

Irish Recipes

Guinness Beef Stew

Ingredients:

2 pounds sirloin steak
3 tablespoons olive oil
2 onions
2 cloves of garlic
¼ cup of flour
1 cup beef stock
1 cup Guinness
3 carrots
2 medium potatoes cut into pieces
2 bay leaves
1 teaspoon thyme
6 prunes
2 tablespoons chopped parsley

Method:

1. Chop onions, carrots and potatoes and crush garlic. Cut meat into small chunks. Cut prunes in half.
2. Fry onions in olive oil. When they're golden brown, add crushed garlic. Cook for one minute.
3. Remove onion and garlic from pan, and set aside. Add meat and brown on all sides.
4. Reduce heat, and add flour. Coat the meat with flour then add stock slowly to make a sauce.
5. Add Guinness, and simmer.
6. Add onions, garlic, carrots, potatoes and spices. Simmer for 1 to 2 hours until the meat is tender. Stir often so meat does not stick to bottom of pan. Salt and pepper to taste.
7. Add prunes about 20 minutes before you are done cooking the stew. Garnish with parsley.

Rashers, sausage and potatoes

Ingredients:

4 pounds potatoes, peeled and cut into large cubes about 1 to 1 1/2 inches
2 pounds sausage (sweet pork sausage works well)
1 pound rashers — a special cut of bacon found at your local butcher (Canadian or thick-cut bacon works, too)
1 medium sweet onion, julienned
1 clove fresh garlic, crushed
1 ounce fresh parsley, chopped
1 pinch dried thyme or 2 pinches fresh thyme
Salt and pepper to taste
12 ounces Guinness
12 ounces broth or water

Method:

1. Preheat oven to 350.
2. Cook rashers on stovetop or bake until crispy but not overdone. Reserve some of the drippings. Cut the rashers in half.
3. Cook sausage on medium high flame in large roasting pan. Brown sausage on both sides for three to four minutes.
4. Bring the stock and Guinness to a boil.

5. Add drippings, onions and a shot of Guinness to sausage. Stir occasionally until onions brown. Add rashers, potato and garlic.
6. Pour Guinness and broth over the sausage mixture and sprinkle parsley and thyme on top.
7. Cover and place in oven for one hour then check on and stir in more Guinness or stock if starting to dry. Continue to bake uncovered for another 30 minutes until potatoes are done and the casserole has reached a desired consistency.
8. Enjoy with soda bread and Guinness.

Colcannon

Ingredients:

1 pinch Colcannon
1 pound cabbage
1 pound potatoes
2 leeks
1 cup milk
Salt and pepper to taste
1 pinch ground mace
½ cup butter

Method:

In a large saucepan, boil cabbage until tender; remove and chop or blend well. Set aside and keep warm. Boil potatoes until tender. Remove from heat and drain. Chop leeks — green parts as well as white — and simmer them in just enough milk to cover, until they are soft. Season and mash potatoes well. Stir in cooked leeks and milk. Blend in the kale or cabbage and heat until it's a pale green fluff. Make a well in the center and pour in the melted butter. Mix well.
Recipe provided to Allrecipes.com by Marc Boyer

Broiled Salmon with Caper and Raisin Butter

Ingredients:

½ cup (4 ounces) Kerrygold Pure Irish Butter
¼ cup drained capers
¼ cup golden raisins
4 center-cut skin-on salmon fillets (about 6 ounces each)
1 to 2 tablespoons Kerrygold Pure Irish Butter, melted
Salt and pepper
1 12-ounce bag baby spinach leaves
Hot boiled or steamed new potatoes, optional

Method:

In small saucepan, combine butter, capers and raisins; heat over medium heat just until butter simmers. Remove from heat; let stand to soften raisins and cool slightly, about 5 minutes. Process mixture in blender or small food processor until well blended. Remove to small bowl; keep warm until ready to serve. Preheat broiler; position oven rack so surface of fish is about 5 inches from the heat. Brush both sides of salmon with melted butter; season with salt and pepper. Line shallow baking pan with aluminum foil.
Arrange fish on pan, skin side up. Broil until skin begins to brown and chars slightly, about 2 to 3 minutes. Turn fish; broil just until fish is opaque throughout, about 4 to 5 minutes. Meanwhile, place spinach in large skillet. Cover and heat over medium-high heat until spinach just begins to wilt, about 4 to 5 minutes, stirring occasionally. Season with salt and pepper.

To serve, place equal portions of spinach onto 4 warm dinner plates. Place salmon fillets over spinach. Arrange potatoes, if desired, alongside. Drizzle with Caper & Raisin Butter. Refrigerate any remaining butter to use with cooked chicken or other seafood.

Potato, Leek and Spring Onion Soup

Ingredients:

3 spring onions, diced
3 medium leeks, washed and blanched
3 potatoes, diced
1 tablespoons garlic puree
1 ½ gallons chicken stock
2 ounces butter
1 pint heavy cream
1 bunch watercress

Method:

In a medium rondeau (or pan with a large surface) melt the butter (no browning) and gently sweat the onions, garlic, and leeks until tender, again no color or browning. Add the potatoes and the chicken stock. Bring to boil and simmer until the potatoes are fully cooked. Puree in a large blender until completely smooth and silky. Add the cream and pulse until fully blended. Take 3/4 cup of the soup and return to the blender. Add the watercress and puree until completely smooth. Swirl into the soup as a garnish.

Recipe provided by Idaho Potato Commission

Mummy's Brown Soda Bread

Ingredients:

½ pound all-purpose flour (organic preferred) (about 1 3/4 cup)
½ pound whole-wheat flour (about 1 3/4 cup)
1 teaspoon (barely rounded) baking soda
1 teaspoon salt
13 to 16 ounces buttermilk (depending on the consistency)

Method:

Preheat the oven to 450 degrees. Mix the flours in a large, wide bowl, add the salt and baking soda. Lift the flour up with your fingers to distribute the salt and baking soda. Make a well in the center and pour in the buttermilk. With your finger stiff and outstretched, stir in a circular movement from the center to the outside of the bowl in ever increasing concentric circles. When you reach the outside of the bowl, seconds later the dough should be made. Sprinkle a little flour on the work space. Turn the dough out onto the floured work space. (Fill the bowl with cold water so it will be easy to wash later.) Sprinkle a little flour on your hands. Gently tidy the dough around the edges and transfer to oven tray. Tuck the edges underneath with the inner edge of your hands; gently pat the dough with your fingers into a loaf about 1 1/2-inch thick. Wash and dry your hands. Cut a deep cross into the bread. Bake in the preheated oven for 15 minutes then turn the oven down to 400 degrees for 15 more minutes. Turn the bread upside down and cook for an additional 5 to 10 minutes. The bottom should sound hollow when tapped. Cool on a wire rack. Makes one loaf.

Irish Bread

Ingredients:

1/4 pound butter at room temperature
1/2 cup sugar

2 eggs
2-1/2 cups flour
2-1/2 teaspoon baking powder
1/4 teaspoon salt
1 cup milk at room temperature
1 cup raisins

Method:

Preheat oven to 350 degrees. Cream butter and sugar together. Mix flour, salt and baking powder and add to butter mixture alternately with milk. Add raisins. Pour into a 8 x 8-inch pan. Bake at 350 degrees for one hour.

Soda Bread

Ingredients:

4 cups all-purpose flour
4 tablespoons white sugar
1 teaspoon baking soda
1 tablespoon baking powder
1/2 teaspoon salt
1/2 cup margarine, softened
1 cup buttermilk
1 egg
1/4 cup butter, melted
1/4 cup buttermilk

Method:

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a large baking sheet. In a large bowl, mix together flour, sugar, baking soda, baking powder, salt and margarine. Stir in 1 cup of buttermilk and egg. Turn dough out onto a lightly floured surface and knead slightly. Form dough into a round and place on prepared baking sheet. In a small bowl, combine melted butter with 1/4 cup buttermilk; brush loaf with this mixture. Use a sharp knife to cut an 'X' into the top of the loaf. Bake in preheated oven for 45 to 50 minutes, or until a toothpick inserted into the center of the loaf comes out clean, about 30 to 50 minutes. Note: You may continue to brush the loaf with the butter mixture while it bakes. Makes 1 (1-1/2 pound) loaf.

Batter Bread

Ingredients:

1 package (1/4 ounce) active dry yeast
1/2 cup warm water (110° to 115°)
1 cup warm milk (110° to 115°)
1/2 cup butter, softened
1/4 cup sugar
2 teaspoon salt
3 eggs
5-1/2 to 6 cups all-purpose flour

Method:

In a large bowl, dissolve yeast in warm water. Add the milk, butter, sugar, salt, eggs and 3 cups flour; beat until smooth. Stir in enough remaining flour to form a soft dough. Do not knead. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm

place until doubled, about 1 hour. Stir the dough down. Spoon into a greased and floured 10-in. tube pan. Cover and let rise until doubled, about 1 hour. Bake at 400° for 25-30 minutes or until golden brown. Remove from pan to a wire rack to cool.

BEER-BATTERED BROCCOLI

Ingredients:

1 cup beer
1 cup flour
¼ cup chopped parsley
Pinch salt
4 cups broccoli florets

Method:

Whisk beer, flour, parsley and salt. Let the batter rest 1 hour. Dip broccoli florets in the batter and fry in 375 degrees vegetable oil until golden brown, about 2 minutes. Drain on paper towels. Serve with sour cream.

Molly's Guinness float

Ingredients:

Generous scoop of vanilla ice cream
12 ounce Guinness Draft Stout
1 ounce Bailey's Irish Cream

Method:

Place generous scoop of ice-cream in a 16-ounce Guinness glass. Pour Guinness along the side of the glass until full. Drizzle the Bailey's on top.

Black and Tan

Makes 2 servings.

Ingredients:

1 12-ounce bottle Smithwick's Irish Ale
1 12-ounce bottle Guinness draft

Method:

Gently pour half the ale into a tall beer glass. Place a large tablespoon, dome side up, an inch above the ale. Slowly pour half of the Guinness over the tablespoon, so it pours down the side of the glass. Allow the beer to stand for a few seconds to form two distinct layers.

Classic Reuben

Makes 2 servings.

Ingredients:

4 ounces' deli corned beef, sliced thinly
1 tablespoon butter
4 slices rye bread
2 slices Swiss cheese
1/2 cup sauerkraut, drained
1/4 cup Thousand Island dressing

Method:

Butter one side of bread slices. On unbuttered side, evenly spread Thousand Island dressing. Top two slices of bread with one slice cheese, corned beef and sauerkraut. Grill sandwiches over medium heat in a skillet, buttered sides out. Cook until both sides are golden brown, about 5 minutes per side.

Bangers and mash

(Start to finish: 30 minutes)

Makes 4 servings.

Ingredients:

2 pounds' potatoes, peeled and quartered
2 tablespoons olive oil
1 large yellow onion, thinly sliced
2 green bell peppers, seeded and thinly sliced
8 precooked turkey sausages
1 teaspoon smoked paprika
1 teaspoon salt
1/2 teaspoon freshly ground black pepper
12-ounce bottle amber beer
4 ounces (about 1/2 cup) creme fraiche (sour cream can be substituted)
1/4 cup whole milk
1 teaspoon corn starch

Method:

Place the potatoes in a medium saucepan and fill with enough cold water to cover by about 1 inch. Bring to a boil over high heat and cook until tender when pierced with a fork, about 8 to 10 minutes.

Meanwhile, in a large skillet over high heat combine the olive oil, onion, green peppers, sausages, paprika, 1/2 teaspoon salt and 1/4 teaspoon black pepper. Sauté until onions are tender, about 6 minutes. Add the beer and simmer until reduced by half, about 4 minutes. When the potatoes are done, drain and return to the pot. Add creme fraiche, whole milk, 1/2 teaspoon salt and 1/4 teaspoon pepper.

Mash until mostly smooth. Cover and set aside. In a small glass, combine the corn starch with 2 tablespoons cold water. Add this to the skillet with the sausages and cook, stirring constantly, until the sauce thickens. Continue cooking and stirring for an additional minute. To serve, mound mashed potatoes on each plate, then top with two sausages and spoon onions, peppers and sauce over.

White soda scones

Ingredients:

1 pound white flour, preferably unbleached
1/2 teaspoon salt
1/2 teaspoon bread soda
12 to 14 ounces' sour milk or buttermilk

Method:

Sieve the dry ingredients together into a large bowl. Make a well in the center. Pour most of the milk in all at once. Using one hand, mix in the flour from the sides of the bowl, adding more milk if necessary. The dough should be soft, not too wet or sticky. When it all comes together, turn it out onto a well-floured worked surface.

Wash and dry your hands. Knead lightly and briefly, just enough to tidy it up, flip over. Flatten the dough into a round 1 inch deep. Cut into scone sizes. Bake in a 450-degree oven for 15 minutes, then turn down the oven to 400 degrees for 30 minutes or until cooked.

Note: For rosemary and sun-dried tomato scones, add 1 to 2 tablespoons of chopped rosemary, 2 tablespoons of chopped sun-dried tomatoes to the flour and continue as in the basic recipe. Form into a loaf or scones.

SCALLOP BISQUE

Ingredients:

5 pounds' bones and trimmings from a non-oily fish, such as red snapper or flounder
2 carrots, peeled and halved
2 onions
3 stalks of celery, halved
2 cups dry white wine
2 bay leaves
1 stalk lemon grass, coarsely chopped
Salt
2 tablespoons extra-virgin olive oil
1 pound large sea scallops
1 cup heavy cream
1 tablespoon chopped chives

Method:

Make a stock by combining fish parts, carrots, onions, celery, wine, bay leaves, lemon grass and salt to taste with 8 cups of water in a large stockpot. Bring to a simmer, skim foam and cook for 40 minutes. Strain. Return stock to pot and simmer until reduced by half.
Heat olive oil in a large skillet until very hot but not smoking. Sear scallops about 1 minute on each side. Set aside. Strain stock into a heavy saucepan. Add cream.
Simmer until slightly thickened, about 15 minutes. Add scallops. Adjust seasoning. Garnish with chives.

BUTTERFLY CAKES

Ingredients:

4 eggs
cup sugar
1/2 cup flour
Confectioners' sugar
Butter icing:
cup butter
1/2 cup confectioners' sugar
1/2 teaspoon vanilla

Method:

First make the butter icing: Cream butter, add the sieved sugar by degrees, then beat until smooth and creamy. Add a few drops of vanilla. Set aside until required.

Variation: To make chocolate butter icing, reduce the amount of butter to 2 ounces and mix 1 ounce quality melted chocolate (cooled) after the vanilla.

Preheat an oven to 450 degrees. Prepare a sponge mixture by whisking the eggs and sugar together in an electric mixer or in a large basin over a pan of hot water until very light and fluffy. The mixture should be stiff enough to hold the shape of the whisk for a few seconds.

Remove from the heat if whisking over hot water. Sieve 1/2 of the flour over the mixture and fold in very lightly, using a metal spoon. Add the remaining flour in the same way. Then use the mixture to three-quarters fill greased and floured bun tins.

Place in the preheated oven immediately and bake for about 20 minutes, until well-risen, golden brown and shrinking slightly from the tins. Cool on wire racks. When the cakes are cold, slice off the top of each one and cut in half. Put a little butter icing onto each cake and stick in the 2 halves at an angle to look like wings. Dredge lightly with confectioners' sugar and use on the day of baking.

Variation: Butterfly cakes can also be made using a Victoria sponge mixture - 4 ounces each of butter and sugar creamed together, then mixed with 2 eggs and 4 ounces self-rising flour, plus a little milk if required.

Bake in a more moderate oven, 375 degrees, for 15-20 minutes or until golden brown and firm to the touch. The cakes will be a firmer texture than a fatless sponge, but will keep better.

Irish Boxy with Smoked Salmon

Yield 4 to 6 servings.

Ingredients:

Sour Cream and Chives:

1/2 cup sour cream

2 Tbsps. finely chopped fresh chives

Boxy:

2 pounds Russet or Yukon gold potatoes, peeled

Kosher salt and freshly ground black pepper

1/2 cup whole milk

1/3 cup (1.7 ounces, 48 grams) all-purpose flour

1/2 tsp. baking powder

1 large egg

1/4 cup half and half

4 to 5 Tbsps. unsalted Irish butter

Canola oil, for cooking the Boxy

8 ounces smoked salmon, thinly sliced

1/4 cup chopped fresh chives for garnish

Ingredients:

Whisk together the sour cream and chives in a small bowl. Set aside. Preheat the oven to 200° F. Put a cooling rack on a baking sheet. Set aside. Cut half of the potatoes into slices, place in a medium saucepan. Add 1/2 tablespoon salt, and cover with water. Bring to a boil over high heat, reduce the heat to low and simmer, uncovered, until the potatoes are fork-tender, about 10 minutes. While the potatoes are cooking, grate the remaining potatoes using food processor or the large holes of a box grater. Transfer to wire strainer set over a bowl. Toss with 1/4 teaspoon of salt and squeeze by handfuls. Wrap potatoes in doubled paper towels and squeeze to remove as much liquid as possible. Whisk together the flour, baking powder, 1 teaspoon salt, and 1/8 teaspoon pepper in a large bowl. Add the milk and egg, and whisk until smooth. Drain the boiled potatoes and return them to the pan. Add the half-and-half and 3 tablespoons of the butter and mash until the potatoes are smooth. Give the grated potatoes one final squeeze and then stir them into the mashed potatoes. Stir the potato mixture into the flour-milk mixture. Heat a 12-inch nonstick skillet over medium heat. Add one tablespoon of canola oil and one tablespoon of butter; heat until it begins to shimmer. Working in batches, drop scant 1/4 cups of the batter into the skillet and spread the batter into 1/4-inch-thick rounds. Cook until the Boxy bottoms are golden brown, 4 to 5 minutes. Flip and cook the other side until golden brown, about 3 minutes longer. Transfer to a paper towel-lined plate to drain, and then to the prepared baking sheet. Keep warm in the oven while you repeat with more oil, butter, and batter. Serve the Boxy warm, topped with a dollop of the sour cream and chive sauce and slices of smoked salmon. Garnish with chopped chive

IRISH STEW

Ingredients:

2 medium-sized onions, chopped

Oil, for frying

1-ounce butter
1 sprig dried thyme
2 1/2 pounds best end of lamb neck, cut into large pieces (I use beef)
7 carrots, chopped lengthways into 2-inch pieces
2 tbsp. pearl barley
5 cups chicken stock, recipe follows
Salt
Freshly ground black pepper
1 bouquet of parsley, thyme and bay leaf
12 medium potatoes
1 bunch parsley, leaves finely chopped
1 bunch chives

Method:

Cook the onions in oil and butter, on medium-high heat until they are translucent. Add the dried thyme and stir. Add the lamb and brown on a high heat to seal in juices. Add carrots and pearl barley. Pour in the chicken stock so that it almost covers the meat and vegetables. Season with salt and pepper, and add herb bouquet. Cover and cook on low heat for 2 hours, being careful not to boil. Place potatoes on top of the stew, cover and cook for 30 minutes until the meat is falling beautifully off the bones and the potatoes are fork tender.

To serve add herb butter:

HERB BUTTER

Ingredients:

1 stick butter
1 small bunch parsley, finely chopped
1 small bunch chives, finely chopped
1 sprig thyme

Method:

Melt butter in a small saucepan. Add parsley, chives and thyme.