

A Taste of Mourne



Smoked Salmon Potato Bread with Crème Fraîche & a Watercress & Apple Salad



Recipe created by Darren Kearney for Mourne Heritage Trust to encourage and promote the use of Mourne produce.

INGREDIENTS

2 Darns of Drumgooland smoked salmon
4 slices of good quality Home made potato bread
500g bag of water cress
1 apple e.g. golden delicious
Small tub crème fraiche

Dressing

3 fluid ounces of good quality olive oil
1 fluid ounce of lemon juice
Season with salt and pepper to taste
Assembling dish

METHOD

Lightly pan fry potato bread with butter until golden brown and place in the centre of plate. Lightly spread with crème fraiche. Grate apple and toss with water cress and a few table spoons of dressing and place on top of potato bread, flake salmon on top of salad and serve. A light summery dish, ideal as a starter, quick and easy to prepare but very tasty! Water cress may be replaced with rocket or salad leaves as water cress season runs out at the end of August and is best eaten in season.

Darren Kearney is the owner and manager of the Oakley Fayre Café and Bakery in Downpatrick, a family run business for the past 27 years. Darren trained as a chef through the East Down Institute and the Cuan Restaurant Strangford. Darren's passion and flare for cooking were developed through his time working in the Narrows in Portaferry a 2AA Rosette Restaurant. Darren has participated in many competitions through his career including: Nestle Torque Dor at the Hotel Olympia and placed 1st Qualified for the World Skills Olympics at Birmingham Nec and placed in the top 10 Tutored Student for Future Chef and came 1st and went on the compete in finals in London.

MOURNE HERITAGE TRUST



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