

**Clayton AAUW
Gourmet Irish Menu**

**Colcannon Soup (choose only one recipe below)
Irish Soda Bread**



**Fish— (choose only one recipe below)
Baked Codfish with Irish Cheese Crust or
Baked Lemon Sole or Plaice**

**Corned Beef, Cabbage, Potatoes, Onions
(choose only one recipe below)**

Carrageen Pudding

Colcannon Soup #1

- 1 1/2 cups water
- 2 (13 3/4 oz) no-salt chicken broth
- 4 medium potatoes, coarsely shredded
- 1 small head of cabbage, shredded
- 1 cup onion, chopped
- 1/2 cup skim milk
- salt and pepper to taste
- 1/3 cup sour cream (optional)



Bring water and broth to a boil in a large Dutch oven. Add potato; cover, reduce heat, and simmer 20 minutes. Add cabbage and onion; cover and simmer 30 minutes. Remove from heat. Stir in milk. Place mixture in electric blender; small amounts at a time; process until smooth. Do this until all the mixture has been processed. Return puree to pan; add salt and pepper to taste. Cook over medium heat until heated through. Ladle soup into bowls; top with sour cream if desired. Yields 2 1/2 quarts.

Courtesy of: Jeannine's Kitchen KitchenJs@aol.com

Colcannon Soup #2

Recipe courtesy Chef Kevin Dundon, Nine Fine Irishmen, Las Vegas

Show: Sara's Secrets, Episode: Gaelic Grub

Recipe Summary: Difficulty: Easy

Prep Time: 20 minutes, Cook Time: 45 minutes, Yield: 4 servings

2 ounces diced slab bacon
1 chopped white onion
1 leek sliced, sliced
1/2 pound waxy-style potatoes, peeled and diced
1/2 Savoy cabbage, cored and sliced
1/2 cup white wine
4 cups vegetable stock
Kosher salt and freshly ground black pepper
2 cups heavy cream
2 tablespoons diced unsalted butter, at room temperature
Basil oil, for garnish
Fried basil, for garnish

Put the bacon in a pot over medium-high heat and cook, stirring occasionally, until the bacon renders its fat. Lower the heat to medium. Add the onion, leek, potato, and cabbage and cook, covered, stirring occasionally, until tender, about 10 minutes. Add the wine and cook for 2 minutes more.

Add the stock, bring to a boil, and season with salt and pepper, to taste. Lower the heat and simmer until the potato is tender. Add the cream and simmer for a few minutes until the soup achieves a creamy texture. Remove from the heat and finish by whisking the butter cubes into the soup. (Don't re-boil the soup after adding the butter into it, or it will curdle.)

Divide the soup among bowls, drizzle with basil oil, and garnish with the fried basil leaves.

Marilyn O'Reilly's Irish Soda Bread

Recipe courtesy of Marilyn O'Reilly

Recipe Summary: Difficulty: Easy
Yield: One large loaf

3 cups all-purpose flour
1/4 cup sugar
1 tablespoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
4 tablespoons unsalted butter (1/4 cup)
2 tablespoons caraway seeds, optional
1 cup raisins
1 cup buttermilk
1 egg



Set a rack in the middle level of the oven and preheat to 400 degrees.
In a mixing bowl, combine the flour, sugar, baking powder, soda and salt and stir well to mix.

Add the butter and rub in until the butter disappears into the dry ingredients.

Stir in the caraway seeds if used and the raisins.

In a small bowl, whisk the buttermilk and egg together and mix into the dough mixture with a rubber spatula.

Turn the dough out on a floured work surface and fold it over on itself several times, shaping it into a round loaf. Transfer the loaf to one cookie sheet or jelly roll pan covered with parchment or foil and cut a cross in the top. Bake for 15 minutes then reduce heat to 350 and cook for about 15 to 20 minutes more, until well colored and a toothpick plunged into the center emerges clean.

Cool the soda bread on a rack and serve with plenty of sweet butter and bitter orange marmalade.

Baked Lemon Sole or Plaice with Herb Butter



4 very fresh plaice or lemon sole on the bone
4 to 8 tablespoons butter
4 to 6 teaspoons mixed finely-chopped fresh parsley, chives, fennel, and thyme leaves
Salt and freshly ground pepper

Preheat the oven to 375 degrees F. Turn the fish on its side and remove the head. Wash the fish and clean thoroughly. With a knife, cut through the skin right round the fish, just where the fringe meets the flesh. Sprinkle the fish with salt and pepper and lay in 1/4 inch of water in a shallow baking pan. Bake in a moderately hot oven for 15 to 20 minutes. The water should have just evaporated as the fish is cooked. Check to see whether the fish is cooked by lifting the flesh from the bone at the head; it should lift off the bone easily and be quite white.

Meanwhile, melt the butter and stir in the freshly chopped herbs. Just before serving catch the skin down near the tail and pull it off gently (the skin will tear badly if not properly cut). Lift the fish into the plates and spoon the herb butter over them. Serve immediately.

Baked Codfish with Irish Cheese Crust

Recipe courtesy Emeril Lagasse, 2003 — Episode: An Irish St. Patrick's Day

Recipe Summary: Difficulty: Easy

Prep Time: 15 minutes, Cook Time: 20 minutes, Yield: 4 servings

4 (6-ounce) codfish fillets, skins removed, Essence,
1/2 cup fine bread crumbs, 2 tablespoons melted Irish butter
2 tablespoons minced fresh parsley
2 teaspoons Lakeshore Strong Irish Mustard or Colman's English mustard
2 teaspoons minced garlic, or spring onions
6 ounces Irish cheese, such as Dubliner, Coolea, or Carrigaline, or Irish cheddar such as Kerrygold Vintage, grated
1 cup heavy Irish cream

Preheat the oven to 375 degrees F. Butter a casserole dish and set aside. Lightly season the codfish on both sides with Essence and place in the prepared dish, skin side down.

In a bowl, combine the bread crumbs, butter, parsley, mustard, and garlic, and mix well. Add the cheese and mix well. Place on the fish, patting down to make a crust. Pour the cream over the fish and bake until the fish is cooked through, golden brown and the cheese is bubbly, 15 to 20 minutes. Remove from the oven and serve.

Emeril's ESSENCE Creole Seasoning (also referred to as Bayou Blast): (can be purchased)

2 1/2 tablespoons paprika, 2 tablespoons salt, 2 tablespoons garlic powder
1 tablespoon black pepper, 1 tablespoon onion powder, 1 tablespoon cayenne pepper
1 tablespoon dried oregano, 1 tablespoon dried thyme
Combine all ingredients thoroughly. Yield: 2/3 cup

Corned Beef and Cabbage #1

4 lb corned brisket of beef
3 large carrots, cut into large chunks
6 to 8 small onions
1 teaspoons dry English mustard
Large sprig fresh thyme and some parsley stalks, tied together
1 cabbage
Salt and freshly ground pepper



Put the brisket into a saucepan with the carrots, onions, mustard and the herbs. Cover with cold water, and bring gently to a boil. Simmer, covered, for 2 hours. Discard the outer leaves of the cabbage, cut in quarters and add to the pot. Cook for a further 1 to 2 hours or until the meat and vegetables are soft and tender.

Serve the corned beef in slices, surrounded by the vegetables and cooking liquid. Serve with lots of floury potatoes and freshly made mustard.

Corned Beef and Cabbage #2

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Recipe Summary Prep Time: 10 minutes, Cook Time: 4 hours, Yield: about 6 to 8 main-course servings

One 3-pound corned beef brisket (uncooked), in brine
16 cups cold water
2 bay leaves
2 teaspoons black peppercorns
4 whole allspice berries
2 whole cloves
1/2 large head green cabbage (about 2 pounds), cut into 8 thick wedges
8 small new potatoes (about 1 1/4 pounds), halved
Freshly ground black pepper to taste
Serving suggestion: Whole-grain mustard or horseradish sauce (recipe follows)

Preheat the oven to 300 degrees F. Place the corned beef in a colander in the sink and rinse well under cold running water. Place the corned beef in a large Dutch oven with a tight-fitting lid, add the water, bay leaves, peppercorns, allspice and cloves. Bring to a boil, uncovered, and skim off any scum that rises to the surface. Cover and transfer pan to the oven, and braise until very tender, about 3 hours and 45 minutes.

Transfer the corned beef to a cutting board and cover tightly with foil to keep warm. Add the cabbage and potatoes to the cooking liquid and bring to a boil. Lower the heat and simmer until the vegetables are tender, about 20 minutes. Using a slotted spoon, transfer the cabbage to a large platter. Slice the corned beef across the grain of the meat into thin slices. Lay the slices over the cabbage and surround it with the potatoes. Ladle some of the hot cooking liquid over the corned beef and season with pepper. Serve immediately with the mustard or horseradish sauce.

Horseradish Sauce:

3/4 cup mayonnaise, 3/4 cup sour cream, 2 teaspoons kosher salt, Freshly ground black pepper
1/4 cup plus 2 tablespoons jarred grated horseradish (with liquid), 1/2 teaspoon grated lemon zest
In a small bowl, mix together the mayonnaise, sour cream, horseradish, zest, and 2 teaspoons salt. Season generously with pepper to taste. Refrigerate the horseradish sauce for at least 30 minutes before serving.

Carrageen Pudding

Recipe courtesy Emeril Lagasse, 2003

Episode: An Irish St. Patrick's Day

Recipe Summary: Difficulty: Easy

Prep Time: 5 minutes, Inactive Prep Time: 20 minutes,

Cook Time: 12 minutes,

Yield: 4 to 6 servings



2 cups milk

2 cups cream

1 vanilla bean, split and scraped

2 cardamom pods

1 star anise

1 cinnamon stick

2 tablespoons dried carrageen (substitute with 1 1/2 tablespoons unflavored gelatin)

1/2 cup granulated sugar

2 tablespoons Irish whiskey

1/2 cup heavy cream

1 tablespoon Irish Cream Liqueur

2 teaspoons cocoa powder

Mint, for garnish

Chocolate Curl, for garnish

In a saucepan, combine the milk, cream, vanilla, cardamom, star anise, and cinnamon and bring to a boil. Remove from the heat and allow to steep for 15 to 20 minutes. Strain into a clean saucepan. ***Add the carrageen, sugar, and whiskey and bring to a boil. Reduce the heat and simmer until thickened, 5 minutes, stirring occasionally.

***If you can't find carrageen and are using gelatin: Add the sugar and whiskey and bring to a boil. Remove from heat. Place a little of the mixture in a small bowl and add the gelatin. Let sit for 5 minutes. Whisk the gelatin mixture back into the milk mixture and stir well. There is no need to strain again before proceeding.

Remove from the heat and strain. Divide evenly between 8 (4-ounce) ramekins. Place in the refrigerator and allow to chill thoroughly. In a bowl, whip the 1/2 cup of cream with the liqueur until soft peaks start to form. Add the cocoa powder and continue beating until stiff peaks start to form. Spoon the sweetened whipped cream onto the puddings. Top each serving with mint and chocolate curls.