

Recipes for March 12th

“Celebrate the Green with Real Irish Food”



Triple Threat Guinness Cheese Spread

Ingredients: 1/2 pound sharp cheddar cheese, cut up in small pieces
 2 ounces blue cheese, cut up
 3 ounces cream cheese, cut up
 1 tsp caraway seeds
 1 tsp paprika
 1/2 cup Guinness Stout

Directions: Combine cheeses in the bowl of a food processor
 Add caraway seeds, paprika and beer.
 Process until smooth.
 Transfer to a serving bowl.
 Serve at room temperature with crackers.

Serves 6-8



Smoked Salmon on Irish Soda Bread Crostini

Ingredients:

- Irish Soda Bread
- 1/2 cup oatmeal (quick oats are fine)
- 1 1/2 cups all purpose flour
- 1/4 cup sugar
- 3/4 tsp baking soda
- 1 tsp salt
- 3/4 cup currants
- 1 tbsp caraway seeds
- 3/4 cup buttermilk, may need 1-2 Tbsp more

Crostini

- 1/2 cup butter, softened (1 stick)
- 1 Tbsp fresh chopped chives
- 8 ounces smoked salmon
- fresh dill for garnish

Directions for the Bread:

Preheat the oven to 375' F.

Put the oatmeal in the food processor and pulse until finely ground

Pour oatmeal into a bowl and add flour, sugar, baking soda, salt, currants and caraway seeds. Stir well to combine.

Pour buttermilk in and stir until combined.

If the dough is still too dry to form into a ball, add 1 Tbsp buttermilk at a time to the dough. It may need 2 to make sure that all the dry ingredients are well incorporated.

Shape the dough into a 6 inch round and put on a baking sheet covered with parchment paper.

Bake in top half of oven for 30-40 minutes until lightly browned.

When tapped, the bread will give off a firm, hollow sound. Let cool

Directions for the Crostini:

Mix the butter and chives together.

Slice the cooled soda bread into equal size slices and toast on a baking sheet under the broiler for a few minutes on each side.

Spread each slice with chive butter, top with smoked salmon and cut each slice in four pieces.

Top each piece with dill and serve.

Serves 6-8



Shamrock Salad

Ingredients: 1 bunch thin asparagus
 8 ounces sugar snap peas, trimmed
 8 ounces snow peas, trimmed
 8 ounces shelled fresh peas
 4 ounces arugula
 4 ounces baby spinach
 2 sticks celery, sliced thin

Dressing: 2 cloves garlic, minced
 2 Tbsp extra virgin olive oil
 4 tsp white vinegar
 2-4 tsp grainy mustard

Directions: Remove woody ends from asparagus and cut into equal lengths.

Cook the peas and asparagus in boiling salted water for about 2 minutes or until just tender, but still crisp. Do not overcook them and when removed from the boiling water, shock them in a bowl of iced cold water. Drain, pat dry and place in a bowl with arugula, spinach and celery.

Combine the dressing ingredients, add salt and pepper to taste and mix well. Pour over salad and toss.

Serves 8



BEEF AND BARLEY STEW

Barley is a key Irish grain: it's what we make Guinness from, and dark-roasted barley is what gives Guinness its color. If you've ever been in Dublin and smelled that sort of smoky, half-burnt aroma on the air, it's the wind blowing down the Liffey from the Guinness factory, carrying the scent of roasting barley across the city. An American guy I knew in Dublin once asked me, early in his tenure there, why he smelled so many fires all the time. When I sniffed the air and explained it was merely the Guinness factory, his face brightened and he said, "I kept wondering why that smell was making me hungry!" We say in Ireland about a hearty drink such as Guinness, "There's eating and drinking in it," but that also applies to this satisfying stew, containing a bottle of Guinness and thickened with barley.

Makes 4 to 6 servings

- 2 tablespoons cooking oil**
- 1½ pounds stew beef or chuck, cut into 1½-inch pieces**
- Salt and pepper**
- 1 large yellow onion, diced**
- 2 large russet potatoes, peeled and diced**
- 1 large carrot, diced**
- 1 cup barley**
- 6 cups beef or chicken stock**

- 1 12-ounce bottle Guinness Extra Stout**
- 2 tablespoons Worcestershire sauce**
- 1 tablespoon light brown sugar**
- 1 tablespoon fresh thyme leaves, chopped**
- 2 bay leaves**

- 1** Heat the oil in a large, heavy stewpot or Dutch oven over medium-high heat. Season the beef with salt and pepper, and sear, in batches if necessary, until the beef is nicely browned. Remove it from the pan to a dish and set aside.
- 2** In the oil and juices remaining in the pan, cook the onions until browned and tender, about 7 to 8 minutes, stirring often. Add all the remaining ingredients and stir to combine.
- 3** Bring the stew to a boil, then reduce heat, cover and simmer for 1½ to 2 hours until the meat, vegetables, and barley are very tender. Stir it once or twice during the cooking time, and if the stew seems dry, add another cup or two of water. At the end of cooking, taste and adjust the seasoning. With all that barley, you may need a little more salt.

NB – Remember to omit the potatoes for this dinner because Colcannon will be served with the stew.





COLCANNON

Makes 4 servings

8 large russet potatoes

1 pound curly kale

Salt

1 cup half and half (or whole milk)

1 bunch scallions, green parts only, chopped

2 tablespoons butter (and more for serving)

Freshly ground white pepper

- 1 Peel and quarter the potatoes and place in a saucepan. Fill with cold water to cover and add a teaspoon of salt. Simmer until potatoes are tender, about 20 minutes.
- 2 While the potatoes are cooking, bring a second pot of salted water to a boil. Strip the kale from the tough center ribs and discard the ribs. Chop the kale coarsely and cook in the boiling water until tender, about 15 minutes. Drain, and when it's cool enough to handle, chop it very finely.
- 3 In a small saucepan, heat the half-and-half or milk until hot, not boiling. Stir in the chopped scallions and the butter.
- 4 Mash the potatoes, stirring in the half-and-half.
- 5 Fold in kale; add pepper to taste.





Bailey's Irish Cream Chocolate Mousse Pie

6 ounce graham or chocolate cracker crust
1 package unflavored gelatin
1 teaspoon vanilla
3/4 cup milk
3/4 cup Bailey's Irish Cream
6 ounce semi sweet chocolate chips
2 cups frozen whipped topping *Note: Lois tested this recipe and used real whipping cream. She said sugar was not needed.*
Chocolate dipped strawberries as garnish if desired

In saucepan, sprinkle unflavored gelatin over milk. Let stand about 1 minute. Stir over low heat until gelatin is dissolved, about 5 minutes. Add chocolate and continue cooking, stirring constantly until chocolate is melted; stir in vanilla. Remove from heat and stir occasionally, adding Bailey's about five minutes after removal from heat. When mixture forms mounds when dropped from spoon, fold in whipped topping. Turn into crust. Garnish with more whipped topping and strawberries if desired. Chill at least 4 hours before serving.





IRISH COFFEE

Ingredients:

Hot coffee (reg. or decaf)

Bailey's Irish Cream

Whipped cream

Directions:

Pour coffee in cup or mug $\frac{3}{4}$ full

Stir in 2oz (about 3Tbsp) Bailey's

Top with whipped cream

(8 oz whipping cream, whipped until soft peaks form. Sprinkle with 1Tbsp sugar & whip until soft peaks return. Can be refrigerated for a few hours.)

