

# The Galway Ingredient

Recipe Book





# *Marinated Pork Chops Cooked in a Paper Parcel*

*by Ulrich Hoeche*



## **CHEF'S NOTE:**

This dish originates from Ulrich's upbringing in Germany, where the pork was wrapped in foil and cooked in the hot embers of an open fire. It is important to use pork neck chops as any other chops would dry out during the cooking process.



Ulrich Hoeche, head chef at the Connemara Coast Hotel, shows in these recipes his love of wholesome, rustic cooking, using the best local pork, ham and cheese.

*Four portions*

Oven at  
165C / 330F / Gas 3

**INGREDIENTS:**

4 pork neck chops, 200g each	thinly
Salt & black pepper	900ml beer such as Smithwicks
8 teaspoons of mild mustard	4 sprigs of rosemary
2 large white onions peeled and sliced	

**MARINATE THE PORK CHOPS AS FOLLOWS:**

- 1 Season the chops generously with salt and black pepper on both sides.
- 2 Spread one teaspoon of mustard on each of the chops.
- 3 Cover the base of a suitably large bowl with half the sliced onions, place the chops on top and cover with the rest of the onion.
- 4 Pour the beer over the layered onions and pork and refrigerate, covered, overnight.
- 5 The next day start by cutting four sheets of cooking parchment (double thickness), each sheet large enough to enclose one of the marinated pork chops with a 2.5cm or so margin around it.
- 6 Lightly grease one side of the paper with a little oil or butter.
- 7 Place quarter of the onions from the marinade on each sheet and top with a pork chop.
- 8 Spread one more spoon of mustard on top of each chop and season again with salt and pepper.
- 9 Now add the remainder of the onion, chopped garlic and a sprig of rosemary followed by a splash of the marinade.
- 10 Make four parcels, enclosing the meat and onions, folding and crimping so the meat is fully enclosed and no steam can escape during cooking.
- 11 Bake the parcels on a baking tray in the preheated oven for two hours.
- 12 Be careful when removing the parcels from the oven as the inside gets very hot and steam can build up.
- 13 Let them rest for one minute and then serve in the paper, providing your guests with a sharp knife to open the parcel themselves so all the aromas are preserved until the last minute.
- 14 Serve with buttery mashed potatoes and lightly boiled carrots.



# Potato, Pear & Blue Cheese Gratin with Crispy Bacon

by Ulrich Hoeche

Four portions

Oven at  
200C / 400F / Gas 6

## INGREDIENTS:

20g soft butter

480g potato

2 pears ripe but firm

150 ml cream

100 ml milk

250g Irish blue cheese

Salt & pepper

Nutmeg

8 streaky Galway rashers grilled to a crisp.

1 Brush four gratin dishes with butter.

2 Peel the potatoes and slice thinly.

3 Peel, core and quarter the pears and slice thinly.

4 Pack each gratin dish with the potato and pear slices and set aside.

5 Bring cream and milk in to the boil and crumble in 125g of the cheese.

6 Season with salt, pepper and nutmeg; (only a little salt as blue cheese has a high salt content).

7 Reduce for two minutes and pour over the potatoes and pears in the gratin dishes.

8 Bake for forty minutes and check. If the potatoes and pears are soft and most of the liquid has been absorbed the gratin is cooked.

9 Finally crumble the remaining blue cheese on top of each dish and return to the oven for one minute.


10 Serve with the crispy rashers and a green salad.

11 Without the rashers this is a fine vegetarian dish.









*Potted Smoked Ham Hock  
with Celeriac Remoulade*

*by Ulrich Hoeche*







# *Potted Smoked Ham Hock with Celeriac Remoulade*

*Four portions*

## INGREDIENTS:

### FOR THE FIRST STAGE

- |   |                                     |
|---|-------------------------------------|
| 1 small ham hock, 400 to 600g, soaked in cold water overnight | 1 sprig Thyme                       |
| 4 black peppercorns   | 1 sprig rosemary                    |
| 2 whole cloves  | 3 caraway seeds                     |
| 1 star anise  | 2 medium peeled cloves garlic       |
| 2 bay leaves  | 1 whole large peeled carrot         |
| 1 pinch dried chilli flakes                                   | 1 medium onion peeled and quartered |

### FOR THE SECOND STAGE

- |                                      |                                   |
|--------------------------------------|-----------------------------------|
| 2 tablespoons parsley finely chopped | 2 pickled gherkins finely chopped |
|--------------------------------------|-----------------------------------|

- 1 Rinse the soaked ham hock under cold water and put into a pot with all the other First Stage ingredients.
- 2 Barely cover the ham with cold water and bring to the boil.
- 3 Simmer for four hours.
- 4 Remove the carrot and reserve for later use.
- 5 Strain the meat over a bowl to collect the cooking liquid.
- 6 Discard the herbs and spices.
- 7 When the ham is cool enough to handle, remove the bones, put them in the strained liquid and boil until reduced by half.



8 Trim all the fat and gristle from the ham hock.

9 Chop the meat into tiny pieces with the reserved carrot and mix in the ingredients listed under the Second Stage.

10 Moisten with a little of the cooking liquid, mixing well.

11 Pack the mixture into four ramekins or cooking moulds and leave to set overnight in the fridge.

12 The potted hock can be eaten directly from the ramekins or remove from moulds.

13 Serve with brown soda bread and the celeriac remoulade.

### CELERIAC REMOULADE

#### INGREDIENTS:

50g finely chopped celeriac  
50ml gherkin juice  
1 tablespoon parsley

finely chopped  
1 hard boiled egg grated  
3 tablespoons mayonnaise  
1 tablespoon Greek

yoghurt  
1 teaspoon mild mustard  
Pinch of sugar and pinch of ground pepper

1 Boil the celeriac and gherkin juice together for two minutes, strain, keep the juice and allow to cool.

2 Combine all the ingredients in a bowl, thinning the remoulade with a little of the reserved juice if necessary.

3 The finished remoulade should have the consistency of thick mayonnaise.