

St Patrick's Day  
Menu Plan



## TRADITIONAL ST PATRICK'S DAY RECIPES

NOTE: Measurements are not metric

St. Patrick's Day Cookie Pops

By Amanda Formaro

If you are looking for a fun and easy recipe to do with the kids, try these deliciously simple St. Patrick's Day Cookie Pops. The kids will smile and giggle while making these treats, and will have something fun to give to family, friends, and classmates!



You will need:

- 20 vanilla wafer cookies
- 1/2 cup peanut butter
- 1 12-ounce bag white chocolate chips
- green and yellow gumdrops
- green Dots® candies
- green and yellow Nerd® candies
- cake decorating writer gel in green, yellow, red, orange, and black
- 1 tube of green cake decorator frosting with tip
- green and yellow decorator sugar
- green food coloring
- ice cream or lollipop sticks
- wax paper or paper plates



Instructions:

Spread peanut butter onto the flat side of the cookies. Place an ice cream stick into the peanut butter on half the cookies. Top with



another cookie so the stick is sandwiched between the two cookies. Melt chocolate chips. Before melting, separate the white chips into two bowls. After melting, add a few drops of green food coloring to one of the bowls of white chips to make green chocolate.

Dip cookie pops in the melted chips, covering completely. Sprinkle with green and yellow sugar and lay or stand on waxed paper or paper plates. Place in refrigerator to chill.

### Fun Variations

**Leprechaun** After coating with white chocolate, dip top of pop into green sugar. Slice two yellow gumdrops to make beard. Allow to dry on wax paper. Use black and red decorator gel for eyes and mouth, and for trim on hat.

**Rainbow with Pot of Gold** After coating with white chocolate, cut a green Dot in half lengthwise, adhere to chocolate. Before chocolate has a chance to dry, place 3-5 yellow candy nerds "in" pot. Create a rainbow with various colored decorator gel.

**Shamrock** After coating with white chocolate, sprinkle with yellow decorator sugar, then draw on a shamrock using green cake decorator icing.

**Four Leaf Clover** After coating with green chocolate, use green sliced gumdrops to create clover leaves. Slice a small strip out of remaining gumdrop for stem. Use a green candy Nerd for the center of the clover.

**Note:** Another variation is to use vanilla or chocolate frosting instead of peanut butter for the filling. These can also be made without sticks. Use one stick to be able to dip the cookies in chocolate and roll in sprinkles, then remove the stick and put on wax



paper or paper plates, then chill. This recipe was adapted from Penny Warner's *Cookie Pops* available in the *Kid's Party Cookbook*.



## Irish Beverages

### Bailey's Irish Cream

- 1 cup whiskey
- 1 can Eagle brand sweetened condensed milk
- 3 eggs
- 1 tablespoon Hershey's chocolate
- 1 tablespoon vanilla extract

Blend and refrigerate.

### Leprechaun Shake

- 2 scoops vanilla ice cream
- 1 cup milk



3 or 4 drops green food coloring  
Chocolate syrup

Put ice cream milk and food coloring into blender. Blend until smooth and green. Pour into glass. Drizzle with chocolate syrup and give one quick stir.



### Creamy Irish Coffee: serves 6

Ingredients:

4 cups Strong fresh coffee  
1/4 cup Suga  
1/2 cup Irish whiskey  
1 cup Whipping cream  
2 tablespoons Sugar  
2 tablespoons Irish whiskey .

1. Place 4 cups of strong fresh coffee in a saucepan with 1/4 cup of sugar, or to taste. 2. Add 1/2 cup Irish Whiskey and heat thoroughly but do not boil. (Scotch, Bourbon or other whiskeys could be used.) 3. Meanwhile whip 1 cup whipping cream until light. 4. Beat in 2 tb each of sugar and Irish whiskey. 5. Pour coffee into mugs or goblets and pipe or spoon flavoured cream on top.





### Irish whiskey cocktail

- 1/2 teaspoon curacao
- 1/2 teaspoon absinthe substitute
- 1/4 teaspoon maraschino
- 1 dash bitters
- 2 ounces Irish whiskey olive

Stir well with cracked ice and strain into 3 ounce cocktail glass.  
Serve with an olive.



### Irish Breads

Irish soda bread is world famous with a variety of different recipes and techniques being marketed round the world. Again the old people would say the secret is in the ingredients and the kneading and that is a trick passed down from generation to generation.



### Brown soda bread.

1 1/4 lbs wholemeal, 1/4 lb flour, 1 teaspoon salt, 1 teaspoon bread soda. For liquid use buttermilk or sour milk.

Sieve together the flour, soda, and salt. Mix well with the wholemeal. Make a well in the centre and gradually mix in sufficient liquid to make a stiff dough. Turn onto a floured board and knead lightly until free from cracks. Form into a round cake and cut a cross on the top of the cake to keep it from cracking in the baking. Let the cuts go right over the sides of the cake. Bake at once in a 450\* (Reg 6) for 60 minutes. To test tap the bottom of the cake. If it sounds hollow it is done.

### Irish Soda Muffins

-

2 1/4 cups Unbleached All-Purpose Flour

2 teaspoons baking powder

1/4 teaspoon baking soda

1/2 teaspoon salt

1/2 cup granulated sugar (1 tablespoon reserved for sprinkling on top)

3/4 cup currants (first choice) or raisins

1/2 to 2 teaspoons caraway seeds (the effect will range from faint to assertive)

1 egg

1 cup buttermilk (or plain yogurt, or sour cream)

4 tablespoons (1/2 stick, 1/4 cup) butter or margarine, melted, (OR 1/4 cup vegetable oil)

In a medium-sized mixing bowl, whisk together the flour, baking



powder, baking soda, salt, sugar, currants or raisins, and caraway seeds. In a separate bowl, whisk together the egg, buttermilk (or equivalent) and melted butter (or equivalent). Quickly and gently combine the dry and wet ingredients; honestly, this won't take more than a few stirs with a bowl scraper or large spoon. As soon as everything is evenly moistened, quit; further stirring will cause the muffins to be tough.

Spoon the batter into 12 lightly greased cups in a standard muffin pan, filling the cups about 2/3 full. Bake the muffins in a preheated 400°F oven for 15 minutes, until a cake tester inserted into the center of a muffin comes out clean. Remove them from the oven, wait 5 minutes, then remove the muffins from the pan and cool them on a wire rack. Serve them plain, or with butter and/or jam. Yield: 12 muffins.

### Irish Scones Recipe

4 eggs  
6 C. of flour  
3 heaped t. baking powder  
1-1/2 t. salt  
1 C. sugar  
1 C. raisins  
2 C. milk  
1 C. butter

Preheat oven to 425 degrees. Sift flour, baking powder, salt, sugar in a large bowl. Add butter and mix like fine bread crumbs. Add raisins. In a separate bowl mix eggs and milk together. Add to dry mixture. Make 24 balls and place on floured baking pan. Place in oven and bake for 20 minutes. Makes: 24 scones.





### Saint Patrick's Day Irish Soda Bread:

3 cups all-purpose flour  
2 teaspoons baking powder  
1 teaspoon baking soda  
1/2 teaspoon salt  
12 tablespoons cold unsalted butter, cut into small pieces  
1-1/2 cups raisins  
1 egg  
1/2 cup honey (use heater honey if you can find it)  
1 cup buttermilk

Preheat oven to 350°F. Butter a heavy skillet or casserole, 10" to 11" and 2" or 3" deep. Sift the flour, baking powder, soda and salt together. Cut in the butter until the mixture resembles peas. Add the raisins and toss to distribute evenly. Beat the egg in another bowl until very frothy. Beat in the honey. Beat in the buttermilk. Gradually stir into the flour. Pour into prepared pan. Bake about an hour or until the middle is set. Cut into wedges and serve warm from the pan.



### TREACLE BREAD.

1/2 lb flour, 2 ozs margarine or butter, 2 ozs brown sugar, 3 tablespoons treacle, 1 teaspoon ground ginger, 3/4 teaspoon baking powder, 1 egg, 1/4 pint milk, 1 oz castor sugar.

Mix treacle with milk and warm slightly. Cream butter and sugar and add to the treacle mixture. Sift together flour, baking powder and ground ginger. Add flour gradually to the creamed mixture, beating



well. Then add beaten egg. Pour into greased tin. Bake for one hour in a moderate oven 375\*.

### Boxty

Boxty is a classic Irish dish - an oven baked bread made with potatoes instead of flour. It was invented when oat and wheat flour became too expensive in the 18th Century.

1 cup flour, mashed cooked potato and grated raw potato, 1 teaspoon salt, pinch baking powder, two eggs and milk.

Squeeze the grated raw potato in a cloth to remove as much moisture as possible. Sieve the flour with baking powder and salt.. Mix all the ingredients well together and add well-beaten eggs and sufficient milk to make a dropping batter. Drop by tablespoonfuls on a greased hot frying pan and cook over a moderate heat, allowing about 4 minutes each side. Serve hot and well buttered.

### Irish Barmbrack

4-5 cups all-purpose flour  
1/2 teaspoon ground nutmeg  
pinch of salt  
1/2 cup butter  
2-1/2 teaspoons dry active yeast  
3/4 cup granulated sugar  
3 eggs  
1/2 ounces golden raisins  
1/2 pound currants  
1/2 cup chopped candied orange and/or lemon peel  
1/2 cup lukewarm milk



Combine yeast, a pinch of the sugar, and milk; let sit 5 minutes. Sift the flour, nutmeg, salt, and remaining sugar together. Rub butter into flour mixture. Beat the eggs with the yeast/milk mixture. Add liquid to the dry ingredients and beat well until batter is stiff. Fold in currants, raisins, and peel. Pour into a greased 8" cake pans so that the mixture fills half way up the pan. Cover with a cloth and leave to rise in a warm place until mixture has doubled in size (about 1 hour). Brush top of the dough with a little beaten egg to give a glaze and bake at 400°F for 1 hour or until a toothpick inserted into the center comes out clean.

IRISH PANCAKES - traditionally eaten on Shrove Tuesday which is the day before the start of Lent. Lent is a time of fasting for Catholics in preparation for Easter and Pancakes were made to use up all the sugar, flour and eggs before Lent starts.

1 lb flour, 1 teaspoon bread soda, 1 teaspoon salt, 4 eggs, enough milk to make a thick batter, butter and castor sugar to taste.

Sift flour with salt and bread soda. Break eggs into a well in the centre of flour and mix well. Beat in enough milk to make a thick batter. Fry in spoonfuls on a greased pan. Butter them as they come off the pan and sprinkle with sugar.





## IRISH DINNERS

The Irish are renowned worldwide for their hospitality and generosity to a fault. The same may be said of their cooking with most strangers being taken aback by both the quality and the quantity. Ireland excels in simple dishes.

### Potato Soup

1  $\frac{1}{2}$  pts water, 1 pt milk, 2  $\frac{1}{2}$  lb potatoes, 1 lb onions, pinch of parsley and thyme, salt and pepper.

Peel and slice potatoes and onions. Add to pot with water, thyme, and parsley. Bring to the boil, cover and simmer for about an hour.



Liquidize and stir in milk, salt and pepper. Heat through without boiling and serve.

### Mussels Dunnings Style

2 pts mussels, 2 oz butter

$\frac{1}{2}$  glass of white wine,

1 teasp garlic puree.

Wash mussels thoroughly and discard any open ones. Beard mussels. Place in a pan with wine, butter and garlic and  $\frac{1}{2}$  cup water. Steam gently until mussels are open wide. Serve with lashings of brown soda bread and side salad.

### Bacon And Cabbage

2-3 lbs. Collar of bacon, 1 medium sized cabbage.

Soak bacon overnight in cold water. Place in a pot, cover with fresh water and bring to the boil. Remove scum from water. Cover and simmer for 1  $\frac{1}{2}$  hours. (30 minutes to 1 lb) Cut cabbage into quarters and add to the pot. Cook gently for  $\frac{1}{2}$  hour until cabbage is cooked. Drain and serve with boiled potatoes.



### Irish Stew

2 1/2 lbs stewing lamb,

3/4 lb onions, 3/4lb carrots, 1 dessertspoon parsley, 3 stalks celery,  
2lbs potatoes, salt and pepper.

Trim any excess fat from meat and chop into 1 inch cubes. Slice onions and carrots, and chop celery. Put carrots, onions and celery into a stewing pot and just cover with stock or water. Bring to the boil and add the meat. Simmer for about two hours or until the meat is almost tender. Add the potatoes and continue to simmer until potatoes are cooked. Serve sprinkled with parsley with extra potatoes and lots of butter.

### Baked Stuffed Herring (Irish)

4 tablespoons Breadcrumbs (heaping)

1 teaspoon Parsley -- chopped

Small egg -- beaten

Juice and rind of lemon

1 pinch Nutmeg

Salt and pepper

Herrings -- cleaned

300 milliliters Hard cider

Bayleaf -- well crumbled

Fresh ground pepper

Method: First make the stuffing by mixing the breadcrumbs, parsley, beaten egg, lemon juice and peel, and salt and pepper. Stuff the fish with the mixture. Lay in an ovenproof dish, close together; add the cider, crumbled bayleaf and salt and



pepper. Cover with foil and bake at 350F for about 35 minutes. Serves 4.



### Irish Loin of Pork with Lemon and Herbs

6 lb Boneless pork loin  
1/4 c Minced onion  
1 tb Basil  
3/4 c Olive oil  
1/2 c Chopped parsley  
1/4 c Finely grated lemon peel  
3 ea Garlic cloves crushed  
3/4 c Dry sherry

Method: Pat pork dry. Score well with sharp knife. Combine parsley, onion, peel, basil, and garlic in a small bowl. Whisk in 2/3 of oil. Rub into pork.

Wrap in foil and refrigerate overnight. Let pork stand at room temperature 1 hour before roasting. Preheat oven to 350 degrees F. Brush pork with remaining olive oil. Set on rack in shallow pan. Roast until meat thermometer inserted in thickest part of meat registers 170 deg F, about 2 1/2 hours. Set meat aside. Degrease pan juices.

Blend Sherry into pan juices. Cover and cook over low heat 2 minutes. Pour into sauceboat. Transfer pork to platter. Garnish with fresh parsley and lemon slices. Serve sauce separately.



### Corned Beef & Cabbage with Horseradish Sauce

1 Onion 4 Cloves  
whole 4 pounds Corned beef  
2 Parsley sprigs 8 Peppercorns --  
whole 2 pounds Cabbage  
1 cup Sour cream  
1 tablespoon Prepared horseradish

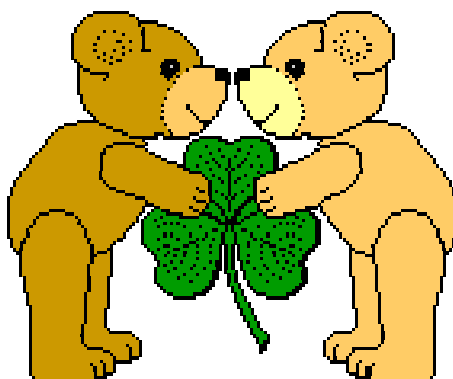
Peel onion and stick with cloves. Put corned beef, onion parsley and peppercorns in a large pot and cover with water. Cover, bring to a simmer and cook gently until tender, 2-1/2 to 3 hours. Cut cabbage into wedges and core. Add to the pot, cover and simmer until tender, about 30 minutes. Combine sour cream with horseradish. Serve the meat and cabbage with some of the broth ladled over all and the horseradish on the side.



## Irish Stew

2 pounds Beef -- cut in 1" cubes  
3 tablespoons Vegetable oil  
14 ounces Beef broth -- canned 1 cup  
Water 2 tablespoons  
Parsley -- chopped 1 1/2 teaspoons  
Salt 1/4 teaspoon  
White pepper  
1 Bay leaf  
6 Med carrots -- cut in thirds  
6 Med onions -- cut in thirds 1/2 cup  
Frozen peas --  
thawed Parmesan cheese

Add beef broth, water, parsley, salt and bay leaf. Cover and simmer 1 hour, stirring occasionally. Add onions and carrots; simmer 30 minutes additional, or until beef is tender. Meanwhile, prepare Holiday Potatoes. Place stew in oven-proof serving dish. Spoon potatoes over stew, sprinkle with peas and Parmesan to taste. Run under broiler until potatoes are lightly browned.



## Irish Desserts

### Glazed Irish Tea Cake

#### Ingredients: Cake

1 1/4 teaspoons Baking powder  
3/4 cup Unsalted butter -- room temper  
1/4 teaspoon Salt  
1 cup Sugar  
1 cup Dried currants  
2 teaspoons Vanilla  
2/3 cup Buttermilk  
2 lg Eggs

#### glaze

3 ounces Cream cheese -- room temperature  
1/2 cup Confectioners' sugar -- sifted  
1 3/4 cups Cake flour  
2 teaspoons Fresh lemon juice

Method: PREHEAT OVEN TO 325F, with rack in center of oven. Generously grease a 9-inch (7-cup capacity) loaf pan. Dust with flour; tap pan over sink to discard excess flour. Cut piece of parchment paper or waxed paper to fit bottom of pan. Set aside. FOR CAKE, use mixer to cream butter, sugar and vanilla until fluffy. Add eggs, 1 at a time, beating each until fluffy. Add cream cheese. Mix until well combined. Sift flour, baking powder and salt together. Put currants in small bowl. Add 1/4 cup of flour mixture to currants. Stir currants until well coated. Add remaining flour to batter, alternating with buttermilk. Mix until smooth. Use wooden spoon to stir in currants and all of the flour. Stir until well combined. Transfer batter to prepared pan. Smooth surface with spatula. Bake



until well-browned and toothpick inserted into center comes out clean, about 1 hour, 25 minutes. Cake will crack on top. Let cake rest in pan for 10 minutes. Use flexible metal spatula to separate cake from sides of pan. Carefully remove cake from pan to cooling rack. Spread glaze on warm cake. Let cake cool completely. Cake can be stored 3 days at room temperature in foil. Cake can also be frozen up to 3 months, wrapped airtight.

FOR GLAZE, combine sugar and lemon juice in small bowl. Stir until smooth.

### Irish Coffee Pie

1 (3.5 oz.) pkg. of vanilla whipped dessert mix  
2 tsp. instant coffee  
1/2 c. cold milk  
3 tbsp. Irish whiskey  
1/2 c. whipping cream  
1 baked 8" pastry shell cooled

Method: In small mixing bowl combine dessert mix and instant coffee, add milk beat at high for 1 minute. Blend in 1/3 cup water and Irish whiskey, beat at high speed until fluffy (approx. 2 minutes more). Whip cream, and carefully fold into prepared filling. Pile into baked shell and chill for 3 to 4 hours.

### Irish Jig Dessert Serves 6

Ingredients: 2 tablespoons whiskey  
2 tablespoons sugar  
1 teaspoon confectioner's sugar  
2 cups heavy whipping cream



1/2 teaspoon vanilla extract  
1 cup coconut macaroons

Crush the macaroons and set aside. Be sure the whipping cream is thoroughly chilled, as well as the bowl and beater attachments. Mix all ingredients except the macaroons. Beat until stiff peaks form. Fold in 3/4 cup crushed macaroons. Spoon into 6-8 dessert glasses. Sprinkle with additional macaroons. Serve immediately.

### Irish Coffee Cake Serves 4

4 ounces Butter -- at room temperature  
4 ounces Granulated sugar  
2 Eggs  
4 ounces Self-raising flour  
2 tablespoons Coffee essence  
IRISH COFFEE SYRUP  
150 milliliters Strong black coffee  
4 ounces Sugar (for coffee syrup)  
4 tablespoons Irish whiskey

### ICING

150 milliliters Heavy whipping cream  
Confectioners' sugar to taste  
1 tablespoon Whiskey -- or to taste Chopped nuts

Method: Grease and flour an 8-inch cake pan (preferably a springform cheesecake pan). Preheat oven to 350F. Cream the butter and sugar until light and fluffy, then beat in the eggs, adding a little flour and beating well after each addition. Stir in the coffee essence, and mix thoroughly. Turn the mixture into the prepared pan, and bake for 35-40 minutes until springy to the touch. Turn out and cool on a wire rack. . To make the Irish coffee syrup, put the



coffee and sugar into a small pan and bring up to the boil, stirring to dissolve the sugar. Then boil for 1 minute. Remove from heat and add the whiskey. . Wash and dry the pan the cake was baked in, and return the cooled cake to it: then pour the hot coffee syrup all over it. Leave in a cool place for several hours, then turn out. Whip the cream until it's thick, sweeten slightly with confectioners' sugar, and add whiskey to taste. Spread the cake with the whipped cream and chill for an hour before sprinkling with chopped nuts or grated chocolate.

*Happy St. Patrick's Day*

