



A little something to remember us by . . .

We would like to share some of our recipes, which our Kitchen team prepares with pride and skill for you on a daily basis..

Guinness & Walnut Bread

Ingredients: for ca. 3 loaves

Brown Flour	625g/22oz
Plain Flour	310g/11oz
Caster Sugar	75g/2.6oz
Salt	15g/0.5oz
Baking Soda	20g/0.7oz
Porridge Oats	125g/4.4oz
Walnuts- roughly chopped	125g/4.4 oz
Milk	750ml/25.4loz
Golden Syrup	110g/3.9oz
Black Treacle	220g/7.8oz
Butter-melted	75g/2.6oz
Guinness	200ml/6.8loz

Method

- ❖ Pre-heat the oven to 150C/300F.
- ❖ Sieve the plain flour and baking soda in a large bowl.
- ❖ Add brown flour, sugar, salt, oats and walnuts.
- ❖ Mix it well and form a well in the centre.
- ❖ Add milk, golden syrup, black treacle, melted butter and Guinness.
- ❖ Knead a nice soft dough, which should have a porridge like texture.
- ❖ Grease the tin very well and dust with flour before filling in the mix.
- ❖ Fill to a maximum of $\frac{3}{4}$ of the height of the tin, this should allow enough space for the bread to rise.
- ❖ Place the tins in the centre of the oven.
- ❖ Cook for 45 minutes at 150C/300F than increase the temperature to 180C/355F and bake for another 25 minutes.
- ❖ After baking let it rest for 10-15 minutes before removing from the tin, it should have a clear hollow sound if you knock on the base that's says it is baked right.
- ❖ Let it cool down and wrap in cling film to keep it moist.

Little Tip - To keep your bread from drying too much while baking, place a shallow pan of water on the bottom of the oven, this will add a little steam to the oven and helps the bread to stay moist.

This can be served with oak smoked salmon, honey glazed ham, various cheeses, fresh Atlantic crabmeat or delicious Kerry gold butter. Hope you enjoy making this as much as we do.

Warmest regards,

Alex Nahke, Executive Head Chef and team at The Europe Hotel & Resort