurt  
 200ml low-fat cottage cheese (optional)  
 1 teaspoon lemon juice  
 1 teaspoon lemon zest  
 1 clove garlic, crushed  
 1 teaspoon fresh dill, chive and basil, fresh or dried  
 2 teaspoons fresh mint, chopped  
 1 teaspoon honey (optional)

**What you do:**

Place the chicken and peppers in a bowl. Add lemon juice, garlic, olive oil and coriander and mix well. Cover and leave to marinate for at least 1 hour. Combine all ingredients for the yoghurt dressing with a whisk or spoon. Season and leave to chill. Soak wooden skewers in water for 10 minutes. Heat the pan to a medium heat. Thread the chicken and peppers onto skewers. Seal in frying pan and cook in oven for 10 minutes 180°C/350°F/Gas Mark 4.

Prepare couscous according to packet instructions, then fluff up with a fork. Sauté spring onions in a little oil for 2 minutes. Add 3 tablespoons coriander and season with a little salt and freshly ground black pepper, if required. Mix well. Serve couscous on plates with the kebabs on top and drizzle with the yoghurt dressing.

*Noel Brennan, Chair of Munster Branch, Panel of Chefs, Ennis, Co. Clare*



## Grilled Medallions of Monkfish with Lemongrass, Avocado, Mango Salsa, Basmati and Wild Rice

**Serves 4**

**What you need:**

4 x 150g/6oz monkfish  
 4 lemongrass sticks

**Avocado and Mango Salsa**

2 ripe avocados  
 1 red onion, diced  
 1 mango or ½ pineapple, diced  
 2 spring onion, sliced  
 1 red chilli pepper, diced and deseeded  
 4 large ripe vine tomatoes  
 20g/1oz basil  
 20g/1oz coriander  
 1 lime, juice  
 Freshly ground black pepper  
 2 tablespoons olive oil  
 100g/4oz wild rice (soaked overnight)  
 120g/5oz basmati rice  
 1 litre water

**What you do:**

To prepare tomatoes: Remove the core from the tomato, score an X in the skin and place into boiling water for 10 seconds, remove from the water and place under cold running water. The peel should now just slip off; if it does not, pop back in the boiling water for a few more seconds. Cut in half and remove the pips. Rinse out and roughly chop.

Cut the lemongrass in half. Thread the medallions of monkfish onto it – 2 pieces per half stick. Brush the fish with a little oil. Place on a very hot griddle and cook each side for approximately 4 minutes. For the marinade, add all the remaining ingredients and leave to marinate for 1 hour. Cook the rice for 10 minutes. Leave to rest, then drain the water. Assemble and serve.

*Dominique Dayot, Horetown House Hotel, New Ross, Co. Wexford*



## Salmon with Citrus Jus and Rosemary Potatoes

**Serves 4**

**What you need:**

4 x 150g fresh boneless salmon, skin on  
 150ml white wine  
 Juice of 1 pink grapefruit, 2 lemons, 2 oranges  
 ½ - 1 tablespoon olive oil  
 Fresh bay leaves

A little flour  
 400g/1lb baby potatoes  
 Fresh rosemary  
 2 whole garlic cloves  
 A little salt and freshly ground black pepper

**What you do:**

Wash potatoes, leaving skin on. Cut potatoes in half and place in a tray. Add a little oil, a little salt and pepper, rosemary and whole garlic. Cook in oven for about 40 minutes at 180-200°C/350-400°F/Gas Mark 4-6 until potatoes and garlic are golden. Marinate salmon with some of the citrus juice for 15 minutes. Warm a pan, add a little oil, a little salt and black pepper and a little flour. Add the salmon and cook on both sides until golden. Add the wine. After 3-4 minutes add rest of the citrus juice. Cover the pan and cook for 15 minutes on a low heat. Check the potatoes and turn them if necessary, being careful not to break them. Take a large warm plate, and arrange the potatoes on the side. Put half of a garlic clove in the middle and the salmon and the citrus jus to the side. Garnish with some sliced orange and parsley. Serve with a green salad or baby spinach.

*Loris Seppi, Dunne and Crescenzi, Sandymount, Dublin 4*

## Indian Style Monkfish (Ajwaini Macchi)

**Serves 4**

**What you need:**

4 x 150g/6oz monkfish  
 30ml mustard oil  
 25g/1oz carom seeds  
 10g/½oz mustard seeds  
 10 curry leaves

15g/½oz garlic, sliced  
 15g/½oz ginger, sliced thinly  
 4-5 slit green chillies (leave seeds in)  
 100g/4oz onions, sliced  
 20g/1oz turmeric powder

20ml diluted coconut milk (10ml coconut milk, 10ml water)  
 25ml thick coconut milk  
 1 tomato, quartered  
 A little salt and freshly ground black pepper

**What you do:**

Clean monkfish fillets and make small slits in both sides to allow spices to penetrate. Heat oil in pan. Add carom seeds, mustard seeds, curry leaves, garlic, ginger, green chillies, onions, turmeric powder and diluted coconut milk. Sauté until onions turn translucent. Add a little salt and freshly ground black pepper. Add monkfish. Cover and leave for 5 minutes. Before removing from heat, add thick coconut milk and tomatoes. Serve hot with bread, or rice.

*Avinash Mohan, Rasam Restaurant, Dun Laoghaire, Co. Dublin*

## Baked Fresh Cod en paupiette with Couscous, Rocket and Pinenut Chargrilled Vegetables

Serves 4

**What you need:**

4 x 150g/6oz fresh cod fillets  
 ½ red pepper, thinly sliced  
 ½ green pepper, thinly sliced  
 1 red onion, thinly sliced  
 1 small courgette, thinly sliced  
 50g/2oz leeks, thinly sliced

1 small carrot, thinly sliced  
 Bunch of rocket, chopped  
 10g pinenuts, toasted  
 Ground turmeric  
 Saffron strands  
 2 cloves garlic  
 8 leaves fresh basil

200g/8oz couscous  
 1 litre vegetable stock  
 100ml white wine  
 2 sheets parchment paper  
 A little salt and freshly ground black pepper

**What you do:**

Mix peppers, carrot, ½ onion, ½ courgette, celery, leeks, garlic and basil together. Set aside. Char grill the remaining ½ courgette and ½ onion until soft. Leave to cool. Toast pine nuts. Bring vegetable stock to the boil. Place couscous in a bowl, add grilled vegetables and pinenuts. Add vegetable stock, stir, add rocket and season. Cover and set aside. Cut each parchment paper in half, double over and round off edges. Season cod with turmeric. Divide the sliced vegetables into four portions. Place half of each portion in the centre of parchment paper. Place cod, skin side up on vegetables and put remaining vegetables on top of the fish. Add one strand of saffron. Season with pepper. Add wine and seal parchment parcel by folding edges (can be pre-made, left in fridge and cooked later). Recommended cooking 10-15 minutes in hot oven, cut parchment on top for presentation, serve with lemon wedge and tian of couscous.

*Myles O'Brien, Tavern Bar and Restaurant, Westport, Co. Mayo.*



## Bean Casserole

Serves 4

**What you need:**

2 tablespoons olive oil  
 1 red onion, sliced  
 150g/6oz haricot beans  
 100g/4oz mung beans  
 100g/4oz pinto beans  
 400g/14oz/1 tin tomatoes, chopped  
 2 tablespoons honey  
 1 teaspoon wholegrain mustard  
 1 tablespoon pumpkin seeds  
 Green tagliatelle, cooked  
 A little salt and freshly ground black pepper

**What you do:**

Soak the beans overnight and then cook for 40 minutes. Heat oil in pan and sauté onions for 3 minutes. Add in the beans. Add the rest of the ingredients and cook for 10 minutes. Season to taste. Place the cooked tagliatelle on a plate and place the bean casserole on top.

*Padraic McCaffrey,  
 Melody's Bar and Restaurant, Galway City*



## Quick Vegetable Colombo Curry

Serves 4

**What you need:**

**Sauce**  
 400ml light coconut milk  
 3g coriander seeds  
 5g ground cumin  
 2g chilli powder  
 2g mustard seeds  
 5g turmeric  
 100ml pineapple juice

30g/1oz Colombo curry powder  
 2 fresh tomatoes, diced  
 1 clove garlic, crushed  
 1½ tablespoons olive oil  
 1 small piece ginger, grated

**Vegetables**  
 100g/4oz sugar snaps  
 1 aubergine, diced

1 courgette, diced  
 2 spring onions, diced  
 1 carrot, thinly sliced  
 1 large flat mushroom, sliced  
 30g/1oz beansprouts  
 5 baby sweetcorn  
 1 bunch coriander  
 ½ yellow pepper, diced  
 ½ red pepper, diced

**What you do:**

Heat the olive oil, add the garlic then the diced tomato. Add the coconut milk and pineapple juice. Add the rest of the ingredients. Leave to cook slowly for 5 minutes. When the sauce is ready add all the vegetables and leave to cook a further 10 minutes. Sprinkle with coriander and spring onion. Serve with wild rice.

**Chef's Note:** To reduce the fat content of this dish, the volume of coconut milk could be diluted with water or alternatively use less coconut milk and more pineapple juice to make up the same volume of liquid.

*Sebastien Geber, Venu Brasserie, Dublin 2*

## Lemon Ice-cream

Serves 4 - 6

**What you need:** 6 tablespoons/150g sugar  
250ml milk 1 lemon, juice  
1 egg ½ lemon, zest

**What you do:** Separate the egg and beat the yolk with the milk. Gradually mix in the sugar, then the lemon juice and zest. Beat the egg white until stiff and add to the other ingredients. Put in the freezer. When the mixture starts to freeze, remove from the freezer and beat again. Return to the freezer until ready. Meanwhile chill serving dishes. Decorate with mint leaves.

*Myrtle Allen, Ballymaloe House, Shanagarry, Co. Cork*

## Peach, Apricot and Blueberry Gratin

Serves 4

**What you need:** 4 ripe firm peaches, halved, stoned and very thinly sliced  
6 ripe firm apricots, halved, stoned and very thinly sliced  
150g/6oz blueberries  
200g/8oz mascarpone cheese  
200g/8oz low-fat crème fraîche  
3 tablespoons light muscavado sugar  
1 teaspoon ground cinnamon

**What you do:** Spoon the apricots and peaches into a gratin dish with the blueberries. Beat the mascarpone cheese and crème fraîche together. Spread over fruit. Combine sugar and cinnamon and sprinkle over the gratin to cover the surface. Cook under hot grill for 5-6 minutes until the sugar is caramelised and serve.

*Dermot Bradley, Milford Inn Hotel, Milford, Co. Donegal*



## Pineapple Gazpacho, Granité of Mint and Coriander with Coconut Milk and Red Berries

Serves 4 - 6

**What you need:** **Gazpacho** 1 pineapple  
200ml water  
200g/8oz sugar  
1 vanilla pod  
1 lime, zest  
1 tablespoon coriander leaves, chopped

**Mint Granité** 750ml water  
20g/1oz sugar  
Half bunch of mint leaves  
A few coriander leaves

**To Serve:** red berries, vanilla pods and coconut milk

**What you do:** Cut the pineapple into cubes. Make a syrup with the water, sugar, vanilla pod and lime zest. Pour the syrup over the pineapple cubes. Leave for 12 hours. Strain the syrup off the pineapple cubes but keep separately. Blend the pineapple cubes and coriander in a mixer with 200ml of the syrup.

**Mint Granité** Bring to the boil 500ml water, 1 tablespoon sugar and half a bunch of mint leaves. Leave to infuse for half an hour. Pass the mixture through a sieve (straining off the mint leaves) and then add 250ml water. Pour into a dish and add coriander leaves. Put in the freezer.

**To Serve** Pour the pineapple gazpacho into a glass and add some red berries. Top it off with 1 tablespoon of granité, one vanilla pod and a few drops of coconut milk.

*Guillaume Lebrun, Restaurant Patrick Guilbaud, Dublin 2*



## Strawberry Yoghurt Mousse with Strawberry and Mango Salsa

Serves 6

**What you need:** **Mousse** 3 eggs, separated  
6 tablespoons caster sugar  
1 vanilla pod, seeds only  
125ml/¼ pint milk  
2 sachets/6 leaves gelatine soaked in cold water  
125ml/¼ pint low fat strawberry yoghurt  
50ml/2fl oz light cream, whipped

**What you do:** First make the mousse by whisking the egg yolks with 75g/3oz sugar until the mixture stiffens. Put the vanilla pod seeds into the milk and bring to the boil. Pour the milk onto the egg yolks and cook on a low heat until the mixture coats the back of a spoon. Do not allow to boil, as the mixture will curdle very easily. Pass the mixture through a sieve into a clean bowl.

Drain water from the gelatine and add to the warm mixture until completely dissolved. Place bottom of the bowl into iced or very cold water. Leave until semi-set around the edges. Then whisk in the strawberry yoghurt and cream thoroughly.

Whisk the egg whites until they form soft peaks. Gradually add in the rest of the caster sugar. Then fold these egg whites into the yoghurt mixture taking care not to over-mix. Pour it into lightly oiled round moulds or teacups and leave to set, overnight if possible. For the mango salsa, mix the mango, strawberry and orange juice. To serve, dip base of the mould in warm water to help dislodge the mousse. Tip mousse onto a plate and serve with mango salsa. Garnish with a sprig of mint.

*Matt Dowling, Fáilte Ireland, Amiens Street, Dublin 1*

**Strawberry and Mango Salsa** 1 ripe mango, peeled and diced  
6 strawberries, washed, hulled and diced  
1 tablespoon orange juice  
1 sprig mint

Use the Food Pyramid to plan your healthy food choices every day and watch your portion size



Choose very small amounts



**Fats, High Fat/Sugar Snacks, Foods and Drinks**

Use Sparingly

- 1 oz low fat spread or 1/2 oz butter/margarine
- Choose fats high in monounsaturates or polyunsaturates.
- Limit fried foods to 1 - 2 times a week
- Only have small amounts of high fat/sugar snacks and drinks and not too often

Choose any 2



**Meat, Fish, Eggs & Alternatives**

1 Serving =

- 2 oz cooked lean meat or poultry
- 3 oz cooked fish
- 2 eggs
- 2 oz cheese
- 3 oz nuts

Choose lean cuts of meats.  
Eat oily fish.

Choose any 3



**Milk, Cheese & Yogurt**

1 Serving =

- 1/3 pint of milk
- 1 carton of yogurt
- Milk pudding made with 1/3 pint of milk
- 1 oz cheese

Choose low fat varieties.

Choose any 5



**Fruit & Vegetables**

1 Serving =

- 1 small glass of fruit juice
- 1 medium sized fresh fruit, e.g. apple, orange, banana
- 2 small sized fresh fruit, e.g. plums, mandarins, kiwi.
- 3-4 dessertspoons cooked vegetable or salad, including peas and beans
- Small bowl of homemade vegetable soup.
- 3 dessertspoons cooked or tinned fruit (not in syrup)

Choose green leafy vegetables and citrus fruit frequently.  
Fruit juice only counts for one serving, each day.

Choose any 6+



**Bread, Cereals & Potatoes**

1 Serving =

- 1 bowl of cereal
- 1 slice of bread
- 3 dessertspoons of cooked pasta or rice
- 1 medium boiled or baked potato

Eat these food at each meal - high fibre is best.

**Drink water regularly - at least 8 cups a day**

Folic Acid - An essential ingredient in making a baby. You can get Folic Acid from green leafy vegetables but if there is any possibility that you could become pregnant than you should be taking a Folic Acid tablet (400 micrograms per day).

# Eat Out

## CATERING GUIDELINES 2007

### For a Happy Heart.....portion size matters

Almost 60% of Irish men and women are overweight or obese, so opting for smaller food portion sizes can make a big difference.

-  **For a low fat healthy dish, use all fats and oils sparingly.**  
*All oils are 100% fat, even olive oil, so use a maximum of 10 tablespoons per 20 portions.*
-  **Offer more fruit and vegetables every day.**  
*Fruit juice, fresh, tinned or cooked fruit, salad and cooked vegetables all count.*
-  **Serve sauce and dressings on the side.**  
*Let the customer make the choice.*
-  **Think a pack of cards for meat and fish portion sizes.**  
*The recommended serving size for cooked lean meat or poultry is 50g (2oz) and for fish is 75g (3oz) – about the size of a deck of playing cards. Eating out is often a treat so a main course portion of 4 – 6oz of meat and 6 – 8oz of fish is recommended.*
-  **Use herbs and spices rather than salt to flavour food.**  
*Most people need to watch their salt intake. Too much salt can increase the risk of high blood pressure.*
-  **For more information, check the Food Pyramid on [www.irishheart.ie](http://www.irishheart.ie) or [www.healthpromotion.ie](http://www.healthpromotion.ie)**