

Stories of Change Presents

# WILD STRANDS

Tackling climate action one  
mouthful at a time

By William Mc Elhinney







**STORIES *of***  
**CHANGE**





Wild Strands  
Seaweed Food Adventure



# INTRODUCTION



This ebook has been devised by William Mc Elhinney of Wild Strands for Stories of Change. It aims to be an evolving resource to help people get creative and to engage with our rich and ever-changing Irish food culture. Through this project Wild Strands aimed to highlight the role of food as a catalyst in tackling and reversing the damaging effects of climate change by changing our diet. This is a challenge to each and every one of us; to take responsibility and change our own food behaviour. We can, and the great news is, there is support and a growing collective movement that is adapting a climate conscious diet. The problem is, how do we do this? How do we change the way we eat?

Food is an integral element of Wild Strands, so William understood the challenge of devising and creating feasts through community workshops, to engage with the public and discuss the how, why and where of food production. This food was prepared by the community, for the community and then eaten as a feast at the Stories of Change events held in Clare, Donegal, Galway and Kerry.

The challenge was to create nutritious dishes that are sustainable and responsive to our own identity, our place, our traditions and that are in balance with nature. By adapting and recovering traditional food knowledge, particularly seaweed, by supporting farming that protects nature and biodiversity and by implementing new technologies and methods of food production that are regenerative and sustainable we can help to protect our environment, our wellbeing and our local economies. When we understand the roots of the inequity in our food systems we have

the knowledge to create new methods to rejuvenate and strengthen these systems.

William's engagement with local producers was truly rewarding as they were all committed to contributing not only their produce but their invaluable time to share their story for the benefit of the project. He is appreciative of their willingness to engage in any way that they could. Their commitment to adapting ways to farm with nature was celebrated. Each feast was unique, with food prepared according to the produce available locally. Farmers/producers also expressed the challenges they faced particularly in meeting the regulatory costs involved in production. The real cost of food has to be understood; the ability to deliver food that is good for us and the environment as well as generating a fair wage for the producer. So many of the producers asked William to use the project to advocate for them; to communicate their values and struggles in order to get the community on board to support them so they can survive and grow.





The recipes have been created to excite the palate. William has introduced new taste sensations with inventive nutritious flavour combinations that work. This has been achieved through much research and trial and error, to create exciting plant based, affordable, seasonal and wild food recipes.

By learning through the preparation of these recipes, you will make an impact. We hope this process will continue to evolve, provide locals with the knowledge to get creative, reinvent old recipes and reconnect with our own heritage food culture, utilise local ingredients and get excited about traditional Irish ingredients and most importantly build relationships with your local producers which will cut down on our carbon footprint.



The book is based on the result of research on local food culture of each area where recipes were created for the Stories of Change events. It demonstrates how to incorporate up to ten varieties of seaweed back into our diet. William is passionate about the wonders of seaweed and its valuable contribution not only to our own health but also to the health of our oceans. Here he offers an eclectic mix of familiar dishes inspired by our past, with a contemporary twist.







# TOMATO & POTATO SOUP

## Ingredients

- 1kg fresh tomatoes
- 350g potatoes
- 20ml poitín
- 4 medium shallots, halved
- 2 onions
- 2 garlic cloves
- 10-12 sprigs fresh thyme
- 1 Irish herb seasoning
- 1 tsp sea salt
- 1 tbsp Orchard apple treacle / molasses
- 50ml rapeseed oil
- 10g ground seaweed: I prefer sloke aka nori
- Splash of balsamic apple vinegar
- 1 litre Seaweed stock (see recipe)

## Method

Cut the tomatoes in half and season with the ground mixed seaweeds. Oil a tray and place tomatoes in the oven to roast for 45 minutes at 160 degrees.

Add oil to a saucepan and then sauté the shallots and garlic for five minutes. Add the potatoes, tomatoes and poitín (optional) and cook off the alcohol for 10 min then add the vegetable seaweed stock and stir to combine. Increase the heat to a rolling boil and reduce to a simmer. Cook for 30 minutes, stirring occasionally until potatoes are soft.

Add a spoonful of treacle syrup and a splash of balsamic apple vinegar, then check seasoning. Remove the pot from the heat and let it cool for a few minutes.

Use a hand blender and blitz until smooth. Taste and check the seasoning.





# ROAST CAULIFLOWER & POTATO SOUP

## Ingredients

- 1kg cauliflower
- 350g potatoes
- 2 cloves of roast garlic
- 20ml poitín
- 2 medium onions, quartered
- 10-12 sprigs fresh thyme
- 1 Irish herb seasoning
- 1 tsp sea salt
- 50ml rapeseed oil
- 1.5 litres of seaweed stock

## Method

Cut the cauliflower into florets and season with the ground mixed seaweeds. Oil a tray and place cauliflower in the oven to roast for 45 minutes.

Chop the potatoes into 1” chunks and sauté them in the pot with oil for about 5 min or roast them chopped with skins on in the oven for 15 minutes.

Add the cauliflower, poitín (optional) and sauté for another 10 min then add the vegetable stock and stir to combine. Increase the heat to a rolling boil and reduce to a simmer. Cook for 30 minutes, stirring occasionally.

Add a spoonful of apple syrup and a splash of vinegar (optional), then check seasoning.

Remove the pot from the heat and let it cool for a few minutes. You can use a hand blender, or you can transfer the soup to a blender. For a smoother soup you can then pass it through a sieve.

Taste and make sure you're happy with the seasoning.

*A creation of mine, the Dulsato Dressing, provides an anchovy style dressing to really lift this bean salad or any other salad.*





# DULSATO GREEN BEANS

## Ingredients

- 600g mix of sugar snaps/green beans
- 2 tsp of rapeseed oil
- small handful of flat-leaf parsley, very finely chopped

### For the Dulsato dressing

- large garlic clove, finely chopped
- 10g wholegrain mustard
- 2 medium egg yolks
- 20 ml oat milk / milk
- 10g dulse flakes/powder (smoked if possible)
- 10g oats
- 75ml rapeseed oil
- 1 tsp cider vinegar
- pinch of salt
- handful of fresh herbs e.g. parsley

## Method

Crush the garlic to a fine paste by chopping the garlic finely, add salt to the chopping board and using the flat end of the blade crush the garlic into a fine purée.

Mix the fine dulse flakes, milk, oats, and puréed garlic together and leave to marinate for at least an hour or preferably overnight.

Use a blender and blitz the marinade to form a smooth paste.

Add the wholegrain mustard & egg yolks to the mixture and blitz again.

Continue to blend while slowly adding the oil, in a slow steady stream, letting the mixture thicken between each addition. Finish by adding the vinegar to taste.

The mixture should have a mayonnaise consistency – you should be able to drizzle it. If it's too thick, whisk in water 1 tsp at a time to loosen.

Put the beans onto one or two baking trays with a little rapeseed oil, in a single layer.

Toss and roast for 8 mins. While still warm put some of the dressing on a platter, then spoon the beans on top.

Drizzle and mix more of the dressing through the beans and scatter over the parsley.

Offer the rest of the dressing on the side.



# KELP SALAD

## Ingredients

- 200g of sugar kelp/oarweed/ alaria
- 2 carrots
- 2 onions
- 4 bay leaves
- bunch of thyme
- water
- 1 fennel bulb
- 1 stick of celery

### For the dressing

- 1 tps honey
- 2tsp cider vinegar
- 4 tsp rapeseed oil
- 1 mild/hot chilli diced very fine

## Method

Place the kelp in a bowl of cold water and hydrate for 10 minutes.

Put the hydrated kelp into a saucepan of nearly boiling water and simmer gently for about 30 minutes until soft to the touch.

Drain and remove the kelp after you have tasted it and you are happy with its texture. Roll the kelp into a cigar shape when cooled down a little and cut into thin noodles.

Put the ingredients for the dressing together and whisk well together. Julienne the onions, celery, fennel and carrots. Add the dressing and toss all vegetables together and allow to marinate for at least 30 mins in the refrigerator before serving.





# APPLE SLAW WITH BUTTERMILK AIOLI

## Ingredients

For the buttermilk aioli

- 80g buttermilk
- 2 cloves garlic, pressed (or 4 cloves roasted)
- 160g rapeseed oil, neutral
- 1 tsp of fresh herbs, parsley, chives, basil
- 1 tsp of sea veg salad flakes
- 1 tsp of vinegar (optional)
- 1 tsp of orchard syrup (optional)

For the apple slaw

- 150g shredded cabbage
- 2 juliennes of fresh local apples
- 4 stalks of celery
- 50g of roasted and crushed Hazelnuts
- 10g of sea spaghetti

## Method

For the aioli

Add puréed garlic to the buttermilk and blend in blender.

Add the rapeseed oil gradually in a slow stream. Once mixture begins to emulsify, add oil more rapidly.

Add seaweed flakes and seasoning to taste.

Set aside to add to the sliced apples and sea spaghetti.

For the slaw

In a saucepan of boiling salted water blanch the sea spaghetti.

Boil for 30 secs to 1 minute. The boiling time is quick: the seaweed will change to a bright green!

Immediately plunge into an ice bath. Once cool, remove them from the water, squeeze out as much water as possible and chop roughly into two inch pieces.

Shred all the ingredients of the slaw and then add the cooled sea spaghetti, herbs, roasted and chopped hazelnuts and mix in the buttermilk dressing. Toss and mix thoroughly.



# COURGETTE ROLL-UPS

## Ingredients

For the hazelnut sauce:

- 130g hazelnuts soaked in water
- 2 tsp of organic apple cider vinegar
- 3g carrigan moss
- 1 clove of garlic
- 1 tsp of seaweed flakes

For the courgette roll-ups

- 2 courgettes
- white turnip, mild green chilli, carrot, celery
- Kylemore cheese



## Method

### For the hazelnut sauce

Hydrate the Carrigan moss for 5 minutes in water and clean. Chop the Carrigan moss finely. Add to a bowl with the hazelnuts and fresh water. Rest for an hour.

Drain, sieve and rinse briefly in fresh water. Add garlic, seaweed flakes and apple cider vinegar and blend and until you get a rough texture. Transfer to a small bowl and set aside.

### For the courgette roll-ups

Cut the cheese to equal sized pieces.

Shave the courgette into thin strips with a peeler.

Spoon a heaped teaspoon of the hazelnut mixture into the centre and spread it out evenly. Leave a few cm of space at the narrowest end, as the mixture will spread when you go to roll it up.

At the wider end of the strip, place 3-5 pieces of the julienned vegetables and cheese.

Roll and join with a toothpick. Repeat until you have made about 10.





# BEETROOT STAINED EGG SALAD

## Ingredients

For the salad

- 4 eggs
- 6 beetroots
- 1 tsp rapeseed oil
- 250g mixed salad leaves

For the dressing

- 2tbsp rapeseed oil
- 1 tsp mustard
- 2tsp balsamic vinegar
- small bunch chopped parsley
- 20g Sugar kelp

For the marinade

- 50g balsamic orchard vinegar
- 20g mead
- 20g honey

## Method

Put the eggs in a pan of water, bring to the boil and cook for six minutes. Drain and run under cold water to cool, then remove the shell.

Prepare the marinade by mixing vinegar, mead and honey. Dampen the sugar kelp with the marinade until it is pliable.

Cook the beetroot by boiling until soft. When cool enough to handle peel off the skin and wash in a cool basin of water. Slice the beetroot finely or with an egg slicer.

Dip each slice of beetroot in the marinade and place on a piece of sugar kelp. Repeat until the bottom of the bowl is covered.

Put the eggs on top then tuck more beetroot all around the eggs and add another layer over the top. Cover with the sugar kelp and chill for at least an hour, but preferably overnight. Try to pack as much beetroot as possible around the eggs to stain them evenly. The longer you leave the eggs to stain, the stronger and more even the colour will be.

Make the dressing by combining the oil, vinegar and parsley and seasoning. Remove the seaweed and then the beetroot to reveal the purple stained eggs that have been infused with a strong umami flavour.

Set the eggs aside and toss the beetroot (reserved from staining the eggs) and mixed salad leaves, in a bowl with the dressing then tip onto a serving plate. Half the eggs and lay them on top.





# CARROT JAM

## Ingredients

- 1kg carrots
- 5g dried Carrigan moss
- 300g apple juice
- 200g honey
- 50g apple syrup
- 50g mead

## Method

Hydrate the Carrigan moss for 10 minutes in fresh water. Clean and chop finely.

Chop carrots finely.

Add apple juice, chopped carrots and Carrigan moss to a saucepan and bring to the boil.

Cook gently for 15 minutes.

Blend into a carrot puree. Add honey syrup and mead. Bring to the boil for 4 minutes.

Place jam in a sterilised Kilner jar.





# SLOKE AND BEETROOT-STAINED BARLEY SALAD

## Ingredients

- 4 beetroots well-scrubbed and grated
- 1 tsp caraway seeds
- 750ml of seaweed stock
- 1 tsp mustard seeds
- 250g pearl barley
- 2 onions
- 2 bay leaves
- 3 gloves of garlic
- Small bunch of sage
- 2 chilli
- 2 fresh apples

## Dressing

- 2tbsp rapeseed oil
- 1 tsp mustard
- 2tsp balsamic vinegar
- small bunch chopped parsley
- honey

## Method

Wash the sloke in several changes of water. Wash the barley in several changes of water using a sieve.

Dry fry the hazelnuts until toasted and then crush roughly and reserve. Grate the washed and well-scrubbed beetroot.

Dry fry the spices then add the oil along with the chopped onions, chilli, and garlic. Cook for 10 minutes gently without colour.

Add the barley, grated beetroot, stock and the sloke to the pan. Bring to a boil and simmer for 50 minutes. The water should be fully evaporated but keep a check that it doesn't stick to the pan.

Make the dressing by combining the oil, vinegar and parsley and seasoning.

Add the dressing when cooled slightly. Once completely cool, refrigerate and before serving add finely chopped apples and herbs of your choice.



# CUCUMBER AND RED ONION PICKLE

## Ingredients

- 2 large red onions
- 3 large cucumbers
- 2 tbss of honey
- 1 tbsp of Orchard Apple syrup (optional)
- 1/2 tsp sea salt
- 100g sugar
- 250ml apple-cider vinegar
- 60ml water/seaweed stock
- ½ tsp of ground bladderwrack
- 10g Mixed ground flakes of salad seaweed mix
- A handful of fresh herbs i.e., dill, fennel, or flat leaf parsley

## Method

Make the brine by combining the vinegar, honey, syrup, water, and salt in a small saucepan bring to the boil until they have dissolved then simmer for about five minutes over medium heat.

Turn off the heat and add the seaweed flakes.

Slice the red onions in half rings as finely as possible and put them along with finely sliced cucumbers and herbs into the jar until it is full. After the brine has cooled slightly for about 1-2 minutes add the ground bladderwrack then pour the brine carefully over the vegetables in the jar until filled to the top (add a little extra water if needed, but this amount of brine should cover all vegetables. Leave a ½ inch gap at the top so it doesn't spill over).

Gently tighten the lid and give it a shake. Leave to cool on the counter for 20-30 minutes then set in the refrigerator to cool. Enjoy after an hour in the fridge. Your quick pickles will keep in the refrigerator for up to two weeks in an air-tight glass container.

# COURGETTE RIBBON SALAD

## Ingredients

- 4 courgettes yellow and green mix if possible
- 3 tbsp rapeseed oil
- 1 mild green chilli
- 1 red onion
- Bunch of mint leaves
- 1 tsp of orchard syrup
- 1 tsp of seaweed flakes
- ½ tsp bladderwrack
- 2 tsp of vinegar

## Method

Trim the ends of the courgette. With a vegetable peeler, shave each courgette lengthwise into very thin strips, about 1/16 inch thick.

Deseed and finely julienne the chilli. Slice very finely the red onion.

Put the courgette ribbons into a serving bowl.

In a small liquid measuring cup, whisk the oil, seaweed flakes, mint, syrup, and vinegar.

Season to taste with ground bladderwrack.

Toss all together and serve.





# POTATO AND LEEK SLAW WITH SEA SPAGHETTI

## Ingredients

For the Mayonnaise

- 50ml buttermilk
- 1 tsp Dijon mustard
- 2 egg yolks
- 150ml rapeseed oil
- 1tsp ground seaweed flakes

For the slaw

- 1kg potatoes
- 20g dried sea spaghetti
- 500g leeks
- 1 tsp cider
- 1 tsp orchard syrup
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## Method

Add egg yolks and mustard to a bowl and mix, blend with blender.

Add the buttermilk gradually and blend.

Add the rapeseed oil gradually in a slow stream. Once mixture begins to emulsify, add oil in a steady stream but being careful not to allow the mixture to split.

Season to taste and set aside.

In a saucepan blanch the seaweed for an ever-green vibrant sauce.

Boil for 30 secs to 1 minute. The boiling time is quick; you just want it to be bright green!

Immediately plunge into an ice bath. Once cool, remove them from the water and squeeze out as much water as possible and chop finely and add tsp of cider vinegar and apple orchard syrup and reserve.

Peel and chop the potatoes into 1 inch pieces and cook for about five minutes or until they are soft but still holding their shape.

the potatoes until they are soft but still holding their shape about five minutes.

Carefully wash the leeks removing any soil and chop roughly. Fry the leeks in batches and allow to cool completely.

Roughly chop the sea spaghetti and finely chop the scallions. Add the potatoes and the mayonnaise and mix all the ingredients together. Refrigerate for 30 minutes before serving.





# WILD BARLEY STUFFING

## Ingredients

- 10g unsalted butter
- 2 leeks
- 150g of pearl barley
- 5g alaria
- fresh rosemary sprigs
- fresh thyme
- 1 litre seaweed stock (or water)
- ½ tsp sea salt, more to taste
- 3 tbsp rapeseed oil
- 1/2 tsp Wild Irish Seasoning
- 150g toasted, peeled hazelnuts
- 30g Garlic herb butter
- a handful of fresh parsley

## Method

Carefully wash the leeks to remove any soil. Melt the butter in a heavy based saucepan and sauté the leeks for 5 minutes and add the wild Irish seasoning until softened. Allow to cool and set aside.

Wash and rinse the pearl barley in water. Add the barley, alaria, seaweed stock or water and the rosemary sprigs to a pan and bring to a rolling boil.

Reduce the heat to a simmer and cook for about 45 minutes until the barley is tender and most of the liquid has evaporated. Check it before the hour as you may need to add more water. If liquid has evaporated and barley is still not tender, just add a little more water and continue cooking.

Roast the hazelnuts in a dry pan. Remove and crush roughly in a pestle and mortar

Chop the mushrooms into small pieces and fry off over a high heat using rapeseed oil and a knob of butter with the fresh thyme.

Put the hot barley into a large bowl.

Stir in the mushrooms, crushed hazelnuts, sliced up alaria, chopped parsley and season with a thick slice of wild garlic herby butter. Mix all together until well combined.

Taste and season to taste. Great with addition of a cheese sauce (see recipe) and with slices of roast squash.



## Ingredients

### For the stew

- 2 tbsp rapeseed oil
- 3 large red onions
- 2 cloves garlic
- 250g mushrooms. A mixture of chestnut, portobello and flat mushrooms
- 2 tbsp oat flour
- 150ml Irish craft ale
- 400ml seaweed veg stock
- 1 tsp orchard treacle
- 1 tbsp cider vinegar
- 2 sprigs rosemary
- 400 g carrots
- 60g pearl barley
- 250g potatoes

## BEER STEW WITH DUMPLINGS

### For the dumplings

- 80g plain flour
- 10g Eikorn flour
- 10g rye flour
- 50g shredded vegetable suet or 50g of grated frozen butter
- cold buttermilk to mix
- 1 tsp baking powder
- ½ tsp baking soda
- chopped fresh herb (optional)
- 1 tsp of seaweed flakes
- 10g cheese

# Method

## For the Stew

Heat the oil in a large casserole or deep-frying pan.

Peel the onion and slice into thick rings. Fry gently for a few minutes until softened.

Peel, crush and add the garlic.

Add the oat flour to the pan, stir to coat everything so no lumps remain.

Add the ale, orchard treacle, cider vinegar and rosemary sprigs and allow to reduce by half.

Wash the pearl barley well, drain and add to the pan and then add the seaweed vegetable stock. Bring to the boil then reduce to a gentle simmer.

Peel the carrots, slice, and cut into chunks. Cut the potatoes into chunks. Add them to the pan, bring it back to the boil and then reduce again to a simmer.

Simmer the stew for 30-35 minutes until the pearl barley, vegetables are all tender.

Fry off the cleaned mushrooms in a well heated pan and brown. Add in batches to the stew. Simmer for a further 15 minutes. Ensure there is sufficient stock to be able to soak up and cook the dumplings in and then put a lid on for the remaining cooking time.

## For the Dumplings

Put the flour, baking soda, baking powder and grated butter/veg suet in a large bowl and mix thoroughly. If you are adding herbs, seaweed flakes or extra seasonings e.g., grated cheese, add now & mix well .

Add sufficient buttermilk - bit by bit - to make a soft pliable dough; it should not be too sticky.

Divide the dumpling mixture into eight portions and roll into small balls with floured hands. Drop them into the stew 20 minutes before the end of the cooking time, making sure that the stew is very hot.

Put the lid on immediately and do not take the lid off until just before the end of the cooking time, about 15-18 minutes to check that they are nearly ready. They should have doubled in size at least and be very light and fluffy looking!

Ladle the stew into warmed soup bowls and serve two dumplings per person.







# GUINNESS STEW AND BOXTY

## Ingredients

- 2 tbsp rapeseed oil
- 3 large onions
- 2 cloves garlic
- 3 stalks of celery
- 10g alaria
- 400g mushrooms. I like to use a mixture of chestnut, portobello and flat mushrooms
- 300g swede
- 300g parsnip
- 300g carrots
- 2 tbsp oat flour
- 440ml Irish craft stout/Guinness
- 400ml seaweed veg stock
- 1 tsp orchard treacle
- 1 tbsp cider vinegar
- 2 sprigs rosemary
- 2 bay leaves
- 2 tsp of fresh thyme leaves
- 250g potatoes
- Boiled Boxty (see recipe)
- 20g butter

## Method

Peel the root vegetables and cut into chunks. Add a splash of oil to a baking tray and rub to cover all the vegetables. Bake in a preheated oven for 40 minutes at the highest heat.

Heat the oil in a large casserole or deep frying pan.

Peel the onion and slice into thick rings. Sauté for a few minutes until softened.

Peel, crush and add the garlic cloves.

Add the oat flour to the pan, stir to coat everything so no lumps remain.

Add the stout, orchard treacle, Irish balsamic cider vinegar and rosemary and thyme sprigs, bring to a boil then allow to reduce by half. Wash the pearl barley well, drain and add to the pan. Then add seaweed vegetable stock.

Cut the potatoes into thick chunks. Add them to the pot, bring it back to the boil and then reduce again to a simmer. Hydrate the alaria, chop into 1" pieces and add to the pot.

Simmer the stew for a further 20- 25 minutes until the pearl barley and potatoes are nearly tender, add the root vegetables from the oven.

Fry off the cleaned mushrooms in a well heated pan and brown. Add in batches to the stew. Simmer for a further 15 minutes. If the gravy becomes too thick, add a splash of water, or put a lid on for the remaining cooking time.

If the gravy is too thin at the end of cooking time, turn up the heat and cook for a few extra minutes until it has reduced and thickened. Check the seasoning.

When the boiled boxty has cooled they are now firm and dense cut them into slices and fry in mixture of oil/butter on a high heat to get a little colour.

Add to the top of the stew and then serve.





# GOAT CHEESE MOUSSE

## Ingredients

- 50ml crème fraîche
- 200g St Tola goats cream cheese
- St Tola Log of fresh goats cheese
- 50ml milk
- 10g Carrigan moss/flakes
- 10g seaweed flakes
- 10g fresh herbs

## Method

Hydrate the Carrigan moss in water for 5 minutes. Clean, chop finely and place in a bowl.

Bring milk to a rolling boil and add the Carrigan moss, simmer in milk for 15 minutes with a sprig of rosemary. Allow to cool. Remove rosemary.

Place cooled mixture in a blender and whisk until smooth.

Gradually add the soft goats cheese and the goats cheese log to the mixture and whisk together until you achieve a smooth texture. Whisk the cream and crème fraîche until it has soft peaks and a similar texture to whipped cream. Set aside.

In a separate bowl, gently fold in the whipped goats cream cheese mixture with the whipped cream.

Place on parchment and roll into shape of a log and refrigerate for at least an hour until firm to touch.

Remove from the refrigerator, scatter seaweed flakes and fresh herb mixture over the sheet of parchment. Re-roll and refrigerate again for an hour. Once set in the refrigerator remove and serve in generous slices.

Great with beetroot purée (see recipe) and a salad of your choice.





# CREAMY STEW WITH CIDER

## Ingredients

- 2 tbsp rapeseed oil
- 3 large white onions
- 2 cloves garlic
- 125g pearl barley
- 500g mushrooms.
- 2 tbsp rye flour
- fresh horseradish (optional)
- 150ml Irish craft cider
- 1.5 litre seaweed veg stock
- 1 tbsp cider vinegar
- 2 sprigs rosemary
- 6 parsnips
- 250g white part of the leek
- 800g potatoes
- 2 bay leaves
- Bunch of thyme/ rosemary
- 200ml cream

## Method

Heat the oil and butter in a large casserole or deep frying pan.

Peel the onion and slice into thick rings. Fry gently for a few minutes until softened.

Peel and crush and add the garlic cloves (optional - add grated fresh horseradish )

Add pearl barley and cider along with 150ml of stock and bring to the boil and simmer for 25 minutes.

Add the rye flour to the pan, stir to coat everything so no lumps remain and cook out for a few minutes.

Peel the carrots and parsnips and season with Irish spice mix and oil when cut into chunks. Add in batches to a very hot pan and seal on each side. Add then to the pot along with the remaining stock, leek, onion and pearl barley.

Peel and chop the potatoes into 1 inch chunks and add to the pot. Bring to the boil and simmer the stew for 35 minutes until all vegetables are cooked through.

Fry off the cleaned mushrooms on a well heated pan and brown. Add in batches to the stew. Add the cream and simmer for a further 15 minutes. If the gravy becomes too thick, add a splash of water. Put a lid on for the remaining cooking time.

If the gravy is too thin at the end of cooking time, turn up the heat and cook for a few extra minutes until it has reduced and thickened.





# KALE AND ALARIA WITH BLUE CHEESE DRESSING

## Ingredients

- 2 bunches of kale leaves
- 2 tsp balsamic apple vinegar
- 1 tsp seaweed flakes
- 50g blue cheese
- 30g crushed hazelnuts
- 50ml rapeseed oil
- 20g alaria
- 1 tsp Dijon mustard
- 1" fresh horseradish

## Method

Strip the kale leaves from the stem. Once the leaves are removed, chop the stems as fine as you can. Rinse well.

Hydrate the alaria and place in a pan of hot water and simmer gently for 20/30 minutes. Remove and squeeze out any moisture.

Dry the kale and alaria in a salad spinner and ensure they are both thoroughly dry.

Place the kale and alaria in a large bowl.

Make the dressing by mashing the blue cheese into a paste with a fork then add the mustard, oil and vinegar. Finely grate in fresh horseradish (optional) and whisk.

Add the dressing to the bowl and massage well for about 1 minute.

Toss the hazelnuts on top.







# BOILED BOXTY

## Ingredients

- 250g mashed potato
- 250g peeled, grated, raw potato
- 200g plain spelt flour
- 50g Einkorn flour
- 5g sea salt
- Splash of buttermilk (Optional)
- 5g ground dulse
- Knob of butter

## Method

Peel and grate the potatoes and put into a clean tea towel. Squeeze as much water out of the potatoes into a bowl. You can allow the water to settle and then pour it off to reveal the starch left behind. For boiled boxty it's a choice to add this back into the mixture or not.

In a clean bowl add together the grated potato, cooked mashed potato, flour, salt and dulse.

Knead until you form a dough. Add a splash of buttermilk or water if required to bring the dough together.

Shape the dough into the size of a sliotar or a tennis ball and throw the ball into the palm of your hand repeatedly until a firm ball is formed.

Then place it slowly into salted boiling water in a large saucepan. Cook for about 1 hour on a gentle rolling boil.

Drain the cooked boiled boxty and allow to cool.

Cut into thick round slices and fry in butter. Serve with your favourite dish.





# AUBERGINE STEAKS

## Ingredients

- 1tbsp of apple cider vinegar / aged white balsamic vinegar
- 1tbsp rapeseed oil
- 2 tsp wild Irish seasoning
- Sheets of sugar kelp
- 1 clove of garlic, crushed
- 2 aubergines

### Marinade

- 100 ml beetroot juice
- 200ml stout
- 50 seaweed stock
- 10ml treacle syrup

### Seaweed Cure

- 20ml mead
- 10ml vinegar
- 100ml Seaweed stock
- 50g of dried Sugar kelp sheets

## Method

Cut the aubergine into thick disc slices. Soak the kelp briefly in the seaweed cure of mead, stock and apple cider vinegar and then place on the aubergine. The sugar kelp becomes pliable when hydrated. Ensure you attach wet sugar kelp around all parts of the sliced aubergine and completely cover with sugar kelp. Leave covered for a day refrigerated.

Remove from the fridge and remove the sugar kelp.

Add oil to the aubergine steaks and rub in the Irish spice mix, infuse for at least 10 minutes/ up to an hour.

Seal the steaks on both sides on a very hot pan and then add the stout marinade.

Place in the oven at 170 degrees. Cook for about 1hr until the aubergine have softened. Keep a check every 15 minutes to ensure the steaks are covered with the marinade.

When tender remove the aubergines from the pan and put in a dry pan in the oven.

Reduce the marinade by bringing it to a boil for a few minutes.

To finish, add 5g butter to further thicken the mixture and to create a glossy finish to the sauce.

Remove from the heat and season to taste.

Cut the aubergine as you would a steak and pour remaining marinade as a glaze over the steaks.







*Turnip is an often overlooked vegetable which is affordable, delicious and versatile. To enrich the natural sugars of the turnip roast it with a little treacle. When cooled this makes a cracking match with another often overlooked yet highly nutritious food, pearl barley. This dish is nutty, savoury, moreish and simply delicious.*





# TURNIP STEAK

## Ingredients

- 1 tbsp of apple cider vinegar
- 1 tbsp rapeseed oil
- 1 tsp Wild Irish Seasoning
- Sheets of sugar kelp ( to cover the steaks )
- 1 clove of garlic, crushed
- 1 turnip

### Marinade

- 100ml beetroot juice
- 200ml stout
- 10 ml whiskey
- 50ml seaweed stock
- 10 ml Treacle apple syrup / molasses

### Seaweed Cure

- 20ml whiskey
- 100ml Seaweed stock
- 10ml vinegar
- 50g of dried Sugar kelp sheets

## Method

Cut the turnip into 4/5 thick slices lengthways, in circle discs. To cure the turnip steaks, briefly soak the dried sugar kelp in a mix of mead, stock and apple cider vinegar until pliable and somewhat hydrated to be able to move the kelp freely. Attach the wet sugar kelp sheets to cover the surface of each part of the turnip. In a large dish layer first the kelp, then the turnip and repeat process until turnip is fully covered and surrounded by sugar kelp. Leave covered and refrigerate for a day.

Remove the turnip from the kelp. Add rapeseed oil to each slice of turnip steaks and generously season with Wild Irish Seasoning (infuse for 10 minutes or even better for up to an hour).

To make the marinade mix the vinegar, rapeseed oil, wild Irish seasoning, and a bunch of thyme.

Seal the steaks on both sides in a very hot iron cast pan until you have created good caramelisation on each side. In an oven proof dish layer on the steaks and add the stout marinade.

Place in the oven at 180 degrees. Cook for approximately 1 hour until the steaks are soft, keep ensuring the steaks are covered and top up with marinade by basting the steaks regularly.

When tender remove from marinade and put in a dry pan in the oven.

Reduce the marinade by bringing to a boil for about 10 minutes until the mixture has thickened. Add 5g butter and remove from the heat and season to taste.

Remove the steaks and cut into thick slices as you would a steak and pour the glaze over.

# PEARL BARLEY AND BLACKENED TURNIP SALAD

## Ingredients

- 1 turnip
- 2 tbsp of orchard treacle/molasses
- 2 tbsp rapeseed oil
- 1 tbsp Wild Irish Seasoning
- 200g pearl barley
- 5g sugar kelp
- 1 tsp mustard
- 1litre water
- 1 head of garlic
- 1 fennel bulb
- 2 tsp balsamic apple vinegar
- 1 tsp local honey
- 8 shallots
- 1 tsp spoke

## Method

Wash the barley and strain through a sieve. Place the barley and sugar kelp in a pan with the water and bring to a simmer, cook over a low heat for around 45 minutes. The barley will be done when plump and al dente. Be careful, the barley can soak up a lot of water so check it doesn't stick to the bottom of the pan. Add a small amount of water if too dry.

Whilst the grains are cooking peel and chop the turnip into 1-inch cubes. Place in a roasting tray and add and massage in the treacle and the rapeseed oil. Sprinkle over the sloke. Crush the garlic and throw the cloves into the tin. Place in a 180 degrees oven for around 45 mins adding the apple balsamic vinegar for the last 15 minutes of cooking the turnip at 200 degrees. Ensure to check every five minutes and mix the turnip around until they are a deep dark colour. Sauté the shallots for about 10 minutes. Using a slotted spoon, put the shallots on a paper towel-lined plate. Reserve the oil and when cool use it to make the dressing by adding pureed roasted garlic, mustard, vinegar and local honey.

Slice the fennel as finely as possible. Plunge into boiling water for 20 seconds and immediately place in a bowl of iced water. After a few minutes remove and pat dry.

Keep a check on the barley to ensure the stock gets absorbed but being careful not to allow to dry out. When the barley is still al dente, turn off the heat allow to cool in the saucepan with the lid on. Remove the kelp, reserve, and chop finely. Chop the greens about 1cm thick and then steam over the pan with barley, for a few minutes until they have barely wilted. Add the barley, fennel, kelp and greens to the roasting tray and mix well with the roasted veg.

Place the pearl barley in a serving bowl, add and mix in the ingredients from the roasting tray. Toss in the dressing and finish by sprinkling over the crispy shallots.





# BRAMBLE APPLE TRIFLE

## Ingredients

- Crunchy Oat Granola
- sponge
- 5g Carrigan moss
- 10ml poitín
- 150ml mead
- 300g brambles
- orchard syrup
- 100ml blackcurrant cordial
- 300g fresh brambles
- 2 tsp of bramble jam
- homemade custard
- 500ml whipping cream
- Apple Snow (optional, see recipe)

## Method

*There is a bit of preparation but so worth it for this light seasonal trifle. Check out the recipes for the crunchy oat granola, apple snow and custard in this booklet to create a memorable Irish trifle.*

Cut your sponge into pieces and line the bottom of your trifle bowl.

Pour the mead delicately over each of the sponge pieces.

Hydrate the Carrigan moss for 5 minutes, clean and chop finely. Put in a saucepan with the brambles, blackcurrant jam, poitín and blackcurrant cordial.

Allow to cool and then spread over the sponge.

Scatter remaining brambles over the sponge and refrigerate.

Then add the custard by pouring it over the brambles.

Spread over the apple snow (optional).

Whip the cream into stiff peaks and delicately spread on top.

Refrigerate and before serving sprinkle over the Crunchy Oat Granola.



*Sowans, created by soaking oats in water and leaving to ferment, was an old drink and used to make desserts in the past in Ireland. Here's a new take on Sowans.*



# VAL APPLE SQUARED

## Ingredients

- 1kg cooking apples
- 10g dried Carrigan moss
- 320ml apple juice
- 100g honey
- 30ml Valentia Vermouth
- 300ml water
- 1 tsp ginger spice
- 1/2 tsp ground bladderwrack
- 20g Apple Syrup
- 50g Oat flakes
- 20g Apple treacle Syrup / Molasses
- 80g butter
- 100g Brown sugar
- 350g oat ginger biscuits
- 100ml milk
- 150ml cream
- 300g Crunchy Oat Granola

## Method

Soak the oat flakes in 300ml of water in a Kilner jar, shake and soak for up to 48 hours. Shake the contents a few times. Drain the oat milk through a sieve and reserve the oats and the oat milk separately.

Coarsely grate the apples. Fry the reserved oats in a large skillet, adding 50g of the butter, 50g of brown sugar, ginger spice for a few minutes. Add the grated apple and 20 ml of apple juice and cook for 15 minutes stirring regularly until mixture darkens. Add orchard treacle and 50 g of honey. Add ¼ tablespoon of bladderwrack. Adjust sweetness to your taste.

In a bowl break up the biscuits into chunks and add the apple sauce and mix well. Transfer to a pie dish and flatten mixture with a spatula.

Chop the peeled sweet apples finely into small cubes. At a high heat melt 30g of butter and 30g of sugar in a heavy based frying pan and when foaming add the apples. Remove when softened but still holding their shape. Allow to cool and then layer onto top of the cooled apple paste in the dish.

Hydrate the Carrigan Moss for 10 minutes in fresh water. Clean the Carrigan moss and then chop finely. Add remaining apple juice, reserved oat water/milk and Carrigan moss to a saucepan and bring to the boil. Simmer rapidly for 15 minutes and then strain through a sieve. Push and scrape through all the Carrigan moss. Add Valentia Vermouth, cream, remaining honey and apple syrup when cooled. Pour into the dish and refrigerate until set.

Add the crunchy oat granola on top and gently firm down. Place in the freezer.

Remove for 15 minutes before slicing and serving with warm apple butterscotch sauce.



# APPLE BUTTERSCOTCH SAUCE

## Ingredients

250ml fresh apple juice (preferably cloudy juice)

40g light brown/demerara sugar

50g ginger syrup

20g treacle apple syrup

60g unsalted butter cubed

60ml fresh cream

¼ tsp bladderwrack

## Method

Remove the butter and cream from the fridge and let it come to room temperature.

Add your apple juice to a small saucepan and bring to a boil on medium-high heat. Continue boiling, stirring occasionally for around 10 – 12 minutes or until it has reduced by over a half.

Add the sugar and syrups and stir. Then add the butter, a few cubes at a time, continuously stirring until the butter dissolves. Next, add the cream and ground bladderwrack. Stir continuously until combined. Bring the mixture back up to a boil and cook for around 2-3 minutes until the sauce starts to thicken.

Remove from the heat.

Place in a jug or jar and allow to cool before use or storing (covered) in the fridge. If your sauce separates, just reheat gently and stir continuously or use a blender until it combines again.

This sauce will keep in an airtight container for at least a week in the fridge.





# WHITE & DARK CHOCOLATE MOUSSE WITH BLUEBERRY COMPOTE

## Ingredients

### Dark Chocolate Mousse

- 350g 70% dark chocolate
- 260ml hot water
- 5g ground sloke/nori
- 5ml of poitín

### Blueberry compote

- 200g berries
- 1 tbsp orchard syrup
- 5ml water/poitín

### White Chocolate Mousse

- 100ml whipping cream
- 50ml cream fraiche
- 50ml milk
- 10g Carrigan moss
- 200g white chocolate
- 50g blueberries
- 2 tbsp honey

## Method

### Dark chocolate mousse

Chop the chocolate finely and put in a bowl. Add 270ml of boiling water, whisking until the chocolate dissolves.

Place immediately over another bowl with ice in it and whisk again. As if by magic it will start to thicken.

Remove from over the bowl of ice, add the poitín and the ground sloke and continue whisking. You should get a mixture that has the consistency of a mousse.

### White chocolate and berry mousse

Hydrate the Carrigan moss for 5 minutes, clean and then chop finely. Put in a saucepan with the milk and bring to a boil and reduce to a simmer.

Put the white chocolate in a bowl and melt over this pan of simmering milk. Stir as it is melting, checking to make sure the milk doesn't boil over. Remove the chocolate once melted. Blend the Carrigan moss with a blender. Separate the eggs and put the egg yolks in a bowl, add the hot carrigan moss mixture and the chocolate, working the ingredients in quickly.

Add honey to the 50g of blueberries and then add to the mixture.

Rapidly whisk the whipped cream and crème fraiche, keeping as much air as possible in the mixture.

Whip the egg whites in another bowl until they form stiff peaks, then gradually and evenly fold both mixtures into the white chocolate and berry mix and refrigerate.

### Blueberry compote

Place 200g of the blueberries in a pan with the poitín/water and sugar and bring to a boil and cook for a few minutes. Blend the fruit into a purée.

When ready to serve, take both the white and dark mousse out of the fridge and plate up with the sauce.







# CRUNCHY HAZELNUT AND OAT GRANOLA

## Ingredients

- 500g oats
- 220g hazelnuts, chopped
- 60g pumpkin seeds
- 60g flaxseeds
- 80g Dried apple pieces (Optional)
- 1tsp ground ginger
- 1 tbsp ground cinnamon
- 1/2 tsp ground caraway
- 10g seaweed flakes
- 50g rapeseed oil
- 50g unsalted butter
- 60g Orchard syrup
- 60g Orchard molasses
- 60g honey

## Method

Preheat oven to 300F/150C. Line a baking tray with parchment paper.

In a mixing bowl add all the dry ingredients. Mix well to combine.

In a saucepan melt the butter on a medium heat and add the rapeseed oil, add the molasses, syrup, and honey. Pour the wet ingredients over dry ingredients and stir well to combine.

Spread mixture onto the tray lying flat as you can. Bake for 15-20 minutes, or until golden. Remove from oven after first 10 minutes to give it a quick stir, to ensure all sides are evenly toasted. After another 10 minutes when golden remove from the oven and let cool completely. Break into pieces and store in jars.

Enjoy on its own or as you wish.





# APPLE SNOW

## Ingredients

- 500 g Bramble apples
- 2 tsp of honey
- 2 tbsp of orchard syrup
- 2 tbsp of water or poitín
- 2 egg whites
- 1/4 tsp bladderwrack
- 100g golden caster sugar (for meringue style snow)
- 500ml whipping cream (for trifle recipe)

## Method

Peel and core the bramble apples, chop, and put into a heavy based saucepan.

Add the poitín or water and cook on a gentle heat until the apples turn into a mush. Stir frequently and create a smooth paste.

Sweeten with orchard syrup and honey and taste. Adjust to a level of sweetness you are happy with by adding more.

Add a ¼ teaspoon of ground bladder wrack and turn off the heat. If there are any lumps, blitz with a hand blender or pass through a sieve.

Whisk the egg whites until they form firm peaks, this will take around 8 minutes with an electric whisk on high speed. Slightly more indulgent, but necessary for use in a trifle, is to create a meringue style apple snow. Gradually whisk in the golden caster sugar, two tablespoons at a time, to make a thick, glossy meringue. You can add whipped cream to this for use in the trifle by folding in.

Gently fold into the completely cooled apple purée mixture.

Serve in glass bowls where you could add crunchy oat granola.





# CUSTARD

## Ingredients

- 1litre whole milk
- 4 large egg yolks
- 5g Carrigan moss
- 2 tbsp cornflour
- 2 tbsp local honey
- ½ tbsp of honey propolis (Optional)
- 80g caster sugar
- A couple of sprigs of rosemary (optional)

## Method

Hydrate the Carrigan moss in cold water for 5 mins. Remove any debris and clean the Carrigan moss. Put the milk into a large pan, add the Carrigan moss and rosemary and gently bring to just below boiling point. Keep on the heat for about 15minutes but do not allow to boil.

In a large bowl, whisk the yolks, cornflour and sugar. Gradually pour the hot milk through a steel sieve onto the mixture, whisking constantly. Push the Carrigan moss through the sieve with a wooden spoon and scrape the Carrigan moss from the underside of the sieve and add to the mixture

Pour the mixture back into the saucepan and heat it gently, stirring continuously with a wooden spoon. It is important to keep stirring until the custard thickens so to avoid any lumps forming.

Custard, made from custard powder was a childhood favourite of mine, but I believe that this one is worth that little extra effort. Eat either hot or cold.

Allow to cool if you are adding to a trifle whereby you could also replace 300ml of the milk with cream for a more luxurious taste.







# WILD IRISH SEASONING

## Ingredients

- 5g cloves
- 5g caraway seeds
- 5g peppercorns
- 5g ground bladderwrack
- 5g dried sage
- 5g dried bay leaves

## Method

Put all ingredients except for the powdered seaweed into a cast iron pan and toast.

When the pan is hot you will smell the spices and herbs. Remove from the pan and place in a pestle and mortar.

Add the ground seaweed and grind all the ingredients to a fine powder.

Store in a Kilner jar when cool.





# SEAWEED STOCK

## Ingredients

- 15g dried alaria, sugar kelp or oarweed or mix
- 3 Carrots
- 2 Onions
- 3 bay leaves
- 4 stalks of celery
- 3 litres of water

## Method

Place all the ingredients in a large pot, cover with water and slowly bring to a simmer.

Simmer gently for 45 min/1 hour.

Cool and strain into a large bowl or jug.

The pieces of seaweed can be chopped and used in other recipes e.g. kelp salad.

# WILD GARLIC HERBY BUTTER

## Ingredients

- 6 large garlic cloves, or 50g fresh wild garlic leaves finely chopped
- 1/2 tsp sea salt
- 30g chopped chives
- 10g thyme
- 250g unsalted butter, softened
- 10g seaweed flakes

## Method

In a pestle and mortar mash the garlic with some salt until it forms a paste. Chop the chives finely, add the seaweed flakes and mix in the softened butter until well incorporated. Shape into a log with parchment paper and wrap securely and refrigerate. Slice as you require from the fridge. It freezes well for up to three months.

If you can, try your hand at foraging the wild garlic which appears around March growing beside rivers or in damp woodland. You will probably smell it before you see it with its white petal flower heads attached to the green spear headed-shaped leaves. Please ensure you can identify safely and correctly before use; rub a leaf or 2 in your hand which should release a strong garlic aroma.



# CHEESE SAUCE

## Ingredients

- 500ml milk
- 100g Donegal cheddar cheese
- 10g oat flour
- 5g Carrigan moss
- 2 tsp of carraway seed
- 3 bay leaves
- 10g butter

## Method

Hydrate the Carrigan moss in water for 5 minutes and clean. Squeeze out as much moisture as you can and then chop finely.

Put the milk, carraway seeds, bay leaves and chopped Carrigan moss in a heavy based saucepan and bring to a boil and simmer gently for 15 minutes. Drain the contents through a sieve and scrape the Carrigan moss from the underside of the sieve into a bowl.

Heat a saucepan and add the butter.

Once melted, add the oat flour and stir for 2-3 minutes. This will form a roux.

Stir in the warm flavoured milk gradually and bring to a simmer. Stir continuously as it comes to a boil.

Reduce the heat to low, then stir in the cheese a bit at a time. Continue stirring until it all melts through.

You should now have a cheese sauce that is nice and smooth.

Taste and adjust the seasoning.





# REAL MAYONNAISE WITH BEE POLLEN AND GREEN SALAD

## Ingredients

- 200g Mixed salad leaves
- 50g celery
- 50g apple
- 100g local cheddar cheese

For the mayonnaise

- 200ml rapeseed oil
- 1 tsp mustard
- 1 tsp of fresh herbs, parsley, chives, basil
- 1 tsp of ground sea veg
- 10g bee pollen
- 1 tsp of vinegar (optional)
- 1 egg yolk

## Method

Add egg yolk, mustard and ground seaweed in a bowl and whisk together.

Add the oil very slowly in a thin stream. Once mixture begins to emulsify, add remaining oil a little quicker.

Add in the bee pollen. Add in the vinegar and season to your taste.

Chop the celery and apples into fine 1” julienne sticks and add to the mixed leaves. Shave or slice very finely pieces of a good local cheese into a bowl of mixed salad leaves. Before serving add and toss in the mayonnaise coating all the salad leaves.

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