



## **Ghan House, Carlingford**

### **BREAKFAST MENU**

€17.50 per person non residents

**Tea/coffee ~ We also have a selection of herbal teas**

**Help yourself to;**

*Freshly squeezed orange juice*

*Fresh grapefruit*

*Prunes simmered in red wine with cinnamon*

*Joyce's homemade preserves*

*Dried apricots & figs soaked overnight in white wine & star anise*

*Selection of cereals*

*Irish cheeses*

*Natural yoghurt*

*Wheaten bread*

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***Poached kipper with butter***

- or -

***Free range scrambled egg with Irish smoked salmon***

- or -

***Free range egg/s – poached or boiled***

- or -

***Ghan House Fry;***

*Local Cooley sausage, bacon, Kelly's black & white pudding,  
fried egg, tomato & mushrooms*

- or -

***Gluten Free Ghan House Fry;***

*Sausage, bacon, fried egg, tomato, mushrooms  
with gluten free toast*

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The jams & homemade marmalade are made by proprietor Joyce Carroll.

For list of allergens, please see introductory page, on main restaurant menu in entrance hall or talk to us!

**Ghan House, Carlingford, Co. Louth, Ireland. [www.ghanhouse.com](http://www.ghanhouse.com) +353 (0)42 937 3682**  
~ Accommodation ~ Restaurant ~ Civil Ceremonies ~ Weddings & special occasions ~  
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## **JOYCE'S HOMEMADE** **MUESLI**

### **Ingredients:-**

3 pints milk  
1 pint cream  
400g oats (toast in oven)  
50g sunflower seeds (toast in oven)  
50g pumpkin seeds (toast in oven)  
160g figs, finely chopped  
160g apricots, finely chopped  
160g dates, finely chopped  
75g pecan nuts, finely chopped

- all of the above can be prepared in advance

3 tbsp honey  
2 grated apples, with skin on  
2 grated pears, with skin on

*Add to daily mix – the mixture will discolour if kept with the fruit in it for more than 24hrs*

### **PRUNES**

*Cover prunes in ½ red wine ½ water over night with 1 piece of cinnamon.  
Next day heat slowly, and simmer (not boil) for 15mins.*

### **APRICOTS**

*Cover dried apricots with ½ white wine ½ water and soak overnight with 1 star anise.  
Next day heat slowly and simmer for 15mins.*

***NB. The dried fruit will swell overnight so cover + 1inch liquid.***

## **MOLASSES SODA BREAD**

### **Ingredients:-**

1lb plain flour (455g)  
1lb wholemeal flour (455g)  
1 tspn salt  
2 tspn bread soda  
2 eggs (optional)  
1 tblsp molasses or brown sugar  
Buttermilk

### **Method:-**

*Sieve all dry ingredients twice. Add the beaten eggs, molasses and sufficient buttermilk to give a mix which can be handled.*

*Shape on a floured surface, place in bread tin or on a baking tray making a + on top.*

*Flour the top and bake:-*

*1lb -200c for 20min, 180c for 10min  
2lb -200c for 30min, 180c for 10min*

***NB. On removal from oven immediately place on a rack and wrap in a clean cloth to keep the moisture in***