



Christmas Continental Dishes

At Laya Super Troopers, we know how much fun cooking Christmas dinner can be, especially when all the family get involved! Along with preparing your traditional Christmas dinner and sides, why not try some of these delicious continental Christmas dishes as well?

Icelandic Spiced Cabbage (Serves 6)

Feel very festive at Christmas with this Icelandic Spiced Cabbage recipe. The cinnamon and nutmeg give this dish its delicious seasonal flavours. Why not serve Icelandic spiced cabbage with turkey for a twist on the traditional Christmas dinner?

Ingredients

- 2 tablespoons unsalted butter
- 1 large red onion, sliced
- 2 tablespoons cranberry sauce
- 1/4 cup red wine vinegar
- 2 cups fresh blueberries
- 1 teaspoon ground nutmeg
- 2 teaspoon ground cinnamon
- 1 head red cabbage, leaves removed and thinly sliced
- 1 Granny Smith green apple, peeled and chopped
- 125ml water › Salt and pepper, to season



Method

1. In a large pot, melt the butter in a saucepan
2. Add the onion and cook until soft
3. Add the cranberry sauce, red wine vinegar, blueberries, nutmeg, cinnamon, cabbage and apple. Season with salt and pepper
4. Add the water and bring to the boil
5. Reduce heat, cover with lid and cook for about an hour until cabbage has softened.

Gleðileg Jól! (Happy Christmas)

Finnish Lohikeitto Soup

(Serves 4)

This is a traditional Finnish soup recipe, with salmon, potato and leek. It can also be found in other Scandinavian countries. Try this dish to keep you warm on those cold Christmas days.

Ingredients

- 1 large salmon fillet, skinned and cut into largish pieces, keeping the skin
- 1 tablespoon unsalted butter
- 1 large leek, sliced
- 4 cups of water
- ¾ Kg potatoes, peeled and diced
- 1 cup light cream
- Salt and pepper to season
- 1 cup fresh dill, chopped

Method

1. Melt the butter in a saucepan. Add the sliced leek and sauté (gently fry) until soft
2. Meanwhile, pour the water and the fish skin into another saucepan and bring to a boil. Then simmer for about ten minutes
3. Pour this into the saucepan with the leeks.
4. Add in the potatoes and half of the fresh dill. Cook until the potatoes begin to soften
5. Add the salmon pieces to the mixture, along with the cream. Simmer for a few minutes until cooked
6. Add the remaining dill
7. Season with salt and pepper



Hyvää Joulua! (Happy Christmas)

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Spanish Spinach and Chickpeas (Serves 4)

Try this traditional Spanish tapa for a tasty way to spice up your side dishes at the Christmas table.

Ingredients

- 4 cloves of garlic, peeled and chopped
- Extra virgin olive oil
- 1 teaspoon paprika
- 1lb fresh spinach, finely chopped
- 2 cups cooked chickpeas, drained
- Salt and pepper, to season

Method

1. Pop the garlic into a saucepan with a little extra virgin olive oil and cook over a medium heat until golden brown
2. Next, add the paprika
3. Gradually stir in the spinach, adding in a little water to help it cook
4. Season with salt and pepper
5. Cook for about 5 minutes
6. Then add in the chickpeas, stirring
7. Cook for five more minutes



Feliz Navidad! (Happy Christmas)



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