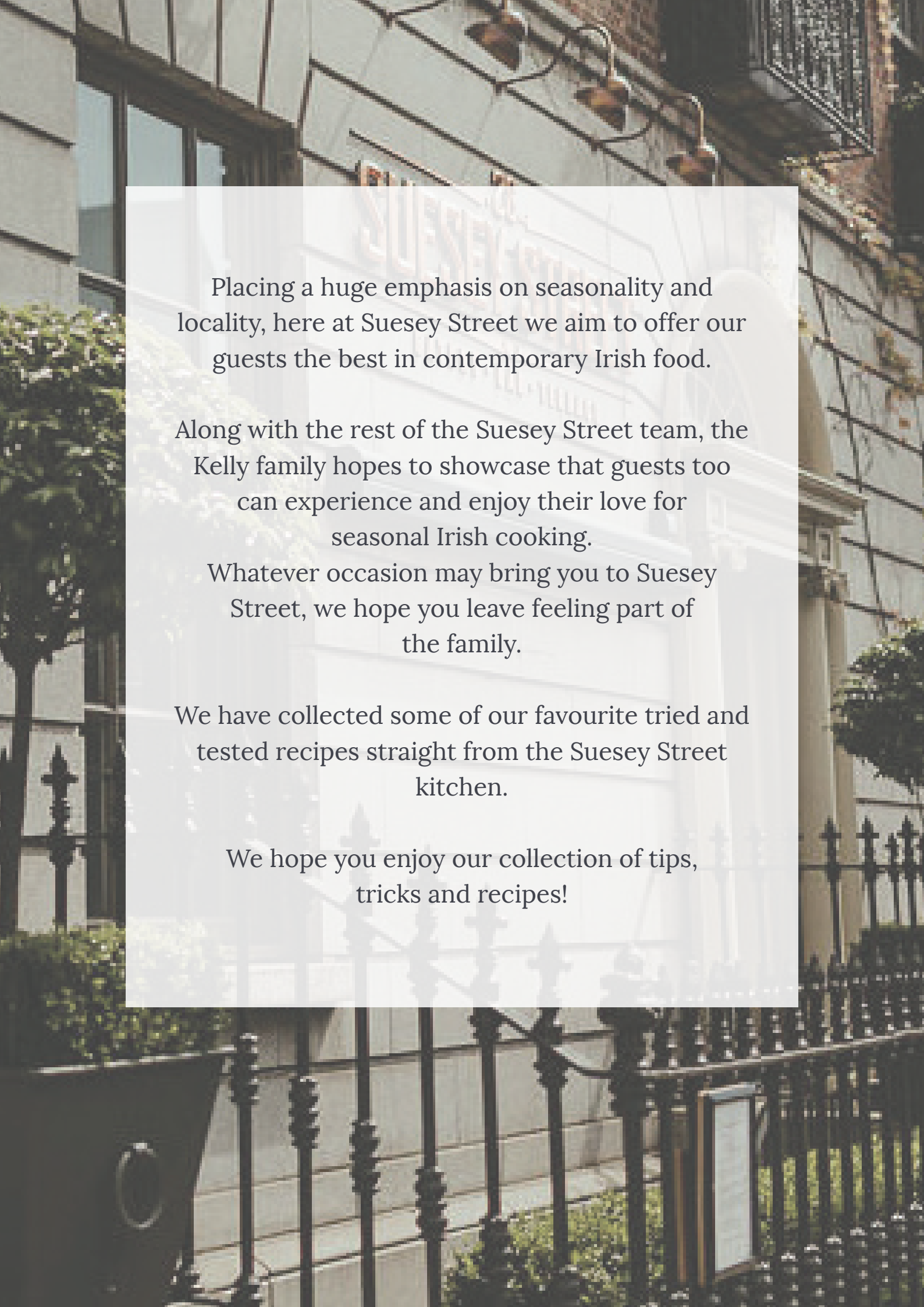


FROM OUR KITCHEN TO YOURS

SUESEY STREET







Placing a huge emphasis on seasonality and locality, here at Suesey Street we aim to offer our guests the best in contemporary Irish food.

Along with the rest of the Suesey Street team, the Kelly family hopes to showcase that guests too can experience and enjoy their love for seasonal Irish cooking.

Whatever occasion may bring you to Suesey Street, we hope you leave feeling part of the family.

We have collected some of our favourite tried and tested recipes straight from the Suesey Street kitchen.

We hope you enjoy our collection of tips, tricks and recipes!



OUR TRUSTED LOCAL SUPPLIERS

At Suesey Street, our love for contemporary Irish cooking is nurtured through the use of local Irish suppliers and producers that Head Chef Denis Lasenko and the Kelly family are proud to support. We recommend choosing a local butcher to purchase your meats from and taking a trip to your local fishmonger for the freshest catch! Let's support local as much as we can!

MCLOUGHLIN'S BUTCHERS - LAMB & BEEF

M&K MEATS - PORK

WILD IRISH GAME - VENISON



OUR TEAM

We are so proud of our team here at Suesey Street who bring you the finest Irish food with outstanding service.



JOHN
GENERAL MANAGER



MARK
SALES & EVENTS MANAGER



DENIS
HEAD CHEF



KAREL
RESTAURANT MANAGER



YOUR ESSENTIAL UTENSILS

Electric Mixer
Weighing Scales
Food Processor/ Blender
Assorted Size Saucepans
Frying Pan
Pie Dish
Gratin Dish
Ramekins
Spring Form Baking Tin
Tart Ring
Round Casserole Dish
Serving Ring
Sheet Pan/ Baking Sheet
Tin Foil
Cling Film

Loaf Tin
Wire Rack
Good Set of Knives
Chopping Boards
Various Sized Bowls
Fish Slice
Whisk
Grater
Sieve
Toothpick/ Baking Skewer
Spatula
Rolling Pin
Wooden Spoon
Piping Bag & Nozzles.
Parchment Paper

WHAT'S IN SEASON?

It's so important, more than ever to shop local, so we've picked a few star products to get you started! Enjoy the best of seasonal and local fruit and vegetables all year round!



Carrots
JANUARY - MARCH



Rhubarb
APRIL ONWARDS



Raspberries
JULY - SEPTEMBER



Celeriac
OCTOBER - DECEMBER



**OVEN ROASTED PRAWNS
WITH GARLIC BUTTER**





INGREDIENTS:

- 100g Unsalted Butter, At Room Temperature
- 10g Roasted Garlic Purée
- 1g Garlic, Peeled, Grated On A Rasp Grater
- 10g Italian Parsley, Chopped
- 20ml Fresh Lemon Juice
- Lemon Zest Of 1 Lemon
- 10g Kosher Salt

METHOD:

First preheat the oven at 160°C. Seal the garlic (don't peel it) in tin foil, wrapped en papillote (or like a packet), and place it on a sheet pan. Roast for 45 minutes at 160-180 C until the garlic cloves are a deep golden brown and soft. Remove the foil packet from the oven, unseal it, and allow the garlic to rest until it is cool enough to handle. Grasp the garlic head from the root end to squeeze out the cloves from their skins onto a bowl and let cool down. Place the tempered butter in a bowl and stir with a rubber spatula until smooth. Add the remaining ingredients and stir to combine.

TO BAKE PRAWNS:

- 6 Prawns
- Garlic Butter
- Crack Black pepper
- 50g Grana Padano Parmesan
- Chopped Herbs For Garnish

Preheat the broiler. Coat the bottom of a gratin dish with a very thin layer of oil and dust with breadcrumbs (optional). Place the prawns into a gratin dish, add 2 spoonfuls of garlic butter, season with black pepper and Grana Padano grated Parmesan. Preheat the oven to 180°C. Bake Prawns 3-5 min and garnish with chopped herbs before serving. It's nice to serve with homemade bread.

Seafood like prawns are low in calories and have high levels of Zinc which are very important for the immune system.



**OUR SIGNATURE
RATATUILLE**





INGREDIENTS:

- 2 Courgettes
- 2 Yellow peppers
- 2 Red Peppers
- 2 Onions
- 1 Leek (optional)
- 20g Parsley
- 20g Rocket (optional)
- 20g Basil
- 1g Dry Oregano (optional)
- 1g Dry/Fresh Rosemary
- 1g Dry/ Fresh Thyme
- 25g Garlic
- 50g Olive Oil
- Salt/Black Pepper to Taste
- Brown Sugar 50g (best to use Muscovado brown sugar if you can)

METHOD:

You can use any tinned tomatoes but if you can we recommend using fresh ones. The best to choose are plum sweet tomatoes. To make the sauce, bring a pot of water to a vigorous boil.

Prepare a large pot of ice water and set it on the counter nearby. Score the bottom of each tomato with an X, you're aiming to pierce just the skin, so don't cut too deeply. Drop each tomato into the boiling water for about 45 seconds and then transfer immediately to the ice water to halt cooking.

NOTE: Blanching time may vary a little depending on tomato size. Look for the skin splitting along the length of the tomato, then remove it, this will make peeling easier. When it's done right the skin of the tomato will start to curl. Remove the tomatoes from their ice bath, and peel and discard the skins.

Use a knife to slice tomatoes into evenly shaped pieces. If you are using tinned tomatoes, you can skip this step.

Ingredients for Ratatouille

300g Regular Onion
300g Tomatoes
300g Yellow/Green/Red Bell Peppers
300g Courgette Green/Yellow (optional - half & half)
300g White Onion
300g Aubergine

Slice all vegetables as thinly as possible. To build it up, pour the sauce evenly into a round casserole dish and spread it lightly around. Imagine you are saucing a pizza base, then stop when your pizza looks properly sauced. Arrange your vegetable slices in a pattern on top of the sauce. For example, start with yellow courgette, then add green courgette, then aubergine, then tomato, and repeat. The top edges of your slices should all be at about the same height. Once you have a stack of slices, arrange them in a tight row along the outside of the casserole dish, and continue working inward, ring by ring, until the pan is full. Be sure not to press veggies too deeply into your sauce.

To Bake: Preheat your oven to 170°C. Sprinkle ratatouille generously with salt, and season with more olive oil and fresh herbs if desired. Place the lid on top, if your dish doesn't have one you can use a parchment paper cutout on top instead. Transfer it to the oven and cook for about 90 minutes. Check every 10 -15 mins to make sure the liquid is reducing. If your ratatouille starts to look too much like a stew, remove the lid or cartouche and continue cooking uncovered. Once it's fully cooked let it cool for a few minutes before serving. To serve on the plate use a serving ring, if you don't have one you can improvise with what's in your kitchen, a round scone cutter can double up as a serving ring if it's large enough.

This ratatouille is packed with nutritious vegetables and you'll have some bonus sauce too if you follow the quantities we listed, so you're really getting two meals for one when you try this recipe. We hope you try it and enjoy it as much as we do.

Courgettes provide useful amounts of immune system-boosting vitamin C, and significant levels of potassium, which is key to controlling blood pressure.



THE MIGHTY AUBERGINE

One portion of aubergine can provide at least 5% of a person's daily requirement of fiber, copper, manganese, B-6, and thiamine.



**BAKED WHITE FISH
FILLET IN PAPILOT**





INGREDIENTS:

- 1 Whole Fillet Sole
- Flaky Sea Salt/ Maldon or Normal Salt
- 5 Paper-Thin Slices of Lemon, Preferably Organic & Seeds Removed
- 6 Cherry or Grape Tomatoes - Halved
- 1 Shallot (very finely chopped)
- 50g Small Black Italian Olives - Pitted
- 5g Capers- Rinsed
- 1 tbsp Minced Flat-Leaf Parsley
- Extra-Virgin Olive Oil
- 1 Whole Egg - Lightly Beaten

METHOD:

Heat the oven to 180°C. Season the sole.

On a cutting board, cut the sole fillet in half crosswise. Season the flesh-side of the fillet with salt, then stack the smaller half on top of the large half.

To create and fill the paper packets, line a rimmed baking sheet with parchment paper and place the stacked fillets in the centre. Arrange the lemon slices evenly over the fillet, then scatter the tomato halves, olives, capers, shallots, and parsley over the fish. Drizzle everything with some olive oil. To seal the paper packets, brush the edge of the parchment paper lightly with the egg wash, then place another sheet of parchment paper over the fish so that it lines up with the first sheet. Starting at one corner, fold the edge of the sheets of paper up and over a few times to form a folded barrier, then continue moving along the edge and folding in the same way until the fish is fully encapsulated.

Place the baking sheet in the oven, and bake until the fish is cooked through, about 25-30 mins. Remove the baking sheet from the oven, and use scissors to carefully cut a slit in the top. Peel back the paper (be careful with steam). Using a metal spatula, transfer the fillets to a plate. Spoon the sauce left in the bag over the fish to serve.

Cherry tomatoes are some of the best sources of lycopene. Lycopene is linked to reducing risk of specific types of cancer, including prostate, lung and stomach cancer.



**DARKO'S DECADENT
BANANA BREAD**



INGREDIENTS:

- 125g Butter (room temp)
- 100g Brown sugar
- 1 tbsp Vanilla Extracts
- Add 2 Eggs
- 100g Honey
- 225g Flour
- 500g Banana
- Baking Powder
- 200g Any Nuts (chopped)
- 200g Chocolate (chopped)



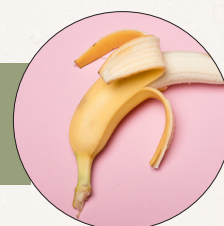
METHOD:

Pre-heat your oven to 160°C and line a loaf tin. Add the room temperature butter, sugar and vanilla extract together in a large bowl and mix until light and creamy. Take your time with this, it's important that you get a light colour in this step. Add the eggs, flour, honey, banana, baking powder and cinnamon and mix until combined. Fold in the chocolate and chopped nuts. We used walnuts for this one but pecans would work really nicely too.

Transfer the mix to your pre-prepared tin and bake for 30 mins at 160c. Keep an eye on your oven as you bake, when we tried this at home we needed to bake our banana bread a little longer than 30 mins. Use a skewer to check if the bread is baked through and if it isn't check it again in 5 minute intervals until your skewer comes out clean.

Once your banana bread is baked through, set it on a wire tray to cool for five minutes. After five minutes remove from the tin and leave to cool completely on the wire tray.

Other than being rich in vitamin B6, bananas are a good source of vitamin C, dietary fibre, and manganese.



**TANGY
LEMON TART**





INGREDIENTS:

Pastry

- 575g Plain Flour
- 250g Unsalted Butter
- 2 Eggs, 1 Egg Yolk
- 180g Icing Sugar

Filling

- 500ml Cream
- 8 Lemons, Zest & Juice
- 380g Caster Sugar
- 10 Eggs

METHOD:

To make pastry, rub the butter and flour together to make a breadcrumb texture, you can use a kitchen mixer to do this too. Add sugar and mix through the breadcrumb mix . Add one egg at a time and knead to form a smooth pastry, allow to rest in the fridge for a few hours. After the pastry has chilled, roll it out and line a tart mould. Line the pastry with foil so it supports the sides, then fill with baking beans. Bake blind in a preheated oven at 160°C for 12-15 minutes, until the pastry is set. Then remove the foil and beans, return the empty pastry case to the oven and bake for a further 15-20 minutes.

While the pastry is baking you can make the filling by adding the cream, zest and juice of 8 lemons, caster sugar and 10 eggs to a large bowl and whisk.

Pour filling into baked pastry case and bake for 30-40 mins at 90°C until the filling is set. Check the filling by inserting a skewer, if it comes out clean your tart is done, if not keep checking it at 5 minute intervals.

Allow tart to cool before you serve.

Eggs are rich in several nutrients that promote heart health, such as betaine and choline.





BOOST YOUR IMMUNE SYSTEM

Garlic has a high nutritional content for its size, with significant amounts of vitamin C, selenium, manganese and iron

CUPBOARD STAPLES

SEASONING

Salt
Black Pepper
Stock Cubes
Olive Oil
Honey
Mustard
Tomato Purée
Balsamic Vinegar
White Wine Vinegar
Soy Sauce

HERBS & SPICES

Coriander
Oregano
Rosemary
Cinnamon
Nutmeg
Ginger
Chilli Flakes
Paprika
Cumin
Curry Powder

BAKING

Vanilla Extract
Bread Soda
Baking Powder
Plain Flour
Self – Raising Flour
Cornflour
Dried Yeast
Caster Sugar
Icing Sugar
Brown Sugar

CONDIMENTS

Rice
Dried Pasta
Couscous
Porridge Oats
Lentils
Chickpeas
Tinned Tomatoes
Coconut Milk
Dried Noodles
Kidney Beans



The background of the entire page is a close-up photograph of various fruits, including red and yellow apples and green pears, some with leaves. The fruits are arranged in a dense, overlapping pattern.

HAPPY EATING!

Lots of us have spent more time cooking at home than ever, the past few years. It's nice to add a few new culinary strings to our bows.

We have to say a big thank you to our chefs for sharing so many of their excellent recipes.

We hope you like them as much as we do.

Ireland is graced with a multitude of delicious ingredients and our chefs love to use them here in the restaurant. We hope that sharing our recipes has shown you some of the ways you can use them at home too.

From starters of prawns to mains of sole and ratatouille, desserts of lemon tart and the inevitable banana bread, we hope our collection of recipes helps you to try something new in your home kitchen.

Happy cooking, enjoy eating well, and we look forward to seeing you in Suesey Street soon!

SUESEY STREET

A Taste of Ireland in Every Mouthful



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