

# Irish Recipes

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## Apple Barley Pudding - Irish Recipe

### Recipe

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#### APPLE BARLEY PUDDING

#### =====

Makes 4 servings

4 tablespoons of Pearl barley  
1.5 pounds of apples, peeled, cored and sliced  
3 tablespoons of Sugar  
Good cup of heavy cream  
1 tablespoon of lemon juice

Boil the Barley in water and add the apples. Cook until both begin to soften. Drain and blend the mixture in a blender or sieve. Cook the mixture after adding the sugar and lemon and boil again. Allow to cool and then chill, adding the cream on top.

## Apple Mash - Irish Recipe

### Recipe

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#### APPLE MASH

#### =====

Serves 4

1 pound Cooking apples  
2 pounds Potatoes  
1 tablespoon Sugar  
2 ounces Butter

Peel potatoes and cook in salted, boiling water. Peel, core, and slice the apples. Place them in a pot with a tablespoon of water, and the sugar. Cook until soft. When the potatoes are cooked, drain and mash thoroughly. Beat in the apples and butter.

This mash goes particularly well with bacon, or fried herring.

## Baked Parsnips - Irish Recipe

### 👑 Recipe 👑

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#### BAKED PARSNIPS

#### =====

Makes 4 Servings

2.5 lbs of good quality Parsnips  
2 tablespoons of Butter  
1 cup of Beef Stock  
Salt, Pepper and Nutmeg

Peel and quarter the parsnips and boil for 15 minutes but do not let them cook completely (par-boil). Place in a large dish and add the Beef Stock, salt, pepper and nutmeg as required. Spread with Butter and cook for 30 minutes on a lowish oven heat.

Server with the main meat dish.

## Black Velvet - Irish Recipe

### 👑 Recipe 👑

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#### BLACK VELVET

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Makes 1 Quart

1/2 qt Guinness  
1/2 qt Champagne

Combine Guinness and champagne in a tall very chilled glass.  
Stir gently and serve.

## Boiled Bacon and Cabbage - Irish Recipe

### Recipe

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#### BOILED BACON AND CABBAGE

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Serves 4

2 1/2 pounds of bacon ( a large 'collar' or 'hock piece')  
- about 4 or 5 inches cubed  
1 good-sized cabbage

Place the meat in a pot, cover with cold water and bring to the boil. Add salt if required. Remove the surface sediment and simmer for 30 minutes per pound of meat.

Quarter the cabbage and add to the pot. Cook gently for about 1/2 hour, or until cabbage is cooked to your liking - do not overcook! Drain and serve with new boiled potatoes and mustard or brown (HP) sauce.

## Boxty Potatoes - Irish Recipe

### Recipe

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#### Boxty (Potato Cakes)

#### =====

Serves 6

1/2 lb Raw potato  
1/2 lb Mashed potato  
1/2 lb Plain flour  
Milk  
1 Egg  
Salt and pepper

Grate the raw potatoes and mix them with the cooked mashed potatoes. Add salt, pepper and flour. Beat the egg and add to mixture with just enough milk to make a batter that will drop from a spoon. Drop by tablespoonfuls onto a hot griddle or frying pan. Cook over a moderate heat for 3-4 minutes on each side. Serve with a tart apple sauce, or as part of an Breakfast Fry, with fried bacon, fried sausage, fried eggs, fried black pudding, fried bread, fried soda bread, etc.

## Colcannon - Irish Recipe

### 🍷 Recipe 🍷

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COLCANNON  
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2 lbs Potatoes  
1 large 'Curly Kaye' or Cabbage  
1 large Onion  
4 oz of butter or margarine  
Pinch of Pepper & Salt  
Half pint Milk

Peel and divide the potatoes, chop the onions and cabbage. Layer a saucepan with the potatoes and add the pinch of salt and pepper. Layer the onion and cabbage on top of the potatoes and add enough water to cover the mixture. Boil and then simmer for 15 to 20 minutes until the potatoes are cooked. Mash the mixture thoroughly adding the butter and milk to ensure a good consistency. Serve with meat, steak, sausages, etc.

## Cream Delight with Whiskey - Irish Recipe

### 🍷 Recipe 🍷

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CREAM DELIGHT WITH WHISKEY  
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Serves 6

.75 cup of raw oatmeal  
.5 cup of sliced almonds  
1.5 cups of whipping cream  
5 tablespoons of honey (for sweetness)  
4 tablespoons Irish whiskey  
1 teaspoon of lemon juice

Using a baking tray with baking paper on it, toast the oatmeal and almonds at 300 Fahrenheit for 5 to 10 minutes, mixing repeatedly. Do not let the mixture burn. Whip the cream but not overly so and stir in the honey. Mix in the whiskey, oats, almonds and lemon juice. Mix well and then pour the mixture into long serving glasses. Chill and then serve cold.

# Dublin Coddle - Irish Recipe

## 🍷 Recipe 🍷

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Dublin Coddle  
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Serves 6

1 pound bacon slices  
2 pounds pork sausages  
Some bacon fat or oil  
2 large onions, sliced  
2 cloves garlic  
4 large potatoes, thickly sliced  
2 carrots, thickly sliced  
1 large bunch of fresh herbs, tied with string  
black pepper  
hard cider (apple wine) or apple cider  
fresh parsley, chopped for garnish

Lightly fry the bacon until crisp. Place in a large cooking pot. Brown the sausages in some bacon grease or vegetable oil. Remove and add to pot. Soften sliced onions and whole garlic cloves in fat, then add to pot with potatoes and carrots. Bury the bunch of herbs in the middle of the mixture. Sprinkle with pepper. Cover with cider. Cook 1 1/2 hours over moderate heat, do not boil. Garnish with chopped parsley.

## Dublin Corned Beef and Cabbage - Irish Recipe

### 👑 Recipe 👑

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#### DUBLIN CORNED BEEF AND CABBAGE

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Serves 8

5 pounds of Corned beef brisket  
1 large onion with 6 cloves embedded  
6 peeled and sliced carrots  
8 new potatoes, peeled and cubed  
Some dried thyme  
A bunch of Parsley  
2 Heads of Cabbage, quartered  
Sauce: half pint of whipping cream  
3 tablespoons of prepared horseradish

Boil the beef, onion, carrots, potatoes, thyme and parsley in a pot of water. Simmer and cook for 3 hours. Remove sediment and the thyme, parsley and onion. Add the cabbage and simmer for a further 20 minutes or until the cabbage is cooked. Remove the meat and divide into pieces. Remove and season the cabbage heavily with black pepper.

On a large plate surround the beef with the cabbage, carrots and potatoes. Prepare the horseradish sauce by whipping the cream and adding to the horseradish.

## Hot Whiskey - Irish Recipe

### 👑 Recipe 👑

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#### HOT WHISKEY

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Makes 1 drink

1 measure of Irish Whiskey  
2 teaspoons of white or brown sugar  
2 slices of freshly cut lemon  
6 cloves  
8 ounces (or less) of boiling water

Pour whiskey and sugar into a strong heatproof glass. Embed 3 cloves into each lemon slice and place in glass. Add the boiling water and stir until the sugar has dissolved. Serve immediately.

## Irish Brown Bread - Irish Recipe

### 👑 Recipe 👑

#### IRISH BROWN BREAD

For a small loaf of bread:

- 1 1/2 teaspoon of active dry Yeast
- 3/4 Cup Wheat Flour
- 1 Cup Bread Flour
- 1/3 Cup Oats
- 2 teaspoon of Buttermilk Powder
- 2 teaspoon of Brown Sugar
- A dash of Salt
- 2 teaspoon of Gluten Flour
- 3/4 Cup of Water

Cook on a medium heat

## Irish Coffee - Irish Recipe

### 👑 Recipe 👑

#### IRISH COFFEE

- 60 ml of Irish Whiskey
- 1 teaspoon of brown sugar
- Freshly made strong black coffee
- Double cream freshly whipped to peak

Gently warm an Irish Whiskey/Coffee glass in hot water. Pour whiskey and sugar into the glass and stir. Add the fresh made coffee filling the glass to within half an inch or so of the top. Pour the cream onto the top of the mixture gently using the back of a spoon to prevent splashing. Do not stir. Add grated chocolate to the top if required.



# Irish Omelette - Irish Recipe

## 👑 Recipe 👑

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IRISH OMELETTE  
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Serves 2

4 large eggs  
1 large mashed potato  
some lemon juice  
1 Tablespoon of Chives  
Salt and Pepper  
1 Tablespoon of Butter

Separate the eggs and beat the yolks. Add then to the mashed potato, mixing thoroughly and then add the lemon juice, chives, and salt and pepper. Melt the butter in a pan. Whisk the egg whites until stiff and stir them into the potato mixture. Cook the mixture until golden and then run under the broiler to finish and puff it up.

Serve immediately

# Irish Parsnip and Apple Soup - Irish Recipe

## 👑 Recipe 👑

### IRISH PARSNIP AND APPLE SOUP

Serves 6

1 tablespoon of Butter  
1 pound of Parsnips, thinly sliced  
1 pound of Apples, peeled/cored/sliced  
1 chopped onion  
2 teaspoons of curry powder  
1 teaspoon of ground cumin  
1 teaspoon of ground coriander  
1/2 teaspoon of cardamon seeds  
1 large crushed garlic clove  
1 and 1/4 litre stock of beef or chicken  
150 ml of Cream  
Salt and pepper  
Chopped chives or parsley

Heat the butter, and when foaming, add the parsnips, apples, and onions. Soften them but do not let color. Add the curry powder, spices and garlic and cook for about 2 minutes, stirring well.

Pour in the stock slowly, stirring until well mixed. Cover and simmer gently for half an hour, or until the parsnips are quite soft. Taste for seasoning. Strain or liquidize, and if too thick, dilute with a little stock or water. Add the cream and reheat, but do not let boil.

Serve garnished with chopped chives or parsley.

# Irish Potato Farls - Irish Recipe

## 👑 Recipe 👑

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### IRISH POTATO FARLS

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Makes 8 Farls

1.25 lbs of Potatoes (4 potatoes)  
2 Teaspoons of Melted Butter  
1 Cup of Flour  
Half Teaspoon of Salt  
4 Teaspoons of Vegetable Oil

Peel and half the potatoes and boil in water for 20 minutes or so until soft. Drain and then add the butter and mash thoroughly. Add the flour and salt and mix. Divide the mixture in half and put the first half on a lightly floured surface. Knead until flat - approx .25 inch thick. Divide into 4. Repeat the process for the other half of the mixture. Fry/Griddle using the oil for approx 2 minutes or until crispy brown on each side. Serve warm.

# Irish Pound Cake - Irish Recipe

## 👑 Recipe 👑

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IRISH POUND CAKE  
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.5 lb of Butter  
.5 lb of Sugar  
9 oz of flour  
4 large eggs  
Half a lemon rind, grated  
.25 teaspoon of baking powder  
.5 lb of sultanas  
.5 lb of currants  
2 oz of red cherries  
2 oz of chopped almonds  
2 tablespoons of Irish Whiskey

Mix 1 egg and the sugar in a bowl and then add the lemon rind. Add the other eggs, mixing very well. Sieve the flour and baking powder into the mixture and then add the fruit, mixing well.

Transfer the mix into a cake tin coated in butter. Garnish the top with the chopped almonds. Bake for 2.5 hours in moderate oven heat. When cooked (the cake will begin to shrink away from the side of the tin) remove from oven and coat the top with the whiskey - leave to cool completely before serving.

# Irish Roast Pork - Irish Recipe

## Recipe

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### IRISH ROAST PORK WITH STUFFING

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Serves 6

2 pounds of good quality pork tenderloin  
or lean pork chops  
2 tablespoons of butter  
2 tablespoons of apple cider or water if preferred  
Pinch of salt and pepper

First make some Irish Potato Stuffing  
(see other recipe)

Lightly salt and pepper the Meat coating it  
with the butter. Place in a dish and cover with  
foil. Bake at 350 Farenheit for 1.5 hours. Serve  
with the stuffing and fresh cooked vegetables.

# Irish Scones - Irish Recipe

## 👑 Recipe 👑

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Irish Scones  
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Makes 6 Scones

1 cup white flour  
1/2 teaspoon baking powder  
1/4 pound butter, softened  
2 ounces sugar  
1 egg, slightly beaten  
2 ounces milk  
Sultanas (white raisins) optional  
Walnut halves (optional)

Mix flour and baking powder. Add butter, blending until mixture is butter-colored. Add sugar and continue to mix well. Add half the beaten egg and all the milk. Add raisins or some nuts, if desired, mixing well to make a sticky dough. Turn dough onto floured board and knead at least 5 minutes or longer. Cut dough into rounds and place on greased baking sheet or hot frying pan. Brush tops of scones with remainder of beaten egg. Place walnut halves on top, if desired. Bake at 350 to 375 degrees for 15 to 20 minutes, or until brown. If preparing over an open fire, heat frying pan till very hot. Place scones in pan and cook 7 to 8 minutes. Turn and cook 7 to 8 minutes more.

## Irish Stew - Irish Recipe

### 👑 Recipe 👑

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Irish Stew  
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Serves 4

1 pound lean mutton pieces  
1 pound carrots  
1 pound onions  
1 pound potatoes  
salt & pepper  
pinch of thyme

Place the mutton with thyme in a saucepan and add cold water to cover. Bring slowly to the boil and simmer for one hour. Add onions, potatoes, carrots, all peeled. Season with salt and pepper. Continue cooking until vegetables are tender. Adjust seasoning. May be served alone or with cooked green cabbage or sprouts

## Lemon Curd - Irish Recipe

### 👑 Recipe 👑

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LEMON CURD  
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Serves 2

8 tablespoons of unsalted butter  
1 cup of white sugar  
1 cup of fresh lemon juice  
8 large egg yolks  
2 tablespoons of grated lemon peel

Mix all of the ingredients, except the lemon peel, in a saucepan. Stirring well, cook over a very low heat. Do not let the mixture boil or the eggs will curdle and be ruined. Cook until a creamy consistency is reached. Pour into a small desert bowl and garnish with the lemon peel. Allow to cool and then serve.

## Oat Cakes - Irish Recipe

### 🌿 Recipe 🌿

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#### OATCAKES

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Makes 8 Cakes

6 oz Fine Oatmeal  
2 oz Flour  
1 teaspoon of Salt  
10 fl oz of Warm Water

Mix the flour and salt together. Slowly add the warm water. Roll out the mixture on a floured board and knead until 1/4 inch thick. Cut into triangles. Cook on a pan or griddle until golden on both sides. Dry out in a cool oven at 150C/300F until crisp - eat with butter.

## Potato Stuffing - Irish Recipe

### 🌿 Recipe 🌿

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#### IRISH POTATO STUFFING

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Makes 6 portions of stuffing

4.5 large potatoes, boiled or steamed and coarsely mashed, not overcooked  
Large portion of butter  
1 large onion  
2 large cooking apples, chopped  
Good handful of herbs: chopped fresh sage and thyme  
Salt and pepper

Add the butter to the potato. Chop the onion well and add to the mixture. Stir in the apples, herbs salt and pepper. Stir well. Cook with chosen meat.



# Steak and Guinness Pie - Irish Recipe

## 👑 Recipe 👑

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### STEAK AND GUINNESS PIE

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Makes 1 pie - 4 servings

12 inch Pie pastry  
1 or 2 pounds of Round steak  
1 tablespoon of Flour  
1 tablespoon of Brown sugar  
1 tablespoon of Raisins  
5 medium size onions  
1 bottle of Guinness stout (not the 'draught' variety)  
8 slices of bacon  
3 tablespoon of shortening/butter  
Some Chopped parsley

Dice the steak, cover with flour and brown, with the bacon, on a medium heat using the butter. Peel and chop the onions and brown over a good heat. Add to the meat in a caserole dish. Add raisins and brown sugar and Guinness. Cover the dish, simmer and cook over a lowish heat for 2.5 hours. Add water of the gravy mixture starts to thicken excessively. Coat a pie dish with half of the pastry and bake. Add the Meat and Gravy mix when cooked and place the remaining pastry on top and bake for 10 minutes or until golden brown. Serve with potatoes and vegetables.

# Wicklow Pancakes - Irish Recipe

## 👑 Recipe 👑

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### WICKLOW PANCAKES

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Serves 4.

4 large eggs  
600 ml of milk  
4 ounces of fresh breadcrumbs  
1 tablespoon of chopped parsley  
Some chopped thyme  
2 tablespoons of chopped chives or scallions  
Salt and pepper  
2 tablespoons of Butter

Beat the eggs lightly, then add the milk, breadcrumbs, herbs and seasonings, and mix well. Heat 1 tablespoon of the butter in a pan until foaming, then pour in the mixture and cook over a low flame until it is brown underneath and just set on top. Put under the grill to finish. Serve cut into wedges with a knob of butter on each piece.