

SUMMER 2021

# DELICIOUS

Take your menu to the next level with our delicious recipes.



*A slice of summer with  
a tasty garden quiche  
and statement salads...*



Fresh ideas, easily prepped  
in advance for a speedy  
take-out service.

  
**BALLYMALOE**  
AN IRISH FAMILY FOOD COMPANY  
FOODSERVICE

# Welcome to a Scrumptious Summer!



We aren't exactly where we thought we'd be at this stage of the year but, hopefully, there are better days ahead once we get through the next couple of months.

As summer comes ever closer, Ballymaloe Foods' Development Chef, Tracie, has come up with some interesting and tasty creations that are perfect for preparing ahead of time and heating on demand. These recipes work equally well for outdoor dining and as take-aways, and feature seasonal Irish vegetables and salads where possible.

## Tracie's Top Tips for Summer 2021 are:

- 1. Be more margin aware!** Be sure to accurately price each component on your menu and know exactly what each recipe costs to produce. From there you can set a price point that works for your business.
- 2. Pick local producers** and shout about them in your menu description, especially during the summer season when there's so much local produce to choose from.

**3. Prepare what you can in advance** – if simpler dishes can be assembled and finished at the counter, then all the better to expedite service. Keep condiments in squeeze bottles at your counter for adding the finishing touch to your dishes.

**4. Keep one finished portion on display** to help increase sales – use social media to your advantage to showcase your delicious menu to your local followers.

We hope you're inspired by our creations – please take the time to share your own creations, featuring our products, on social media too.

Please don't hesitate to contact us if you'd like further information on any of the recipes in this booklet – simply email [donnacha@ballymaloefoods.ie](mailto:donnacha@ballymaloefoods.ie) with any questions.

Here's to a successful summer season - let's hope it's a busy one for everyone in our industry!

*The Ballymaloe Foods Team*





Vegetarian



# Smashed Sweet Potato Warm Salad

## INGREDIENTS:

- Sweet potatoes
- Avocado
- Baby potatoes
- Olive oil
- Smoked paprika
- Cayenne pepper
- Sea salt
- Freshly cracked black pepper

## Bulgur Salad

- 100g bulgur wheat (cooked in boiling water)
- Sea salt
- Pumpkin seeds
- Pomegranate, seeded
- Spring onions
- Olive oil

## Dressing

- Natural live yoghurt
- Grated garlic
- Ballymaloe Fiery Relish
- Sea salt

## Optional extra toppings

- Roast chicken
- Feta
- Grilled halloumi
- Sweet chilli baked salmon
- Crispy bacon
- Pulled ham hock
- Roast pork



Made using:  
Ballymaloe Fiery Relish, 1.2kg





# Irish Ham Hock Pancake Stack

## INGREDIENTS:

- Pulled ham hock
- Pancakes
- Smoked Irish Cheddar
- Ballymaloe Original Relish
- Poached egg (optional)

## Pancakes

- Self-raising flour
- Baking powder
- Salt
- Free-range egg
- Milk

### Made using:

#### Ballymaloe Original Relish

5kg, 3kg, 1.35kg, 35g mini jar and 27g dip pots.



FOODSERVICE



Vegetarian

# Green Garden Quiche



## INGREDIENTS:

### Shortcrust Pastry

- Plain white flour
- Butter
- 1 egg
- Water

### Filling

- Broccoli
- Peas
- Green beans
- 3 eggs
- Cream
- Vintage Irish Cheddar

**Ballymaloe Pepper Relish to serve**

**Serves 6 (based on a 9", low-sided tart tin)**



*Made using:*

**Ballymaloe Pepper Relish,**  
2.75kg, 1.3kg and 35g mini jar.





Gluten Free



Vegetarian

# Vegetarian Vietnamese Spring Rolls

## INGREDIENTS:

### Vegetable Filling

- Red peppers
- Spring onions
- Cucumber
- Carrot
- Broccolini / broccoli
- Green beans

All julienned

### Dressing

- Honey
- Rice wine vinegar
- Sea salt
- Freshly cracked black pepper

### Rice paper wrappers

- Rice vermicelli
- Lettuce leaves
- Mint leaves

### Dipping sauce

- Light Soy Sauce
- Ballymaloe Fiery Relish
- Honey



Made using:

Ballymaloe Fiery Relish, 1.2kg

  
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VG

Vegan



## Stuffed Roasted Peppers

### INGREDIENTS:

- Red peppers
- Lentils
- Olive oil
- Courgette
- Aubergine
- Garlic
- Celery
- Ballymaloe Pepper Relish
- Ballymaloe Fiery Relish
- Fresh basil leaves
- Sea salt
- Freshly cracked black pepper



Made using:

Ballymaloe Pepper Relish, 2.75kg, 1.3kg, 35g mini jar and Ballymaloe Fiery Relish, 1.2kg.

  
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## Irish Spring Onion Potato Cakes

### INGREDIENTS:

- Spring onions
- Cooked potato
- 1 egg, beaten
- 4 eggs
- Plain white flour
- Sea salt
- Freshly cracked black pepper
- Chunky breadcrumbs
- Garlic
- Streaky rashers, cut into lardons
- Olive oil

### Sauce

- Ballymaloe Mayo
- Ballymaloe Fiery Relish
- Sea salt
- Freshly cracked black pepper



Made using:

Made with Ballymaloe Mayo, 2.8ltr, 35g mini jar and Ballymaloe Fiery Relish, 1.2kg

  
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GF

Gluten Free

# Halloumi Tacos

## INGREDIENTS:

- 2 cups masa flour
- 1½ cups warm water
- Splash of oil
- Pinch of salt
  
- Halloumi
- 1 garlic clove (chopped)
- Splash of rapeseed oil
- ½ tsp chilli flakes
- ½ tsp oregano
- 2-3 tbsps Ballymaloe Pepper Relish

## To garnish

- Ballymaloe Pepper Relish
- Rocket
- Avocado
- Spring onion
- Red onion
- Toasted pine nuts
- Fresh chilli
- Honey



Made using:  
**Ballymaloe Pepper Relish,**  
2.75kg, 1.3kg and 35g mini jar.

  
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For Foodservice Sales and queries, please contact Donnacha Ryan  
E: [donnacha@ballymaloefoods.ie](mailto:donnacha@ballymaloefoods.ie) Tel: +353 (0)86 602 6969

Ballymaloe Foods, Little Island, Co. Cork, T45 PR68, Ireland.  
[www.ballymaloefoods.ie](http://www.ballymaloefoods.ie)

