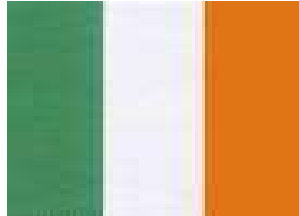


Irish Recipes



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Recipes gathered from the Internet

Credit goes to the Recipe Authors and Photographers

Irish Soda Bread

First introduced into Ireland in the mid-1800s, soda bread was typically made in houses of poverty using the most basic of ingredients. The tradition was passed on for generations and breadmaking became part of daily life.

As a latch-key kid in the eighties, I can recall opening the door after school and savoring that distinct smell floating through the hallway from our kitchen. A typical afternoon snack consisted of a strong cup of tea and two slices of soda bread. Delicious on its own with lots of Kerrygold butter or accompanying soup.

Ingredients:

7 ounces whole grain flour

10 ounces white flour

1 & 1/2 cups buttermilk

1 teaspoon bicarbonate of soda

1 free-range egg

1 teaspoon of honey

Pinch of salt

1. Preheat oven to 190°C/375°F. Grease and flour a 900g loaf tin. Combine the flour, baking soda, and salt in a mixing bowl. In a Pyrex jug, measure out the buttermilk and then whisk in the egg and honey.

2. Make a well in the center of the dry ingredients, and then pour in the wet mixture. Add a little extra flour if you find the dough is too wet and sticky. Using a wooden spoon, bring the mix together to form a dough. Shape into a rough oval and place in the loaf tin.

3. Sprinkle with a little flour on top and bake in the oven for 35 minutes. The bread is cooked when you can turn it out on a wire rack, and when the bottom is tapped it should sound hollow. Allow to cool before slicing.



Soda Bread



[Pixabay / ponce photography](#)

Chef [Donal Skehan recommends](#) adding in fresh garlic, spinach, or other extra ingredients to give this classic recipe a kick.

Ingredients:

- 1 cup whole grain flour
- 1 1/3 cups white flour
- 12 oz. buttermilk
- 1 tsp. baking soda
- 1 large egg
- 1 tsp. honey
- A pinch of salt

Instructions:

1. Preheat oven to 375 °F.
2. Grease and flour a loaf tin.
3. In a large mixing bowl, blend the flours, baking soda, and salt.
4. In a separate bowl, whisk together buttermilk, egg, and honey.
5. Make a hole in the center of the dry ingredients and pour in the buttermilk mixture, then mix together to form a dough.
6. Place in the loaf tin and sprinkle flour on top, then bake for 35 minutes.

Brown Bread



[Wikimedia Commons / O'Dea](#)

Like the traditional soda bread, this whole wheat version [doesn't rely on yeast](#).

Ingredients:

2 cups all purpose flour
1 1/2 cups whole wheat flour
1/2 cup natural bran
1/4 cup sugar
1 1/2 tsps. baking soda
2 cups sour milk
1/4 cup oil

Instructions:

1. Mix the dry ingredients together well, then make a hole in the center of the bowl.
2. Pour in the milk and oil and stir until a batter forms, then place in a bread pan and bake at 350 °F for 1 hour.

Colcannon



[Flickr / VegaTeam](#)

Known as a "[traditional winter vegetable casserole](#)," this recipe sounds to me like a scrumptious take on mashed potatoes.

Ingredients:

- 1 lb. sliced potato
- 2 medium parsnips
- 2 medium leeks
- 1 cup milk
- 1 lb. kale or cabbage
- 1/2 tsp. mace
- 2 minced garlic cloves
- 1 tsp. salt
- 1/2 tsp. pepper
- 2 Tbsps. butter
- 1 bunch chopped parsley

Instructions:

1. Boil the chopped potatoes and parsnips until tender.
2. While they cook, chop the leeks and simmer in a skillet with the milk.
3. Chop the kale or cabbage and cook in a separate skillet.
4. Drain the potatoes and parsnips and beat together well with your spices, then add the leeks and milk.
5. Once that's mixed together, add the kale or cabbage and butter and stir until completely blended.

Colcannon 2

A traditional potato recipe incorporating kale or cabbage into a cooked mash, my grandmother used to feed it to me in buckets and smile as it hit the table shouting, "that'll boost your iron, lady!"

Ingredients:

2 pounds russet potatoes, peeled and quartered

12 ounces curly kale, ribs removed

1 teaspoon salt

½ teaspoon black pepper

1 tablespoon of butter

1. Place the potatoes in a large pot of salted water and bring to the boil until they are tender, about 15 minutes.
2. Remove the potatoes with a slotted spoon and set aside. Return the same water to the boil and add the kale.
3. Cook until tender, about 2 to 3 minutes.
4. Remove, rinse under cold water, squeeze out the excess liquid and finely chop.
5. Mash the potatoes, salt, pepper and butter with a potato masher.
6. Stir in the kale.
7. You can also add some chopped spring onion for an extra bit of flavor too.

Shepherd's Pie

The ultimate comfort food! Very similar to cottage pie but the Irish version is usually made with ground beef. A variation would be to use lamb.

Ingredients:

1 3/4 pounds russet potatoes, peeled, cooked and mashed with butter and milk (optional)

8 tablespoons unsalted butter (1 stick)

1/4 cup milk

1 medium yellow onion, finely chopped

2 medium carrots, peeled and diced

2 stalks celery, diced

Kosher salt

1 1/2 pounds ground beef

1/2 cup beef or chicken broth

2 tablespoons tomato paste or a dash of Ketchup (secret ingredient)

2 tablespoons Worcestershire sauce

1/2 cup frozen petite peas

1. Preheat the oven to 375F and grease a quart shallow baking dish. In a large skillet or pan melt 2 tablespoons of the butter. Add the onion, carrots, and celery and a big pinch of salt. Cook, stirring occasionally, until tender, about 8 minutes.

2. Add the ground beef and cook, stirring, until browned. Pour off any fat (most important), then add the broth, tomato paste, and Worcestershire sauce. Simmer for 5 minutes. Stir in the peas.

3. Add the beef mixture in an even layer and then top with the mashed potatoes in an even layer. Use a fork to "ruffle" the top. Melt the remaining butter and brush over the top or sprinkle with some grated cheese. Bake until the filling is bubbling, and the top is golden, about 30 minutes. Let stand for 5 minutes before serving.

For a slight variation use the Colcannon (recipe above) instead of plain mashed potatoes.

Steak And Guinness Pie



[Wikimedia Commons / Goddard's Pies Limited](#)

As chef [Jamie Oliver says](#), "There's nothing like a comforting steak and Guinness pie to warm your cockles when it's cold outside."

Ingredients:

3 red onions
3 cloves garlic
2 carrots
2 sticks celery
4 field mushrooms
Sprigs of fresh rosemary
Olive oil
2 lbs. cubed brisket or stewing beef
14 oz. Guinness
2 Tbsps. plain flour
1 cup cheddar cheese
6 oz. puff pastry
1 large egg

Instructions:

1. Preheat your oven to 375 degrees, then peel and chop your onions, garlic, carrots, celery, slice the mushrooms, and finely chop the rosemary sprigs. Fry the onions in olive oil for about 10 minutes, then add garlic, carrots, celery and mushrooms. Mix fully before adding in the beef, rosemary, salt, and pepper.
2. After stirring for a few minutes, pour in the Guinness and add the flour, then just enough water to cover and bring to a simmer. Cover with a lid and place in the oven for 2 1/2 hours or until the liquid has significantly reduced. Add half the cheese and mix, then transfer the filling to a pie dish and add the rest of the cheese on top.
3. Roll out the puff pastry on a floured surface and cover the pie filling and add holes for ventilation. Beat the egg and brush it across the crust, then bake for about 45 minutes.

Beef and Guinness Stew

Ingredients:

1-2 tablespoons of rapeseed oil

2 pound joint/shoulder of beef, cut into one-inch chunks

1 onion, chopped

2 carrots, roughly chopped

2 celery sticks, roughly chopped

2 cloves garlic finely sliced (optional)

2/3 cup beef stock

2 cups Guinness

Rock salt and ground black pepper

1 bay leaf

1 ounce plain flour

1. Heat the oil in a large pot and brown the meat in two batches. Remove and set aside on a plate. Add another drop of oil if you need it and then fry off the onion, carrots, and celery. Add the meat back into the pot along with the garlic if desired.



2. Pour in the stock, Guinness, one bay leaf and season to taste. Simmer gently for about 1 1/2 hours until the liquid has reduced. If the sauce isn't thick enough strain the juices into a bowl and then transfer to a small saucepan.

3. Mix a little of the sauce with the flour over heat until you have a smooth paste, then whisk through the rest of the liquid. Simmer gently until you have a thickened sauce, then tip back over the meat. Serve with mashed potatoes or crusty bread.

Family Stew



[Flickr / jeffreyw](#)

Donal explains how this [classic recipe](#) was passed down through his father's nanny back in the day.

Ingredients:

2 Tbsps. canola oil
2 lbs. lamb shoulder
2 chopped onions
3 sliced celery stalks
1 bay leaf
4 large peeled carrots
4 cups beef or lamb stock
2 pounds peeled and chopped potatoes
Butter
Sea salt and ground black pepper

Instructions:

1. Slice the lamb shoulder into cubes and brown with oil on high heat.
2. Remove from the pan and set aside, then lower the heat to medium-high and sauté onion, celery, and carrot for a few minutes, until the onions are soft.
3. Preheat oven to 325 °F, then place the lamb, bay leaf, and stock in an oven-safe pot and add salt and pepper to taste.
4. Bring to a boil.
5. Remove from heat and add potatoes, a dollop of butter, and the sautéed veggies.
6. Cover and heat in the oven for about 1 1/2 hours.

Boiled Corned Beef or Bacon with Cabbage

Many would argue, both sides of the pond, whether this dish is truly considered a traditional Irish meal. It's more famous in North America than in Ireland on St. Patrick's Day, but enjoyed on any dinner table and definitely top of the menu on most restaurants or pubs celebrating the holiday.

In my home, we ate both regularly – boiled, rather than oven roasted. Same goes for the cabbage but modern cuisine techniques suggest sautéing, which is equally good, if not tastier.

Ingredients:

3 lbs corned beef or bacon

1 large head of cabbage, sliced into 3/8-inch to 1/2-inch wide slices

Additional vegetables such as carrots (cut to 1 inch pieces) or several new potatoes (quartered)

Olive oil and butter

1 medium yellow onion, chopped

1 clove garlic, minced

Salt

Place your selected choice of meat choice in a large (6 to 8 quart) pot. Cover with water, bring to a boil and then reduce heat to a simmer. Simmer for 2-3 hours, until the meat is fork tender. Remove from pot to a cutting board. (Reserve cooking liquid for boiling the cabbage if you plan to boil and not sauté the cabbage.)

Cut slices across the grain, into 1/2-inch thick and serve.

Cabbage (Boiled)



Once you've removed the corned beef from the pot, add the cabbage and any other vegetables (carrots, new potatoes) to the pot. Taste the liquid. If it's too salty, add more water to the pot. Raise the heat until the liquid is simmering well. Simmer until the cabbage and any other vegetables are cooked through, 15-30 minutes.

Cabbage (sautéed)

Heat 2 tablespoons olive oil (enough to well coat the pan) on medium-high to high heat in a large, wide pot high-sided sauté pan. Add chopped onions, cook for a couple of minutes, then add garlic.

Add a third of the sliced cabbage to the pan. Sprinkle with a little salt and stir to coat with oil and mix with onions.

Spread out the cabbage evenly over the bottom of the pan but don't stir until it starts to brown. If the heat is high enough, this should happen quickly. When the bottom of the cabbage is nicely browned, use a metal spatula to lift it up and flip it, scraping the browned bits as you go.

Once the cabbage in the pan has browned on a couple of flips, add another third of the cabbage to the pan. Mix well, then spread out the cabbage and repeat. Add some more butter to the pan for flavor, and to keep the cabbage from sticking too much to the pan. Once this batch has cooked down a bit and browned, add the remaining third of the cabbage and repeat.

Serve with the corned beef and boiled potatoes. Can be made ahead and reheated.

Cabbage And Beef Casserole



[Flickr / Jeff Kubina](#)

Cabbage was clearly a [staple ingredient](#) for families of Ireland back in the day!

Ingredients:

- 1 head cabbage
- 1 lb. ground beef
- 1/2 cup chopped onion
- 1 chopped green pepper
- 1 Tbsp. cooking oil
- 1 tsp. salt
- 3 Tbsps. uncooked rice
- 1 can condensed tomato soup
- 1 can tomato sauce
- 3/4 cup water

Instructions:

1. Brown the beef in a greased skillet, then add the onion, pepper, salt, and rice.
2. Slice the cabbage into strips and add to the bottom of a casserole dish, then cover with the beef mixture.
3. Mix the tomato soup and water, and mix in the tomato sauce.
4. Pour over the beef.
5. Cover and bake at 350 °F for 1 1/2 hours.

Bangers And Mash With Onion Gravy



[Flickr / Gisela Francisco](#)

This twist on the common dish from the United Kingdom gives it a [uniquely Irish flair](#).

Ingredients:

2 lbs. pork sausage
1 Tbsp. sunflower oil
2 lbs. yukon gold potatoes
1/3 cup milk
4 Tbsps. unsalted butter
1 Tbsp. olive oil
2 sliced red onions
1 1/2 tsps. all-purpose flour
1 tsp. red wine vinegar
1 cup full-bodied red wine
1 cup beef stock
Salt and pepper to taste

Instructions:

1. Preheat your oven to 400 °F. Place your sausage in a roasting pan and coat with oil. Line them in a single layer and bake for 30 minutes, turning over halfway through.
2. While those cook, cube and boil your potatoes until tender. Drain. Mash with milk and half of the butter.
3. For the gravy, melt the remaining butter and olive oil in a saucepan over medium-low heat and sauté onions for 20 minutes, or until soft. Add the flour and stir for a few minutes. Add the vinegar and cook until it evaporates. Pour in the red wine and beef stock. Raise the heat to medium-high and bring to a boil. Reduce the heat and let simmer for about 10 minutes.
4. Serve with sausage over the mashed potatoes and top with the gravy.

Family Stew



[Flickr / jeffreyw](#)

Donal explains how this [classic recipe](#) was passed down through his father's nanny back in the day.

Ingredients:

2 Tbsps. canola oil
2 lbs. lamb shoulder
2 chopped onions
3 sliced celery stalks
1 bay leaf
4 large peeled carrots
4 cups beef or lamb stock
2 pounds peeled and chopped potatoes
Butter
Sea salt and ground black pepper

Instructions:

1. Slice the lamb shoulder into cubes and brown with oil on high heat.
2. Remove from the pan and set aside, then lower the heat to medium-high and sauté onion, celery, and carrot for a few minutes, until the onions are soft.
3. Preheat oven to 325 °F, then place the lamb, bay leaf, and stock in an oven-safe pot and add salt and pepper to taste.
4. Bring to a boil.
5. Remove from heat and add potatoes, a dollop of butter, and the sautéed veggies.
6. Cover and heat in the oven for about 1 1/2 hours.

Potato Cakes (Boxty)

It's like an American biscuit and hash browns had a baby! It's considered a breakfast dish to be served with eggs and bacon, but can also be plated with a crisp salad for lunch or dinner.

Ingredients:

2 cups all-purpose flour

1 teaspoon baking powder

1 teaspoon Kosher or sea salt

1 cup mashed potatoes, boiled in salted water (I prefer Idaho® potatoes)

1 1/2 cups grated, raw potato

3-4 ounces mild cheddar cheese

1 cup buttermilk (or more if needed)

6 spring onions finely sliced (optional)

A little butter for the pan

In a small bowl, place the flour, baking powder, and salt; set aside. In a large mixing bowl, combine the mashed potatoes with the grated raw potato and spring onion if desired. Then add the flour and mix well. Slowly add the buttermilk and stir gently (don't overmix). The mixture should be like a very firm, thick batter; almost like a dough, so add more buttermilk if needed.

Heat a nonstick frying pan over medium-high heat, and add a pat of butter, just before scooping out some of the boxy batter onto the pan. Flatten and shape into a nice, round pancake shape and fry until golden brown on the bottom. As they fry, add some grated cheese allowing it to melt before turning on to the other side, and repeat.

Turn and continue to cook until golden brown on top too, turning the heat down if they are browning too quickly (remember there is raw potatoes included which need to cook). Continue to add a little butter and fry the boxy until all the batter is finished. Serve hot.

Boxty



[Pixabay / Taken](#)

The name for these [potato pancakes](#) reportedly come from the Irish term, “bac-stai,” meaning potatoes on the hob (“bac”) being cooked over an open fire (“stai”).

Ingredients:

- 1 lb. peeled potatoes
- 1 large finely chopped onion
- 2 eggs
- 1/2 tsp. salt
- 1/2 tsp. fresh ground pepper
- 1/4 tsp. nutmeg
- 2 Tbsps. flour
- 2 to 4 Tbsps. unsalted butter

Instructions:

1. Line a large bowl with muslin or cheese cloth and grate the potatoes into the bowl on the large side of the grater.
2. Squeeze the cloth to get rid of the starchy liquid, then return to the bowl and add onion, eggs, salt, pepper, and nutmeg.
3. Once everything is combined, add the flour and stir well.
4. Melt the butter in a skillet over medium heat and drop in the potato batter, one tablespoonful at a time.
5. Flatten the batter with a spatula and allow to cook until crispy golden on both sides.

Cheddar Potato Rolls



[Maxpixel](#)

This [recipe from chef Donal](#) sounds like something that would go perfect with pretty much any meal.

Ingredients:

3.5 oz. potatoes
1 1/2 Tbsps. dry yeast
2 Tbsps. sugar
3 cups white flour
1 tsp. salt
2 Tbsps. butter
5 oz. warmed milk
Milk for glazing
3.5 oz. grated cheddar cheese

Instructions:

1. Cube and boil the potatoes in water and save about 2 Tbsps. of the liquid once they're tender.
2. Mash the potatoes, then sift the flour and salt together in a separate bowl.
3. Mix in the butter, then add the sugar, yeast and the mashed potatoes, and blend well.
4. Activate the yeast in a separate bowl with the warm milk, then add to the mixture and knead into a dough.
5. Roll the dough out into a long loaf, then form about 10 to 12 balls and set aside until they've risen to double in size.
6. Place them in a buttered casserole dish, brush with milk, and sprinkle cheese on top. Bake at 425 °F for about 15 to 20 minutes.

Dubliner Cheese Tart



[Flickr / Lachlan Hardy](#)

If you like cheese, mushrooms, and onions, you're totally in for a treat with this pastry!

Ingredients:

1 Tbsp. butter
1 small chopped onion
1 clove minced garlic
3 slices bacon
8 sliced button mushrooms
10 halved cherry tomatoes
6 oz. Dubliner cheese
1 cup skim milk
3 eggs
1 Tbsp. Italian seasoning
1 tsp. whole grain mustard
Puff pastry
Salt and pepper

Instructions:

1. Preheat your oven to 400 °F. Roll out your puff pastry and line a 9-inch pie pan. Cover with aluminum foil and add pie weights. Bake the crust for 10 minutes, remove the foil and bake for 5 more minutes. Lower the oven temperature to 375 °F.
2. Melt the butter in a skillet over medium heat and cook onions until soft, then add the garlic, bacon, and mushrooms. Cook until browned. Add the mixture to your pastry crust and add halved tomatoes, sprinkling the cheese on top.
3. Mix the milk, eggs, herbs, mustard, and salt and pepper to taste in a small bowl, then pour over the pastry. Bake for about 30 minutes.
4. Did we miss any classic Irish recipes your family enjoys? Let us know below and be sure to SHARE with your friends!