



28th International Conference of the
World Association for the Advancement of Veterinary Parasitology
19th-22nd July 2021, Dublin Ireland



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Conference closing social - Entertainment & Irish Cuisine Demonstration. Join the WAAVP 2021 Cook-Along! supported by Boehringer Ingelheim

Thursday 22nd July
4.15-5.15pm
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Irish Cookery Demonstration with Eamon

Traditional Irish Soda Bread

400g Plain flour
100g Oat bran/Wheat bran
1 tsp baking soda
1 tsp Salt
1 tsp Sugar
Buttermilk to bind (about 400ml)

Method

Preheat the oven to 230°C/450°F/Gas mark 8

Mix all of the dried ingredients into a large wide bowl and stir well. Make a well in the center and pour most of the buttermilk into the well. Grip the bowl with one hand and use the other hand to mix the in the flour from the sides of the bowl, adding more milk if necessary. The dough should be softish and not too wet and sticky.

When it has all come together, turn it out onto a well floured surface.

Wash and dry your hands and then shape the dough into a round about 1 inch deep.

Cut a deep cross into the loaf and place on a baking tray. Place the tray in the pre-heated oven and after 15 minutes turn the oven down to 200°C/400°F/gas mark 6 for about 30 minutes or until cooked. If in doubt, tap the bottom of the bread and it should sound hollow.

Fresh and Smoked seafood chowder (Serves 2-3)

1 tsp oil
60g streaky bacon
100g onion chopped
10g plain flour
300ml fish stock (or hot water)
200ml milk
Bouquet garni - (parsley stalks, sprig of thyme, bay leaf)
3 medium sized potatoes - Peeled and cut into small cubes
1 large carrot - Peeled and cut into similar cubes
350g mixed fish - Cod, Monkfish, Haddock, Salmon etc - free from bones and skin
60g smoked haddock - free from bones and skin
70ml cream
Fresh parsley

Method

Heat the oil in a sauce pan and cook the bacon until it is crisp and golden. Add the onions, cover and seat for a few minutes over a low heat. Stir in the flour and cook for a couple of minutes more. Add the fish stock (or water) gradually, then the milk, bouquet garni and potatoes. Season well with salt and pepper. Cover and simmer until the potatoes are almost cooked (5-6minutes). The recipe can be prepared up to a day ahead to this point.

As soon as the potatoes are cooked, add the fish. Simmer gently for 3-4 minutes then stir in the cream. As soon as the soup returns to the boil, remove it from the heat. Taste, correct the seasoning and sprinkle with freshly chopped parsley.



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Chocolate Guinness Cake

For the cake

250 millilitres Guinness
250 grams unsalted butter
75 grams cocoa powder
400 grams caster sugar
150 millilitres sour cream
2 large eggs
1 tablespoon vanilla extract
275 grams plain flour
2½ teaspoons bicarbonate of soda

For the topping

300 grams cream cheese
150 grams icing sugar
125 millilitres double cream (or whipping cream)

Method

Preheat the oven to gas mark 4/180°C/160°C Fan/350°F, and butter and line a 23cm / 9 inch springform tin.

Pour the Guinness into a large wide saucepan, add the butter - in spoons or slices and heat until the butter's melted, at which time you should whisk in the cocoa and sugar. Beat the sour cream with the eggs and vanilla and then pour into the brown, buttery, beery pan and finally whisk in the flour and bicarb.

Pour the cake batter into the greased and lined tin and bake for 45 minutes to an hour. Leave to cool completely in the tin on a cooling rack, as it is quite a damp cake.

When the cake's cold, sit it on a flat platter or cake stand and get on with the icing. Lightly whip the cream cheese until smooth, sieve over the icing sugar and cornflour and then beat to combine.

If using double cream, add it and beat until you have a spreadable consistency. If using whipping cream, whisk first to soft peaks, add a couple of spoonful's into the cream cheese mixture and once this is combined, fold in the rest.

Ice the top of the black cake so that it resembles a pint of the famous black stuff.



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