

With the best recommendations
Ferndale Guesthouse & Restaurant
Keel, Achill Island, co. Mayo

Lamb

How the West was Won

for 4 people

Ingredients

- ***800g to 1kg of Lamb Rack (ask your butcher to cut off the bone and prepare little steaks)***
- ***2 tablespoons of Irish Honey***
- ***2 tablespoons of Olive Oil***
- ***1 teaspoon of salt***
- ***some pepper***
- ***1 teaspoon of Chives***
- ***1 teaspoon of Mint***
- ***1 teaspoon of Lavender***
- ***1 teason of Garlic***

Finely chop herbs and garlic and mix them with the Olive Oil. Add salt and pepper. Then marinate the lamb in this mixture for at least 30 minutes. Pan fry the steaks to your likings and serve with your choice of vegetables. Just before serving, you can flame the steaks with whiskey.

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Crème Fraiche & Cranberry Dip

- *2 tablespoons of Crème Fraiche*
- *fresh or frozen Cranberries (alternatively you can use 2 tablespoons of Cranberries in a jar)*
- *1 tablespoon of fresh Garlic*
- *1 tablespoon of Irish Honey*
- *3 teaspoons of Irish Whiskey*
- *a pinch of salt*

Mix all ingredients and heat gently.

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Cabbage Mushroom Stirfry with Strawberries

- *1 medium Cabbage*
- *10 mushrooms*
- *6 good size Strawberries*
- *1 teaspoons of fresh Garlic*
- *1 pint of Apple Juice*
- *Salt & Pepper*
- *a dash of Olive Oil*

Chop the Cabbage very fine and put in a hot frying pan with a little bit of Olive Oil, add the garlic and season with pepper and salt. Fry it for one minute or two, then add the 10 sliced mushrooms and half a pint of Apple Juice, bring to simmer for 2-3 minutes. Add the remaining Apple Juice and the roughly chopped Strawberries and gently heat up for another 2-3 minutes.

Serve it straight away, otherwise the Strawberries will disintegrate.

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Lavender Potatoes

- *12 Salad Potatoes*
- *a Pinch of Lavender*
- *Pepper & Salt*
- *Butter or Olive Oil*

Cut the potatoes in half and season with lavender, pepper & salt. Sprinkle with Butter or Olive Oil and bake in the oven for 30 minutes at 200°C (Gas Mark 6).