



March 8, 2017

Time to get your Irish on ... with your Hosts:

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## Irish Mule

1 oz Jameson Irish whiskey  
1/2 oz lime juice  
1/2 cup ginger beer  
Combine and serve over ice with a lime twist

## Artichoke Cheese Potato Appetizer

### Ingredients:

16 small red new potatoes  
1 can (14oz) artichoke hearts, well drained and finely chopped  
3/4 cup shredded Parmesan cheese  
3/4 cup mayonnaise or sour cream  
2 green onions finely chopped

1. Cook potatoes in boiling water for 10-15 minutes until tender but still firm. Drain and cool in a bowl of cool water.
2. Cut potatoes crosswise in halves. You can cut a thin slice off the bottom if needed to make it sit flat on a parchment covered baking sheet. Scoop a small amount from the center of each potato leaving 1/4" rim.
3. Mix the reserved potato with the remaining ingredients. Spoon a small amount of this mixture into each potato.
4. Bake in a preheated 375° oven for 10-15 minutes until heated through.

[Back to Recipes](#) | [Back to the Kitchen](#)

### **Dubliner Cheese Dip**

- By [Margaret Johnson](#)

#### **Ingredients:**

- 12 ounces grated Dubliner cheese
- 3/4 cup plain yogurt
- 2 tablespoons mayonnaise
- 1 teaspoon horseradish
- 1 teaspoon mixed herbs
- Salt and freshly ground pepper to taste

#### **Directions:**

Combine all the ingredients in the bowl of a food processor and process until smooth. Spoon into a bowl and chill for at least 2 hours. Serve with a selection of bread sticks and vegetables cut into sticks for dipping (celery, carrots, peppers, zucchini). Makes about 2 1/2 cups.

# Irish Smoked Salmon with Wheaten Bread

From "*Irish Food and Folklore*" by Claire Connery

## Ingredients:

- 8–10 ounces Irish smoke salmon, sliced
- Irish Wheaten Bread (also called Brown Bread)
- Irish butter, For the bread (Sharon added 2 tablespoons of snipped chives to one half pound of butter)
- Lemon wedges for garnish (Sharon garnished with spring greens also)

## Directions:

*"I believe that there is only one way to eat the best smoked salmon, and that is cut in general slices with the finest wheat bread— naturally, both from Ireland.*

*Arranged to smoke salmon slices on four serving plates. Serve with butter wheat and bread and garnish with a lemon wedge.*

*Freshly ground black pepper, finely chopped onion, and capers are the traditional garnish, but I think, was such a fine product, the delicate taste of the fish should not be overpowered by additions."*

**Serves 4**

## Irish Brown Bread

GOURMET MARCH 2004

Yield Makes 1 (9-inch) round loaf

### Ingredients

- 2 cups whole-wheat flour
- 2 cups all-purpose flour plus additional for kneading
- 1/2 cup toasted wheat germ
- 2 teaspoons salt
- 2 teaspoons sugar
- 1 teaspoon baking soda
- 1/2 teaspoon cream of tartar
- 1 stick (1/2 cup) cold unsalted butter, cut into 1/2-inch cubes
- 2 cups well-shaken buttermilk

### Preparation

Put oven rack in middle position and preheat oven to 400°F. Butter a 9- by 2-inch round cake pan.

Whisk together flours, wheat germ, salt, sugar, baking soda, and cream of tartar in a large bowl until combined well. Blend in butter with a pastry blender or your fingertips until mixture resembles coarse meal. Make a well in center and add buttermilk, stirring until a dough forms. Gently knead on a floured surface, adding just enough more flour to keep dough from sticking, until smooth, about 3 minutes.

Transfer dough to cake pan and flatten to fill pan. With a sharp knife, cut an X (1/2 inch deep) across top of dough (5 inches long). Bake until loaf is lightly browned and sounds hollow when bottom is tapped, 30 to 40 minutes. Cool in pan on a rack 10 minutes, then turn out onto rack and cool, right side up, about 1 hour.

### *Cooks' notes:*

*Bread can be served the day it is made, but it slices more easily if kept, wrapped in plastic wrap, at room temperature 1 day.*

*Leftover bread keeps, wrapped in plastic wrap, at room temperature 4 days.*

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## Guinness Braised Lamb Shanks

Serves 4

4 medium leeks (white & light green parts only), halved lengthwise, washed, cut 1 1/2" lengths  
4 medium carrots, halved lengthwise and cut into 1 1/2" lengths  
4 - 2 1/2" sprigs fresh rosemary  
few pinches of red pepper flakes  
2 Tablespoons of orange marmalade  
1 Tablespoon Worcestershire sauce  
Kosher salt & freshly ground black pepper  
4 lamb shanks, about 1 # each  
1 Tablespoon olive oil  
1/2 cup Guinness  
1 1/2 Tablespoons butter, cut into 4 slices

- ~ Position rack in the lower third of oven and heat to 300 degrees
- ~ In the bottom of a baking pan arrange the leeks and carrots
- ~ Pat lamb shanks dry. Season with salt and pepper. Heat oil in skillet over med heat and brown the shanks on all sides (about 10 minutes)
- ~ Place browned shanks on top of carrots/leeks. Season each with a pinch of red pepper flakes, salt, pepper, a sprig of rosemary and a slice of butter.
- ~ In the pan used to brown the shanks add the Guinness and gently deglaze the pan. Pour juices and browned bits over the pan with the lamb and vegetables. **Cover tightly** with a lid or with heavy aluminum foil.
- ~ Bake in the 300 degree oven for 2 1/2 to 3 hours. It's done when meat is fork tender.
- ~ Remove the rosemary. Arrange vegetables and lamb on plates. If desired, garnish with fresh mint.
- ~ Can serve with mint oil or mint jelly. Enjoy!

\*This recipe is a combination of lamb recipes from Jamie Oliver, [allrecipes.com](http://allrecipes.com) and Fine Cooking

### Carrots with Mint Sauce

6 carrots, diced, sliced or slivered	1/3 cup reserved cooking liquid
2 Tablespoons butter	1 Tablespoon sugar
1 teaspoon cornstarch	1/8 teaspoon salt
juice and zest of half lemon	1 Tablespoon mint leaves, finely chopped

Parboil carrots in boiling, salted water until barely tender (3 to 6 minutes). Drain, reserving 1/3 cup liquid. Melt butter in saucepan. Add remaining ingredients including liquid and stir until thickened. When ready to serve, add carrots to heated sauce and toss to glaze.

## **Colcannon** (From *Irish Food and Folklore* by Claire Connery)

*Similar to champ,, A member of the cabbage family. Traditionally served at Halloween.*

### Ingredients:

1 pound kale or green cabbage, stock or core removed and finally shredded  
1 pound of potatoes, unpeeled  
Six scallions or chive finally chopped  
2/3 cup milk or cream  
1/2 cup butter  
Salt-and-pepper  
(Sharon's Note: you can add other root vegetables, like celery root or parsnips to the mash)

### Directions:

Heat a pan of salted water and boil the kale or cabbage until very tender. This will take 10 to 20 minutes. Place the scallions and the milk or cream in a pan and simmer over low heat for about five minutes.

Drain the kale or cabbage and mash. Drain the potatoes peel and mash well with the hot milk and scallions, beating well to give a soft fluffy texture. Beat in the kale or cabbage season with salt and pepper. Add half the butter. The colcannon should be a speckled, green color. Heat thoroughly before serving in individual dishes or bowls.

Colcannon, like champ, can be served as a main dish with a glass of buttermilk, or as an accompanying vegetable.

### **Cook's Notes**

*"Sometimes I blend the kale in a food processor along with the hot milk and scallions before adding to the potatoes. This produces an even texture and overall green color, and an interesting alternative."*

**Serves 4-6**

### **Chocolate Guinness Cake**

Butter for pan  
1 cup Guinness stout  
10 tablespoons (1 stick plus 2 tablespoons) unsalted butter  
 $\frac{3}{4}$  cup unsweetened cocoa  
2 cups superfine sugar  
 $\frac{3}{4}$  cup sour cream  
2 large eggs  
1 tablespoon vanilla extract  
2 cups all-purpose flour  
2  $\frac{1}{2}$  teaspoons baking soda  
1  $\frac{1}{4}$  cups confectioners' sugar  
8 ounces cream cheese at room temperature  
 $\frac{1}{2}$  cup heavy cream

Cake: Heat oven to 350 degrees. Butter a 9-inch springform pan or line with parchment paper. In a large saucepan, combine Guinness and butter. Place over medium-low heat until butter melts, then remove from heat. Add cocoa and superfine sugar, and whisk to blend.

In a small bowl, combine sour cream, eggs and vanilla; mix well. Add to Guinness mixture. Add flour and baking soda, and whisk again until smooth. Pour into buttered pan, and bake until risen and firm, 45 minutes to one hour. Place pan on a wire rack and cool in pan.

Topping: Using a food processor or by hand, mix confectioners' sugar to break up lumps. Add cream cheese and blend until smooth. Add heavy cream, and mix until smooth and spreadable. Remove cake from pan and place on a platter or cake stand. Ice top of cake only, so that it resembles a frothy pint of Guinness.

### **Irish Coffee**

1 cup freshly brewed hot coffee  
1 tablespoon brown sugar  
1 jigger Irish whiskey (1  $\frac{1}{2}$  ounces or 3 tablespoons)  
Heavy cream, slightly whipped

Fill footed mug or a mug with hot water to preheat it, then empty. Pour piping hot coffee into warmed glass until it is about  $\frac{3}{4}$  full. Add the brown sugar and stir until completely dissolved. Blend in Irish whiskey. Top with a collar of the whipped heavy cream by pouring gently over back of spoon. Serve hot.



**Irish Mule**



**Dubliner Cheese Dip**



**Artichoke Cheese Potato  
Appetizer**

**Irish Smoked Salmon with Wheaton Bread**



**Guinness Braised  
Lamb Shanks  
Carrots with Mint Sauce  
Colcannon**



**Chocolate  
Guinness  
Cake**