

Harvey's Point Hotel
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Chris McMenamin

ONE TEAM. ONE DREAM.

Blessed with a magical location on the shores of Lough Eske, the Lakeside restaurant is the heart and soul of the hotel. The drama of the theatre style open kitchen is balanced by the calm waters of Lough Eske, often with swans gliding by while you dine. The Lakeside Restaurant is elegant and formal without being fussy. Chef Chris and his talented kitchen brigade are inspired by the finest seasonal ingredients from local and regional artisan producers.

Chris McMenamin has been the executive head chef for over 5 years, "I am very proud to have worked under the Gysling family since 2001. Deirdre, Marc and Jody were inspirational in my career and still are to this day. I am also very excited to be working with our new owner in projects that will only enhance our guest experience"

Plaudits continue to pile up for key members of the team. General Manager Noel Cunningham has recently been announced as Donegal Person of the Year and Chris himself is no stranger to acclaim.

"My career highlight thus far is winning Yes Chef, Chef of the Year," Chris said "I have worked very hard on developing my craft both technically and as the leader of a team. I love coming to my dream job every day and being awarded Chef of the Year is the icing on the cake"

"I am immensely proud that I have been able to provide a workplace that my core team are happy to continue coming to after so many years." Chris continued "From my early days I have had sous chef Colin McKee as a mentor and friend. A naturally gifted chef, he taught me ways of finessing my fine dining skills for which I will be eternally grateful. As the business has improved and grown we have been joined by Colin Bradley and Marcus Pearson and the ethos of a work family has flourished"

PAN FRIED POLLOCK, TOMATO CHUTNEY, BRAISED FENNEL, FISH AND DILL CREAM SAUCE



This is a very simple and easy to make dish, yet it is very flavoursome with a real taste of the sea

SERVES 4

Ingredients

For the pollock

4 x fresh pollock fillets
Seasoning
Oil
40g butter
1 lemon

For the tomato chutney

300g tinned, chopped tomatoes
40ml red wine vinegar
40g brown sugar
2 bay leaves
5g chopped dill

For the braised fennel

2 heads of fennel
250ml vegetable stock
60ml white wine
50g butter
2 star anise
Zest of 1 lemon
2 garlic cloves, diced
Seasoning

For the dill cream sauce

10g butter
1 shallot, diced
1 clove of garlic, diced
Trimnings from the braised fennel
2 star anise
10 black peppercorns
100ml white wine
350ml fresh fish stock
60ml cream
10g chopped dill
Oil

Method

For the pollock

Heat up a frying pan with a little oil. Season the pollock fillets with a little salt and pepper and place them skin side down in the pan. Cook on a medium heat until the skin starts to go golden and crispy. Turn the pollock over and add a few cubes of butter and a squeeze of lemon juice.

Baste the fish with the butter. Ensure it is cooked through before serving, it may need to go into the oven to finish cooking, depending on the thickness of the fish.

For the tomato and dill chutney

Place the chopped tomatoes together with the vinegar, brown sugar and bay leaves in a small pot and bring to the boil. Reduce the heat and cook on a low temperature until all the liquid is fully reduced and a chutney like consistency is achieved. Remove the bay leaves to serve and add the chopped dill. Serve the chutney at room temperature.

For the braised fennel

Trim the head of the fennel (reserving the trimmings to make the fish and dill sauce). Cut the fennel in half and season with salt and pepper. Place on an ovenproof tray and cover with the rest of the ingredients. Cover in tin foil and braise in the oven at 150°C for 30 - 40 minutes, until it is cooked through and tender. Remove from the oven and keep hot to serve.

For the dill cream sauce

Sweat off the shallots and garlic in some oil and butter, cook for 2 minutes. Add star anise and peppercorns and continue to cook until the vegetables have softened and released their flavour. Pour in the white wine and reduce until almost nothing is left, then add the fish stock.

Reduce until the flavour has intensified. Strain the sauce through a fine strainer into a clean saucepan, then add the cream and bring to a sauce like consistency. Season to taste and add the chopped dill, keep hot until ready to serve.

