



## March 2001 – Luck of the Irish recipes

### May the luck of the Irish be with you today.

Well this is the month for St. Patrick day. This is a holiday celebrated by the Irish all over the world. St. Patrick is their patron saint, he was born in 385AD in Wales or Scotland (the tales differ) a Pagan. Having been taken to Ireland by some pillagers and sold into slavery, he turned to God. He escaped from slavery and studied in a monastery in Gaul for 12 years to return to Ireland to convert Pagans to Christianity. He traveled Ireland, opening monasteries, churches and schools across the country. Patrick died March 17<sup>th</sup> 461AD, and that day has been celebrated ever since.

There is much folklore surrounding St. Patrick and his abilities to raise the dead and drive all snakes out of Ireland, but the magic around the Shamrock is still alive. It is said, he used the Shamrock to explain the Trinity. He showed how the Father, Son and Holy Spirit could all co-exist in the same entity. The Shamrock is worn today to commemorate St. Patrick's Day.

A great Irish tradition is beer. Different beers used in cooking are to compliment the meal for example a pilsner would be used to steam seafood with light spices and brown ale could be reduced to make a gravy for English sausages. Guinness is brewed in Dublin and is a rich hearty stout. When using it in cooking think of the hearty foods, such as stews, shepherds pie, bbq sauces and oysters.

### Mussels steamed in spiced beer.

12oz bottle of beer(not dark)  
2 Bay leaves  
4 Whole cloves  
1tsp Coriander seeds  
1tsp Mustard seeds  
1/4tsp Cayenne  
1/2tsp Salt  
2 Lemon wedges

-bring to a boil for 2minutes, partially covered.

36 Mussels-scrub and remove beards

-add to boiling liquid, cover and steam for 4-7 mins, stirring twice until open. Discard any unopened ones.

Parsley-mince and use as a garnish.

### Honey, Mustard and Rosemary Pork

3/4c Beer  
1/2c Dijon  
6T Honey  
1/4c Olive oil  
2T Fresh Rosemary-chopped  
2T Garlic-chopped

-whisk together in a glass baking dish

2lb Pork loin roast-boneless

-marinate in fridge for 1hr or cover and leave over night, turning occasionally. Preheat oven to 350\*. Transfer pork to a roasting pan. Reserve marinade. Roast about 55 mins, til the centre temp. reads 150°F. Let stand 15mins.

-Strain marinade into heavy saucepan.

1/2c Whipping cream

-add to marinade and bring to a boil, reduce to 1 1/2c, about 15mins.

Salt and Pepper-season.

The following recipe for shepherds pie is so English! Traditionally shepherds pie was made with lamb and the cottage pie was made with beef.

### **Shepherds Pie**

1 1/2lb Lean hamburger  
1/3c Onion-chopped  
1stalk Celery-diced  
2t Garlic-minced  
1/2t Thyme  
1t Oregano  
1t Crushed red pepper

Salt and Pepper to taste.

-Sauté til meat is browned

1c Stout

-add and reduce, then place the meat mixture in a large shallow casserole dish.

3lbs Potatoes

-boiled til soft

1/4c Butter

1/3c Milk

1/3c Sour cream

2T Chives

Salt and Pepper to taste.

-add to the potatoes and mash.

16oz Canned corn kernels

2x16oz Cans of creamed corn.

-mix these two corns together and layer on the beef mixture.

-top with the mashed potatoes

1T Paprika

-sprinkle over the top, bake 20mins @ 350\*

### **Ginger cake with crystallized ginger frosting**

2 1/2c Flour

2t Ginger

2t Cinnamon

2tsp Baking Soda

1/2t Cloves

1/2t Salt

-sift together

1c Butter-softened

1 1/4c Golden brown sugar-packed

-cream together til light and fluffy

2 Eggs

-beat in one at a time

1c Molasses-mild or light

-beat in.

3/4c Stout-opened and let stand over night so that it is flat when added to the recipe.

-beat in(it will look curdled)

-beat in the flour mix, just til smooth, don't over mix.

-divide between 2x 9"cake pans that have been buttered and floured. Bake 40mins @ 350\*. Cool cakes in pans

10mins then turn out on to racks to cool completely

Frosting

3c Whipping cream

6T sugar

-beat until peaks form.

3T Crystallized ginger-minced

-fold into cream. Place one cake onto platter, spread with 2c frosting. Top with second cake. Spread remaining frosting over top and sides of cake.

Orange slices-quartered

-arrange on the top of the cake.

Some other ideas for using beer, try a cream of mushroom soup with sharp cheddar and a brown ale. Or a reduction of Guinness with dried Porcini mushrooms as a glaze to go on you grilled steak.

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