

LISMORE CASTLE

FOOD AND FLOWERS FROM A HISTORIC IRISH GARDEN

Laura Burlington

RIZZOLI
NEW YORK



SPRING PEA, BROAD BEAN AND GOAT'S CHEESE SALAD

Fresh garden peas—picked, podded and eaten on the same day—are hard to beat. If you do not have access to these, use frozen peas but blanch them only for 1 minute. This salad combines various beans and peas and is the taste of summer. If weather permits, this recipe is ideal for outside dining and picnicking.

Serves 8 as a main

300g (11 ounces) fresh broad (fava) beans, podded

Sea salt to taste

300g (11 ounces) fresh peas, podded

100g (4 ounces) green beans

8 slices pancetta

150g (5 ounces) soft goat's cheese

1 clove garlic, pounded

Freshly ground black pepper to taste

2 teaspoons runny honey

Juice of 1 lemon

2 tablespoons light olive oil, plus more for drizzling

Leaves of 1 large bunch fresh mint, finely chopped

Preheat the oven to 200°C (400°F).

Blanch the broad (fava) beans in boiling salted water for 1 minute, drain and refresh in ice water. Drain and remove and discard the skins.

Blanch the peas and green beans in salted boiling water until just tender. Drain, refresh in ice water and drain again.

Place the pancetta in a single layer on a baking tray and bake until crispy, about 10 minutes.

Meanwhile, in a bowl combine the goat's cheese and garlic and season with salt and pepper, then stir in the honey and lemon juice.

In a serving bowl, toss the beans and peas with the 2 tablespoons olive oil. Sprinkle on the chopped mint and the cheese mixture. Crumble the pancetta and add to the salad. Drizzle with oil and serve.



FENNEL, TOMATO AND BURRATA SALAD

At Lismore, we grow several varieties of fennel. Our favourite for this salad is Florence fennel. It has a short season which usually coincides with the time when the tomatoes are in their prime. Any type of mozzarella can also be used in the salad, but extra-creamy burrata is our favourite.

Serves 8 as a main

2 bulbs fennel, cored and thinly sliced

2 red onions, thinly sliced

1 bunch radishes, halved and sliced

400g (1 pound) mixed cherry and plum tomatoes, sliced, halved or quartered

2 cucumbers, thinly sliced

120ml (½ cup) extra virgin olive oil

60ml (¼ cup) red wine vinegar

Sea salt and freshly ground black pepper to taste

Juice of 1 orange

Juice of 1 lemon

1 red chilli, seeded and chopped

3 cloves garlic, crushed

6 clementines, peeled and segmented

8 small balls burrata, 75g (3 ounces) each

Chopped fresh oregano and dill for garnish

Toasted pine nuts and pistachios for garnish

In a large bowl combine the fennel, onions, radishes, tomatoes and cucumbers. In a small bowl whisk together the oil and vinegar. Season and add the juices. Stir in the chilli and garlic. Taste and adjust seasoning as required.

Dress the salad with some of the dressing, then add the clementines. Toss and transfer to a serving bowl. Top with the burrata. Sprinkle with chopped herbs and nuts. Drizzle on the remaining dressing.



GOOSEBERRY AND ELDERFLOWER SORBET

We have elderflower in abundance at Lismore. We pick it from late May for a few weeks. In addition to making Elderflower Cordial (page 212), we love this sorbet as the ultimate refresher on warm summer days—which we have plenty of in Ireland, to the surprise of some. For the best flavour, pick elderflower on a dry day, not during the rain.

Serves 8 to 10

1kg (2¼ pounds) gooseberries

5 elderflower heads

***225g (1 cup plus 2 tablespoons)
caster sugar***

***Finely grated zest and juice of
4 lemons***

Poach the gooseberries and elderflower heads in a little water until soft. Take out the elderflower heads and reserve. Force the rest of the mixture through a sieve.

Dissolve the sugar in 600ml (2½ cups) of water and boil briskly for 6 to 8 minutes to make a light syrup. Remove from the heat and add the elderflowers and lemon juice and zest. Allow to cool, then strain and add to the gooseberries.

Pour into an ice cream maker and churn according to manufacturer's instructions for 20 minutes. Alternatively, transfer the mixture to a container and place it in the freezer. After 2 hours, remove the mixture and stir and break it up. Repeat two more times, waiting 2 hours in between, then allow to freeze completely. Before serving, take out of the freezer and refrigerate for 30 minutes.