

Traditional Irish Recipes

WHITE SODA BREAD

450g/3¼ cups plain flour

1 level teasp./½ American teasp. sugar

1 level teasp./½ American teasp. salt

1 level teasp./½ American teasp. Bread soda, sieved

Sour milk or buttermilk to mix - 350-425 ml/1½ - 2 scant cups



First fully preheat your oven to 230°C/450°F

Sieve the dry ingredients. Make a well in the centre. Pour most of the milk in at once. Using one hand, mix in the flour from the sides of the bowl, adding more milk if necessary. The dough should be softish, not too wet and sticky. When it all comes together, turn it out onto a floured board, knead it lightly for a few seconds, just enough to tidy it up. Pat the dough into a round about 4cm/1½ inches deep and with a floured knife cut a deep cross on the top.

Bake in a hot oven, 230°C/450°F for 15 minutes, then turn down the oven to 200°C/400°F for 30 minutes or until cooked. If you are in doubt, tap the bottom of the bread: if it is cooked it will sound hollow.

IRISH STEW



Ingredients

1-1½ kg neck or shoulder of lamb

Bouquet of parsley, thyme and bayleaf (tied together with twine)

3 large onions, finely chopped

Salt and freshly ground black pepper

3-4 carrots, chopped into bite-sized pieces

1 leek, chopped into bite-sized pieces

1 small turnip, chopped into bite-sized pieces

Some small new potatoes, peeled and quartered, or large potatoes, peeled and chopped

75-100g cabbage, shredded

Finely chopped parsley and dash of Worcester Sauce

Method

Remove the meat from the bone, trim off all the fat and cut into cubes. Keep the bones, place the meat in a pot, cover with cold salted water. Bring to the boil, drain and rinse the lamb.

In a fresh pot put the meat, bones, bouquet of herbs, onions, seasoning, carrots, leeks and turnip and cover with water.

Simmer gently for one hour. Skim off the foam as it rises. (this is very important for the final flavour and appearance of the stew.) Add the potatoes and continue cooking for 25 minutes. For the last 5 minutes add in the cabbage. When the meat and vegetables are cooked remove the bones and bouquet of herbs. Stir in the chopped parsley and a dash of Worcester sauce.

Serving Suggestions:

Serve in deep bowls with soda bread.

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KERRY APPLE CAKE

Ingredients:

175g/ 6oz butter
175g/ 6oz caster sugar
2 eggs, beaten
225g/ 8oz self-raising flour
2 medium cooking apples, peeled & cored
1tsp lemon rind
2tbsp Demerara sugar
pinch cinnamon
pinch nutmeg



Method: Preheat oven to gas mark 4/ 180°C/ 350°F, and grease and line a 900g/ 2lb loaf tin. Cream butter and sugar. Gradually add eggs and flour. Chop up apples. Stir in apples and lemon rind. Pour into the tin and sprinkle with sugar and spices. Place sliced apple on top for decoration. Bake for 1- 1 1/2 hours.



Tea Brack

225g / 8oz Self Raising Flour
375g packet of Fruit Mix
300ml / 1/2 pint cold Tea
125g / 4oz Caster Sugar
1 Egg (beaten)
Good pinch Mixed Spice

Method:

1. Place fruit and cold tea in bowl and leave to soak overnight.
2. Next Day Preheat oven to 170°C/325°F/Gas 3
3. Add sugar, egg, flour and mixed spice and mix well.
4. Transfer to a greased and base lined 900g/2lb loaf tin or a 20cm/8" round cake tin.
5. Bake for approx. one hour or until risen and firm to the touch.
6. Cool on a wire tray. When cold wrap in greaseproof paper and keep for two days before cutting.

Fun Irish Themed Recipes!

Shamrock Shake

2 cups mint (or mint chocolate chip) ice cream
1 1/4 cups low-fat milk
8 drops green food colouring

To serve (Optional):

Whipped cream
Edible green sugar crystals

Combine all ingredients in a blender and blend on high speed until smooth.

Stop blender to stir with a spoon if necessary to help blend ice cream.

Pour into tall glass and serve with Whipped cream, some edible crystals and a straw!



ST. PATRICK'S KEBABS

Bring a selection of green, white and orange food (fruit, raw vegetables and sweets are good), paper plates and wooden skewers. Girls make their own green, white and orange kebab but can only take food that they will eat.

Suggested foods - Green - apple slices, grapes, kiwi, jellies White -marshmallows, popcorn

Orange - mandarin orange segments, carrot sticks, cheddar cheese

Just for fun add green and orange ice cubes (water + food colour) to a lemon and lime drink.

Shamrock Rice Krispies Treats



3 tablespoons butter or margarine
4 cups miniature marshmallows
6 cups Rice Krispies Cereal
4 drops of green food colouring dye
Butter cooking spray
Shamroc Cookie Cutter

1. In a large saucepan melt butter over low heat.
2. Add marshmallows and green food colouring dye and stir until completely melted.
3. Remove from heat and add Rice Krispies Cereal
4. Stir until well coated
5. Using butter spatula or wax paper evenly press mixture into 13 x 9 x 2-inch coated with cooking spray and leave to cool
6. Spray shamrock cookie cutter with cooking spray, Cut out Rice Krispies Treats with shamrock cookie cutter