

Created by: Debra C. Argen

## The Saddle Room Recipes - Dublin, Ireland

Executive Head Chef John Mooney of **The Saddle Room** at [The Shelbourne Hotel](#) in **Dublin, Ireland** shares his recipes for a delicious three-course meal.

The Shelbourne Hotel in Dublin opened in March 2007 after an extensive 2-year renovation, and Executive Chef John Mooney joined The Saddle Room in January 2007, after an impressive international career honed at some of the top restaurants around the world working with the crème de la crème of chefs beginning in his hometown of Chicago, Illinois before continuing on to the Mansion on Turtle Creek in Dallas, Texas, Raku in Bethesda, Maryland, at Heartbeat in New York, and at PURE in India. Having Irish heritage, Chef Mooney has come full circle working in Dublin.

I stayed at the hotel in September 2007 and had the opportunity to experience Chef Mooney's creative modern cuisine including his "Gin and Tonic" Grilled Salmon with Caramelized Cauliflower, Lime Emulsion, and Coarse Herbs, and persuaded him to share this recipe as well as two others.

### The Menu

Asian Pear Salad

"Gin and Tonic" Grilled Salmon with Caramelized Cauliflower,

Lime Emulsion, and Coarse Herbs

Classic Pastry Cream Fille Feuille with Tahiti Vanilla Ice-Cream and Roasted Fruit



### **Asian Pear Salad**

#### Ingredients for the Salad:

Pear vinaigrette

Currants

Honey Pecans

Crumbled Cashel Blue Cheese

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Mixed Greens

Diced Pears (kept in Orange Juice)

Raisin Walnut Fiselle for Crouton

Pear Vinaigrette Ingredients:

1

Tablespoon

Pear Vinegar

2

Teaspoons

Pear Syrup (Fresh pear juice reduced to a syrup)

1

Teaspoon

Lemon Olive Oil

Salt and Pepper

Salad Ingredients:

3

Cups

Assorted full-flavored greens (Baby Mustard, Lovage, Arugula, Dandelion, Mizzuna, etc)

2

Tablespoons

Honey Pecans

2

Tablespoons

Dried Currants or Chopped Raisins

2

Tablespoons

Cashel Blue Cheese, Crumbled

Asian Pears, diced

Pear Vinaigrette as needed

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½

Asian Pear, cored and thinly sliced

Method: Place the pear syrup and pear vinegar in a small mixing bowl. Whisk in the lemon olive oil and set aside. In a large mixing bowl, combine the greens, honey pecans, and currants. Sprinkle over with the blue cheese and then drizzle over with the dressing. Toss the salad gently and briefly, as you do not want the cheese crumbles to begin sticking together. Divide the salad onto the centre of the chilled salad plates. Garnish with sliced pear fans.



**"Gin and Tonic" Grilled Salmon with Caramelized Cauliflower, Lime Emulsion, and Coarse Herbs**

Ingredients:

1

Fillet

Salmon

1

Ounce

Juniper Berries

Pinch

Cracked Black Pepper

2

Heads

Cauliflower

½

Lime

Coarse Herb Salad

Cure Ingredients:

½

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Lime Zest

2

Tablespoons

Juniper Berries

Pinch

Salt

1

Teaspoon

Sugar

Coarse Herb Salad Ingredients:

2

Tablespoons

Parsley Leaves

2

Tablespoons

Chives, cut into 1.5 inch pieces

4

Tablespoons

Tarragon Leaves

2

Tablespoons

Chervil

½

Lemon, juiced

2

Teaspoons

Extra Virgin Olive Oil

Pinch

Salt

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Pinch

Pepper

Caramelized Cauliflower Ingredients:

Method: Cut the cauliflower ½" thick. Place the cauliflower in a medium sized saucepan lightly coated with oil, over moderate heat. It is best to place another pan on top of the cauliflower to allow for even caramelization. The pan must not get too hot or the cauliflower will burn and not caramelize. Garnish with the coarse salad.



**Classic Pastry Cream Mille Feuille with Tahiti Vanilla Ice-Cream and Roasted Fruit**

**Puff Pastry**

Method: Roll out pastry. Sprinkle with icing sugar on top and caramelize the puff pastry under the salamander (broiler) until the pastry reaches a nice caramel color.

Pastry Cream Ingredients:

1

Liter (33.8 ounces)

Milk

259

Grams (9 ounces)

Sugar

75

Grams (2.6 ounce)

Corn Flour

8

Egg Yolks

10

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MI (0.3 ounce)

Grand Marnier

Method: Mix all of the ingredients together and bring to the boil. Store in the refrigerator for at least 3 hours before serving.

Roasted Fruit Ingredients:

20

Grams (0.7 ounce)

Blueberries

50

Grams (1.7 ounces)

Green Grapes

6

Grams (0.2 ounce)

Strawberries

1

Plum

½

Pear

½

Apple

20

Grams (0.7 ounces)

Caster Sugar

40

MI (1.4)

Olive Oil

2

Tablespoons

Honey

Pinch

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Salt

Pinch

Black Pepper

Method: Mix all of the ingredients in a baking tray. Bake in a pre-heated oven at 160°C (320° F) for 15-18 minutes. Use the cooking juice for coating the fruit.

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