

QUICK BITES

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FURRY TASTY

Here at Quickbites, we don't just sniff out the best eats and treats for you. We've also got your four-legged friends' backs, with this new Irish premium pet food brand.

Named after Dubliner Portia Quinn's own fur baby, Marley, and already flying off shelves at SuperValu and Dunnes Stores, Harley & Marley is Ireland's only 100 per cent natural, fish-based food and treats for good girls and boys.

Perfect for senior dogs or those who are little on the 'fluffier' side, the tasty dry food is packed with high-quality protein, omega oils and essential nutrients like vitamin D and selenium, known to help your best pal with everything from obesity to arthritis and cognitive function.

The grain-free range (€24.95 for a 3kg bag), also includes options for puppies, as well as treats in flavours such as Wild Irish Haddock with Salmon for both dogs and cats (from €3.99), with a cat food range on the way later this year.

See harleyandmarley.com



BANGING BURGERS

It's BYOB at Lidl as barbecue season kicks off: Build Your Own Burger. Lidl's new summer range has everything to create the most mouth-watering burger, from just €1.58 per person.

Begin with a patty, and what better choice than the Deluxe Irish Angus Best Ever Beef Burger (€3.49 for 2), a succulent blend of chuck and brisket beef enriched with bone marrow; Irish Turkey Burgers (€3.99 for 4), marinated in a variety of glazes like chilli and lime; or Vermondo Curried Cauliflower Plant-Based Burgers (€1.89 for 2).

Connell Bakery Burger Buns (€1.15 for 6) are topped with sesame seeds for a toasty taste, or go bougie with the Deluxe Brioche Burger Buns (€1.79 for 4). Top with Irish Mild Red Cheddar Slices (€1.65), Batts Crispy Fried Onions (€1.69), Deluxe Chipotle Ketchup (€1.99) or Batts 2 Cal Peri-Peri Sauce (€1.99), all in your nearest Lidl store now.

SUNDAY KITCHEN



Kevin Dundon

BERRY GOOD IDEAS FOR A YUMMY DISH

THIS week, let's get inspiration from our Irish summer berries with two delicious recipes.

First up, we've got a classic Eaton mess with a twist, featuring juicy Wexford strawberries, fluffy meringues and a luscious raspberry puree. This delightful dessert is as easy to make as it is delicious to eat.

Simply whip up some fresh cream until it's light and airy, then fold in the crushed meringues and diced strawberries.

If you want to take this dessert to the next level, prepare the basil oil. It will bring an unexpected burst of floral summer fragrance and flavour that'll have everyone at the table talking.

It's the perfect combi-

Easy Eaton mess and this simple tart will leave you wanting more

nation of sweet and tangy and a true crowd-pleaser that's guaranteed to leave you craving more.

Next on the menu, we've got a berry tart that's as crispy as it is irresistible. Filo pastry is a very thin pastry easily found in supermarkets. I always use filo layered for samosas or Greek dishes.

Once baked to golden perfection, the result is a crispy, crunchy tart base that's the perfect canvas for a burst of fresh berries.

Simply layer the berries on top of the tart shell, sprinkle with a bit of lemon and sugar for extra zing, and finish with a

drizzle of raspberry puree for added sweetness and colour. And if you're feeling indulgent, a dollop of whipped cream for the perfect finishing touch — though honestly, this tart is so delicious on its own, it's not really needed.

So whether you're looking for a quick and easy dessert to whip up for a weeknight treat or planning a special feast, these recipes have got you covered.

They're simple, they're delicious, and they're sure to leave everyone at the table asking for seconds.

Happy cooking.
Kevin



THE EASIEST SUMMER BERRIES FILO TART

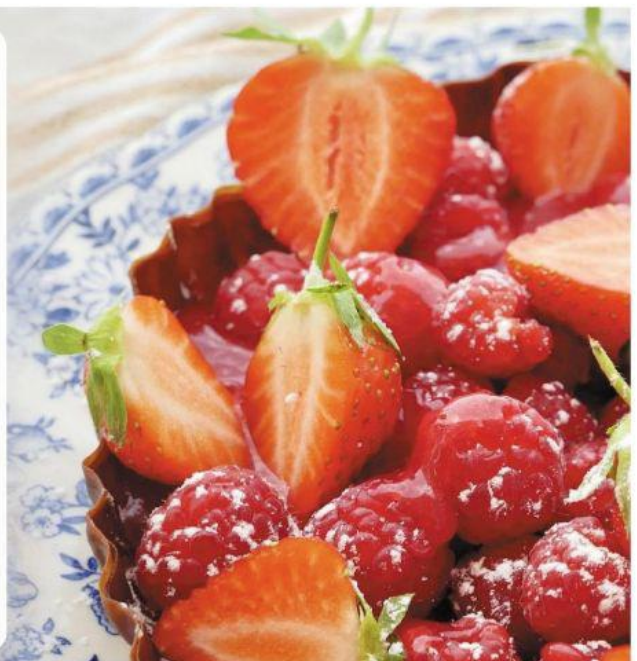
Ingredients Serves 4

- ½ pack filo pastry
- 100g butter
- 2 tbsp honey
- 1 lemon, zest and juice
- 2 tbsp icing sugar
- 300g raspberries
- 500g strawberries
- 1 tbsp grand Marnier, optional

METHOD

1. Preheat the oven to 160°C. You will need two tart tins of the same size. I used tins with an 8-inch diameter.
2. In a small saucepan, melt the butter with the honey and lemon zest. Remove from the heat and keep aside.
3. Lay the filo pastry, sheet by sheet into a tart shell, brushing each filo sheet generously with the butter mixture before adding the next filo layer. Cut the excess if desired and place the second tart tin over to create a weight. If you

- don't have a second one, line it with parchment paper and ceramic baking beans.
4. Blind bake the filo tart in the oven for 12-15 minutes until coloured and crispy.
5. Remove from the oven and set aside to cool.
6. In the meantime, take half of the raspberries and strawberries and place them in a blender with 2 tbsp of lemon juice, 1 tbsp icing sugar and, if desired, a tablespoon of Grand Marnier. Pulse until smooth. Pass the mixture into a sieve and keep aside.
7. Once the pastry is cooled enough, remove both tart tin and place the filo pastry tart base on a serving platter.
8. Spoon some of the berry coulis and decorate with the rest of the berries.
9. Scatter a few edible flowers if available and a sprinkle of icing sugar.
10. Enjoy within four hours to ensure the filo stays crispy.





WEXFORD BERRIES ETON MESS WITH BASIL OIL

Ingredients Serves 4

500g strawberries, quartered
 Juice of ½ a lemon
 2 tsp icing sugar
 80g basil leaves
 100ml sunflower oil, or grapeseed oil
 200g raspberry coulis
 300ml cream, whipped
 4-6 meringue nests
 2 tsp lemon zest confit

METHOD

1. In a bowl, combine the strawberry with the lemon juice and icing sugar. Set aside to marinate for 20 minutes.
2. In the meantime, prepare the basil oil. Bring to a simmer a saucepan with water and have on hand a bowl of iced water to stop the cooking process once the basil is blanched.
3. Dip the basil leaves for 8-10 seconds into the simmering water and then lift and transfer immediately into the ice water. Stir to cool quickly and transfer to a clean towel or kitchen paper.
4. Pat to remove as much water as possible. This will help the oil give a better texture later.
5. Transfer the basil leaves to a jug and add the oil. Blend with a handheld blender for a few seconds until smooth. In a small bowl, set a sieve with strong kitchen paper. Pour the basil mixture and let the basil oil gently pass through the kitchen paper catching all the sediment and letting the flavoured oil drip through into the bowl. This will take a few minutes. Keep aside until needed.
6. Prepare the Eton mess. In a large bowl, crush the meringues into bite size pieces. Add the cream, strawberries and stir very gently to fold the mixture enough to be mostly combined. Add a little raspberry coulis and basil oil and stir once more to swirl the flavours around.
7. Transfer to a serving bowl and decorate with extra basil oil, raspberry coulis and lemon zest confit if desired. Keep refrigerated and use within a day.



TOP TIP A RASPBERRY COULIS FOR EVERYTHING

Raspberry coulis is a staple recipe we should all use at home.

It is so simple, and will enhance and flavour Eton mess, tarts, cakes, yogurt, porridge and so on!

Using slightly overripe berries you can make it in three easy steps. Hand blend raspberries in a jug for a few seconds until pureed.

Check the acidity and sweetness by adding a little lemon juice and sugar if needed. Pass the puree through a fine sieve to remove the seeds and it is ready!

The coulis will keep for two days in your fridge and will also freeze well for later use or for a frozen smoothie. No more excuse to bin those berries!



GRAPE & GRAIN SPY JEAN SMULLEN

Aldi has just launched their brand new Wine of the Week promotion which will feature two wines at a special price every month for two weeks, or while stocks last.



2022 Specialty Selected Clare Valley Rosé €8.99

Australia's Clare Valley, located north of Adelaide, is a cool climate region where they make lovely elegant white and rosé wines. This is a dry rosé made from a blend of both red and white grapes.

With aromas of strawberry and summer fruit, look out for the cherry and red apple flavours when you taste it. This great summery wine is on offer in Aldi until June 12 for €6.99. For a summery taste, serve this with honeydew melon and prosciutto.

2022 Specialty Selected Luberon Blanc €10.99

The AOP of Luberon is located between the Rhône Valley and Provence. The vineyard area lies near the Mediterranean coast. The whites are made from a blend of the aromatic Roussanne grape blended with Vermentino (known as Rolle in France).

This has lovely peach aromas and flavours and a lovely edgy freshness. On offer in Aldi until June 12 for €8.99. Serve this with a creamy potato salad and some green leaves.



Saint Etienne Blonde Beer €0.99 (330ml)

Blonde beer is a slightly sweetish large style beer, pale in colour, with very few bitter characteristics showing through. The ideal light beer for summer drinking. This has an ABV of 3.8 per cent, which is relatively light in terms of its alcohol content.

It's available in a small sized can which is the ideal size to serve at picnics or BBQs. Delicate beers are great served with white meat, so why not try this with BBQ chicken wings coated in a light spicy sauce.

Birra Capelli (500ml) €2.19

Another blonde lager style beer from Aldi, this one is their version of a more popular Italian brand which it resembles in style. This vegan lager has an ABV of 4.6 per cent. It's an easy drinking style of beer competitively priced and available in a 500ml bottle.

Lager is a pale style beer with a high concentration of hops, malt, and soft water. The word lager comes from the German word for store. Another popular Aldi own-label style of beer that will go down well at parties.



See jeansmulLEN.com