

greenes restaurant

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BRYAN MCCARTHY



Head Chef Bryan McCarthy is clearly still enamoured with working in the splendid surroundings at **Greenes restaurant in Cork**, but it's more than just the view that keeps the place packed out! **Greenes is an award-winning restaurant and Bryan himself won Best Chef in Cork 2015 at the Restaurant Association of Ireland Awards. His menu of eloquently executed dishes highlights his creative flair with local Irish ingredients and culinary skills that are recognisably award winning.**

"It's always been a great room, you've got the garden, the great kitchen and some great chefs here," said Bryan. "Greenes always had a great reputation in Cork, though some would have said that was in the past. We're here to prove them wrong."

A local man, Bryan started his career almost by accident a few miles down the road. "Around here, everybody

starts working in the hospitality sector. I must have only been thirteen, waiting, bartending, whatever needed done. I was always tasting things and asking questions and from there I got my first job in a gastropub, before moving to Dublin. For me, it was always about pushing yourself to be better."

With Cork's reputation as a food lover's hotspot, there's no resting on laurels. "The old regulars have stuck with us and there are new ones showing up all the time. We've developed a reputation so that people are now travelling to dine with us, which is always an encouraging sign. When you've got great restaurants pushing the boundaries, the rest have to toe the line or fall behind."

Bryan takes great care in sourcing his ingredients, locally and of the highest standards, but with Cork's plethora of artisan producers on the doorstep, it is an easier task. Bryan has chosen

hand-reared Wagyu beef for his menu setting the standard extremely high and giving customers are taste of something special.

"It's got such marbling that if you handle the raw product, the fat melts in your hands. I've never had a tenderer cut of beef. It was a product that a local butcher, Michael Twomey Butchers, passed on to me, and it simply blew me away! Sometimes with an ingredient like this, it's better to keep things simple – we serve it with local mushrooms, celeriac purée and black garlic sauce... We let the meat speak for itself."

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Farm to fork chef Bryan McCarthy with butcher Michael Twomey & Wagyu farmers Jim & Daryll Good from Aherla, Co. Cork



As Ireland's first and only Guaranteed Irish™ butcher, Michael Twomey Butchers are evolving from the traditional family-run butchers, supplying local customers and trade, to producing and supplying Irish Wagyu to some of Ireland's finest eateries.

Knowing that he wanted to supply the best quality meat, to hand-select animals, to have traceability, and to have insight into the rearing of the animals, meant working hand in hand with local farmers; to provide a guarantee to their customers that the meat they are buying is local, fresh, full of flavour and 'farm to fork' traceable.

Michael became a member of the Craft Butchers and soon after set his sights on Guaranteed Irish™ accreditation. They were one of the first food companies in Ireland to be awarded the "Ecolabel" accreditation for commitment to positive environmental policies.

Mike is not a man to out-source what can be done in-house, which is facilitated further by having his own Meat Processing Plant. This in turn led to the creation of his wonderful homemade sausages and burgers, and a range of bespoke cuts, now including the fantastic Irish Wagyu (through the creation of a Wagyu Producer Group).

www.mtwomeybutchers.ie

wagyu beef burger

800g Twomeys Wagyu beef mince
2 tbsp French mustard
2 tsp flat leaf parsley, chopped
2 tbsp chopped shallots
salt and pepper
1 tbsp oil
120g cabbage, finely sliced
4 tbsp red wine vinegar
4 slices Coolea cheese
2 iceberg lettuce leaves, shredded
2 tomatoes, sliced
4 Arbutus brioche buns

Place the cabbage in a glass bowl and stir in the vinegar and salt and pepper. Cover and place the bowl in the fridge to pickle for 30 minutes. Place the mince in a bowl and add the mustard, parsley and shallots, mix to combine and season with salt and pepper. Using wet hands, shape the mixture into 4 burgers. Heat the oil in a frying pan until very hot and cook the burgers on both sides until well browned and cooked to your liking. Top each burger with a slice of cheese and toast the buns until lightly golden. Place slices of the tomatoes, the lettuce and pickled cabbage on the base of each bun and top with the burgers.



miso marinated wagyu rump, black garlic cream, organic spring onion and carrot and grill white asparagus

4 x 200g Twomeys Wagyu rump steaks
2 tsp white miso paste
4 tsp soya sauce
2 tbsp mirin
rapeseed oil for frying
150ml cider vinegar
1 tsp sugar
150ml filtered water
4 x baby carrots, very thinly sliced
2 x shallots, finely chopped
sprig of thyme
50g butter
100ml white wine
250ml chicken stock
100ml cream
1 x bulb of black garlic, peeled
salt and pepper
4 x white asparagus spears, trimmed and blanched
4 x spring onions, trimmed and blanched

Mix together the miso, soya and mirin in a large shallow glass bowl. Place the steaks in the bowl and brush all over with the marinade. Cover and leave to marinate in a fridge for up to 3 days. Shake together the vinegar, sugar and filtered water together in a large glass jar, add the finely sliced carrots, seal the jar and also leave to macerate for 3 days. Heat the oil in a frying pan until smoking hot and fry the steaks for 4 minutes on each side or until cooked to your liking. Remove the steaks to rest and keep warm in a preheated oven until ready to serve. Deglaze the pan with the white wine, allow it to bubble and then add it to the chicken stock. In the same pan sauté the shallot and thyme in the butter until soft, then add the chicken stock and simmer to reduce by half. Add the cream and the black garlic and continue to simmer until reduced by a third. Pour everything into a blender (remove the thyme sprig) and purée until the sauce is smooth. Season well and keep warm. Heat a griddle pan until very hot, oil and season the asparagus and spring onions and fry them until charred and tender.

To serve, spoon the black garlic sauce onto serving plates and place the sliced rump steaks on top. Scatter around the vegetables and pickled carrots as illustrated and enjoy. Fresh peas are lovely with this dish, they can be blanched and simply heated in the black garlic sauce before serving.

