



St. Patrick's Day treats!



Bord Bia

Irish Food Board

www.bordbia.ie



The Full Irish

Grilled bacon, black pudding and good quality sausages, tomatoes grilled with butter and chives, flat mushrooms and lambs' kidneys baked with knobs of butter and seasoned with mustard and black pepper.

Celebrating *Saint Patrick's Day*

Every year millions of Irish people come together throughout the world with their families and their friends to celebrate St. Patrick's Day. March 17 has always been Ireland's national feast day because it celebrates Ireland's patron saint, Patrick, who came to Ireland to convert the country to Christianity over 1,500 years ago.

St. Patrick's Day has served as a great occasion to unite Irish emigrants worldwide, providing the perfect opportunity to celebrate their culture and traditions with warmth and good humour and to enjoy the very best of food and drink.

Offering visitors a Céad Míle Fáilte (the gaelic for one hundred thousand welcomes) and sharing the food on the table with them has always been a central feature of Ireland's legendary hospitality.

While retaining all that is best from the past, contemporary Irish cuisine has taken fresh natural ingredients and found new and exciting ways to serve them. No meal would be complete on Saint Patrick's Day without sampling a drink or two from the marvellous range of equally famous drinks now available.

Bord Bia, the Irish Food Board, invites readers to celebrate Saint Patrick's Day by treating themselves and their friends to the delights of the full Irish breakfast or setting an Irish table using some of the traditional dishes in this leaflet.

More delicious Irish recipes are available on our website
www.foodisland.com

Sláinte!
(*gaelic for Good Health*) Enjoy!



Smoked Salmon on Potato Cakes

Very good, easy to prepare starter, potato cakes can be made ahead and reheated.

(Serves 6)



12 slices smoked salmon

2 tablesp. scallions, finely chopped

Potato Cakes

Salt, pepper and nutmeg

450g (1 lb) cooked, mashed potatoes

50g (2 oz) butter, melted

75g (3 oz) flour

125ml (¼ pt) soured cream

2 eggs, beaten

Salt and black pepper

To Prepare: Mix the potato, flour, eggs, scallions, salt, pepper, nutmeg and half the butter. Mix well together and shape into 12 small potato cakes. Heat the remaining butter in a non-stick pan, cook the potato cakes until nicely browned on each side. The cakes can be served immediately or kept overnight in the fridge. Fifteen minutes before serving reheat in a hot oven.

To Serve: Mix the soured cream and seasoning. Place the smoked salmon on each potato cake and top with the cream.

Traditional White Soda Bread

Warm homemade bread really brings you back home!



450g (1 lb) plain flour

1 level teasp. bread soda

1 heaped teasp. Bextartar (cream of tartar)

Pinch salt

25g (1 oz) soft margarine

1 egg, whisked with 250 ml (½ pt) buttermilk

To Cook: Pre-heat oven to Gas Mark 6, 200°C (400°F). Sieve the dry ingredients into a big bowl. Rub in the margarine. Pour in the egg and buttermilk mixture and stir well. Turn out onto a floured board and knead lightly for a minute or two. Shape into a round, flatten slightly.

Place on a baking sheet. Mark with a deep cross and bake in the preset oven for approximately 30-40 minutes.

Cool on a wire rack.

Irish Stew

Gourmet Stew! (Serves 4-6)

1kg (2 lbs) shoulder of lamb well trimmed and diced (keep the bones)	2 sticks celery, chopped
2 carrots, chopped	1 leek, finely sliced
1 onion, chopped	Salt and black pepper
2 small white turnips, chopped	50g (2 oz) approx. green cabbage, finely shredded
4 potatoes, chopped	125ml (1/4 pt) cream
	Dash of Worcester sauce
	Chopped parsley



To Cook: Place the lamb in a large pot. Cover with cold water and bring to the boil. Drain and rinse the lamb, place in a clean pot. Add the bones to the pot. Cover with approx. 1 litre (2 pts) water. Add the vegetables, except the cabbage. Season. Cover the pot and cook gently for approx. one hour, or until the meat is tender. Then remove the bones.

To Finish the Sauce: Remove about 250ml (1/2 pt) of the liquid and vegetables from the pot. Process this with the cream and return to the pot with the finely shredded cabbage. Add the Worcester sauce. Simmer for 5-10 minutes, until the cabbage is heated through. Check the seasoning. Add the parsley and serve in deep plates.

- Can be substituted with beef.

Braised Beef in Stout

The best recipe available using beef and stout. (Serves 4-6)



1kg (2 lbs) shoulder beef, cut into thin slices	Salt and black pepper
2 tablesp. olive oil	50g (2 oz) butter
1 onion, chopped	75g (3 oz) streaky bacon, diced
2 leeks, 2 carrots, 2 celery sticks, chopped	100g (4 oz) wild mushrooms, if available, sliced
2 cloves garlic	50g (2 oz) small onions, peeled
250ml (1/2 pt) well reduced beef stock	25g (1 oz) flour
125ml (1/4 pt) stout	

To Cook: Heat the oil in a large pan, brown the meat well. Remove to a pot. Next sauté half an onion, leeks, carrots and celery. Add to the meat plus the garlic. Pour in the stock and stout, season. Simmer gently for approx. 1 1/2 hours. Remove the meat from the pot. Strain the liquid. Discard the vegetables. Place the meat back in a clean pot,

plus the liquid. Sauté the bacon, mushrooms and remaining onion in 25g (1 oz) of butter. Add to the pot. Reheat the lot. Blend the flour with remaining butter. Stir it into the sauce, stirring well. Taste for seasoning. Serve in a deep dish with buttery mash

- Food for the Gods!



Traditional Bacon & Cabbage with Mustard Sauce

This is comfort food at its best. (Serves 4-6)

1½ kg (3 lbs) loin of bacon

1 carrot

2 celery sticks

2 leeks

1 teasp. peppercorns

Topping

1 tablesp. mustard

1 tablesp. oven-dried breadcrumbs

½ tablesp. brown sugar

Knob of butter

Mustard Sauce

50g (2 oz) butter

25g (1 oz) flour

1 tablesp. mustard

**250ml (½ pt) mixture cooking
liquid and cream (½ & ½)**

1 kg (2 lbs) cabbage, finely sliced

To Cook: Place the joint in a large saucepan. Add chopped vegetables and peppercorns. Cover with cold water. Bring to the boil, then simmer gently for approx. 20 minutes per ½ kg (1 lb). Set oven to Gas Mark 6, 200°C (400°F). Remove the joint from the saucepan. Reserve liquid. Remove the rind and score the fat. Place the joint on a roasting dish. Spread with mustard and breadcrumbs, sugar and a knob of butter. Place in the oven for 15-20 minutes.

To Make the Sauce: Melt the butter, add the flour and mustard. Cook for a minute or two. Whisk in the cooking liquid and cream. Bring to the boil. Reduce the heat and simmer for 3-4 minutes. Taste for seasoning. The sauce should have the consistency of thin cream. Keep warm.

To Cook the Cabbage: In another saucepan cook the cabbage lightly with some of the cooking liquid. Drain well and toss in butter. Season to taste. Slice the bacon and serve on the bed of cabbage, a little of the parsley sauce and of course floury potatoes.



Cheeseboard Tips:

The wide variety of cheese available means that there is one to suit every palate, each capturing the true flavour of the countryside. Here are a couple of points to consider when making the selection for your cheeseboard:

- Avoid too much choice, better to have two or three good size pieces of cheese than a lot of smaller bits. It looks better and the cheese will keep better.
- A semi-soft, a hard and a blue is a guide but there are no rules - have what you like yourself.
- Leave the cheese at room temperature for approx. 2-3 hours before serving.

Try Farmhouse Cheese with Traditional White Soda Bread

Colcannon

A great accompaniment to any meal.

(Serves 4)

**1kg (2 lbs) potatoes,
freshly cooked and mashed**

**250g (½ lb) kale, just cooked, drained
and finely chopped, or bunch of scallions,
(spring onions) finely chopped**

Milk, butter, salt and black pepper

To Cook: Mix potatoes and kale/scallions together. Heat some milk with a generous knob of butter. Beat it into the potato mixture until smooth and creamy. Season well.





Chocolate Heaven

The best finish to any meal has to be some handmade chocolates.

The enticing sight of freshly unwrapped chocolates - plain, milk or white - silk and velvet smooth, are guaranteed to excite and intrigue the senses.

There is a wide variety of handmade chocolates available in Ireland - a special finish for a special day.



Go-on Go-on!

There's plenty on offer whatever your taste and if you're a non-drinker, you'll find a refreshing range of farm-pressed apple juices and flavoured spring waters available to you.

Irish Coffee

Start with very hot, strong, ground coffee. Heat the glasses with boiling water. Place a spoon in the glass to prevent it cracking. Discard the water, pour in the coffee. Add two teaspoons sugar per glass. Stir very well to dissolve. Add a measure of whiskey and stir again to mix fully.

Use chilled cream (not whipped). Hold a dessert spoon just above the coffee. Do not allow the coffee onto the spoon. Carefully pour on the chilled cream, allowing it to run down the centre of the spoon onto the coffee. When the two streams of cream meet at the back of the spoon you have sufficient cream. Carefully remove the spoon and serve!





the taste of
Ireland the Food Island
is closer
than you think...

IRELAND HEAD OFFICE

Clanwilliam Court,
Lower Mount Street,
Dublin 2, Ireland
Tel: +353 1 668 5155
Fax: +353 1 668 7521
Email: info@bordbia.ie

AMSTERDAM

Strawinskylaan 861,
1077 XX Amsterdam,
The Netherlands
Tel: +31 20 575 3484
Fax: +31 20 575 3485

CHICAGO

Consulate General of Ireland,
400 North Michigan Avenue,
Suite 911,
Chicago, IL60611,
USA
Tel: +1 312 751 2246
Fax: +1 312 751 2480

MILAN

Via S.Maria Segreta 6,
20123 Milano,
Italy
Tel: +39 02 72 00 20 65
Fax: +39 02 72 00 40 62

MADRID

Casa de Irlanda,
Paseo de la Castellana,
46 - planta 3,
28046 Madrid
Tel: +34 91 435 65 72
Fax: +34 91 435 62 11

MOSCOW

Orlikov per, 3B,
Moscow 107139,
Russia
Tel: +7 095 207 8150
Fax: +7 095 207 8460

LONDON

2 Tavistock Place,
London,
WC1H 9RA, UK
Tel: +44 20 7833 1251
Fax: +44 20 7278 7193

PARIS

Maison d'Irlande,
33, rue de Miromesnil,
75008 Paris,
France
Tel: +33 1 42 66 22 93
Fax: +33 1 42 66 22 88

FRANKFURT

Wöhlerstraße 3-5,
D-60323 Frankfurt am Main,
Germany
Tel: +49 (0)69 710 423 255
Fax: +49 (0)69 710 423 409

For more information and recipes, visit: www.foodisland.com



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