



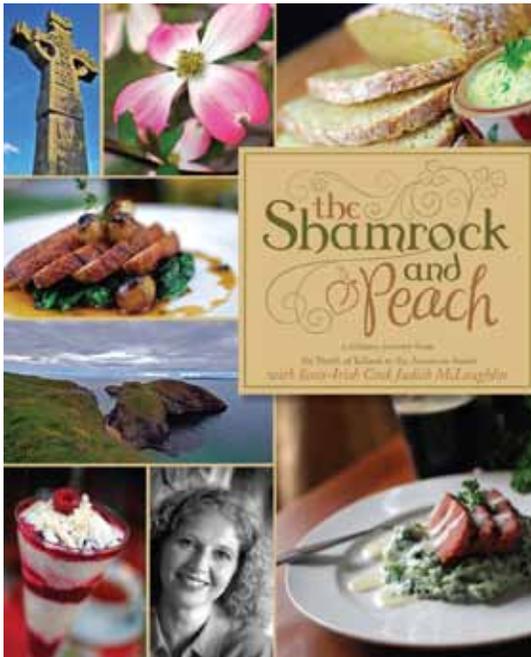
# news release

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## NEW COOKBOOK INVITES READERS ON CULINARY JOURNEY FROM NORTHERN IRELAND TO THE AMERICAN SOUTH

*Ireland-Native Judith McLoughlin Creates New Fusion*



FOR IMMEDIATE RELEASE: Judith McLoughlin is looking at southern cuisine through Irish eyes. Her new cookbook, *The Shamrock and Peach: A Culinary Journey from the North of Ireland to the American South*, (Ambassador International; November 2011; \$29.99/hardcover) combines fresh produce of the South with age-old Irish techniques to create a new fusion that melds the best of both worlds: Georgia pecans in a traditionally Irish trout dish; peaches with an Ulster favorite, rhubarb; or whiskey flavors with Georgia-grown chicken. Judith's romance with hospitality and food began around the County Down dinner table of her grandmother. It was a time when the dinner table was the heart of a home, the life of the family. She still maintains a passion for farm-fresh, natural food, a love sparked in Ulster where the roaming hormone-free livestock eat lush green grass, fed by the rain-soaked Irish climate. She's lived in Georgia for more than a decade, an area just as agriculturally rich as her homeland. *The Shamrock and Peach* hits shelves in November, but Judith already shares her fusion regularly through cooking classes and demonstrations in the Atlanta area. She also exclusively imports and sells some of her favorite Irish products through her business, The Ulster Kitchen. Judith loves speaking on topics including:

- How she developed this unique fusion.
- The influence of Irish cooking in American kitchens.
- The culinary history of the Titanic.

One of the desserts served on the Titanic, which was built in Belfast near Judith's home, is featured in *The Shamrock and Peach*. April 2012 marks the 100<sup>th</sup> anniversary of the Titanic's fateful maiden voyage. This fresh take on southern cuisine will impress palates at dinner tables here and across the pond. Learn more at [www.shamrockandpeach.com](http://www.shamrockandpeach.com) or email Alison Storm at [media@emeraldhouse.com](mailto:media@emeraldhouse.com) to connect with Judith.

### CONTINUED ON BACK

**ABOUT THE PUBLISHER:** Ambassador International was founded in 1980 in Belfast, Northern Ireland and expanded to Greenville, South Carolina in 1995. Ambassador International's books and materials have been distributed in dozens of countries and are sold worldwide. For more information visit [www.ambassador-international.com](http://www.ambassador-international.com). You can also follow @AmbassadorIntl on Twitter or check out [Facebook.com/AmbassadorIntl](https://www.facebook.com/AmbassadorIntl).



## JUDITH MCLOUGHLIN

Author of "The Shamrock and Peach"

Judith McLoughlin is an Irish cook with a passion for good food and the art of great hospitality. Coming from County Armagh in Northern Ireland she learned the techniques of the Scots-Irish culinary tradition from generations of family experience in the Irish hospitality business before deciding on a move to the United States with her husband. Judith runs her own gourmet food business in Atlanta called 'The Ulster Kitchen', which specializes in Scots-Irish cuisine, and has created her own unique food fusion by blending the techniques of her homeland with the new found flavors of the South to great acclaim. Judith teaches Scots-Irish cooking at many venues, has made numerous television and media appearances and is busy throughout the year cooking and catering in Atlanta and beyond. For more information of Judith's schedule visit: [www.theulsterkitchen.com](http://www.theulsterkitchen.com)

### Connect with Judith McLoughlin

-  <http://www.shamrockandpeach.com/>
-  [facebook.com/theshamrockandpeach](https://www.facebook.com/theshamrockandpeach)
-  [@shamrock\\_peach](https://twitter.com/shamrock_peach)



### Scots-Irish Armagh oatmeal

*served with Armagh apples, toasted walnuts and 2 ounces Irish whiskey sauce (serves 4)*

#### The story

Eaten by Irish folks for many thousands of years, Ireland's most celebrated grain is also great for your health. Perhaps those ancient Celts were onto something! Turns out that oats contain a certain kind of fiber that lowers cholesterol in addition to providing us with vitamins, minerals and many antioxidants. Not so bad! Try adding toasted walnuts, a rich source of omega-3 fatty acids along with vitamin packed cranberries for that famous powdered punch to start your day with a bang!

So, now that we're feeling so good about the health benefits, let's add a wee drop of sweet whiskey sauce and some delicious red apple fannies in County Armagh, to take this Irish breakfast to a whole new level. Enjoy!

#### Classical ingredients

- 1 oz (1 cup) steel cut Irish oats
- 1 pint (2 cups) spring water
- 1 pint (2 cups) milk
- 1 tsp salt
- 1 apple (chopped with skins on)
- 2 1/2 oz toasted walnuts (chopped)

#### Whiskey Cream Sauce ingredients:

- 4 oz (1/2 cup) butter
- 5 oz (5/4 cup) granulated sugar
- 2 tsp water
- 1 egg yolk (beaten)
- 1 tsp vanilla
- 1/2 cup Irish Whiskey
- 2 Tbsp heavy whipping cream

#### How to make it:

1. Bring water, milk and salt to simmering point in a medium heavy based saucepan. Slowly stir in the steel cut oats, sprinkling lightly so the grains do not stick together in clumps.
2. Stir with a wooden spoon until the oatmeal begins to thicken. After about 5 minutes, reduce the heat to low. Simmer for 25 minutes or until oatmeal is cooked, remembering to stir several times. Add chopped apple and cook for 2-3 more minutes.
3. To make the whiskey sauce combine the butter, water and sugar in a medium heavy based saucepan and stir on low heat until the sugar has dissolved. Remove from heat and slowly whisk in the beaten egg yolk, whiskey, vanilla and heavy whipping cream.
4. Strain sauce into a wine jug.
5. To enjoy the traditional way, serve the porridge rearing hot in small individual bowls with the whiskey sauce and toasted walnuts on top.



### Loin Pork Chop with an Irish whiskey BBQ sauce

*served with an avocado and corn relish*

#### The story

Good barbecue in the South is almost a religion, with strong opinions about what dry rubs, marinating, and of course, having the pepper barbecue sauce. In Georgia, barbecue sauce is red, sweet, and spicy; in South Carolina, barbecue sauce is a yellow, mustard-based variety, while in Kentucky, they are famous for their brown sauce. Each region seems to have its own special variety, and now I'm treating you to another! My Shamrock & Peach sauce is naturally influenced by my journey from Ireland to Georgia, and I have a few special ingredients of my own to add, including some great Irish whiskey!

#### Serve pork dry rub ingredients:

- 2 Tbsp brown sugar
- 1 Tbsp kosher salt
- 1 Tbsp ground black pepper
- 1 Tbsp ground cumin
- 1/2 Tbsp cayenne pepper
- 1 tsp garlic powder
- 1 tsp cinnamon
- 1/2 tsp onioning
- 6 loin pork chops (rib-in)

#### Irish whiskey barbecue sauce ingredients:

- 2 Tbsp butter
- 1/2 large onion (chopped)
- 2 cloves garlic (crushed)
- 8 fl. oz. (1 cup) Irish whiskey
- 8 fl. oz. (1 cup) ketchup
- 8 fl. oz. (1 cup) apple cider vinegar
- 2 fl. oz. (1/2 cup) water
- 6 Tbsp exp. brown sugar
- 1 Tbsp Worcestershire sauce
- 1 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- 1 tsp cayenne pepper
- 2 tsp cocoa powder
- 1 tsp cumin

#### Avocado and corn relish ingredients:

- 1 cup corn (about 3 ears of corn husked)
- 1 Tbsp olive oil
- 1 small red pepper (seeded and finely diced)
- 1 small hot green chili pepper (1 Tbsp finely chopped)
- 2 zucchini avocado (peeled, seeded, and finely chopped)
- 2 Tbsp lime juice
- 2 Tbsp cilantro (chopped)
- 1/2 onion (chopped)
- 1 small garlic clove (minced)
- 1/2 tsp sea salt

#### How to make it:

1. Combine all the dry ingredients to make the rub.
2. Apply the dry rub to the surface of the uncooked pork chops before grilling. This can be done several hours in advance or just before grilling.
3. To make the barbecue sauce, melt the butter in a small saucepan and cook the onion for a few minutes until they are soft but not browned. Add the garlic and cook for 1 minute more. Then combine all the remaining ingredients and simmer gently for 20-25 minutes or until the sauce has been slightly reduced. Cool slightly before processing with an electric blender until smooth.
4. Preheat your grill to high.
5. While grill is heating, prepare the avocado corn relish.
6. To do so, remove the corn from the husk and sort in a large pan with olive oil for 4-5 minutes. When done, set aside and allow the cooked corn to cool.
7. Place the pork chops on the hot grill and cook on each side for 2 minutes to sear meat. Reduce heat to medium and cook for a further 1-2 minutes on each side. *(To check that pork is cooked, use a sharp knife to cut the thickest part of the chop and check that it is done to your preference.)*
8. Brush a little barbecue sauce over both sides of chops and cook for 1 more minute on each side.
9. Remove the meat from the grill and let rest for 5 minutes before serving.
10. Finish preparing the relish by adding the remaining ingredients to the corn and mix together.
11. To serve, brush the pork chops with a little more barbecue sauce and place chop on the center of the plate with a spoonful of avocado corn relish on top and to the side.

