



Chef Barry Hayden shares his chef's secrets from his appearance on Ireland:AM

Healthy Pizza Bread

Ingredients

- 1 kilo strong flour
- 1 tablespoon of salt
- 1 tablespoon of castor sugar
- 4 tablespoons of virgin olive oil
- 650ml warm water
- 20g sweet corn
- 2 cooked sausages
- 20g mozzarella
- 20g cheddar cheese
- 25g fresh yeast

Method

1. Sieve flour and salt into bowl
2. Mix yeast sugar & olive oil into the water (make sure water is luke warm)
3. In mixing bowl add flour, now gradually add the warm water until all comes together
4. Remove and place in a floured bowl
5. Cling film and leave in a warm place
6. Leave until dough doubles in size
7. Remove from bowl and place on a floured table
8. Knead well to take out all air
9. You can now use this straight away
10. Cut in portions and roll out pastry evenly
11. Now place your ingredients all over the dough
12. Place on tray into a pre heated oven at 180 degrees for 15 – 20 minutes

Tomato Sauce

Ingredients

- 1 celery stick
- 1 banana shallots
- ¼ leek
- 2 garlic cloves
- ½ carrot
- 100g spinach
- 700ml chopped tomatos
- 1 tablespoon of tomato paste
- 100g sugar
- Salt & Pepper
- 150ml chicken or vegetable stock
- Knob of butter
- Olive oil

Method

1. Chop all vegetables (small dice)
2. Heat medium pot, add a little olive oil and butter
3. Add vegetables and sweat off until soft
4. Add tomato paste and bring together
5. Add chopped tomatoes
6. Bring all to the boil and allow to simmer for 15 minutes
7. Add a little sugar to sweeten your sauce
8. Blend and season
9. If required add some chicken or vegetable stock

Eton Mess

Ingredients

- 100g egg whites
- 100g castor sugar
- 100g icing sugar

Method

1. Place egg whites & castor in bowl and whisk until stiff
2. Fold in icing sugar and mix
3. Get an non-stick tray with parchment paper and fill piping bag with meringue mix and pipe on try to any shape you like
4. Place in oven at 100 degrees for 3-4 hours
5. When cooked ease away from paper

Sweet Cream

Ingredients

- 250g cream
- 25g icing sugar

Method

1. Mix together until stiff
2. Add strawberries

Jelly

Ingredients

- 1 pack of jelly
- 500ml water
- 20g jelly babies
- 20g smarties

Method

1. Place jelly babies in the glass
2. Boil 200ml of water
3. Place jelly in the bowl and dissolve with the boiling water
4. Add the rest of the water and pour over jelly babies in the glass
5. Let it set
6. Add crushed meringue, strawberries and cream and strawberry coulis
7. Sprinkle with smarties.



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