

# Secto Recipe Book



IN SUPPORT OF



**Irish  
Cancer  
Society**



**WELLNESS WEEK 2020**



# SWEET POTATO PANCAKES

Sent in by Jason  
Gallagher

SERVE: 4

TOTAL TIME: 25 MIN

## INGREDIENTS

- 450g sweet potatoes, peeled and cut into cubes
- 6 Eggs
- 1 tsp. ground cinnamon
- 1 tsp. coconut oil
- 30g walnuts or pecans chopped
- maple syrup

## DIRECTIONS

Cook the sweet potatoes in a pot of boiling water for around 15 mins, then drain and let cool.

Place cooked potatoes in a high bowl, add eggs and cinnamon, and puree with a hand blender until smooth.

Heat the coconut oil in a non stick frying pan and add a ladle of batter. Fry the pancakes for around 3 mins until golden and brown. Turn halfway and repeat. Pancakes are delicate so be careful turning.

Sprinkle walnuts and drizzle syrup to serve.





# MARKS HAPPY PANCAKES

Sent in by Mark  
Maguire



## INGREDIENTS

- 225g Self raising Flour
- 125g Sugar
- Teaspoon baking powder
- 2 eggs
- 10ml Rapeseed/Veggie oil
- Drop of good vanilla flavouring
- 300ml Milk

## DIRECTIONS

Place flour, sugar and baking powder in a bowl, and mix. In a separate bowl, add the eggs, oil, half the milk, along vanilla and mix.

Pour the eggy liquid into the dry ingredients and mix with a fork. Recommend mix by hand as it keeps air in the batter. Add milk to get your desired consistency, thick, but not lumpy. Allow to sit for 10 mins

Heat pan on high heat with dash of veggie oil, and once hot, turn down to a medium low heat

Pour 4 inch circles of batter onto pan, not too big, mix is thick so want to ensure it cooks through!

Enjoy with maple syrup, lemon or Nutella

Sent in by Kevin  
Downes

# OVERNIGHT OATES

## INGREDIENTS

- 30g of
- Porridge Oates
- 50ml of 0%
- Fat Greek/Natural Yoghurt
- 100ml of
- Alpro Chocolate Almond Milk

## DIRECTIONS

Mix them all together and leave them in the fridge overnight and then you can eat them in the morning.

Lovely with  
some fruit such as banana, apple, berries etc.





# LAYERED POLENTA

Sent in by Cristina  
Florentina-Bojor and  
Alexandra Tolontan

## INGREDIENTS

- 300 g polenta
- 1.5l milk
- 350g smoked meat
- 200g unsalted cheese
- 200g cheese
- 4 eggs
- 200g sour cream
- 2-3 tbsp. oil
- A pinch of salt



## DIRECTIONS

Pour the oil into a heated pan, and the smoked meat and fry it for 5 minutes or until becomes crispy.

Remove the meat from the pan, leave it aside.

To make the polenta, boil the milk, add some salt. When the milk is hot, but not boiling, add the polenta stirring it continuously with a wooden spoon. Stir it until polenta starts to thicken. When polenta started to thicken, lower the flame, and cook it for 20 minutes, stir it occasionally. When polenta comes off easily off the pan`s edges, it means it is done, so remove it from the heat. Add the 20% fat sour cream to it, stir it and we may assemble the dish.

In a pan, add 1/3 of polenta, level it, add half of salted cheese, half of unsalted cheese, 1/3 of smoked meat, add another layer of polenta, the rest of cheese and unsalted cheese, 1/3 smoked meat and the last layer of polenta.

Using a spoon, make now 4 dips and put 1 egg in every dip and the rest of smoked meat between eggs.

Put the dish in the preheated oven at 180C/350F for about 30 minutes.

# EGG FRIED RICE WITH TURKEY

Sent in by Jason  
Gallagher

SERVE: 4

TOTAL TIME: 20 MIN

## INGREDIENTS

- 450g turkey mince
- 100g Rice
- 100g Spinach
- 1 tbsp. Tomato Puree
- 2 tbsp. coconut oil
- 1 egg

Spices: Paprika (1 tsp), Turmeric (1tsp), Oregano (1 tsp), pinch of Cayenne pepper

## DIRECTIONS

Cook rice and set aside.

Put coconut oil in a large saucepan and cook turkey mince.

Add spices along with garlic, salt and pepper.

Add tomato puree and mix well.

Add rice to a frying pan and add beaten egg. Cook until egg is set then serve.

# ROSE'S FAMOUS ITALIAN MEATBALLS

Sent in by Niamh  
O'Brien

SERVE: 4

TOTAL TIME: 20 MIN

## INGREDIENTS

### For the meatballs

- 1lb mince meat
- 3 eggs
- 1 bag ground croutons (or smash crouton squares)
- Small handful fresh torn basil
- ½ pack ground parmesan cheese

### METHOD

Mix all ingredients together in a big bowl

Roll into 9/10 medium sized balls

### For the sauce

- 3 cartons basil passata
- Handful of Italian herbs
- Handful of fresh basil
- 4 garlic cloves

## DIRECTIONS

Stir the ingredients together in a big saucepan

Add the meatballs.

Bring to the boil and then simmer on a lower heat for 30-40 mins.

Serve with spaghetti and sprinkle with parmesan.

Add some homemade garlic bread.





# RAGU'S BOLOGNESE

Sent in by Aoife Payne

## INGREDIENTS

- 1 celery stalk
- 1 small carrot
- 1 small white onion
- 2 tablespoons of extra virgin olive oil
- 1 sprig of rosemary
- 200 g of ground beef
- 50 g of minced pork
- 50 ml of red wine
- 500 g of tomato sauce
- salt
- Freshly ground black pepper



## DIRECTIONS

Grate all the vegetables very finely with a grater. I usually use the finer side of the 4-sided grater. The right pot to prepare the ragù is of medium height, quite wide, of steel and has a thick and uniform bottom.

Do not use non-stick cookware, because the meat must brown to give flavor to the dish. Put the oil and vegetables in the pan. Bring it to the fire and sauté, over a very low heat, for about ten minutes, turning occasionally. When half cooked, add a pinch of salt. Leave the pan covered for this whole phase. Meanwhile wash the rosemary, select the leaves and finely chop them with the crescent on a cutting board.

When the vegetables are browned, turn up the heat and add the meat, a little at a time, stirring.

Add the chopped rosemary and season the meat until it dries all its cooking water and begins to stick to the bottom. In this phase stir constantly to prevent it from burning. Add the red wine and continue cooking over high heat until it is completely evaporated and the meat turns brown. This phase is very important because the aromatic compounds are formed which make the sauce good and because it must not remain a trace of alcohol, which would give the sauce an unpleasant taste.

Once evaporation is complete, add the tomato puree, a couple of large pinches of salt, a generous grinding of pepper and mix. Cover and wait for it to simmer again. At this point it is necessary to transfer the pot on a small fire with respect to its size and get to lower the flame little by little until it slowly cooks, barely simmering. The ragù must cook for 1.5 hours, with the lid. Turn it from time to time with a wooden spoon. The ragù is now ready to be used.

# THAI PORK & PEANUT CURRY

Sent in by Hazel Hoctor

## INGREDIENTS

- Groundnut (peanut) or vegetable oil
- Spring onions, sliced
- Coriander stalks finely chopped
- 1 pork steak, trimmed and sliced
- 1/2 tbsp Thai red curry paste
- 2 tbsp peanut butter
- 1 tbsp soft brown sugar
- 1 tbsp soy sauce
- 400ml coconut milk
- 175g baby corn
- lime juice



## DIRECTIONS

Heat the oil in large saucepan. Add spring onions and coriander stalks and cook for 1 min. Add pork slices and cook for 5 mins until starting to brown.

Stir in curry paste and peanut butter. Then add in the sugar, soy and coconut milk, plus 1/2 can of water. Mix well and leave to simmer for 15 mins, stirring occasionally.

Add in veg and continue to cook for 2-3 mins then stir in lime juice and seasoning. Serve with coriander leaves and rice.

# GOAN PRAWN CURRY

Sent in by Hazel Hctor

## INGREDIENTS

- 2 tsp coriander seed
- 1/2 tsp cumin seeds
- 1 dried red chili
- sunflower and groundnut oil
- 1 onion sliced
- A small piece of ginger, finely chopped
- 2 garlic cloves finely chopped
- 1/2 tsp turmeric
- 400ml coconut milk
- 1 tsp tamarind paste
- 1-2 green chilies, finely sliced
- 300-400g prawns
- 200g green beans or broccoli



## DIRECTIONS

Toast the seeds and dried red chili in a dry pan, then grind seed in a pestle and mortar or spice grinder. Heat a little oil in a pan and cook the onion with a pinch of salt until soft and golden.

Add the ginger, turmeric and ground spices to the pan and fry for 1 min to coat the onion. add coconut milk, tamarind and green chilies and simmer for 5 mins. Add beans or broccoli and simmer for 2 mins. Add the prawns and cook for 2-3 mins until pink, less if using cooked prawns. Serve with rice.



# KUNG PO CHILI CHICKEN

Sent in by Hazel Hctor



## INGREDIENTS

- 4 chicken fillets, cubed
- 4tbsp sunflower or peanut oil
- 1-2 dried chilies, chopped
- 2 tsp of sichuan peppercorns
- 2 garlic cloves sliced
- packet mange tout, sliced diagonally
- handful of dry roasted cashew nuts

### Marinade:

- 1/4 tsp salt
- 1 tbsp rice wine
- 2 tsp light soy sauce
- 4 tsp of water
- 4 tsp of cornflour

### Sauce:

- 4 tsp of sugar
- 3 tsp of light soy sauce
- 2 tsp of Chinese black vinegar
- 1 tsp of dark soy sauce
- 6 tbsp of water
- 1 tsp of corn flour

## DIRECTIONS

Mix the marinade ingredients together and toss over the chicken. leave in the fridge for a few hours - this will allow meat to absorb the flavors. Make up the sauce by mixing all the ingredients together in a bowl. Heat the oil and stir fry the chilies and peppercorns then, remove them and set aside.

Lower the heat and cook the garlic and the ginger. Then add the spring onions and the chicken. Stir fry until cooked.

Pour over the sauce and toss in the mange tout. Allow sauce to coat the chicken. Add the cashew nuts and serve with rice.

# ROCKY ROAD SQUARES

Sent in by Audrey  
McNelis

## INGREDIENTS

- 1 tin of condensed milk (397g)
- 300g Belgian Chocolate
- 100g Butter/Margarine
- 3 Crunchies
- 300g Digestive Biscuits
- 100g marshmallows (mini or regular chopped)



## DIRECTIONS

Place the condensed milk, chocolate (broken into pieces) and butter in a pot over a gentle heat stirring constantly until the chocolate is melted. Remove from the heat and leave to cool.

Line a rectangle tin with baking paper.

Crush the digestive biscuits and Crunchies so you have a mixture of different sized pieces.

If using regular marshmallows chop into quarters. Add the crushed biscuits, Crunchies and marshmallows to the cooled chocolate mixture and stir until covered.

Pour the mixture into the lined tin and place in the fridge for 2 hours. Remove baking paper and cut into squares.

# THE BEST PAVLOVA EVER!

Sent in by Sarah  
Arthurs

## INGREDIENTS

- 4 egg whites
- 250g of castor sugar
- 1 teaspoon of white wine vinegar
- 2 teaspoons of cornflour
- A couple of drops of vanilla essence
- Pinch of salt

Preheat  
oven to 180°C

## DIRECTIONS

Separate eggs. Put egg whites in a big bowl with a pinch of salt and whisk until they are stiff and shiny (you can turn the bowl upside down and it won't fall out!) Add castor sugar, one third at a time and whisk at top speed for 3-5 minutes after each addition. It should look like a big bowl of marshmallows afterwards.

Add vinegar, vanilla essence and corn flour and whisk at low speed for one minute. Put a large piece of parchment paper on oval baking tin and scoop mixture in evenly.

Put in oven and immediately turn the heat down to 150°C. Cook for 1 hour and 15 minutes and leave in the oven for a minimum of 2 hours (preferably overnight) to cool. Do not open the oven to check on it as it will collapse. Add whipped cream, strawberries and flaked chocolate topping.

Enjoy 😊





# BAKED WHITE PEACHES WITH MARSCAPONE CHEESE, RASPBERRIES, WHITE CHOCOLATE AND COCONUT

Sent in by Hazel  
Hector

## INGREDIENTS

- 4 white peaches (halved and stoned)
- 100g Marscapone cheese
- Punnet of fresh Raspberries
- 2 tablespoons of brown sugar
- 100g of good quality white chocolate (grated)
- Toasted Dessicated coconut (dry fried if not already toasted)
- Mint leaves (for decoration)

## DIRECTIONS

Preheat oven to 180 degrees (fan assisted)

Fill each stoned peach half with marscapone cheese, top with fresh raspberries, sprinkle with brown sugar and bake for 20 mins.

Top baked peach halves with grated white chocolate and sprinkle toasted coconut on top.

Decorate with mint leaf!