Please note these interiors are NOT FINAL and the final layout will list US measurements (cups, tablespoons, teaspoons, etc) FIRST followed by metric conversions. These interiors are being shared to give you an idea of the layout and design of the book, and should not be shared online or in any advertisements.

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Rachel’s
Irish Family Food
Rachel Allen
Molly Malone’s cockle and mussel chowder

Serves 4–6
Preparation time 10 minutes
Cooking time 45 minutes–1 hour

2 tbsp sunflower oil
110g (4oz) smoked bacon, diced
25g (1oz) butter
110g (4oz) leek, trimmed and very finely diced
110g (4oz) carrot, peeled and very finely diced
275g (10oz) potato (about 1 medium), peeled and finely diced
1kg (2lb 3oz) mixed cockles and mussels
300ml (½ pint) dry white wine
200ml (7fl oz) milk
200ml (7fl oz) single or regular cream
Salt and freshly ground black pepper
4 tbsp roughly chopped Parsley

A little more work is involved in making this soup, but it’s definitely well worth the effort. It makes a decent meal in its own right, especially with chunks of crusty bread, or you can serve it as a starter. Cockles and mussels are a classic combination but if you can only get one or the other, you can use them singly in this soup.

Heat the sunflower oil in a saucepan on a medium–high heat and sauté the bacon for about 1 minute until crisp and golden. Melt the butter in the pan and add the leek, carrot and potato.

Sauté gently on a low heat for 4–5 minutes or until soft but not browned.

Meanwhile, prepare the cockles and mussels. Scrub the shells clean and discard any that remain open when you tap them against a hard surface. Remove the beard – the little fibrous tuft – from each mussel. Bring the wine to the boil in a large saucepan and add the cockles and mussels. Cover with a tight-fitting lid and leave to cook for 3–4 minutes, shaking the pan occasionally, until the shells have opened.

Remove from the heat, drain the shellfish in a colander, retaining the cooking juices, and discard any shells that remain closed. Once drained, return the shellfish to the empty pan to keep warm. Place a fine sieve over a measuring jug and strain the cooking liquid. If the juices caught in the jug measure less than 600ml (1 pint), add water to make up to that quantity.

Add the pan juices and the milk to the bacon and vegetable mixture and bring to the boil. Reduce the heat and simmer for 6–8 minutes or until the potato is tender. Add the cream and simmer for a further 2–3 minutes or until reduced and thickened slightly. Season with salt and pepper.

Meanwhile, remove half of the cockles and mussels from their shells and add them with the remaining cockles and mussels still in their shells to the chowder. Stir in the parsley and serve at once with some crusty bread.
Chicken, parsnip and potato bake

Serves 4
Preparation time 10 minutes
Cooking time 45 minutes–1 hour

4 chicken drumsticks or thighs (with the skin left on)
2 red onions, peeled and cut through the root into 6 wedges
4 small floury potatoes, peeled and cut into 2–3cm (¾–1½in) cubes
2 parsnips, peeled (and remove the woody core if the parsnips are particularly large) and cut into 4cm (1½in) pieces
12 cloves of garlic (unpeeled)
100ml (3½fl oz) olive oil
Salt and freshly ground black pepper

Chicken thighs and drumsticks are so easy to cook. Mixed with onion and root vegetables and tossed in a little oil, they will be moist and juicy after baking in the oven, with a gorgeous golden skin. The garlic cloves are left unpeeled, their cooked flesh becoming a sweet and sticky paste that demands to be squeezed out and spread all over the crispy chicken.

Preheat the oven to 220°C (425°F), Gas mark 7.

In a large bowl, mix together all the ingredients and season with salt and pepper.

Spread out on a baking tray, season the chicken pieces with a little extra salt and pepper and place in the oven. Bake in the oven for 45 minutes to 1 hour or until the chicken is cooked through and the vegetables are golden and crispy.
Irish Stew

Serves 4–6

Preparation time xx minutes
Cooking time xx minutes

1.5kg (3lb 5oz) mutton chops from the neck or shoulder, still on the bone, cut about 1.5cm (¾in) thick
3 tbsp olive oil
3 carrots, peeled and cut into thick slices at an angle, or 12 small baby carrots, scrubbed and left whole
12 baby onions, peeled, or 3–4 medium onions, cut into quarters through the root, which should keep the wedges intact
Salt and freshly ground black pepper
400ml (14fl oz) lamb or chicken stock or water
8–12 potatoes, peeled and halved if very large
Sprig of thyme
1 tbsp chopped fresh parsley
1 tbsp snipped fresh chives

The definitive recipe for Irish stew simply doesn’t exist as in the past each household would have had its own family recipe. It is said, however, that people in the south of Ireland always add carrots, but people north of County Tipperary do not. Many people make their stew by placing alternate layers of meat, onions, carrots and potatoes in a pot, seasoned with salt and pepper, covered with water and stewed gently for a couple of hours. If you sear the meat and vegetables before stewing, as we do at Ballymaloe, it seals in the delicious sweet flavour.

Preheat the oven to 160°C (325°F), Gas mark 3.
Cut the chops in half, but keep the bones intact as they will give great flavour. Heat a medium–large ovenproof casserole pot or large saucepan with the olive oil until hot, then toss in the meat and cook for a minute on either side until it is nice and brown. Remove the meat and set aside and then cook the carrots and onions in the hot oil for a couple of minutes, seasoning with salt and pepper. Return the meat to the pot.
Add the stock and bring to the boil. Put the potatoes and sprig of thyme on top and transfer to the oven for 1½–2 hours or until the meat is very tender. When it is cooked, pour off the cooking liquid and allow it to sit for a minute until the fat floats to the top – adding a cube of ice will help speed this up. Spoon off the fat and pour the juices back over the stew. Add the chopped herbs and serve.

Rachel’s handy tip
If the potatoes are quite small, add them 20–30 minutes after the stew starts cooking to avoid them breaking up.
Chicken, parsnip and potato bake

Serves 4
Preparation time 10 minutes
Cooking time 45 minutes–1 hour

4 chicken drumsticks or thighs (with the skin left on)
2 red onions, peeled and cut through the root into 6 wedges
4 small floury potatoes, peeled and cut into 2-3cm (¾–1½in) cubes
2 parsnips, peeled (and remove the woody core if the parsnips are particularly large) and cut into 4cm (1½in) pieces
12 cloves of garlic (unpeeled)
100ml (3½fl oz) olive oil
Salt and freshly ground black pepper

Chicken thighs and drumsticks are so easy to cook. Mixed with onion and root vegetables and tossed in a little oil, they will be moist and juicy after baking in the oven, with a gorgeous golden skin. The garlic cloves are left unpeeled, their cooked flesh becoming a sweet and sticky paste that demands to be squeezed out and spread all over the crispy chicken.

Preheat the oven to 220°C (425°F), Gas mark 7.

In a large bowl, mix together all the ingredients and season with salt and pepper.
Spread out on a baking tray, season the chicken pieces with a little extra salt and pepper and place in the oven. Bake in the oven for 45 minutes to 1 hour or until the chicken is cooked through and the vegetables are golden and crispy.
Fish Pie

Serves 4–6
Preparation time xx minutes
Cooking time xx minutes

1 large onion, peeled and chopped
800g (1¾ lb) skinless fillets of fish, either one type or a mixture, such as salmon, cod, whiting, hake or haddock
150ml (5fl oz) white wine
Juice of ½ lemon
125g (4½ oz) butter, diced
Salt and freshly ground black pepper
150g (5oz) mushrooms, sliced
225ml (8fl oz) double or regular cream
1 heaped tbsp Dijon mustard
4 tbsp finely chopped mixed herbs, such as chives, parsley, tarragon, thyme or dill
1kg (2lb 3oz) mashed potato (see page xxx)
22cm (8½ in) square ovenproof dish or 4–6 smaller individual dishes

This is the fish pie that Zac makes and it’s a wonderful family supper. Use whatever fish is in season so you know it is ultra-fresh. Prepared fish can be frozen for up to six weeks.

Preheat the oven to 180°C (350°F), Gas mark 4.

Place the onion in the bottom of a large saucepan and lay the fish on top in an even layer (cutting to fit, if necessary). Pour in the wine, add the lemon juice (the liquid is unlikely to cover the fish, but that’s fine), scatter with 100g (3½ oz) of the butter and season with salt and pepper. Cover with a lid and simmer on a low heat for 15–20 minutes or until the fish is cooked.

In the meantime, melt the remaining butter in a small frying pan and sauté the mushrooms on a gentle heat for 5–6 minutes or until softened. Season well with salt and pepper.

Once cooked and using a slotted spoon, carefully transfer the fish from the saucepan (leaving the onions and cooking liquid in the pan) to the ovenproof dish or divide between individual dishes. While there is no need to flake the fish, you needn’t worry if the fish breaks up as you move it. Add the cream to the onions and cooking liquid in the pan and continue to simmer, with the lid off, for 10–15 minutes or until the sauce is reduced and thick enough to coat the back of a spoon. Stir in the mustard, herbs and sautéed mushrooms and check the seasoning.

Pour the sauce over the fish in the dish (or dishes) and then spoon over the mashed potato, spreading with the back of a spoon or fork. Alternatively, pipe the mash over the fish with a piping bag and nozzle for a more professional-looking finish. The fish pie can be prepared to this stage, left to cool and then placed in the fridge overnight until ready to bake, if wished.

Bake in the oven for about 30 minutes or until bubbling and golden on top. If cooking from chilled then bake for about 40 minutes instead. Serve immediately.
Slow-roast shoulder of pork

It's true that this joint takes quite a while to cook, yet it really is fuss-free – the pork requires no attention as it slowly cooks in the oven. The long, slow roasting transforms this otherwise quite tough cut into a divine piece of meat. When pork is this tender, you don’t need to carve it into slices, and nor would you be able to. Rather just pull off succulent shreds of the meat and pieces of crispy crackling and serve with the roasted vegetables.

Preheat the oven to 220°C (425°F), Gas mark 7.

Using a sharp knife, score the rind of the pork in a criss-cross pattern at 5mm (¼in) intervals, cutting through the fat but not into the meat itself. (Or ask your butcher to do this for you, if you prefer.) Sprinkle over 1 tablespoon of salt, rubbing it into the lines scored in the fat, then place the pork in a large roasting tin and roast in the oven for 30 minutes. Reduce the temperature to 150°C (300°F), Gas mark 2 and continue to cook for a further 5 hours.

After 5 hours, take the pork out of the oven and turn the temperature back up to 220°C (425°F), Gas mark 7. Pour off the fat into a bowl, leaving any juices in the tin. Place the garlic, squash, leeks and sage leaves around the pork. Then pour over 3 tablespoons of the reserved fat, season with salt and pepper and toss the vegetables together in the tin.

Return to the oven for 40–50 minutes or until the pork rind...
Chicken open-pot roast

The idea of a pot roast is to cook all the ingredients together with the lid on to keep everything moist. In this version the vegetables and chicken are kept moist but, with the lid off, the skin of the chicken is allowed to become crisp and golden.

Preheat the oven to 220°C (425°F), Gas mark 7.

Pour the olive oil into the casserole dish or saucepan on a high heat, then season the chicken pieces with salt and pepper and place, skin side down, in the hot oil. Cook for 4–5 minutes or until a deep golden brown, then turn over, so that the skin side is now on top, and add the potatoes and leeks. Season with salt and pepper and gently stir on the heat for a further 2 minutes, being careful to keep the chicken skin side up.

Pour in the stock and add the sprig of tarragon. Bring to the boil, then place in the oven, uncovered, and cook for about 30 minutes or until the potatoes are tender and the chicken is cooked through. Remove from the oven, stir in the chopped tarragon, along with the lemon juice and mustard, and serve immediately.

Serves 4
Preparation time 5 minutes
Cooking time 35–40 minutes

3 tbsp olive oil
1 chicken, jointed into pieces, or 4 chicken thighs or breasts (with the skin left on)
Salt and freshly ground black pepper
450g (1lb) new potatoes (unpeeled), larger ones halved
2 small leeks or 1 large leek, trimmed and cut into 3cm (1.1in) lengths
250ml (9fl oz) chicken stock
1 sprig of tarragon, plus
1 tbsp chopped tarragon
4 tbsp lemon juice
1 tbsp Dijon mustard

Large, wide casserole dish or ovenproof saucepan
Beef and red wine hot pot

Lancashire hot pot is a dish traditionally made using lamb. This variation replaces the lamb with beef while retaining the crust of sliced potatoes that absorbs the flavours of the rich stew beneath and turns crispy and golden on top. You can prepare in advance and keep covered, in the fridge, for up to 24 hours before cooking.

Preheat the oven to 150°C (300°F), Gas mark 2.

Pour the olive oil into the casserole dish or saucepan on a medium–high heat and, when hot, add the mushrooms. Season with salt and pepper and toss for 2–3 minutes or until lightly golden. Remove the mushrooms from the dish or pan and set aside, leaving any oil behind in the pan.

If there isn’t much oil left in the dish or pan, add another tablespoon. Tip in the onions and garlic, stir over the heat, then season with salt and pepper and cook for 4–5 minutes or until they start to turn golden at the edges.

Add the meat and wine and 2 teaspoons of the thyme leaves. Bring to the boil, then cover with a lid and place in the oven to cook for 1½–1¾ hours or until the meat is just tender.

Take the dish or pan out of the oven and turn up the heat to 230°C (450°F), Gas mark 8. Stir in the fried mushrooms and red wine vinegar, and add the potato slices, arranging them over the beef in the pan (it’s fine if there’s more than one layer). Scatter over the remaining thyme and some salt and pepper, then dot with the butter. Place back in the (now hot) oven and bake for a further 30–40 minutes or until the potatoes are cooked through and beginning to turn golden. Bring to the table and serve.

Serves 6
Preparation time 15 minutes
Cooking time 2–2½ Hours

3 tbsp olive oil
250g (9oz) button mushrooms, halved (or quartered if they are larger)
Salt and freshly ground black pepper
2 small onions, peeled and sliced
4 cloves of garlic, peeled and finely chopped
1.5kg (3lb 5oz) stewing beef, cut into 6cm (2in) chunks
150ml (5fl oz) red wine
3 tsp chopped thyme leaves
1 tbsp red wine vinegar
650g (1lb 7oz) floury potatoes, peeled and cut into 5mm (¼in) thick slices
25g (1oz) butter, diced

Large casserole dish or ovenproof saucepan with a lid
Bacon and Sausage Stew with Beans

This is simply heaven in a casserole dish! It is a hearty meal, and the perfect reward after a long winter walk.

If using dried beans, soak them in cold water for 5–6 hours or overnight, then drain, cover with fresh cold water and simmer for 35–40 minutes until they are cooked through.

Sauté the bacon in 2 tablespoons of olive oil in a flameproof casserole on a medium–high heat for a few minutes until golden. Add the garlic and cook for a few seconds, then add the tomatoes and the stock and simmer for 10 minutes.

Add the cooked, drained beans, then add the cabbage and sliced sausage and cook for a further 4 minutes. Add the chopped herbs, taste and correct the seasoning.

Serves 4
Preparation time x minutes
Cooking time x minutes

75g (3oz) dried black turtle beans (or black-eyed beans)
75g (3oz) borlotti beans or kidney beans
75g (3oz) cannellini beans or haricot beans or 2 x 400g tins of cooked beans, drained
8 rashers smoked bacon (about 300g/11oz), sliced into lardons
2 tbsp olive oil
4 cloves of garlic, peeled and chopped
2 x 400g tins of chopped tomatoes or 800g (1lb 12oz) fresh tomatoes
1.2 litres (2 pints) chicken stock
225g (8oz) cabbage (preferably green, such as Savoy), thinly sliced
300g (11oz) smoked sausage, sliced into 5mm (¼in) thick pieces
2 tsp chopped fresh thyme
1 tbsp chopped fresh parsley
Salt and freshly ground black pepper

Slow-roast shoulder of pork

It’s true that this joint takes quite a while to cook, yet it really is fuss-free – the pork requires no attention as it slowly cooks in the oven. The long, slow roasting transforms this otherwise quite tough cut into a divine piece of meat. When pork is this tender, you don’t need to carve it into slices, and nor would you be able to. Rather just pull off succulent shreds of the meat and pieces of crispy crackling and serve with the roasted vegetables.

Preheat the oven to 220°C (425°F), Gas mark 7.

Using a sharp knife, score the rind of the pork in a criss-cross pattern at 5mm (¼in) intervals, cutting through the fat but not into the meat itself. (Or ask your butcher to do this for you, if you prefer.) Sprinkle over 1 tablespoon of salt, rubbing it into the lines scored in the fat, then place the pork in a large roasting tin and roast in the oven for 30 minutes. Reduce the temperature to 150°C (300°F), Gas mark 2 and continue to cook for a further 5 hours.

After 5 hours, take the pork out of the oven and turn the temperature back up to 220°C (425°F), Gas mark 7. Pour off the fat into a bowl, leaving any juices in the tin. Place the garlic, squash, leeks and sage leaves around the pork. Then pour over 3 tablespoons of the reserved fat, season with salt and pepper and toss the vegetables together in the tin.

Return to the oven for 40–50 minutes or until the pork rind

Serves 6–8
Preparation time 10 minutes
Cooking time 6 hours 20 minutes

1 x 3–4kg (6.–8.lb) pork shoulder on the bone
Salt and freshly ground black pepper
1 bulb of garlic, broken up into cloves (unpeeled)
1 butternut squash (about 900g/2lb) (unpeeled), deseeded and cut into 2–3cm (¾–1¼in) cubes
4 trimmed leeks (about 375g/13oz in total), cut into 2cm (¾in) thick slices
Small handful of sage Leaves
Bacon and Sausage Stew with Beans

This is simply heaven in a casserole dish! It is a hearty meal, and the perfect reward after a long winter walk.

If using dried beans, soak them in cold water for 5–6 hours or overnight, then drain, cover with fresh cold water and simmer for 35–40 minutes until they are cooked through.

Sauté the bacon in 2 tablespoons of olive oil in a flameproof casserole on a medium–high heat for a few minutes until golden. Add the garlic and cook for a few seconds, then add the tomatoes and the stock and simmer for 10 minutes.

Add the cooked, drained beans, then add the cabbage and sliced sausage and cook for a further 4 minutes. Add the chopped herbs, taste and correct the seasoning.

Serves 4
Preparation time x minutes
Cooking time xx–xx minutes

75g (3oz) dried black turtle beans (or black-eyed beans)
75g (3oz) borlotti beans or kidney beans
75g (3oz) cannellini beans or haricot beans or 2 x 400g tins of cooked beans, drained
8 rashers smoked bacon (about 300g/11oz), sliced into lardons
2 tbsp olive oil
4 cloves of garlic, peeled and chopped
2 x 400g tins of chopped tomatoes or 800g (1lb 12oz) fresh tomatoes
1.2 litres (2 pints) chicken stock
225g (8oz) cabbage (preferably green, such as Savoy), thinly sliced
300g (11oz) smoked sausage, sliced into 5mm (¼in) thick pieces
2 tsp chopped fresh thyme
1 tsp chopped fresh parsley
Salt and freshly ground black pepper
Ivan Allen’s Dressed Crab

Ivan Allen was Isaac's grandfather and this is his recipe. I remember him coming into the kitchens at Ballymaloe and checking the dressed crab to ensure it was just right. Try to find whole crabs so that you can use both the white and flavourful brown meat. I've given instructions for cooking a crab from scratch, but if you can’t get hold of a whole crab, you can use ready-cooked frozen crab meat instead. Try serving with a good-quality tomato relish.

**How to cook a crab**

First place the crab in the freezer for a couple of hours so that it is unconscious before boiling. To cook a crab, place it in a large saucepan, cover with warm water, add 1 tablespoon of salt for every 1.2 litres (2 pints) of water and bring to the boil. Simmer on a medium heat for 20 minutes per 450g (1lb) and then pour off about two-thirds of the water, cover with a lid and continue to cook for a further 6 minutes. To check to see if the crab is cooked, gently shake it quite close to your ear and you shouldn’t hear liquid splashing around. Remove the crab and allow to cool.

First remove the large claws and crack these (using a heavy weight or nut crackers), then extract every bit of meat using the handle of a teaspoon. Retain the shell if making dressed crab (see overleaf), otherwise discard. Turn the body of the crab upside down and pull out the centre portion. Discard the gills, known as ‘dead man’s fingers’, each about 4cm (1½ in) long. Scoop out all the lovely brown meat and add it to the white meat from the claws. The meat can be used immediately or frozen for future use.

**Rachel’s handy tip**

450g (1lb) of cooked crab in the shell yields approximately 175–225g (6–8oz) crab meat.

**How to dress a crab**

Preheat the oven to 180°C (350°F), Gas mark 4. If using the crab shells, scrub them clean, dry well and arrange upside down on a baking tray. Alternatively, place the ramekins or small dishes on the tray.

In a large bowl, mix together the crab meat, breadcrumbs, white sauce, chutney or relish, vinegar, mustard and 25g (1oz) of the melted butter and season to taste with salt and pepper. Spoon the mixture into the crab shells or ramekins. In a separate bowl, toss together the breadcrumbs with the remaining butter and sprinkle over the crab mixture.

Bake in the oven for 15–20 minutes until heated through and browned on top. Briefly place under a preheated grill, if necessary, to crisp up the crumbs.

**Serves 6**

**Preparation time xx minutes**

**Cooking time xx minutes**

- 425g (15oz) brown and white meat from 2–3 cooked fresh crabs, reserving the crab shells
- 100g (3½ oz) soft white breadcrumbs
- 150ml (5fl oz) white sauce (see page 120?)
- 2 tbsp tomato chutney or tomato relish
- 2 tsp white wine vinegar
- 1 tsp Dijon mustard or a generous pinch of dry mustard powder
- 75g (3oz) butter, melted
- Salt and freshly ground black pepper
- 100g (3½ oz) white breadcrumbs

FOR THE TOMATO & BASIL SALAD

- 8 vine-ripened tomatoes (using one variety or a mixture)
- Pinch of caster sugar
- Good squeeze of lemon, juice
- 2–3 tbsp extra-virgin olive oil
- Small handful of basil leaves, larger leaves torn

Two or three crab shells or six 250ml (8fl oz) ramekins or small dishes
Chicken, parsnip and potato bake

Serves 4
Preparation time 10 minutes
Cooking time 45 minutes–1 hour

4 chicken drumsticks or thighs (with the skin left on)
2 red onions, peeled and cut through the root into 6 wedges
4 small floury potatoes, peeled and cut into 2–3cm (¾–1½in) cubes
2 parsnips, peeled (and remove the woody core if the parsnips are particularly large) and cut into 4cm (1½in) pieces
12 cloves of garlic (unpeeled)
100ml (3½fl oz) olive oil
Salt and freshly ground black pepper

Chicken thighs and drumsticks are so easy to cook. Mixed with onion and root vegetables and tossed in a little oil, they will be moist and juicy after baking in the oven, with a gorgeous golden skin. The garlic cloves are left unpeeled, their cooked flesh becoming a sweet and sticky paste that demands to be squeezed out and spread all over the crispy chicken.

Preheat the oven to 220°C (425°F), Gas mark 7.

In a large bowl, mix together all the ingredients and season with salt and pepper.

Spread out on a baking tray, season the chicken pieces with a little extra salt and pepper and place in the oven. Bake in the oven for 45 minutes to 1 hour or until the chicken is cooked through and the vegetables are golden and crispy.