



FO•D
SPACE

*Memories
through food*

inspired by women

2026



CELEBRATING WOMEN

Through food

At FoodSpace, we believe food is more than simple nourishment – it's a connection, it's culture, and above all it's about celebration. This recipe book was created to honour the women who inspire us, from grandmothers and mothers to wives, partners, daughters, sisters, friends, and colleagues.

We celebrate women in every part of our world – from our team members in the kitchens, to the suppliers, our farmers, and everyone who helps bring wholesome food to our tables. Their passion, skill, and dedication make every meal special, and we are proud to share their stories and rekindle their memories by sharing these recipes.

Each recipe tells a story, shares a memory, or a special moment by our team, capturing the flavours and cultural traditions that have shaped their lives.

From the kitchens of childhood to the tables of today, these dishes bring people together, spark wider conversations about food and culture across our food community and reminds us that food carries more than just taste – it carries love, heritage, and joy.

Every recipe here is a small tribute to the women who have filled our lives with flavour, laughter, and inspiration.

Team FoodSpace





HUMMUS

Grainne's Authentic Jerusalem Hummus Recipe

INGREDIENTS

1 cup dried chickpeas
(Use canned if you are lazy!)

1/2 teaspoon baking soda

1/2 cup tahini

1/4 cup olive oil (extra virgin)

2-3 cloves garlic (minced)

1/4 teaspoon ground cumin

2-3 tablespoons lemon juice
(freshly squeezed)

Achill/Dingle Salt flakes to taste
Water (as needed)

Toppings (optional):

Extra olive oil
Paprika or sumac
Fresh parsley (chopped)
Additional chickpeas

METHOD

Soak Chickpeas: Rinse the dried chickpeas and soak them in water overnight. This helps to soften them.

Cook Chickpeas: Drain and rinse the soaked chickpeas, then place them in a pot. Add baking soda and cover with water. Bring to a boil, then reduce the heat and let them simmer for about 1-2 hours, or until very tender. Once cooked, drain and let cool slightly.

Blend ingredients: in a food processor, combine the cooked chickpeas, tahini, olive oil, garlic, cumin, lemon juice, and salt. Blend until smooth.

Adjust Consistency- If the hummus is too thick, add water a tablespoon at a time until you reach your desired consistency. (You can alternate with Oil either)

Taste & Adjust - Taste the hummus and adjust the seasoning, adding more salt or lemon juice if needed.

MEMORY NOTE

"I'm an advocate for Local, in season food and the connection it brings to the communities /cultures that create the produce. This recipe is inspired by my time spent in East Jerusalem, where my daughter was born. I have chosen hummus, a simple yet beloved dish that represents the culture of the city and its Palestinian people. Using the fresh chickpeas I bought at the market below our apartment, a bottle of olive oil from olives we had helped to harvest at the Mount of Olives that year and some famous tahini paste made fresh daily in the Old City. Access to these amazing ingredients reminds me of my own childhood - the local markets in Ballina, and the joy of cooking food at home with my own mum that was mostly grown on our farm."

KA'AK / KAG (JERUSALEM BREAD)

Traditional Recipe Inspired by Time Spent in East Jerusalem,
Where Grainne's Daughter Was Born

INGREDIENTS

4 cups all-purpose flour

1 1/2 teaspoons salt

1 packet (2 1/4 teaspoons)
active dry yeast

1 cup warm water
(about 110°F or 43°C)

2 tablespoons sugar

2 tablespoons olive oil
(plus more for greasing)

Sesame seeds (for topping)

MEMORY NOTE

"This bread brings back the smell of fresh markets and warm kitchens in East Jerusalem. Soft, yet chewy, and perfect for scooping up hummus, it was Holly's first introduction to the region's flavours. Making it at home with simple ingredients connects me to those memories of the local markets, family cooking, and the joy of sharing the first food with my daughter. Za'atar & olive oil is another perfect accompaniment with this bread & olive oil."

METHOD

Activate Yeast: In a small bowl, combine warm water, sugar, and yeast. Let it sit for about 5-10 minutes until it becomes frothy.

Mix Dry Ingredients: In a large mixing bowl, whisk together the flour and salt.

Combine Mixtures: Make a well in the center of the flour mixture and pour in the activated yeast mixture and olive oil.

Knead Dough: Stir until the dough begins to come together. Transfer it to a floured surface and knead for about 10 minutes until smooth and elastic.

First Rise: Place the dough in a greased bowl, cover with a damp cloth, and let it rise in a warm place for about 1-1.5 hours, or until it has doubled in size.

Shape the Dough: Once risen, punch down the dough and shape it into a round or oval loaf.

Second Rise: Place the shaped dough on a greased baking sheet. Cover it again and let it rise for another 30-45 minutes.





APPLE TART

Cian's Sister Isolda's Apple Tart

INGREDIENTS

250g plain flour

125g butter

75g caster sugar

6–8 tablespoons cold water

6 small Pink Lady apples,
peeled, cored and thinly sliced

Egg wash (to glaze)

METHOD

Preheat the oven to 160°C.

Rub the butter into the flour, then mix in 2 teaspoons of the sugar.

Add the cold water gradually and bring together into a dough.

Roll out half the dough and line a tart plate. Arrange the sliced apples on top and sprinkle with the remaining sugar.

Roll out the remaining dough, place on top, seal the edges with a fork, and prick the surface to allow steam to escape.

Brush with egg wash and bake for 35–40 minutes, until golden.

MEMORY NOTE

"This apple tart holds some of my strongest childhood memories. Growing up in Inistioge, Co. Kilkenny, we baked constantly, but this was the recipe that we kept recreating. My sister Isolda made it a tradition to bake something for the family every Sunday morning and no matter how life changed, this apple tart remained the constant. A comfort, a connection, something that brought us together."

BEEF STEW

Brian's Mum Julia's Beef Stew

INGREDIENTS

3 lb stewing beef

2 medium yellow onions, cut into 1-inch pieces

2 large celery stalks, chopped

3 large carrots, cut into chunks

6 medium (or 3 large) potatoes, peeled and cut into chunks

2 tablespoons tomato paste

½ teaspoon dried rosemary

½ teaspoon dried thyme

2 beef stock cubes

METHOD

Preheat the oven to 180°C.

Heat a large pan and brown the beef in batches; do not overcrowd the pan.

In the same pan, fry the onions and carrots until softened.

Transfer everything to a large casserole dish, add the celery, potatoes, tomato paste, dried herbs and stock cubes, and mix well.

Cover and bake for 2–2 hours 20 minutes, until the beef is tender. Serves at least 8.

MEMORY NOTE

“This was a staple in our house — a true one-pot wonder. Once it was in the oven, Mam could get on with her day while everything cooked together and the flavours deepened. It always tasted even better the next day. Sometimes the potatoes were mashed on the side, but my favourite was the all-in-one version, served with a bread roll to mop up the sauce. This is where I learned to cook — at the kitchen table at home — and while I’ve cooked many stews since, this one is still the one I make for my own family.”





SODA BREAD

Martin's Mum Mary's Traditional Brown Soda Bread

INGREDIENTS

- 260g plain flour
- 260g wholemeal flour
- 1 pint buttermilk
- 1 teaspoon bread soda
- 1 teaspoon salt

METHOD

Preheat the oven to 200°C.

Mix both flours, bread soda and salt in a bowl.

Add the buttermilk and gently bring together into a soft dough.

Shape into a round, place on a baking tray, and mark a cross on top.

Bake for 30 minutes, until golden and cooked through.

MEMORY NOTE

"Traditional Irish soda bread is simple and endlessly versatile, but this is the version I grew up with. My mam, Mary, made it weekly, and during the colder months there was nothing better than coming home from school to still-warm bread. Marking the cross was always part of it – folklore says it lets the fairies out. I've used this base recipe in many kitchens over the years, and it's a nice way to keep those memories alive in everyday cooking."

MELKTERT (MILK TART)

Liesl's Favourite Melktert

INGREDIENTS

140g plain cake flour

30ml caster sugar

Pinch of salt

125g butter, cubed

1 egg yolk

45ml iced water

Filling:

375ml milk

250ml cream

45ml cornflour (Maizena)

30ml granulated sugar

75g butter

3 egg yolks, beaten

5ml vanilla essence

Ground cinnamon, to finish

METHOD

Preheat the oven to 180°C.

Make the pastry by blending the flour, salt and caster sugar, then rub in or pulse the butter until crumbly. Add the egg yolk and iced water and bring together into a dough. Chill for 30 minutes.

Press the pastry thinly into a greased 23cm tart dish and bake for 10 minutes. Set aside to cool.

Whisk the cream and cornflour together in a bowl.

Bring the milk to the boil, then stir in the sugar and butter until melted. Remove from the heat and add vanilla and nutmeg.

Pour the hot milk mixture into the cream mixture, whisking well. Temper the egg yolks with a little of the hot mixture, then whisk back into the filling.

Pour into the crust and bake for 20–25 minutes until just set.

Sprinkle with cinnamon and serve warm or cold.

MEMORY NOTE

"Melktert is a beloved South African classic and deeply woven into family life. One of my earliest kitchen memories is helping my mother make it, carefully stirring the milk mixture under her watchful eye. That small task made me feel trusted and proud. Even now, the gentle aroma of warm milk and spices instantly brings me back to that kitchen — a place of comfort, connection and simple joy."





BUTTERNUT SQUASH SOUP

Stephanie's Butternut Squash Soup

INGREDIENTS

2 onions, chopped

25g butter

500g butternut squash, peeled and cubed

1 apple, chopped

1 potato, peeled and chopped

750ml vegetable stock

400ml coconut milk

Juice and rind of 1 orange

1 teaspoon curry powder

Pinch of nutmeg

Pinch of sugar

Salt and pepper, to taste

METHOD

Melt the butter in a pot and gently cook the onions.

Add the butternut squash, apple and potato and cook on low heat for 3–4 minutes.

Stir in the curry powder and nutmeg.

Add the stock, orange juice and rind, and coconut milk. Simmer for 20–25 minutes, until vegetables are tender.

Blend until smooth, return to the heat, add a pinch of sugar and season to taste.

MEMORY NOTE

"This soup is a treasured family recipe, passed on by a very special family member. It's one of those comforting dishes that feels familiar and nourishing every time it's made."

STUFFED PANCAKES

Irina's Stuffed Pancakes

INGREDIENTS

4 free-range eggs

1 teaspoon vanilla essence

50g sugar

150–250g self-raising flour

2 litres milk

2 tablespoons oil

Filling:

Cottage cheese

Sultanas

Sugar, to taste

METHOD

Whisk the eggs, vanilla, sugar, flour, milk and oil until smooth.

Cook thin pancakes in a hot pan until lightly golden.

Fill each pancake with cottage cheese, sultanas and a little sugar, then roll up.

Place in an oven dish, add a little butter and water, and bake for about 10 minutes.

MEMORY NOTE

"This recipe was given to me by my mum and is rooted in simple home cooking. It's the kind of comforting dish that brings warmth and familiarity to the table."





FAIRY CAKES

Marie's Fairy Cakes, A Taste of Home in Every Bite

INGREDIENTS

4 oz butter, at room temperature

4 oz caster sugar

2 free-range eggs, lightly beaten

4 oz self-raising flour

1 teaspoon vanilla essence

METHOD

Preheat the oven to 180°C.

Cream the butter and sugar until light and fluffy.

Gradually add the eggs, mixing well.

Fold in the flour and stir in the vanilla.

Divide into fairy cake cases and bake for 15–20 minutes.

Makes 12–16.

MEMORY NOTE

“These fairy cakes bring back memories of childhood, when my mum made them regularly for the family. Simple, sweet, and familiar, they're a reminder of home baking at its best.”

APPLE PIE

Laura's Granny's Pie

INGREDIENTS

650g cooking apples, peeled, cored, and thinly sliced

75g caster sugar

1 tablespoon cinnamon

1 tablespoon mixed Spice

For the pastry:

225g plain flour

140g diced butter

To decorate:

1 egg and a dash of milk to glaze

sugar, for sprinkling

To Serve:

whipped cream

METHOD

Preheat the oven to 200°C. Arrange half the apple slices in the bottom of a shallow 900ml pie dish and sprinkle with caster sugar, mixed spice, and cinnamon. Top with the remaining apple slices and add 3 tablespoons cold water.

To make the pastry, sieve the flour into a bowl, add the diced butter, and rub in until the mixture resembles fine breadcrumbs. Add about 2 tablespoons cold water and mix to a firm dough.

Roll out on a lightly floured surface to cover the pie dish, trim the edges, and, if you like, cut the trimmings into decorative shapes to press onto the top. Chill for 30 minutes.

Brush with egg wash, sprinkle sugar, and cut a small slit in the centre for steam. Bake for 30–35 minutes until the apples are tender and the pastry is golden. Serve warm with a dollop of whipped cream.

MEMORY NOTE

“Growing up in my family home, I would visit my granny every Sunday for family dinner. My granny would prepare this dessert using her special recipe, usually paired with jelly and ice cream. It was a cherished family favourite, and every time I have it, I am reminded of happy times and fond family memories.”





CHOCOLATE TIRAMISU LAYER CAKE

Michelle's Daughter Millie's Favourite

INGREDIENTS

3 × 350g chocolate loaf cakes
(shop-bought)

300–400ml Tia Maria

Filling:

2 large eggs

75g caster sugar

500g mascarpone

250ml double cream

125ml Tia Maria

To Finish:

Cocoa powder, for dusting

Chocolate-covered coffee
beans (optional)

METHOD

Line the outside of a 23cm springform tin with clingfilm or foil.

Whisk eggs and sugar, then beat in mascarpone and cream. Gradually add the Tia Maria.

Slice cakes and briefly soak in Tia Maria. Line the tin, pressing down firmly.

Spread over a third of the cream mixture. Repeat layers, finishing with cake.

Chill overnight. When ready to serve, spread the remaining cream over the top and dust with cocoa.

MEMORY NOTE

“This boozy chocolate dessert is always requested by my daughter Millie at Christmas. Extra chocolate chips between layers make it even more special and firmly part of the family's festive tradition.”

CUMBERLAND SAUSAGE STUFFING

Michelle's Special Stuffing to Go With Christmas Turkey

INGREDIENTS

1 onion, chopped

1 can chestnut purée

1 packet Cumberland sausages,
skins removed

Salt and pepper

METHOD

Mix all ingredients together in a bowl.

Place in an oven dish and bake at 180°C
for 40 minutes until cooked through.

MEMORY NOTE

"This simple stuffing carries warmth and fond remembrance. It goes well with Turkey and reminds me of my special friend Margaret, Michelle makes this every year and we remember her fondly."





PLAIN SCONES “FREE FROM”

Daire’s Wife’s Scones

INGREDIENTS

250g gluten-free self-raising flour

¼ teaspoon salt

40g dairy-free spread

2 tablespoons caster sugar

150g vanilla plant-based yoghurt

1–2 tablespoons plant milk (if needed)

METHOD

Preheat the oven to 180°C fan and line a baking tray.

Mix flour, salt and sugar. Rub in the dairy-free spread until breadcrumb-like.

Stir in yoghurt and gently bring together into a soft dough. Add plant milk if dry.

Roll out to 3–4cm thick and cut into scones.

Brush lightly with plant milk and bake for 12–15 minutes until risen and golden.

MEMORY NOTE

“Created to adapt a traditional favourite following a journey with lactose and gluten intolerance, these scones are still all about enjoying a classic treat with a cup of tea.”

LEMON & PASSION FRUIT MERINGUE ROULADE

Sylvia's "yule-log" with a Twist

INGREDIENTS

5 large egg whites

300g caster sugar

Zest of ½ lemon

Filling:

300ml double cream

2 tablespoons icing sugar

½ jar lemon curd

3 passion fruit

Fresh raspberries, to decorate

METHOD

Preheat the oven to 200°C (180°C fan) and line a Swiss roll tin with parchment.

Whisk egg whites to stiff peaks, then add sugar 1 teaspoon at a time until glossy. Whisk in lemon zest.

Spread evenly in the tin and bake for 10 minutes, then reduce the temperature to 180°C (160°C fan) and bake for 20 minutes more.

Cool for 15 minutes, turn out onto fresh parchment, peel off backing paper and cool completely.

Whip the cream and icing sugar. Scoop out the passion fruit and loosen the lemon curd.

Spread lemon curd over the meringue, leaving a small border. Add passion fruit, then spread the cream over the top.

Roll carefully from the long edge into a roulade. Dust with icing sugar and decorate with raspberries and extra passion fruit.

MEMORY NOTE

"This recipe always reminds me of Christmas Day, something other team members initially found unusual. It's a firm fixture on her festive menu, chosen as a lighter alternative to traditional rich desserts. The sharp, sweet-tart lemon and the aromatic, tropical passion fruit bring a bright, zesty finish after a heavy meal. No matter how full everyone is, there's always room for a slice – a Christmas yule log with a fresh twist."





SAVOURY PANCAKES

Kim's School Days Favourite Recipe

INGREDIENTS

Pancake Batter:

4 oz plain flour

Pinch of salt

1 egg

½ pint milk

Filling:

½ pint milk

1 oz flour

1 oz margarine (roux)

4 oz cooked chopped chicken

4 oz sliced mushrooms

2 oz ham

2 oz sweetcorn

2 oz lard or a little oil

METHOD

Blend all batter ingredients and allow to rest for 30 minutes.

Make a roux with margarine and flour, add milk gradually to form a sauce.

Stir in chicken, mushrooms, ham and sweetcorn.

Fry pancakes (you should get 6–8), keeping warm between greaseproof paper.

Spread filling over pancakes, fold or roll, place side by side in a dish and serve hot.

Garnish (Optional)

Parsley, tomato, hard-boiled eggs.

MEMORY NOTE

This recipe comes from my school days and my Home Economics teacher, Mrs Agnew, who encouraged my love of food when others didn't. It's still made every Christmas using leftovers – proof that good teaching (and good recipes) last a lifetime.”

RABBIT IN MUSTARD SAUCE

Cedric's Lapin à la Moutarde

INGREDIENTS

1 rabbit, cut into pieces
2 shallots, finely chopped
200g lardons
½ glass white wine
½ litre gravy
200ml cream
Wholegrain mustard

METHOD

Brush the rabbit pieces generously with mustard.

Sear in a hot pan until browned, then remove and set aside.

In the same pan, sauté the shallots and lardons.

Deglaze with white wine and flambé to remove the alcohol.

Add the gravy and 2 tablespoons of mustard, then return the rabbit to the pan.

Cover and cook gently over low heat until tender.

Stir in the cream just before serving.

To Serve

Best served with rice.

MEMORY NOTE

“My recipe comes from my father, who was a professional chef. ‘Lapin à la moutarde’ was the only dish my mother ever cooked for us as a family meal. A comforting, classic French dish – simple, generous cooking meant to be shared and enjoyed slowly.”





MUSSELS STEAMED IN A GARLIC AND WHITE WINE

Aoife's Memories of The Sea And The Flavours of Home

INGREDIENTS

Mussels
1 tablespoon butter + olive oil
2 shallots diced finely
5 garlic cloves minced
A good glass (or 2) of white wine

Garnish:

Chopped fresh parsley/spring onion (optional)

METHOD

De-beard all the mussels and give the shells a quick rinse.

In a pot, sauté the garlic and shallot in butter and oil.

Once the garlic is fragrant, add the white wine.

Add the washed mussels (don't stir them into the sauce) and steam until they begin to open, about 3–5 minutes.

Serve immediately, making sure to ladle the broth over the mussels.

Sprinkle with chopped parsley on top and bon appétit!

MEMORY NOTE

"All my life, I have been fortunate enough to have been raised by the sea. Growing up, we ate a copious amount of fish and shellfish. One of my fondest childhood memories is that during the summer months, my cousins and I would go around the bay collecting mussels, hurrying back to Granny's house so she could cook them for us.

My Granny was an amazing cook who cooked not only for her family but for anyone who walked through her door. She was a huge influence on why I chose this career. Many chefs have Neven Maguire or Rick Stein as their inspiration, but my Granny was mine – and always will be.

So, the recipe I have decided to share with you all is dedicated to my Granny, Ellen O'Donnell."

APPLE TART

Bobby's Family Tart Shaped by Rural Ireland, Tradition, and Love

INGREDIENTS

For the pastry:

350g plain flour

85g butter or margarine

85g lard or white vegetable fat

About 6 tablespoons cold water

Beaten egg or milk, for glazing

For the filling:

750g–1kg cooking apples,
peeled, cored and sliced

125g caster sugar

½–1 teaspoon ground
cinnamon, mixed spice, or
ground ginger

MEMORY NOTE

"Growing up in rural Ireland in the 1980s, our kitchen was always busy. My mother, Majella, cooked endlessly for our family of six and for my nearby grandparents – grandfather Bob, a War of Independence veteran, and our beloved Nanny. Flour hung in the air, baking smells filled the room, and cherished old bowls and platters were used daily. Our favourite treat was apple tart made from apples gathered in Bob and Nanny's little orchard in 'The Haggart'. We'd pick from the trees or collect the fallen fruit before the yard fowl or animals got to them, carrying our finds back in buckets or by hand. In the kitchen, aprons went on, sleeves rolled up, eggs cracked, and rolling pins brought out. The clatter of us children trying to help mixed with laughter, singing, and gentle instruction, our cheeks and hair streaked with flour. Even the threat of being made wash the bowls couldn't dull our excitement for the golden tart that awaited after dinner. To this day, anyone who remembers those times still says: You can't bate a good apple tart!"

METHOD

Make the pastry. Sift flour and salt into a bowl. Rub in the butter and lard until the mixture resembles fine breadcrumbs. Add water to form a dough. Wrap and chill for 30 minutes.

Prepare the tin. Preheat oven to 220°C, Gas 7. Roll out two-thirds of the pastry and line a deep 23cm (9 inch) pie tin.

Make the filling. Mix apples with sugar and spice. Pack into the pastry case (slightly over the rim if needed). Add a little water if the apples are dry.

Add the lid. Roll out remaining pastry for the lid. Dampen edges, seal, trim and crimp. Use trimmings for shapes if desired. Glaze with egg or milk, make 1–2 slits, and place on a baking sheet.

Bake for 20 minutes, then reduce to 180°C, Gas 4, and bake for 30 minutes until golden.

Bake in the preheated oven for 20 mins, then reduce the temperature to 160°C and bake for a further 30 minutes, or until the pastry is a light golden brown.





PIEROGI (DUMPLINGS) WITH WILD MUSHROOMS

Oxana's Family Christmas Eve Tradition

INGREDIENTS

For the dough:

500g plain flour

1 teaspoon salt

300ml warm water

2 tablespoons rapeseed oil

For the filling:

40g dried wild mushrooms
(porcini are traditional)

1 tablespoon rapeseed oil

1 onion, very finely chopped

Salt and black pepper, to taste

To serve:

Fried onion with rapeseed oil

METHOD

Prepare the filling by rinsing the dried mushrooms and soaking them in hot water for at least 30 minutes until soft. Drain well, reserving a little of the soaking liquid if needed, then chop finely. Heat the oil in a pan, gently fry the onion until soft and golden, add the mushrooms and cook until any excess moisture evaporates. Season with salt and pepper, then leave to cool.

To make the dough, place the flour and salt in a bowl, add the oil and slowly pour in the warm water. Bring together into a dough and knead until smooth and elastic. Cover and rest for 20–30 minutes.

Roll the dough thinly on a floured surface and cut out circles. Place a small spoon of filling in the centre, fold over and pinch to seal.

Cook the pierogi in a pot of well-salted boiling water until they float to the surface, about 2–3 minutes. Lift out with a slotted spoon.

Serve immediately, drizzled with fried onion and rapeseed oil.

MEMORY NOTE

“Every Christmas Eve, the women in my family come together to make these pierogi — me, my mum, my granny, and my younger sister. The table fills with bowls of flour, the smell of wild mushrooms, and quiet conversation mixed with laughter. It’s a beautiful, unhurried time, hands working side by side, repeating the same movements year after year. Pierogi are more than food, they are our Christmas tradition and one of my most treasured memories.”

PORK STEW

Julia's Mothers Traditional Romanian Pork Stew

INGREDIENTS

600 grams of pork gigot

1 tablespoon of oil

2 onions

2 cloves of garlic

1 teaspoon sweet paprika

150 grams of peeled tomatoes

1-2 bay leaves

salt and pepper

green parsley for sprinkling

MEMORY NOTE

"My mam is the best cook, and I am trying my best to pick up as much of her cooking knowledge as possible so that one day when I have children, I can share her recipes with them. This means that our Romanian tradition will live on with generations to come."

METHOD

Peel and chop the onion, crush 1 clove of garlic and cut the meat into cubes. Season the meat with salt and pepper.

In a saucepan heat the oil over medium heat. Brown the meat cubes in the oil, stirring frequently. There will be little oil, but the pork inevitably leaves some fat, so there will be enough by the end.

Once the pork cubes are browned, remove them to a bowl and set aside. Immediately, add the chopped onion and crushed garlic clove to the remaining fat in the saucepan. Reduce the heat to low, sprinkle with a pinch of salt and cook the onion, stirring frequently, for 10-15 minutes, until it softens well. Be careful, the onion should not brown.

As soon as the onion has softened, add the browned meat back to the saucepan, with all the juices it left in the bowl. Immediately add the paprika and mix quickly. Cover everything with hot water, about 1 inch by hand. Now add the bay leaf. Cover with the lid and simmer over low heat until the meat is well tender.

Once the meat has softened, add the peeled tomatoes and the second clove of crushed garlic. Cook until the sauce reduces to your liking and season with salt and pepper to taste.

Serve the pork stew warm, with favourite side dish. It goes well with mash or polenta and pickled vegetables.





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GROW COOK SERVE

I would like to sincerely thank everyone that contributed to this booklet, making this as much about our people and their cultures and backgrounds rather than just recipe's

Grainne Carberry

Director of FoodSpace

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