



## CORNED BEEF AND CABBAGE

In past years we had to brine the brisket ourselves and make our own spice mix. Today, however, most Beef Briskets that are packaged as “corned beef” come with a little packet of spices for you to use in making your Corned Beef and Cabbage dinner.

To serve 10 or so people, buy a 6–8-pound beef brisket.



### Ingredients

- 1 large head of green cabbage, cored and quartered (large pieces)
- 1 bunch carrots, peeled and thickly sliced
- 1 large turnip cut into 2” cubes (optional)
- 6-8 large boiling potatoes, peeled and halved

### Instructions

1. You can either roast the meat in the oven at 350 deg F on a rack in a roaster pan with at least ½” water in the bottom, for 3-4 hours until tender. Cook the vegetables separately. OR You can put the brisket in water and simmer it for 3-4 hours until fork-tender. Then add the vegetables and cook another 45 minutes until tender. You can boil the vegetables separately if you want and serve them with the beef.

## COLCANNON

This recipe serves 4-6 usually.

### Ingredients

- 1 pound cabbage (cored, quartered, and shredded or cut into bite-size pieces)
- 2 pounds boiling potatoes (peeled and cut into 2” pieces)
- 2 small leeks (white and green part only washed and sliced or sweet onions diced)
- 1 cup milk
- Salt and pepper to taste





- ½ teaspoon mace (optional)
- 8 Tablespoon butter

### Instructions

1. In separate saucepans cook the cabbage and the potatoes in salted water until tender – about 12-15 minutes. Drain cabbage and chop, Drain potatoes and mash.
2. In a large saucepan combine the leeks (or onions) and milk and cook over medium heat until tender – 8-10 minutes.
3. Add the potatoes, salt, pepper, and mace (if using) to the leeks and milk.
4. Stir over low heat until well blended.
5. Add the cabbage and 8 T. butter, stir again to the consistency of mashed potatoes.
6. Dot with butter, fried bacon pieces, and green onion garnish. Serve.

## BUTTERED GREEN CABBAGE

### Ingredients

- 1 small head cabbage
- 4 cups broth or stock
- 4 slices bacon
- 2 Tablespoons butter
- Freshly ground pepper
- ¼ teaspoon ground mace



### Instructions

1. Cut cabbage into quarters, cutting through to about ½” of the stem.
2. Tie together with cotton string to reshape into a head.
3. In a large saucepan bring stock or broth to a boil.
4. Add the cabbage carefully. Cover and reduce to low. Cook until tender 15-20 minutes. Using 2 slotted spoons lift cabbage out and drain.
5. In small skillet cook bacon until crisp. Transfer to paper towels to drain.
6. Preheat broiler, untie cabbage, and place in ovenproof casserole dish. Drizzle with melted butter and sprinkle bacon on top. Season with salt/pepper. Place under broiler just until lightly browned on top.



## IRISH SODA BREAD

### Ingredients

- 4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cream of tartar
- 1 teaspoon salt
- ¼ cup superfine or table sugar
- 2 cups buttermilk (or sweet milk with vinegar or lemon juice to sour it)



### Instructions

1. Preheat oven to 425 deg F. Lightly grease a 9" round cake pan or a 9"x5" loaf pan.
2. Sift the flour, baking soda, cream of tartar, and salt together into a large bowl. Stir in sugar.
3. Make a well in the center and add the buttermilk.
4. With a fork work the milk into the flour until a soft dough is formed.
5. Turn into the prepared pan and bake for 10 minutes.
6. Reduce the heat to 400 deg F and bake until the bread is golden and firm to the touch. About 45 minutes. Let cool slightly before slicing.

## IRISH STEW

Typically, Irish Stew is made with lamb, but I often use roast beef (chuck cut) or the leftover corned beef, including leftover vegetables if there are any.

### Ingredients

- 2 pounds of boneless lamb (or leftover corned beef or chuck roast)
- 2 Tablespoons vegetable oil
- 2-3 sliced onions
- 2 carrots peeled and sliced
- Small turnip peeled and sliced
- 2-3 large baking potatoes peeled and sliced (or use leftovers from corned beef dinner, you can even include any leftover cabbage)
- Salt and pepper to taste
- 1 Tablespoon minced thyme
- 1 ½ cups water, stock, or broth (lamb, beef, or vegetable)





## Instructions

Use a large Dutch oven or casserole dish that can take the heat of a hot oven and stovetop flame.

1. Cut 2 pounds of boneless lamb into cubes and brown in 2 T vegetable oil. (Or use leftover beef – corned beef or chuck roast.)
2. Then in the same pot — layer 2-3 sliced onions, 2 carrots peeled and sliced, a small turnip peeled and sliced, and 2-3 large baking potatoes peeled and sliced (or use leftovers from corned beef dinner, you can even include any leftover cabbage.)
3. Sprinkle with salt, pepper, and 1 T. minced thyme. (If using beef, be careful with the salt and pepper, add the thyme.)
4. Add 1 ½ cups water, stock, or broth (lamb, beef, or vegetable.)
5. Cover tightly with a lid and cook until the meat is tender – 2 to 2 ½ hours if using the raw lamb. (If using leftovers, cook until everything comes together – be careful not to overcook the leftovers.) OR bake in 300 deg F oven for the same amount of time – just watch if using leftovers.
6. Check occasionally and add water or broth if getting dry.
7. You will want gravy in the pot. If it is too thin for your liking when meat is tender, make a slurry of corn starch and water to thicken it – adding to the hot pot of ingredients.



Taking the leftovers one step further — you can turn your Irish Stew into a Shepherd's Pie.

It's very easy – just make some mashed potatoes, put the meat and vegetables in a casserole dish, add frozen peas to the meat and potatoes, top with the mashed potatoes, and bake uncovered in a 350 deg F oven for about 20 minutes. If you want the potatoes to be

browned, brush with an egg yolk and milk combined, bake for 10 minutes, and put under the broiler for about 5 minutes to be brown.



## IRISH APPLE CAKE

### Ingredients

- 4 Tablespoons butter at room temperature
- 1 cup granulated sugar
- 1 egg beaten
- 4 Granny Smith apples, cored, peeled, and diced (2 cups)
- 1/2 cup chopped walnuts
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1 cup all-purpose flour
- Whipped cream or vanilla ice cream for serving



### Instructions

1. Preheat oven to 350 deg F. Generously grease an 8" square cake pan.
2. In a large bowl, cream the butter and sugar together until light and fluffy.
3. Add the egg, apples, nuts, and vanilla and stir well.
4. Sift in the dry ingredients and mix well.
5. Pour the batter into the prepared pan and bake until the cake is lightly browned and a skewer into the center comes out clean, about 45 minutes.
6. Let cool in the pan for 5 minutes then unmold and serve warm or at room temperature with whipped cream or vanilla ice cream.



## BLARNEY STONES

Makes about 36 squares.

### Ingredients

#### CAKE:

- 1 cup granulated sugar
- 1 cup boiling water
- 4 eggs
- 2 cups All-Purpose flour
- 3 teaspoons baking powder
- 1 teaspoon vanilla

#### FROSTING:

- $\frac{3}{4}$  pound butter (3 sticks)
- $\frac{3}{4}$  pound of granulated sugar (1  $\frac{2}{3}$  cups)
- Ground nuts (such as peanuts, walnuts, or pistachios)

### Instructions

1. Cream the sugar and egg **yolks** until well beaten.
2. Add the boiling water.
3. Sift flour, baking powder 3 times. (This is important.)
4. Then add to the first mixture.
5. Add **stiffly beaten egg whites**.
6. Add vanilla.
7. Combine well.
8. Bake in a greased cake pan in a hot oven 350 deg F. just until a toothpick or cake tester in the cake comes out clean.
9. Cool and cut into squares. Frost with  $\frac{3}{4}$  pound butter (3 sticks) and  $\frac{3}{4}$  pound of granulated sugar (1  $\frac{2}{3}$  cups) Cream until well combined.
10. Spread frosting on each square on all sides. Roll in 1-1  $\frac{1}{2}$  pound (at least) ground nuts. (Your choice but we prefer peanuts – if allergic to peanuts, try walnuts or even pistachios would be fabulous!)



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