

# Portán Potaithe

Bhí muid ag dul sa tseans go hiomlán leis an oideas seo i dtús ama. Is ag tagairt siar a bhí muid do na sean-mhodhanna coinnithe sliogéisc sula raibh caint ar veaineanna fuaraithe ná tada mar sin ann.

Bhí a fhios againn go raibh scoth an phortáin le fáil ó Niamh agus Bertie ar Inis Mór, bhí a fhios againn go raibh blas álainn ar Iógairt Chaorach Velvet Cloud ó Aisling agus Seán agus bhí a fhios againn go raibh finéal breá úr agu Pádraig agus Úna in Beechlawn. Chuireamar chuile rud le chéile le dullí áille úra ó Aonghus sa Gharraí Glas agus ar chaoi éigin d'oibrigh sé láithreach!

Is fearr an t-oideas seo a réiteach lá sula n-itheann tú é ach beidh sé go hálainn go fóill uair an chloig théis duit é a réiteach nuair a bheidh deis ag na blasanna ar fad teacht le chéile.

## Comhábhair

do 6

### Don phortán

250g feoil phortáin chócaireáilte  
250g iógairt nádúrtha lán-saille  
½ oinniún dearg, gearrtha go han-mhion  
2 ionga gairleoige  
½ bhleibín finéil, gearrtha go han-mhion  
50g im  
Salann  
1 liomóid don sú

### Don phicil

1 cúcumar  
100g siúcra mín  
100ml fínéagar fíona geal  
5g salainne

Go hálainn ar cháca baile

1. Don phicil, gearr an cúcumar ina shlisíní tanaí. Is féidir é a dhéanamh le mandolin nó leis an lann cuí ar phróiseálaí bia más mian leat é a bheith gasta agus mar a chéile síos tríd ach déanfaidh scian ghéar cúis bhreá freisin. Níor cheart go mbeadh siad níos mó ná 2mm tiubh. Cur isteach in síothlán iad agus scaip an taespúnóg salainn orthu. Measc timpeall beagáinínín iad le cinntiú go mbeidh an salann scaipthe go maith orthu agus fág sa síothlán iad os cionn babhla ar feadh 30 nóiméad. Nuair a thiocfaidh tú ar ais tabharfaidh tú faoi deara go mbeidh go leor uisce cailte ag an cúcumar mar gheall ar an salann.
2. A fhad agus atá tú ag fanacht orthu is féidir leat an leacht picilte a ullmhú. Níl le déanamh ach 100ml fínéagar fíon gheal agus 100g siúcra mín a mheascadh le chéile. Is maith liom féin é a chreathadh le chéile sa phróca ina mbeidh an picil

féin. Laghdóidh sé an méid a bheidh le glanadh ag an deireadh.

Nóta: Bí cinnte go bhfuil an próca an-ghlan agus mór go leor don oideas gan a bheith rómhór. Ba chóir go ndéanfadh próca 750ml cúis. Is é is lú aer a bheidh istigh agus é dúnta is é is fearr é.

3. Nuair a bheidh 30 nóiméad caite ag na slisíní cúcamar leis an salann is féidir iad a chur díreach isteach sa phróca leis an leacht picilte. Déan cinnte go bhfuil gach a bhfuil sa phróca clúdaithe le leacht. Is féidir é a bhrú síos faoin leacht nó is féidir níos mé den leacht a mheascadh agus a dhoirteadh isteach ann. Fág ann iad ar feadh ar a laghad 30 nóiméad agus beidh siad níos fearr fós an lá dar gcionn.  
Nóta: Ainneoin go bhfuilid picilte, is fearr iad a choinneáil sa chuisneoir agus mairfidh siad breá fada .
4. Don phortán, gearr an ghairleog go mion agus cuir ag friochadh é ar theocht íseal in san im ar feadh thart ar 5 nóiméad go dtí go mbeidh boladh deas uaidh agus é bog go maith ach gan aon dath air.
5. I mbabhla measctha mór, doirt an ghairleog agus an t-im isteach leis an oinniúin agus an finéal agus measc le chéile iad. Isteach leo cuir an portán agus an iógairt.
6. Measc gach rud le chéile agus cuir sú liomóide agus salann leis de réir mar is maith leat é.
7. Is féidir é a ithe láithreach ach is fearr é a fhágáil ar feadh uair an chloig sa chuisneoir go meascfaidh na blasanna ar fad le chéile i gceart.
8. Scaip ar arán donn é agus cuir an picil ar an mbarr.

English Version

## Potted Crab with Cucumber Pickle

This recipe started out as a pure gamble. We saw it as a bit of a nod to the traditional methods of preserving and transporting shellfish from the coast before refrigerated vans and the like came along.

We knew we could get amazing crab from Niamh and Bertie on Inis Mór, we knew Aisling and Seán's Velvet Cloud Sheep's Yoghurt was unreal and we knew Úna and Pádraig in Beechlawn had beautiful fresh fennel. We put them all together with some fresh leaf from Aonghus in the Garraí Glas and it just sort of worked right from the start!

This recipe is better done a day in advance but is still damn good after an hour of letting the flavours come together.

Beautiful served on home-made brown soda

### Ingredients

Serves 6

#### **For the crab**

250g cooked crab meat (a mixture of brown and white is nice)  
250g full fat natural yoghurt (we use Velvet Cloud Sheep's Yoghurt)  
½ red onion, finely diced  
2 cloves of garlic  
½ fennel bulb finely diced  
50g butter  
Salt  
1/2 lemon, juice of

#### **For the pickle**

1 cucumber  
100g caster sugar  
100ml white wine vinegar  
5g salt

1. First, prepare the pickle. Slice the cucumber thinly. The slices shouldn't be more than 2mm thick. You can use a mandolin or the slicing blade of a food processor for extra accuracy and speed but a sharp knife will do just fine too. Place them in a colander over a bowl and sprinkle them with the salt. Mix them around a bit with your hands to make sure the salt is well spread through them. Set them aside for 30 mins. When you come back to them you'll see that a lot of water has been drawn out by the salt.
2. While you're waiting you can prepare the pickling licor. Simply mix 100ml of white wine vinegar with 100g of caster sugar. I like to do it in the jar in which I'm pickling

to save on the washing up.

Note: Make sure the jar your using is really clean and big enough for the recipe without being too big. A 750ml jar should suffice. The less air inside at the end, the better.

3. When the cucumber has spent 30 minutes with the salt, you can add it directly to the jar with the pickle. Make sure everything in the jar is under the liquid. You can press it down or make more licor if you need to. It'll be ready in around 30 mins but it'll be better the next day.
4. For the crab, mince the garlic and gently sauté in the butter for around 5 minutes until soft and fragrant.
5. In a large mixing bowl, pour the garlic and its butter over the diced onion and fennel and mix together. Add in the crab meat and yoghurt.
6. Add in half of the lemon and a pinch of salt and mix well. Season and add more lemon juice to your taste.
7. It can be eaten immediately but is better left to settle and let the flavours come together for about an hour in the fridge.
8. Serve on brown soda topped with the pickle.