

Get Mellow Go Yellow

RECIPE SUGGESTIONS

Whether it's a coffee-time treat, a versatile starter or dessert, or a main course bursting with flavour, these Mellow Yellow recipe suggestions are sure to please!

Scones with Ballymaloe Orange or Lemon Butter

A quick and easy coffee-time treat

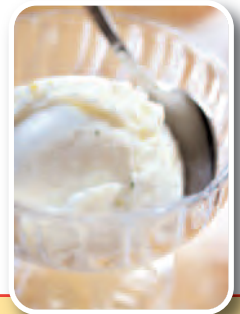
Buy scones and serve with orange or lemon butter

175 g (6 oz) butter

3 teaspoons orange or lemon zest, finely grated

200 g (7 oz) icing sugar

Cream the butter with the finely grated rind.
Add the sifted icing sugar and beat until fluffy.



Ballymaloe Chicken with Lemon and Ginger

Serves 6

6 chicken breasts

For the marinade:

Juice of 1 lemon

2 garlic cloves, crushed

1 ½ teaspoons freshly grated ginger

1 teaspoon finely grated lemon zest

125 ml (4 fl oz) of extra-virgin olive oil

Salt and lots of freshly ground pepper

Mix all the marinade ingredients in a bowl and marinate the chicken breasts in a shallow dish for half an hour. Heat the grill to medium, or prepare the barbecue. Dry off the chicken breasts with kitchen paper and brush them with a very little olive oil. Grill for about 5 minutes on each side. Heat the marinade in a small pan until just simmering. Serve the chicken on very hot plates with a little of the marinade and a green salad with rocket and cherry tomatoes.



Ballymaloe Lemon Verbena or Lemon Balm Sorbet

A perfect start (or end) to a late summer meal

225 g (8 oz) sugar

600ml (1 pint) cold water

2 large handfuls of lemon verbena or lemon balm leaves

Freshly squeezed juice of 3 lemons

1 egg white (optional)

Put the first three ingredients into a non-reactive saucepan and bring slowly to the boil. Simmer for 2-3 minutes. Allow to get quite cold. Add the lemon juice. Strain and freeze for 20-25 minutes in an ice-cream maker or sorbetiere.

Alternatively, freeze the sorbet in a bowl in the freezer. When it is semi-frozen, whisk until smooth and return to the freezer again. Whisk again when almost frozen and fold in one stiffly beaten egg white. Keep in the freezer until needed.

Serve in chilled glasses or chilled white china bowls. Decorate with lemon balm and verbena leaves.