



THE KILKENNY & ATHY MEN'S SHED
MARVELLOUS MEALS CALENDAR 2014

CLASSIC BEEF STEW

Ingredients

- | | |
|--------------------|-------------------------|
| 2 lb stewing beef | Punnet of mushrooms |
| 2 beef stock cubes | Packet of oxtail soup |
| 2 onions | 5 medium/large potatoes |
| 2 parsnips | water |
| 2 carrots | |

Method

- 1 Prepare the vegetables
- 2 Place onions, beef cubes, beef and water (enough to cover meat & veg) in a stock pot and boil for 30 mins
- 3 Then add all the vegetables (add more water if needed)
- 4 Boil for another 30mins
- 5 Make oxtail soup
- 6 Add to stew
- 7 Serve with a glass of water



*“I was reared on it...
that’s what
made me a
big man!”*



Recipe by
Sammy Kirwan

If you would like to see a video of how to create this tasty dish, please visit our facebook page: www.facebook.com/k.mens.shed

JANUARY

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ORIENTAL NOODLES and SPICY CHICKEN

Ingredients Oriental Noodles

- 1 bag noodles
- 1 tsp turmeric
- 1 tsp ginger
- 1 small onion
- 1 tsp chilli flakes or powder (or curry powder)
- Oil for frying
- 150 g button mushrooms
- 2/3 roasted peppers (sold in jars!)

Method

- 1 Cook noodles in boiling water for 3 minutes
- 2 Fry mushrooms and garlic for 10 min careful not to burn garlic as it will turn bitter
- 3 Add peppers
- 4 Add 1 tablespoon of Soya Sauce and 2 tablesp of Oyster sauce
- 5 Add 1 tablespoon water at a time until you get the consistency you want
- 6 Drain noodles and add to pan

“You can add left over chicken pieces or any meat or fish to make this dish for a complete meal.”

Ingredients Spicy Chicken

- 1 kg of skinless chicken pieces
- 2 tsp Chinese 5 spice
- 2 cloves chopped garlic
- 2 tsp turmeric powder
- 150 ml olive oil
- 1 tsp ginger
- 2 tsp chilli flakes / powder

Method

- 1 Mix all the spices into the oil
- 2 Score the chicken pieces with a sharp knife
- 3 Marinate overnight or for a few hours
- 4 Bake in the pre-heated oven for 45 minutes at 180 degrees.

Serve with Oriental Noodles (or Basmati rice & Fresh green salad)

Recipes
by Dave Kenny



FEBRUARY

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CABBAGE AND BACON

Ingredients

Bacon joint	Milk
Potatoes	Parsley
Cabbage	Butter
Flour	

Method

- 1 Place bacon joint in a large stock pot and cover with water, boil gently for 1.5 hrs
- 2 Prepare the vegetables
- 3 Remove bacon from water and leave to rest, add cabbage to bacon water and boil for 10-15mins
- 4 Boil potatoes till softened, don't over boil.
- 5 Make white sauce by melting two large dessert spoons of butter in a pan on a medium heat, add large handful of flour and mix continuously.

It's important to cook for a couple of minutes to get rid of that flour taste.

- 6 Add the milk a little at a time and keep mixing. Add as much milk as you like depending on how thick you want the sauce
- 7 Sprinkle in dried parsley.
- 8 Serve meal with a glass of cold milk.



*"From farm to fork....
when I was growing
up we reared our
own pigs"*

Recipe by Shem Muldowney

MARCH

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STUFFED PORK STEAK

Ingredients

1 Pork Steak	1 onion
White or black pudding	Mushrooms
Pinch of salt, pepper	Carrots
1 tsp olive oil	Pepper
2 Fresh tomatoes	25 ml soya sauce

Method

- 1 Slice the steak lengthways
- 2 Fill with pudding
- 3 Fold over and tie or wrap tightly in foil
- 4 Place on tray in oven for 1 hr 10 minutes at 180 degrees.
- 5 Saute the onions in olive oil
- 6 Add the chopped peppers, tomatoes, mushrooms and carrots and soya sauce
- 7 Cook for 3-5 minutes
- 8 Serve with boiled potatoes, brocolli and apple sauce.



“Talk to your local butcher about healthy, affordable cuts of meat”



Recipe by Gerry Walsh

APRIL

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FISH PIE

Ingredients

1.5-2Ibs Mixed Seafood/ Fish Pie Mix
1 onion Flour
Milk 4 eggs
Butter Fresh parsley
Frozen peas 6-7 med/large Potatoes

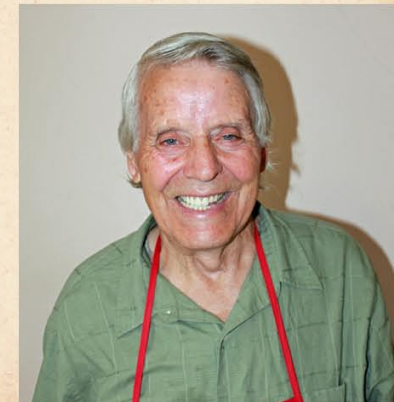
Method

- 1 Peel potatoes, chop onion and parsley
- 2 Poach fish in milk for 10-15mins
- 3 Stem/boil potatoes
- 4 Boil 4 eggs
- 5 Mash potatoes, add onion, good drop of milk and 2 large dessertspoons of butter.
- 6 Remove fish from milk and place in oven proof dish
- 7 Remove shells from eggs and slice, then layer on top of fish
- 8 Place parsley on top
- 9 Make white sauce by melting two large dessert spoons of butter in a pan on a medium heat, add large handful of flour and mix continuously. It's important to cook for a couple of minutes to get rid of that flour taste.

- 10 Add the milk a little at a time and keep mixing. Add as much milk as you like depending on how thick you want the sauce.
- 11 Place white sauce over fish, eggs and parsley
- 12 Then place mashed potato on top
- 13 Place in the oven for 25-30mins at 180 degrees celsius
- 14 Place a small drop of water over frozen peas and cook in microwave oven for 4 mins
- 15 Serve fish Pie with peas on the side....enjoy & clean your plates!!

“When I was a young fella we used to catch fish by hand in the river”

Recipe by Bobby Cody



If you would like to see a video of how to create this tasty dish, please visit our facebook page: www.facebook.com/k.mens.shed

MAY

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AUBERGINE and LENTIL BAKE

Ingredients

2 medium aubergines 100g Brown lentils
Olive oil 2 cloves garlic chopped
50g butter 250ml crème fraiche
2 Bay leaves salt & pepper
8 plum (or tinned) tomatoes
50g cheese
1/2 tsp dried oregano or 2 tsp very finely chopped rosemary

Method

- 1 Cook lentils in boiling water until tender
- 2 Cut Aubergines into 1cm slices, lay on tray, brush with olive oil, brown under grill on both sides. When cooked sprinkle with salt and pepper and set aside
- 3 Cover fresh tomatoes with boiling water briefly to soften skins, peel and chop
- 4 Heat butter in pan and cook tomatoes with herbs and garlic for 5 minutes

- 5 Add lentils, season well with salt and pepper and pour into oven proof dish
- 6 Cover with overlapping slices of aubergines and spread crème fraiche over the top
- 7 Sprinkle the cheese and bake at 180 degrees for 30 minutes.



“Lentils are a great source of fibre”

Recipe by George Hazel

JUNE

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COLCANNON

Ingredients

- 6 Large potatoes
- 6 Spring onions
- 1/4 pint of milk
- Salt & pepper
- 2oz butter
- 8oz boiled cabbage/curly kale
- 1 tablespoon chopped parsley

Method

- 1 Prepare the veg
- 2 Boil the potatoes & drain
- 3 Boil the cabbage & drain
- 4 Mash the potatoes
- 5 Add the spring onions to the milk and boil.
- 6 Then add the spring onions & milk, boiled cabbage, butter, parsley and salt & pepper to the potatoes and mix.
- 7 Serve



“everything homegrown from the potatoes to the onions to the cabbage!”



Recipe by Eddie Murphy

JULY

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SUMMER SALMON LOAF

Ingredients

- 2 tins red salmon(remove bones)
- 1 tub potato salad
- Handful wholegrain breadcrumbs

Method

- 1 Place all ingredients in a bowl
- 2 Mix together
- 3 Spoon into a loaf tin, allow to set in the fridge for at least an hour.
- 4 Turn onto a plate and slice
- 5 Serve with a mixed salad.



Recipe by Rob Chanders



“Serve with a colourful crunchy salad of peppers, carrots, red onions, and cherry tomatoes.”

AUGUST

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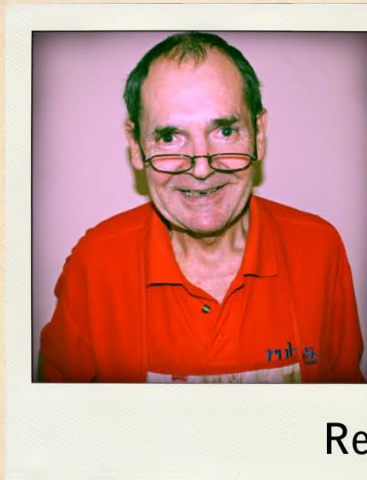
CODDLE

Ingredients

2 packets of rashers	Water
Large packet of sausages	10 large Potatoes
2 veg stock cubes	2 Onions

Method

- 1 Chop the meat into small pieces
- 2 Prepare the veg
- 3 Boil the meat in the veg stock cubes & water for 10 mins
- 4 Remove the meat from the veg stock and leave to the side
- 5 Slice the potatoes
- 6 Add the potatoes and onions to the stock and boil for 10 mins
- 7 Return the meat to the pot and simmer for a further 10 mins
- 8 Serve in a bowl with a glass of cold milk and some crusty bread.



"it's the best thing you could eat"

Recipe by James O'Keefe

SEPTEMBER

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STIR FRY

Ingredients

150g Beef, pork, lamb or chicken pieces
2 carrots 1 onion
2 brocolli 2 parsnip
1 red pepper 2 mushrooms
2 tablespoons Oil 1 dessertspoon soy sauce
Schwartz Italian seasoning or Chinese five spice
(optional)

Method

- 1 Cut meat and vegetables into thin strips
- 2 Mix the meat with the soy sauce.
- 3 Heat the oil in a wok or large pan
- 4 Add the meat and stir fry for 4-6 min until browned
- 5 Add the vegetables, chopped evenly, and stir-fry for another 3-5 minutes minutes.
- 6 Add roughly chopped garlic to vegetables to infuse flavour (optional)
- 7 Serve with noodles or basmati rice.

For vegetarian dish substitute meat with chickpeas for protein and fibre.



“Try to cut the vegetables small and even”

Recipe by Udo Warkow

OCTOBER

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RAY'S AUSSIE DISH

Ingredients

8 Large Potatoes
2 Packets of rashers
1 Onion
low fat Cream x2 250ml pot
Sour cream x2 200ml pot
Cheese

Method

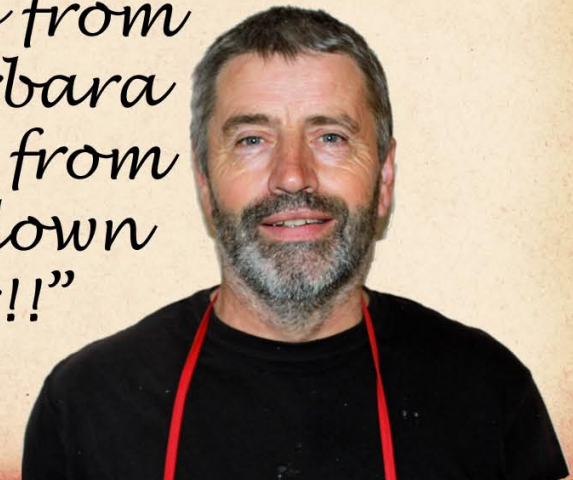
1 Boil the potatoes
2 Leave to cool and peel then slice
3 Chop up the rashers and fry with the onions
4 Place a layer of potatoes in an oven proof dish
5 Place half of the fried onions and rashers on top
6 Repeat
7 mix cream and sour cream together and pour over the top

- 8 sprinkle some cheese on top also
- 9 place in oven at 180 degrees celsius for 10-15mins to heat through.



*“it tastes fantastic....
recipe is from
Barbara
Threhy from
down
under!!”*

Recipe by
Ray Cody



NOVEMBER

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BAKED MACKEREL FILLET

Ingredients

- 1 fillet Mackerel
- 2 potatoes
- 2 carrots
- Small head of broccoli
- Salt and pepper

Method

- 1 Pre-heat oven to 180 degrees
- 2 Lay the seasoned fillet on a greased dish skin side down
- 3 Cover with foil
- 4 Bake for 20-25 minutes
- 5 Serve with boiled potatoes, broccoli and carrots



“Mackerel is an oily fish, good for healthy heart and brain!”



Recipe by Raphael Clarke

DECEMBER

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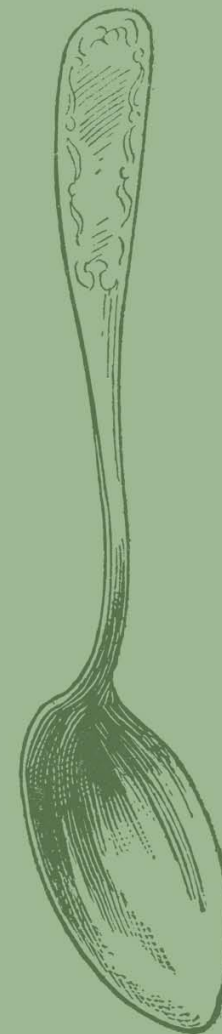
CONVERSION TABLES

TEMPERATURE

Degrees Fahrenheit	Degrees Celsius	Gas Mark	Description
225	110	1/4	Very slow
250	120/130	1/2	Very slow
275	140	1	Slow
300	150	2	Slow
325	160/170	3	Moderate
350	180	4	Moderate
375	190	5	Moderately hot
400	200	6	Moderately hot
425	220	7	Hot
450	230	8	Hot
475	240	9	Very hot

WEIGHT

1/2 OZ = 15G
1 OZ = 25G
2 OZ = 50G
3 1/2 OZ = 100G
9 OZ = 250G
1LB 2OZ = 500G
1LB 11OZ = 750G
2 1/4 LB = 1 KG



LIQUIDS

1 TABLESPOON = 15 ML = 1/2 FL OZ
1 CUP = 237 ML = 8 FL OZ = 1/2 PINT
1 PINT = 473 ML = 16 FL OZ = 2 CUPS
1 QUART = 945 ML = 32 FL OZ = 2 PINTS
1 GALLON = 3.78 L = 128 FL OZ = 8 PINTS



SOME BASIC FOOD HYGIENE RULES

SHOPPING

Whilst buying your foods:

- Check packaging is intact and that cans are not dented or rusty
- Check frozen foods are frozen and chilled foods are chilled!

USE-BY

This is the date by which food **MUST** be eaten to ensure that it is safe to eat.

BEST BEFORE

- This is a manufacturers quality guideline and will be found on all dried products and frozen products.
- It is the date after which quality will begin to deteriorate e.g. biscuits go soft, bread goes stale.
- Do not buy foods if you cannot use them before their date expires!!

STORAGE

After you have done your shopping get it back to your kitchen as soon as possible . Then:

- Keep all cooked ready to eat foods at the top of the fridge
- Keep all raw meats/wet fish at the bottom of the fridge
- Refrigerate eggs and store away from ready to eat foods
- Keep foods covered at all times. Try and put foods in plastic bags or lidded containers after opening.
- Practice stock rotation. First in, first out is the best policy. Throw away any chilled products past their use-by date



STORE RAW & COOKED FOOD SEPARATELY

It's always good practice to wash worktops and cutting boards with hot soapy water after preparing foods, especially after preparing raw meat, poultry, seafood or raw vegetables. Always clean as you go between preparing these foods and especially when handling raw foods and then handling ready to eat foods!

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Ageing Well Network