

English National School Comenius Project 2011 – 2013

“Your culture and traditions help me to appreciate mine”



IRISH RECIPES



Introduction:

English National School is participating in the Comenius Project 2011 – 2013. The title of this project is “Your culture and tradition help me to appreciate mine”. We are in partnership with

- Ceip Carmen Arias, a primary school in Socuellamos. This school is situated in the province of Ciudad Real, in the region of Castilla La Mancha, which is located to the South East of Madrid and
- Circolo Didattico Rignano Sull’ Arno which is an institute consisting of four primary schools and three pre – primary schools, located in the town of Rignano Sull’ Arno in Tuscany, Italy, twenty kilometers South East of Florence.

As part of this project, each school has produced a book of fifteen recipes from their own local region. The pupils, parents, grandparents, teachers and the whole school community of English National School came together to collect recipes from our local area.

This is our collection. We hope you enjoy it!

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Traditional
Main Courses



Irish Stew

Ingredients:

1. 8 bacon strips, diced
2. One third cup of flour
3. 1 teaspoon of salt
4. Half teaspoon of pepper
5. 1.4 kg of beef stew meat, cut into 1 inch cubes
6. 250g whole fresh mushrooms, quartered
7. 3 medium leeks (white portion only), chopped
8. 2 medium carrots, chopped
9. One quarter cup of chopped celery
10. 1 tablespoon of canola oil
11. 4 garlic cloves, mince
12. 1 tablespoon of tomato paste
13. 4 cups of reduced – sodium beef broth
14. 1 cup of dark stout beer
15. 2 bay leaves
16. 1 teaspoon dried thyme
17. 1 teaspoon of dried parsley flakes
18. 1 teaspoon of dried rosemary, crushed
19. 900g of potatoes, cut into 1 inch cubes
20. 2 tablespoons of cornstarch
21. 2 tablespoons of cold water
22. 1 cup of frozen peas

Directions:

1. Wash hands with warm water and soap.
2. In a stock pot, cook bacon over medium heat until crisp. Using a wooden spoon, remove to paper towels.
3. In a large resalable plastic bag, mix the flour, salt and pepper.
4. Add beef, a few pieces at a time and shake.
5. Brown beef in the bacon drippings. Remove and set aside.
6. In the same pan, sauté the mushrooms, leeks, carrots and celery in oil until tender.
7. Add garlic; cook 1 minute longer.
8. Stir in tomato paste until blended.
9. Add the broth, beer, bay leaves, thyme, parsley and rosemary.
10. Return beef and bacon to the pan, bring to a boil.
11. Reduce heat; cover and simmer for 2 hours or until beef is tender.
12. Add potatoes, return to a boil.
13. Reduce heat; cover and simmer 1 hour longer or until potatoes are tender.
14. Combine cornstarch and water until smooth; stir into stew.
15. Bring to a boil; cook and stir for 2 minutes or until thickened. Add peas; heat through.
16. Discard bay leaves and serve immediately.



Bacon and Cabbage:

Ingredients:

1. 2kg of back bacon
2. 1 head of cabbage
3. 12 potatoes, peeled
4. 50g of butter
5. Half teaspoon of salt
6. Half teaspoon of pepper
7. Half pint of milk
8. 1 piece of parsley
9. Tablespoon of butter
10. Tablespoon of flour

Directions:

1. Wash hands with warm water and soap.
2. Put the Bacon into a pot of water (make sure there is enough water to cover the bacon).
3. Bring to the boil, and then throw away the salted water.
4. Fill up the pot with cold water again, and bring to the boil once more.
5. Once Boiling temperature has been achieved, immediately reduce heat and simmer for 90 minutes.
6. When the bacon is done, don't empty the water just yet, as you can use this to boil the cabbage.
7. Wash and cut the cabbage.
8. Using the water the bacon was cooked in, place the cabbage in and add more water if necessary.
9. Bring to the boil, and then simmer for 10-15 minutes. Add salt to desired taste.
10. Slice and dice the potatoes.
11. Fill a saucepan of water about half way up.
12. Place a steaming bowl on top and place the potatoes in.
13. Place the lid on top, and bring the water to the boil.
14. Reduce the heat a little and steam for roughly 40minutes.
15. Remove the steaming pot and empty the potatoes into a mixing bowl.
16. Add milk, butter, salt and pepper to taste.
17. Mash the potatoes until they reach a thick and creamy texture.

Parsley sauce to accompany the bacon and cabbage, if desired:

Directions:

1. Pour a quarter pint of milk into a small jug.
2. Add a tablespoon of butter, a tablespoon of flour, a half teaspoon of salt and pepper, and a sprinkle of parsley.
3. Mix all of the ingredients and then simmer for a few minutes, stirring constantly.
4. Taste the sauce, and add more parsley if necessary.



Beef and Guinness Pie

Ingredients:

1. 2 kilogram's of diced chuck steak
2. 3 sliced onions
3. 4 crushed cloves of garlic
4. 1 tablespoon of oil
5. 2/3 cups of plain flour
6. 400 milliliters of Guinness
7. 2 cups of beef stock
8. Ready – rolled puff pastry
9. 1 beaten egg

Directions:

1. Wash hands with warm water and soap.
2. Pre – heat the oven to 200 degrees Celsius.
3. Brown steak in hot oil, set aside.
4. Cook onions and garlic in oil until golden.
5. Sprinkle in 2/3 cups of plain flour and cook for 1 minute.
6. Return meat and juices to pan.
7. Add Guinness and beef stock.
8. Bring to the boil.
9. Reduce heat; simmer for 2 hours until tender and the sauce has thickened.
10. Spoon beef mixture into eight 250 ml ovenproof ramekins.
11. Cut out eight circles of ready – rolled puff pastry to cover.
12. Press firmly onto dishes and seal.
13. Brush with 1 beaten egg, place on a tray and bake for 25 minutes until golden.
14. Serve immediately.



Lamb Shanks Braised in Stout

Ingredients:

1. 6 lamb shanks
2. Flour
3. Salt and pepper, to taste
4. One third cup of olive oil
5. 12 small white onions, peeled
6. 3 large carrots, sliced
7. 3 stalks celery, sliced
8. 1 clove of garlic, finely chopped
9. 1 piece of dried rosemary
10. 1 piece of dried thyme
11. 1 cup of Guinness Stout
12. Three quarter cup of beef stock
13. 12 small potatoes, peeled

Directions:

1. Wash hands with warm water and soap.
2. Lightly moisten the lamb shanks with water.
3. In a large bowl or plastic bag, combine the flour, salt, and pepper and cover the meat in the mixture.
4. In a large skillet over medium heat, heat the olive oil.
5. Add the lamb shanks and cook on all sides until browned for 10 minutes.
6. Put into a large casserole dish.
7. Add the onions, carrots, celery, garlic, rosemary, and thyme to the skillet and cook over medium heat for 5 minutes, stirring to scrape up the browned bits of the pan.
8. Pour the vegetables and pan juices onto the lamb.
9. Add the Guinness and stock, cover, and simmer for 45 minutes.
10. Add the potatoes and seasonings, re-cover, and cook for one and a half to one and three quarter hours.
11. To serve, place 1 lamb shank in the middle of 6 shallow soup bowls and spoon some vegetables and broth around it.
12. Serve immediately.

Traditional

Side Dishes



Boxty

Ingredients:

1. 250g of raw potatoes
2. 250g of mashed potatoes
3. 250g of plain flour
4. Milk
5. 1 egg
6. Half teaspoon of salt
7. Half teaspoon of pepper

Directions:

1. Wash hands with warm water and soap.
2. Grate raw potatoes and mix with the cooked mashed potatoes.
3. Add salt, pepper and flour.
4. Beat egg and add to mixture with just enough milk to make a batter (the batter should be wet enough to drop from a spoon).
5. Place the batter on a frying pan.
6. Cook over moderate heat for 3 – 4 minutes on either side.
7. Serve immediately.



Dublin Coddle

Ingredients:

1. 500g of sausages
2. 250g of streaky bacon
3. Half pint/300ml of stock/water
4. 6 medium potatoes
5. 2 medium onions
6. Half teaspoon of salt
7. Half teaspoon of pepper

Directions:

1. Wash hands with warm water and soap.
2. Cut the bacon into 2 cm squares.
3. Put the stock into a medium saucepan.
4. Add the sausages and bacon.
5. Stir for 5 minutes.
6. Save the liquid in the pan.
7. Cut sausages into five pieces.
8. Peel the potatoes and cut into thick slices.
9. Put a layer of potatoes and a layer of onions in the saucepan.
10. Pour the reserved stock over the potatoes.
11. Simmer gently for an hour.
12. Serve immediately.



Traditional Champ Recipe

Ingredients:

1. 0.9kg/4 – 6 large potatoes
2. Half cup/4 fl oz/125 millilitres of milk
3. 1 stick/4oz/120g of butter, divided into two parts
4. 5-6 scallions (green onions), chopped
5. Half a teaspoon of salt
6. Half a teaspoon of pepper
7. 1 piece of parsley

Directions:

1. Wash hands with warm water and soap.
2. Peel and boil the potatoes until they are quite soft.
3. When the potatoes are done, drain the excess water from the saucepan.
4. Return the saucepan, with the drained potatoes in, to a low heat, leaving the lid off so that any excess moisture can evaporate.
5. When they are perfectly dry, add the milk to the saucepan along with half the butter and the chopped scallions.
6. Allow the milk to warm but not boil.
7. With a potato masher or a fork mash the potatoes thoroughly into the butter/milk mixture.
8. Mix the scallions thoroughly through the mashed potato.
9. Season to taste with salt and pepper.
10. Before serving sprinkle with fresh chopped parsley.
11. Most importantly, make a well in the centre of the potato in each serving and put a piece of butter in it to melt.



Potato cakes

Ingredients:

1. 3 boiled potatoes
2. 2 teaspoons of flour
3. 2 tablespoons of milk
4. Butter, salt and pepper, to taste

Directions:

1. Wash hands with warm water and soap.
2. Peel and cook the potatoes, or use leftover boiled potatoes.
3. Mash potatoes well, and add the flour and milk until mixture is moistened but not wet.
4. Mash in the butter, salt and pepper.
5. Shape into disks about 4 inches wide.
6. Fry in a saucepan with butter over medium heat until browned and heated through.



Colcannon

Ingredients:

1. 1.4 kilograms of potatoes.
2. 250g of savoury cabbage, finely chopped
3. 50g of butter
4. Half pint of milk (full fat) or single cream
5. 6 scallions (spring onions), chopped

Directions:

1. Wash hands with warm water and soap.
2. Peel and boil the potatoes until very tender.
3. Drain and mash them until they are smooth.
4. Add scallions to the milk in a small saucepan.
5. Bring to the boil.
6. Add the milk and scallions to the potato mash and beat well until fluffy.
7. Mix in chopped cabbage and half the butter.
8. Serve in individual bowls, making a hole in the centre of each serving; drop butter into the centre.

Traditional

Bread

And

Cakes



Irish Soda Bread

Ingredients:

1. 325g of strong plain wholemeal flour
2. 115g/ 4 oz of strong plain white flour
3. 5millilitres/1 teaspoon of bicarbonate of soda
4. 5millilitres/1 teaspoon cream of tartar
5. 25g of butter
6. 50g of rolled oats
7. 450millilitres/three quarter pint of buttermilk

Directions:

1. Wash hands with warm water and soap.
2. Pre – heat the oven to 230 degrees Celsius/ 450 degrees Fahrenheit/ gas mark 8.
3. Lightly oil a baking sheet.
4. Place the wholemeal, white flour, salt, bicarbonate of soda, cream of tartar and butter in a mixing bowl.
5. Add the oats and mix in.
6. Add sufficient buttermilk to make a soft dough (do not over mix).
7. On a lightly floured surface shape into a large round shape.
8. Place on the prepared baking sheet.
9. Cut a deep cross on the top.
10. Bake for 15 minutes and then reduce the oven to 200 degrees Celsius/ 400 degrees Fahrenheit/ gas mark 6.
11. Bake for a further 20 – 25 minutes or until the bread sounds hollow.
12. Cool on a wire rack.
13. Serve warm with a little butter if desired.



Irish Farmhouse Loaf

Ingredients:

1. Half cup/230g of flour
2. Half cup/115g of granulated sugar
3. 1 and half cups/230g of mixed dried fruit
4. Grated rind of 1 lemon
5. 2 tablespoons of butter
6. Half teaspoon of salt
7. 2 teaspoons of baking powder
8. Half teaspoon of baking soda
9. 1 egg, beaten
10. 1 and a quarter cups/11 fl oz of buttermilk

Directions:

1. Wash hands with warm water and soap.
2. Pre – heat the oven to 150 degrees celcius/280 degrees Fahrenheit/ gas mark 2.
3. Mix the flour, sugar, fruit, lemon rind, butter, baking powder and baking soda.
4. Add the beaten egg and the buttermilk to make a nice soft dough.
5. Beat well.
6. Pour into a greased 2 pound loaf pan.
7. Place in the pre – heated oven and bake for one hour or until it tests done with a skewer.
8. Cool on a wire tray and serve.



Porter Cake

Ingredients:

1. 250g of plain flour
2. 200g brown sugar
3. 300g margarine
4. 1 and a half pounds of raisins
5. Half level teaspoon of bread soda
6. 100g of cherries
7. 100g of mixed peel
8. Half glass of sherry/whiskey
9. 2 eggs
10. 1 bottle of porter

Directions:

1. Wash hands with warm water and soap.
2. Pre – heat the oven to 160 degrees Celsius/gas mark 3.
3. Boil porter, margarine, sugar, fruit and peel for ten minutes.
4. Leave to cool.
5. Mix flour, eggs and cherries.
6. Place in the pre – heated oven and bake for two and a half hours or until cooked.
7. Cool on a wire tray.

Traditional

Drinks

and

Desserts



Irish Coffee

Ingredients:

1. 1 large measure of Irish whiskey
2. 2 teaspoons of brown/demerara sugar
3. Strong hot coffee
4. Lightly whipped cream/cold double cream

Directions:

1. Wash hands with warm water and soap.
2. Gently warm the Irish coffee mugs.
3. Place a teaspoon in a mug to ensure the glass doesn't crack.
4. Half fill with very hot strong coffee.
5. Add the sugar and stir until it has dissolved.
6. Pour in the whiskey.
7. Remove the teaspoon.
8. Top up to within half an inch/1.5cm of the top of the mug.
9. Hold a fresh teaspoon, curved side up, over the glass but very close to the coffee.
10. Gently, and slowly, slide whipped cream off the teaspoon onto the top of the coffee so that it floats.
11. If using liquid cream, pour the cream very slowly over the back of the spoon onto the top of the coffee.



Brown Bread & Irish Whiskey Ice Cream

Ingredients:

1. 175 g/6 oz day old brown bread crumbs (not soda or wheaten)
2. 125 g/4 oz demerara/brown sugar
3. 3 eggs
4. 65 g/2.5 oz caster sugar
5. 75 millilitres/3 fl oz Irish Whiskey
6. 450 millilitres/three quarter pint of double cream
7. Fresh mint leaves, to decorate

Directions:

1. Wash hands with warm water and soap.
2. Preheat oven to 240 degrees Celsius/475 degrees Fahrenheit.
3. Mix bread crumbs and sugar in a mixing bowl.
4. Spread over a large roasting tray and bake in preheated oven until the sugar has caramelised, usually 10 minutes.
5. Allow to cool completely.
6. Whisk the eggs and caster sugar together until very thick and pale cream in colour.
7. Fold the caramelised bread crumbs into the eggs followed by the whiskey and double cream, whisking until it holds its shape.
8. Pour into a firm container and freeze overnight.
9. Serve the next day.



Irish Bread and Butter Pudding

Ingredients:

1. 8 slices of white bread
2. Butter
3. 450millilitres/three quarter pint of full-fat milk
4. 2 eggs
5. 50g/2oz of granulated sugar
6. 50g/2 oz sultanas
7. Ground nutmeg or cinnamon

Directions:

1. Wash hands with warm water and soap.
2. Preheat the oven to 180 degrees Celsius/ 350 degrees Fahrenheit/ Gas 4
3. Remove the crusts from the bread.
4. Butter each slice on one side only and cut into triangles.
5. Use some of the butter to grease an oven-proof dish.
6. Cover the base of the dish with one layer of bread triangles keeping the buttered side down.
7. Sprinkle some of the sultanas on the bread with a little nutmeg or cinnamon.
8. Repeat with another layer of bread, sultanas and spice, finishing with a layer of bread with the buttered side up.
9. Beat the eggs with the milk and sugar and pour over the bread layers.
10. Let it sit for half an hour so that the bread soaks up the liquid.
11. Bake in the pre – heated oven for about half an hour or until golden and puffy.
12. Serve on its own straight from the oven.

Conclusion:

Grateful thanks to all the staff and pupils of English National School, who worked hard to put this recipe book together.

Thanks also to the parents and grandparents who supplied the recipes.

Thanks to Bord Bia for allowing us to use some of their pictures and for their advice and guidance.

We hope you enjoy our recipes. They are a taste of Ireland!

