



A Transition
Year initiative
as part of our
Sustainable
Education
module

TO EAT IS A
necessity, BUT TO EAT
INTELLIGENTLY
IS AN *art*.

-FRANCOIS DE LA ROCHEFOUCAULD



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Our Story



This recipe booklet is part of our Transition Year **Schools for Resilience** SfR Learning Programme

The SfR project was initiated by Davie Phillip, Cultivate, Cloughjordan. It currently involves secondary schools in Ireland Colaiste Chill Mhantain and Raheen Wood, Co. Clare and schools in Denmark.

Colaiste Chill Mhantain was invited to participate in this pilot project as part of an existing module within our school; Sustainable Education. This new Transition Year (TY) module was introduced to the school two years ago by our teacher Ms Minnock.

Our class brainstormed ideas for the action element of this SfR project. We decided to grow and source local seasonal vegetarian food for a community meal with the aim to:

- raise awareness about sustainable local food
- celebrate the diverse range of skills we have in our group
- create a local, seasonal meal to share with members of our community



**Irish Seed Savers
Association**

Starters - CCM Autumn Salad

Irish Seed Savers Association exists as a living testimony to the richness and wealth of the agricultural legacy of our ancestors.

They have established a Seed Bank containing more than 600 rare and endangered vegetable varieties.



- First we bought our organic Autumn salad seeds from the Irish Seed Savers
- We then planted the seeds in the raised beds in our polytunnel here in the school.



- We cared for them and watered them twice a week to make sure they were growing properly.





Starters - Kale Salad

SERVES 4-6

INGREDIENTS

8 cups of curly kale (stems removed and leaves roughly torn)

2 tablespoons coarsely chopped almonds

2 tablespoons crushed hazelnuts

2 tablespoons pumpkin seeds (optional)

1 tablespoon Carrageen Irish Moss Seaweed (optional)

1 tablespoon Happy Pear pesto

Dressing:

½ cup apple juice

1 tablespoon fresh lemon juice

1 teaspoon of honey

2 tablespoons of oil

Salt to taste

PREPARATION

1. Wilt the kale by massaging it with your hands until it is soft and changes colour to darker green
2. Lightly toast nuts (and seeds) and allow to cool
4. Combine all ingredients for the dressing and mix, taste and adjust as desired
5. Add nuts (and seeds) to the salad, add the dressing in small amounts, taste, toss well and serve

Apple Pressing: At Carraig Dulra farm in Glenealy, Co.

Wicklow we made our own apple juice using freshly picked apples from the farm and froze it so we could use it for our Kale Salad. The kale has been freshly harvested from Carraig Dulra farm!



Ingredients

Serves two

Potato 250g
Leeks 250g
Onion 1
Celery 1 Bunch
Butter 25g
Cooking oil 1 tablespoon
Organic
veg stock 600ml
Bouquet Garni 1
Salt & pepper pinch

Optional:

Milk 200ml
Cream 2tablespoon



Maria Byrne, Ty Student preparing the soup for our trial run!

Leek & Potato Soup

1. Wash, peel and slice vegetables.
2. Heat butter & oil in a saucepan on the hob.
3. Add onion until soft.
4. Add all remaining vegetables and sweat.
5. Add stock and remaining ingredients and bring to the boil, then reduce heat & simmer for 30 minutes.
6. Blend soup with a hand blender.
7. Serve with cream (optional)



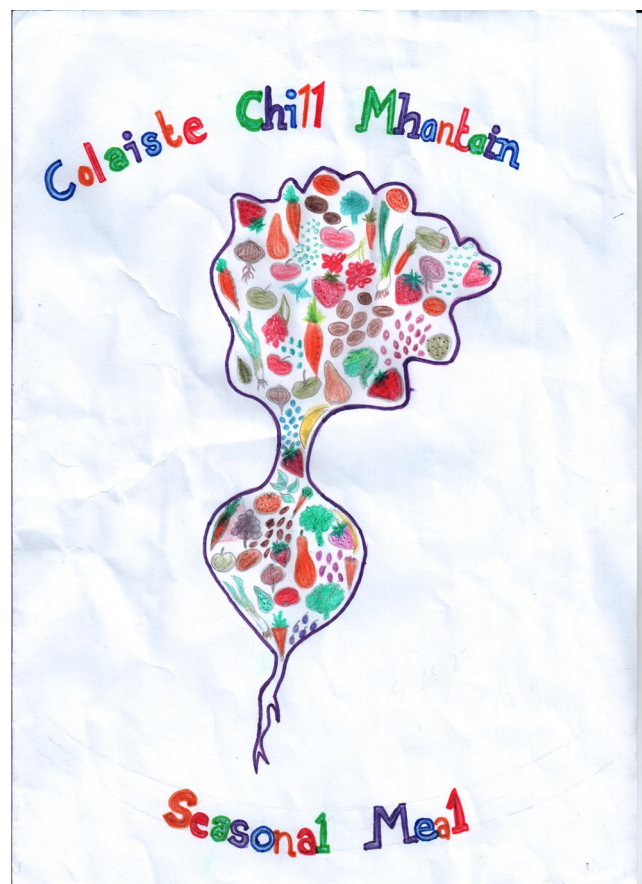
“Of the winter soups, leek and potato is one of the most comforting and familiar “

Beetroot & Parsnip Chips

1. Pre-heat your oven to 220oC
2. Peel and baton the vegetables, make sure they are roughly the same size (if organic no need to peel!)
3. Add the cut veg and oil into a bowl and mix well. Season, add whole cloves of garlic and rosemary if desired
4. Roast in a hot oven for around 50 minutes, or until soft, golden and cooked through.
5. Turning the vegetables as they roast helps them to cook evenly.

Ingredients

- 3 large parsnips
- 4 large beetroot
- Cooking oil
- Sea Salt / Flakes
- Garlic (optional)
- Rosemary (optional)



Ingredients

Serves 6

Wild mushrooms
3 cloves garlic
50 g kale
3 celery stalks
2 onions
2 bay leaves
3 tomatoes
Veg stock
1 medium carrot
1/2 medium parsnip
2 tsp salt
2 tins of cooked green lentils or soaked lentils (or chopped Irish peas / beans)
1 tsp smoked paprika
fresh parsley
water for sautéing
1/2 tsp black pepper
8 medium size potatoes
1 tblsp oil

Sherpardess Pie



The Food Team—tasting their trial run of the Sherardless Pie!

Method

- 1) Chop the potatoes up, put them in a pot and cover with water. Boil the potatoes (bring to the boil, turn temperature down and then leave to simmer until potatoes are properly boiled).
- 2) Sauté the onions for five minutes at medium to high heat in some rapeseed oil. Add the garlic and sauté for a further five minutes.
- 3) Cut the carrot, parsnip and celery into small pieces and add to the pot and then add two teaspoons of salt and leave to sweat for five minutes.
- 4) Toss the mushrooms lightly in oil and roast on a baking tray in the oven until soft. Remove from oven, pour any excess juice into bowl.
- 5) Put tinned lentils and tinned tomatoes in bowl with mushroom juice and whizz until it resembles mince. Now add the cooked lentils (drain the tin of lentils and give them a good rinse before using), black pepper, smoked paprika, bay leaves, and three fresh tomatoes.
- 6) Bring to the boil, and then lower the heat, add in the fine beans (chopped bite size) and dice up parsley and add for colour. Leave simmer. If the mixture is too wet, drain off some liquid.
- 7) Mash the potatoes, add some salt and pepper to taste and add three cloves of garlic diced up fine and also the chard.
- 8) Layer the lentil mixture in a casserole tray with cut mushrooms, do two layers of each. Top with the mashed potato.
- 9) Bake in the oven for 30 minutes at 180 degrees or until top of potato starts to crisp.

Our Local Suppliers



Woodruffs Vegetable Suppliers



Terry Meakin Honey, Newcastle



Ballinabarney Farm

With thanks to Louise Byrne TY Student



Potters Farm

A very special thank-you to our two Home Economics teachers Ms Gill & Ms Galway for supporting and helping us to plan, prepare & cook this meal :)

Ingredients

.400g squash

.100g dark chocolate

.4 medium eggs

.200g Caster sugar

Or 100g honey/100g
sugar

.100g cocoa powder

.2 tps Plain flour tale sp
or alternative flour

.2 tsp baking powder

Hazelnuts (crushed
or whole)

Dessert - Squash Brownie

1. Cut, de-seed and roast the squash in hot oven with oil until soft.
2. Remove squash from outer skin before or after roasting
3. Add dark chocolate to melt
4. Whisk above mix to puree form
5. Add Egg and sugar in bowl- whisk light+ fluffy
6. Fold in cocoa powder, baking powder and flour
7. Fold in chocolate and squash
8. Add hazelnuts

Sophie Delaney with her batch of brownies



Mystic Celt



The Mystic Celt
Church Street
Wicklow Town

www.themysticcelt.ie

A very special thanks to Paul & all at The Mystic Celt. Paul has very generously donated all of his time, skills and ingredients for free to support this local food initiative. He is passionate about our food heritage and connecting to local producers such as Carraig Dulra, Woodruffs Vegetable Suppliers, Wicklow Farmhouse Cheese, Wicklow Rapeseed oil & Potters Farm.

“The Mystic Celt “ restaurant is the dream of Paul and Sylvia Smith. We are trying to promote an age-old tradition that nourished not only our forefathers’ bodies, but also their spirits. Thus we coined the phrase “Traditional Celtic Cuisine.” Ireland has an enviable reputation for good wholesome dishes, many of which offer some of the finest quality foods.

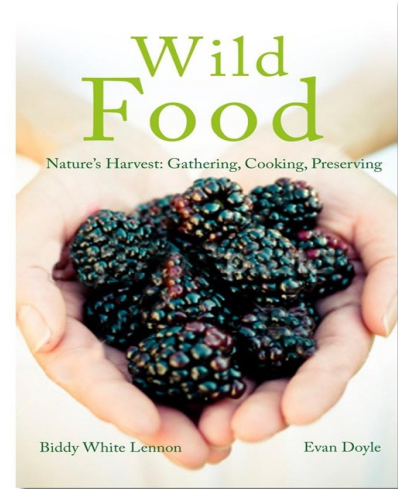
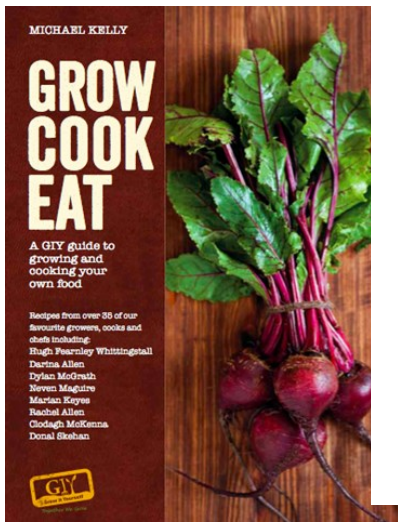
Recently we have developed a new awareness of the dishes of our ancestors and the confidence to recreate and enrich our native culinary tradition. A new Irish food culture is growing, driven by the lavish bounties of our seas, lakes and the rich land of Erin.

Our “Traditional Celtic” menu is a celebration of the rich, ancient food culture of a uniquely beautiful land. This is our tribute to the country of our birth, a land where we are privileged to live.

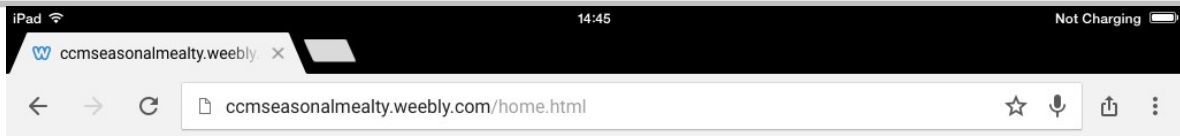
Our Partners



Wicklow County Council
COMHAIRLE CHONTAE CHILL MHANTAIN



Recommended Reading



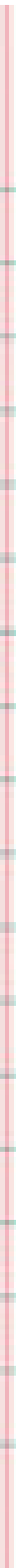
COLAISTE CHILL MHANTAIN A SCHOOLS FOR RESILIENCE PROJECT

ABOUT HOME INTRO SFR THEMES OUR PROJECT CONTACT



Our Website - <http://ccmseasonalmealty.weebly.com/>

Notes:



A series of horizontal teal lines for writing notes, starting below the 'Notes:' header and extending across the width of the page.

Gallery of Photos



Contact info:

If you would like more information about this project please contact

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