



Irish Sundae

Quantities per person:

- 1 to 2 scoops of vanilla ice cream
- 1 tsp ground espresso coffee beans*
- 1 Tbs Irish whisky**

* I have also used regular coffee beans, and even instant coffee in a pinch

** The original recipe called for Scotch whisky. Almost any strong spirit, such as rum, Canadian whisky, or bourbon may be substituted.

Grind the coffee to a fine powder in an electric blender or electric coffee grinder. Place the ice cream scoops in individual serving bowls, and sprinkle a teaspoon of the powdered coffee over each serving. Pour the whisky over the top and serve immediately

Irish Currant Soda Bread

- 4 C Flour
- 1 tsp Salt
- 1 tsp Baking Soda
- 1 T Baking Powder
- 1/4 Sugar (optional)
- 2 C Currants or Raisins
- 1/4 C Butter or Margarine
- 1 Egg, beaten
- 1 3/4 C Buttermilk

In a large bowl, stir together the flour, salt, baking soda, baking powder, and sugar. Cut

in butter with knives until mixture is crumbly. Add in the currants or raisins. In another bowl, combine the beaten egg and buttermilk. Stir the egg milk mixture into the dry ingredients. Do not over mix. Turn dough out onto a floured board and kneed until smooth (2 to 3 minutes). Divide dough in half and shape into two smooth round loaves. Place each loaf into a greased 8 inch cake pan. Press into pan to make the dough fill the pan. With a floured knife cut a 1/2 inch deep cross in the top of each loaf. Bake the bread at 375F for 30 to 35 minutes until browned. Turn out loafs onto cooling racks and let cool. Enjoy warm or cool with your favorite jam or marmalade.



Cabbage Roll Casserole

- 2 lbs Ground Beef
- 1 large Onion, chopped
- 1 can Tomato Sauce (28 oz)
- 3-4 lbs Cabbage, chopped
- 1 C Uncooked Rice
- 1 tsp Salt
- 2 cans Beef broth (14 oz)

Preheat oven to 350F. In a large skillet, brown beef over medium high heat until redness is gone. Drain off fat. In a large mixing bowl combine the onion, tomato sauce, cabbage, rice and salt. Add the cooked meat and mix well. Put cabbage meat mixture into a 9x13 inch casserole dish. Carefully pour broth over meat mixture. Bake in the preheated 350F oven, covered, for 1 hour. Stir, replace cover and bake for another 30 minutes.

Serves: 8

Corned Beef and Cabbage with Orange Horseradish Sauce

3 lb corned beef brisket

1 small onion, peeled and studded with 4 cloves

2 cloves garlic, peeled and crushed

2 bay leaves

8 whole black peppercorns

1 head cabbage, cut into 4 or 6 wedges, core removed

Salt and freshly ground black pepper to taste

4 to 6 potatoes, boiled in a separate pot

Place the corned beef, onion, garlic, bay leaves, peppercorns, and enough water to cover in a large, covered pot. Bring to a boil over moderate heat. Skim off and discard any foam that forms on the surface. Cover the pot and simmer over low heat for about 3 hours. Remove the meat to a platter and keep warm in the oven. Add the cabbage wedges to the pot and simmer covered for 15 to 20 minutes, until the cabbage is tender. Drain the cabbage well and season with salt and pepper. Slice the beef and serve with the cabbage, boiled potatoes, orange horseradish sauce, and some of the pot liquor on the side. Serves 4 to 6.

Orange Horseradish Sauce

1/2 cup sour cream

1/2 cup mayonnaise

3 Tbs prepared hot horseradish (or to taste)

1 Tbs grated orange rind (zest)

2 tsp fresh orange juice

1 Tbs Dijon style mustard

Salt and freshly ground black pepper to taste

Combine all ingredients in a small bowl and stir to combine. Refrigerate for at least one hour before serving. Makes about 1 1/2 cups.



Shepherd's Pie

1 Tbs. oil

2 large carrots, scraped

1 large onion

8 oz. mushrooms

1 pound coarsely ground lamb or

2 cups left over lamb roast

2 bay leaves

1 1/2 cups beef, chicken or veal stock or gravy

1 Tbs flour

Worcestershire sauce, dash

1 Tbs tomato puree or ketchup

1/2 tsp tarragon dried

1 1/2 lb potatoes, boiled and mashed with

3 Tbs milk and

2 Tbs butter till fairly firm but spreadable

Put onion and carrot in processor bowl and coarsely chop, then remove and coarsely chop mushrooms and add to carrots. Heat oil in saute pan, add carrots, onion, mushrooms mix and saute over med heat till lightly browned about 8-10 min. Add ground lamb or left-over lamb and saute till browned. Dissolve 1 Tbs flour in a little stock and add to lamb mixture. Add remaining stock or gravy and bay leaves, puree or ketchup and a dash of Worcestershire sauce, Season to taste. Cook the raw lamb about 45 min at a simmer, or the leftover lamb about 15 min at a simmer. Remove from heat and add tarragon. Pour into an attractive 2 qt. Casserole dish, preferably shallow to allow room for plenty of potato browning. Spread mashed potatoes over top, score decoratively with tines of fork, drizzle with some melted butter or a sprinkle of cheddar cheese Bake at 375 degrees about 25 min. till lightly browned



Lamb Shank Recipe

2 onions, sliced
2 carrots, diced
Any other diced vegetables to your liking
2 large tbs plum or apricot jam
lamb shanks
water to cover
2 tsp beef stock powder

Brown onions and meat, in oil, then put the rest into a casserole dish - dutch oven and cook in a moderate oven for about 1 1/2 - 2 hours until cooked. Thirty minutes before taking out of the oven add *sliced button mushrooms. The plum or apricot jam is a secret ingredient, it gives the casserole a thick gravy, but you can not taste it. If cooking mutton shanks, cook them for at least 3 hours.
*NOTE: The lamb shanks may also be roasted for about 1 1/2 - 2 hour or until the juices run clear. Other suggested vegetables: potatoes, yams, parsnips, pumpkin, onions, and carrots around the shanks after 1/2 hour into the cooking.



Pistachio Shamrock Cookies

1 C Butter or Margarine
1 C Sugar
1 Egg
2 C Flour
1 tsp Lime Zest
1 C Finely Chopped Pistachios
Lime Icing
2 T Butter or Margarine
1 C Confectioners' Sugar
1 T Milk
1/4 tsp Lime Zest

In a bowl, cream 1 cup butter and sugar. Beat in the egg. Stir in flour, teaspoon of lime zest and mix in pistachios. Refrigerate dough 1 hour. Roll out dough 1/4 inch thick; cut shapes with shamrock-shaped cookie cutter. Preheat oven to 375F. Place cookies on ungreased baking sheet. Bake for 8 to 10 minutes or until lightly browned. Cool on a rack. When the cookies are cool, pipe cookies with lime icing to outline cookies. To make the lime icing, combine 2 tablespoons of butter, Confectioners' sugar, milk and lime zest in a medium bowl. Mix until smooth. Makes about 1/2 cup of icing enough to pipe the Shamrock Cookies.

Irish Coffee

1 jigger Irish Whiskey
1 tsp Sugar (raw sugar is better)
2 T Whipped cream
Enough Hot strong coffee to fill the glass

Pre-warm a stemmed glass. Add the whiskey. Add the sugar and stir in the coffee. Float the whipped cream on top. Drink the coffee through the cream (i.e. do not stir after adding the cream).

