



Taste Causeway

Northern Ireland

Taste Causeway Recipes have been designed by our very own celebrity Chef Paula Mc Intyre to showcase our unrivalled food and drink produce.

**Taste
Unrivalled**

Paula Mc Intyre

Brussels Sprouts with Corndale Farm N'duja

1kg Brussels Sprouts, trimmed and cut in half through the root
50g Corndale Farm N'duja
1 red onion, finely chopped
2 tablespoons Brighter Gold rapeseed oil
25g butter

Cook the sprouts in boiling salted water for 5 minutes and drain. Heat a large frying pan and add the oil. When medium hot add the N'duja and spread out to cook. When it has melted a little add the onion and cook until soft. Add the butter and when melted add the sprouts. Toss well and serve.

Brighter Carrots roasted with rosemary butter

8 carrots, scrubbed and cut in half lengthwise
2 tablespoons Brighter Gold oil
Salt
2 tablespoons chopped rosemary leaves
150ml white wine
1 shallot, finely chopped
100g soft butter

Take a large sheet of parchment and add the carrots. Season with salt and drizzle with the oil. Seal around the edges and bake in a 180°c oven for about 30 minutes or until carrots are soft.

Boil the shallot with the wine until the wine has evaporated. Cool and mix into the butter with the rosemary.

Take off the top of the parchment paper and dot around half the butter on top of the carrots. Return to oven and roast for 10 minutes.

Perfect Roasties

12 potatoes, peeled – roughly the same size (I used Galbraith Farm roosters but Maris Piper or King Edwards are good)
Brighter Gold rapeseed oil
Seasoned flour for dusting

Set oven to 200°c and drizzle the bottom of a roasting tin with the oil. Place in oven to heat. Par boil the potatoes and drain and dry. Toss in seasoned flour shaking off the excess. Add to the hot oil and roast, turning occasionally until crisp and golden and cooked through.