

# Ballymaloe Cookery School

## Ballymaloe Cookery School

### **Easter Fun for the Kids** with **Darina Allen**

*Tuesday, 30<sup>th</sup> March 2021*  
*11am – 12.30pm*

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#### **Before You Start:**

If you would like to Cookalong, please have all ingredients ready in your kitchen.

Please try to have the important ingredients weighed out in separate bowls if possible, ready to be used.

Please DO NOT pre chop your vegetables we will be doing that during the class.

## **Quesadillas with Tomato Salsa and Guacamole**

Quesadillas are one of the favourite snacks in Mexico. On Sundays in Oaxaca there are little stalls on the streets and squares with women making and selling these delicious stuffed tortillas, they flavoured them with an aromatic leaf called Hoja Santa and shredded chicken and fiery tomato sauce.

Serves 4

8 corn tortillas or 4 wheat flour tortillas

4-8oz (110-225g) mild Cheddar cheese, grated or a mixture of Cheddar and Mozzarella

1 onion or 4 scallions

2 green chillies, cut in strips (optional)

### **Accompaniments**

Guacamole (see recipe)

Tomato and Coriander Salsa (see recipe)

Heat an iron pan or griddle.

There are two ways of making quesadillas, one resembles a sandwich, the other a turnover.

To make the former, lay a tortilla on the hot pan, put about 1oz (25g) of cheese on top, keeping it a little from the edge, sprinkle a few onion rings and some strips of chilli on top. Cover with another tortilla. Cook for a minute or two, then carefully turn over.

Serve just as it is or cut into quarters with tomato and coriander salsa and guacamole and perhaps frijoles refritos (refried beans – see recipe).

For the second version, make the quesadillas into turnovers, lay a tortilla on the worktop, put a little filling onto one half, again keeping it in slightly from the edges, fold over and press gently to seal.

Cook for 3 or 4 minutes on a preheated pan or griddle, it should be medium heat, otherwise the outside will burn before the inside is cooked, then stand it up right so that the fold is also cooked. Serve as soon as possible with Tomato Salsa.

## Tomato and Coriander Salsa

Serves 4-6

**In Season:** Best in Summer and early Autumn when tomatoes are ripe and juicy.

This sauce is ever present on Mexican tables to serve with all manner of dishes. Salsa's of all kinds both fresh and cooked have now become a favourite accompaniment to everything from pan-grilled meat to a piece of sizzling fish.

4 very ripe tomatoes, chopped  
1 tablespoon (1 American tablespoon + 1 teaspoon) red or white onion, chopped  
1 clove garlic, crushed  
1/2-1 chilli, deseeded and finely chopped Jalapeno or Serrano  
1-2 tablespoons (1-2 American tablespoons + 1-2 teaspoons) chopped fresh coriander  
squeeze of fresh lime juice  
Salt, freshly ground pepper and sugar

Mix all the ingredients together. Season with salt, freshly ground pepper and sugar.  
Taste and adjust the seasoning if necessary.

## Guacamole

The avocado must be really ripe for guacamole

1 ripe avocado (Hass if available)

1-2 tablespoons (1- 2 American tablespoons + 1-2 teaspoons) freshly squeezed lime

1 tablespoon (1 American tablespoon + 1 teaspoon) olive oil

1 tablespoon (1 American tablespoon + 1 teaspoon) freshly chopped coriander or flat parsley

Sea salt and freshly ground pepper

Scoop out the flesh from the avocado. Mash with a fork or in a pestle and mortar, add lime juice, olive oil, chopped coriander, salt and freshly ground pepper to taste. Serve immediately. Otherwise, cover the surface of the guacamole with a sheet of plastic to exclude the air. Cover and keep cool until needed.

A little finely diced chilli or tomato may be added to the guacamole.

## Foldies

Foldies are a riff on quesadillas, a hybrid of tacos and quesadillas. A fun thing to do with your tortilla.

Choose 2 or 3 complimentary fillings as well as some melty cheese and hot sauce.

Maybe herby sautéed mushrooms. The foldies can have three or four fillings. It's difficult to explain on paper but easy to figure out when you are doing it.

1 wheat tortilla per person

A handful of mixed grated Mozzarella, Gruyère/Parmesan and other fillings of your choice

### Could be:

Tomato Fondue add some cooked chicken or ham

Tomato and Chilli Jam, Pesto or Hot Sauce of your choice

Sautéed herby mushrooms with chopped chives or scallions

Heat a cast-iron pan on a low to medium heat.

Gather all the fillings.

Whisk an egg, pour onto a plate. Season with salt and freshly ground pepper.

Lay a tortilla on top, cut from 6 o'clock into the centre.

Spread a layer of chosen filling in a triangle between 9 and 12 o'clock.

Fold the 6-9 triangle over the filling. Spread a little hot sauce or pesto on top. Spread another layer of filling between 12 and 3. Fold over again allowing a little folding space between that and the next triangle. Finally, a layer of mixed grated cheese between 3-6.

Fold the tortilla over to make a triangle. Press gently. Add a little olive oil to the pan. Lift the fan shaped foldie onto the hot pan. Cook for 3 minutes on one side, flip over carefully and cook on the other side until crisp and golden and the cheese is melting.

Transfer carefully onto a piece of parchment paper on a plate.

Enjoy with a dollop of Guacamole or slices of avocado and tomato salsa or whatever you fancy.

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## Tomato Fondue

Tomato fondue is one of our great convertibles, it has a number of uses, we serve it as a vegetable or a sauce for pasta, filling for omelettes, topping for pizza.

Serves 6 approximately

2 tablespoons (2 American tablespoon + 2 teaspoon) extra virgin olive oil  
110g (4oz/ scant 1 cup) sliced onions  
1 clove of garlic, crushed  
900g (2lbs) very ripe tomatoes in Summer, **or** 2 tins (x 14oz) of tomatoes in Winter, but peel before using  
salt, freshly ground pepper and sugar to taste  
1 tablespoon (1 American tablespoon + 1 teaspoon) of any of the following;  
freshly chopped mint, thyme, parsley, lemon balm, marjoram or torn basil

Heat the oil in a stainless steel sauté pan or casserole. Add the sliced onions and garlic toss until coated, cover and sweat on a gentle heat until soft but not coloured – about 10 minutes. It is vital for the success of this dish that the onions are completely soft before the tomatoes are added. Slice the peeled fresh tomatoes or chopped tinned tomatoes and add with all the juice to the onions. Season with salt, freshly ground pepper and sugar (tinned tomatoes need lots of sugar because of their high acidity). Add a generous sprinkling of herbs. Cover and cook for just 10-20 minutes more, or until the tomato softens, uncover and reduce a little. Cook fresh tomatoes for a shorter time to preserve the lively fresh flavour. It should be quite thick for foldies so reduce with lid off until the tomato fondue reduces to the desired consistency.

Tinned tomatoes need to be cooked for longer depending on whether one wants to use the fondue as a vegetable, sauce or filling.

**Note:** A few drops of Balsamic vinegar at the end of cooking greatly enhances the flavour.

## **Chicken Wings with Sweet Chilli Sauce**

Icky sticky and delicious!

chicken wings  
sweet chilli sauce  
soy sauce  
toasted sesame seeds  
fresh coriander leaves

Preheat the oven to 180°C/350F°/Gas Mark 4

A roasting tin large enough to fit the wings snugly in a single layer.

Put the chicken wings into a bowl. Drizzle with sweet chilli sauce. Spread in a single layer on a baking sheet. Cook for 25 minutes. Add more sweet chilli sauce and a generous dash of soy sauce, toss again. Cook for a further 5-10 minutes, depending on size. Sprinkle with toasted sesame seeds and lots of fresh coriander and serve.

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## **Easter Egg Nests**

### **Makes 24**

4ozs (110g) Rice krispies or cornflakes

6ozs (175g) Chocolate

72 mini eggs

cup cake papers or ring moulds

Put the chocolate in a pyrex bowl over a saucepan of hot water. Bring just to the boil, Turn off the heat immediately and allow to melt in the bowl. Stir in the rice krispies or cornflakes.

Spoon into cup cake cases. Flatten a little and make a well in the centre. Fill with three speckled chocolate mini eggs. Allow to set.

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## Easter Bunny Crumpets

Makes 12

110g (4ozs/1 cup) self-raising flour  
1 teaspoon baking powder  
25g (1oz/1/8 cup) caster sugar  
pinch of salt  
1 egg  
110ml (4fl ozs/1/2 cup) milk  
drop of sunflower oil, for greasing

**Melted chocolate or some good quality chocolate drops/buttons to use for the eyes**

Sift the flour and baking powder into a bowl, add the sugar and salt and stir to mix. Make a well in the centre, crack in the egg and whisk, gradually drawing in the flour from the edge. Add the milk gradually, whisking all the time, to form a smooth batter.

Lightly grease a frying pan and warm it over a moderate heat. Drop 3 tablespoons (3 American tablespoons + 3 teaspoons) of the batter into the pan, keep well apart so they don't stick together. Cook for about 2 minutes or until bubbles appear on the surface and begin to burst and the drop scones are golden underneath, then flip them over and cook on the other side for a minute or until golden on this side as well.

Using a dessertspoon, drop a blob of batter onto the pan, then add ears. Keep cool on a wire rack and decorate with chocolate icing, add two eyes, a nose and two bunny teeth.

Alternatively serve warm with butter and jam, apple jelly or lemon curd or a sprinkle of crunchy sugar.

## Shopping List

### Dairy

110-225g cheddar cheese or mixture of cheddar and mozzarella

1 egg

110ml milk

### Meat

Chicken wings

### Fruit and Vegetables

2 green chillies

1 red chilli

2 onion

4 scallions

4 ripe tomatoes

1 ripe avocado

Coriander

Lime

Garlic

Parsley/basil

### Dry Store

8 corn tortillas or 4 wheat tortillas

Olive Oil

Sweet Chili Sauce

Soya sauce

Sesame seeds (optional)

2 tins of tomatoes

Rice Crispies or cornflakes

Mini Chocolate Eggs

6oz chocolate

Good quality tiny chocolate drops/buttons

110g Self-raising flour

Sunflower oil (for greasing)

Baking powder

Salt

Pepper

Caster Sugar

### **Equipment List**

Sharpe knife

Chopping board

Frying pan/ cast iron pan

Cheese Grater

Fork, spoons

Bowls

Pyrex bowl

Serving plate

Casserole pot

sauce pan

Roasting tin

Baking sheet

Cupcake papers

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# Ballymaloe Cookery School Online

Ballymaloe Cookery School Online is a new and exciting way people can access cookery demonstrations and cookalongs virtually, on a weekly basis, with Rachel Allen, Darina Allen and Rory O'Connell.

As a member of **Ballymaloe Cookery School Online** you can enjoy new recipe highlights from Darina, Rachel and Rory, live interviews with some of the world's favourite chefs, as well as foraging trips across land or sea, fermentation workshops, gardening workshops with our knowledgeable and experienced gardeners and cookery demonstrations from guest chefs that we love.

You can join on a yearly or monthly basis or join us for a one off event.

## Ballymaloe Cookery School Online Subscriptions

Yearly	€500
Monthly	€100

## Upcoming Online Events

Cookery Demonstration with Rory O'Connell	Thu 8th April 2021	1.0 Day	€50
<a href="#">Cookalong with Rachel Allen</a>	Tue 13th April 2021	1.0 Day	€60
Homemade Butter, Yoghurt and Several Cheeses	Wed 28th April 2021	0.5 Day	€55

If you don't want to subscribe, you can join us for just a demo.

Check out [www.ballymaloecookeryschool.online](http://www.ballymaloecookeryschool.online) to find out more.  
To get 20% off a yearly subscription, get in touch via [rebeccac@cookingisfun.ie](mailto:rebeccac@cookingisfun.ie) and quote #CookwithDarina. Offer available until 16<sup>th</sup> April 2021

## Virtual Cooking Groups

If you have a work group you'd like to get together or perhaps you'd like to organise a family gathering with members living all over the world we can organise a bespoke online cookery demonstration or cookalong for you. It's such a fun and delicious way to get together, apart. Enquiries: [rebeccac@cookingisfun.ie](mailto:rebeccac@cookingisfun.ie)

In the hope that things will return to some sort of normal this autumn we have scheduled a number of courses that we will run at Ballymaloe Cookery School, subject to Covid 19 restrictions lifting.

## Upcoming Courses at Ballymaloe Cookery School

Keep them Healthy - Back to School Ideas	Sat 11th September 2021	0.5 Day	€95
Just Cook It - October	Fri 8th October 2021	0.5 Day	€195
One Pot Wonders	Sat 16th October 2021	1.0 Day	€275
Italian Winter Ideas	Fri 22nd October 2021	0.5 Day	€115
Just Cook It - November	Fri 5th November 2021	0.5 Day	€195
Warming Winter Soups and Stews	Tue 16th November 2021	0.5 Day	€115
Just Cook It - Christmas	Fri 3rd December 2021	0.5 Day	€195

To find out more, please visit [www.cookingisfun.ie](http://www.cookingisfun.ie)  
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