



Recipe of the Month

Picnic and Packed Lunch Ideas

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Poached Chicken:

this is a really useful way to cook chicken. It's moist and flavoursome, so it's ideal for sandwiches and salads. You could also use it for pies and bakes ... any recipe that calls for cooked chicken. The thing I like best is that I can put it on, keep an eye on it for 30 minutes, turn off the hob, go to bed and in the morning get up to one perfectly cooked tasty chicken now, that's multitasking—sleeping and cooking chicken!

Ingredients:

5 slices of fresh root ginger as thick as a 2 euro coin
1 whole bulb of garlic cut horizontally
2 hot dried chillis
1 onion roughly chopped
10 black peppercorns
1 tablespoon salt
1 whole chicken
Enough water to cover the chicken

Instructions:

1. Remove and discard the fat from inside the neck of the chicken.
2. Put the chicken in a large saucepan that's a snug fit around the chicken if possible.
3. Add all the other ingredients.
4. Add water until it just covers the chicken.
5. Bring to the boil and simmer for 35 minutes.
6. Leave the chicken in the water overnight.
7. Remove the chicken carefully, the wings sometimes fall off!
8. Discard the skin.
9. Carve/pull the chicken apart and remove the tasty meat to a bowl/plate.
10. You can skim the fat off the stock and use for soup or freeze for other recipes.

Home cooked ham:

This is a real money saver if you have a little notice, I like to cook a smoked loin if friends are coming for the weekend it makes a great standby for lunch or tea.

Put the bacon in a large saucepan cover with cold water, bring to the boil, cover and simmer for 20 minutes per lb or 45 minutes per kg. Remove the bacon from the saucepan and leave to cool.

Healthy Coleslaw:

Making your own is quick and easy with the help of a food processor or mandolin to chop the cabbage and onion really finely. You can grate the carrot in the food processor too or use your ordinary grater.

Ingredients:

6 Tablespoons natural yogurt half white cabbage
1/2 teaspoon Dijon mustard 2 carrots
2 tablespoons mayonnaise half onion peeled

Instructions:

Mix mustard, mayonnaise and yogurt in a bowl.
Slice cabbage as finely as possible, grate onion and carrot.
Mix vegetables with dressing (will keep in the fridge for 3 days)

Tasty bits:

Pick up some Mustard, Chutney and Mayonnaise, to add to your rolls or sandwiches.

Sun-dried Tomatoes, Olives, and Crisps for tasty nibbles on the go and for the more creative sandwich makers!

Don't underestimate some Irish mature cheddar and tomatoes with a generous sprinkling of salt and pepper, perfect right now with fresh ripe Irish tomatoes. Store your tomatoes at room temperature before using them, it enhances the flavour and the same goes for cheese, it's much more flavoursome and creamy, if it has had a chance to come to room temperature before serving.

Don't forget:

Paper napkins (plates aren't necessary if you put the coleslaw in your roll & prepare it on a napkin), cups, a spoon for the coleslaw, a chopping board and sharp knife for the tomatoes and cheese, teaspoons for the mustard etc, and drinks.

A flask filled with hot water is really worth the effort, particularly in our climate. Bring some plastic mugs and tea paraphernalia and I promise the best cup of tea you've ever tasted particularly if you've just had a swim in the sea!

I am not a fan of the premade sandwich for picnics, but the following tip does make it a lot easier to assemble rolls, fresh at your destination.

Neil's tip:

This is simply brilliant...my thanks to Neil and family who introduced this time and mess saver to our trips! Prepare your picnic, on the way to your adventure stop off and buy fresh rolls in a convenience store with a deli/sandwich bar and ask them to cut and butter the rolls. It means you can leave the butter and the bread knife at home and concentrate on filling your roll with delicious things!



Everything you need in the kitchen and more...

27 Lower Castle Street
Tralee, Co Kerry
066 7119958

Good quality plastic boxes are worth investing in. There's a great range in Utensils right now. They are dishwasher and microwave safe. Their uses are limitless and we just got a brand new big one for the children's colouring pencils etc. "Think outside the box!" Buy a collection of little ones for teabags, coffee, sugar etc and you'll be able to pack up quickly anytime the mood takes you. Add a little flask for milk, fill it up and away you go.

Don't forget your comfort and check out Pat's range of rugs and for a little touch of class: a picnic basket really will make your alfresco meal a little bit special. I was lucky enough to get one for my 21st and love using it regularly, one would make a great engagement or wedding gift too.

A book called the The Packed Lunch for just 5 euro is sure to inspire you for picnics and of course it won't be long before the lunch boxes are out again!



Horan's
Fruit and Vegetables
&
Health Food Stores



Manor
Rock Street
Horan Centre
Russell Street
066 7123070

Fresh fruit makes an ideal picnic dessert, wash it before you pack it and no other preparation required. Nectarines are in season and great value at the moment, so juicy and delicious that you'll need a serviette to hand!



If you're purchasing white cabbage for coleslaw. You can buy a piece that suits your needs to avoid waste, just ask Horan's friendly staff to cut it for you. Don't forget to check out the range of snacks in Horan's Healthfood Stores, Sesame Sticks, Nuts, a huge array of Dried Fruit, and seeds are all favourites in our house. The little boxes from Utensils make these into perfect portable snacks for one or two, and add some healthy, easy to eat variety to a lunch box. Slimmers take a tip from "French Women Don't Get Fat" and keep some nuts or dried fruit in your handbag or car, to avoid reaching for other tempting treats!



Manor, Tralee,
Co Kerry
066 7126225
www.sulmeat.com

Cleansheets tried round steak for last months Summer Herb Steak recipe as I promised. Marinated for 48 hours and bar b q'd on a moderate heat with the lid down and it was delicious.

Smoked loin is my favourite cut of bacon, not the cheapest but very little waste and easy to carve (not one of my skills). There's usually no need to soak bacon and even replacing the water while cooking isn't usually necessary as modern curing methods use much less salt.

Cleansheets loves:

Two chickens for twelve euro, cook one, freeze one, roast two together for a crowd or roast one for dinner and poach one to enjoy al fresco. Seamus O'Sullivan's caters to all tastes and budgets with Free range and Organic chickens available too.



The home of all things home

www.cleansheets.ie

I hope you've been enjoying the ideas and musings on cleansheets.ie

It's updated at least 3 times a week with ideas for house and home, food, kids and other useful bits and pieces. You can comment on the site or e-mail me if you prefer. I have heard from readers as far away as California, the internet never ceases to amaze me.

As always the weather is providing endless conversation and speculation—the focus on picnics this month is stubborn optimism that the sunny afternoons we spent on the beach in June will be repeated in August!

I am slowly doing a make over on a tired pine chest on www.cleansheets.ie, check it out...

I would love to hear your queries or comments: cleansheets.ie@gmail.com