

SOME TRADITIONAL RECIPES

TRADITIONAL SODA BREAD

900g (2 lbs) plain flour – 2 tsp cream of tartar – 600 ml (1 pt) milk –
1 tsp salt – 1 tsp bread soda

Sieve flour, salt, soda and cream of tartar into a mixing bowl. Make a well in the centre and pour in the milk, mix with a knife until most of the flour is taken up. Knead with floured hands adding more milk if necessary – The dough should be soft. Shape the dough into a 22 cm (9 inches) round flattish cake and place on a floured baking tin. Cut a cross on top to allow for rising and bake in a fairly hot oven (205 degrees C) for an hour or more – Cover with foil about half way through cooking time so that it does not get too brown.

IRISH STEW

900 g (2 lbs) lamb cutlets – 8 onions (medium sized) – 900g (2 lbs) potatoes – 450g (1 lb) parsnips – 600ml to 900ml (1 -1 ½ pts) water - bouquet garni – salt and pepper

Put the meat, potatoes, parsnips and onions into a large saucepan, add the water and season with salt and pepper. Put in the bouquet garni and cover with lid. Bring to a boil and simmer gently for approximately two hours. An Irish Stew made be made hours in advance and reheated gently before serving.

POTATO CAKES

75G (3 OZ) plain flour – ½ tsp baking powder – 200g (½ lb) mashed potatoes – ½ tsp salt – 25g (1 oz) butter – 1tablesp milk

Sieve flour, salt and baking powder into a bowl, rub in the butter until mixture resembles breadcrumbs. Mix in the mashed potatoes and a little milk to make a soft dough. Roll out 1 ½ cm (1/2 inch) thick, cut into shapes with a small round cutter, brush with beaten egg and bake in a hot oven (215 deg C gas mark 7) for about 15 to 20 minutes. Potato cakes may also be fried in hot fat. Delicious served hot with lashings of butter.

BACON & CABBAGE

1375g to 2250g (3-5 lbs) piece of bacon – Cabbage

Steep bacon overnight in fresh water. Place bacon in saucepan – cover with fresh water, bring to a boil and simmer gently (Cooking time: allow 30 minutes for each 450g (1 lb) of bacon – Prepare cabbage 10 to 15 minutes before bacon is cooked, add in cabbage. Any longer than 15 minutes and the cabbage will lose it's crisp texture. Delicious served with boiled potatoes and parsley sauce.

IRISH COFFEE (per person)

One stemmed whiskey glass – very hot strong black coffee – 1 tblsp whipped cream – 2-3 tsp sugar – 1 tblsp Irish Whiskey

Heat glass. Heat whiskey and pour into glass, fill with very hot black coffee in which the sugar has been dissolved, then float the cream on top. Do not stir. Irish Coffee is ambrosial if really hot and a criminal waste of whiskey if served lukewarm.