

# Ireland Recipes

## Colcannon

### Ingredients:

4 pounds potatoes  
1 head green cabbage or kale  
1 cup milk  
1 stick butter, divided into 3 parts  
2 tablespoons chopped green onions  
Salt and pepper  
Fresh parsley or chives



### Directions:

Peel potatoes and put them in a pot to boil. While potatoes are cooking, remove the core from the cabbage, slice the leaves thinly, and put into a large saucepan. Cover with water and keep at a slow rolling boil until the cabbage is just wilted.

When the cabbage is cooked, drain well and squeeze to remove any excess moisture. Return to saucepan. Add  $\frac{1}{3}$  of the butter and cover. Set aside. When the potatoes are soft, drain the water and return the potatoes to the saucepan. With the drained potatoes in the pan, set the burner to low and let any excess moisture evaporate.

When they are dry, add the milk to the saucepan along with  $\frac{1}{3}$  of the butter and the chopped scallions. Once the butter has melted, mash the potatoes with a fork or potato masher. Mix the cabbage thoroughly through the mashed potato mixture. Before serving, make a well in the center of the mound of potatoes and put the last  $\frac{1}{3}$  of butter in well to melt. Season with salt and fresh parsley.

# Boxty

## Ingredients:

1 cup mashed potatoes  
1 ½ shredded potatoes  
1 tablespoon grated onion  
1 clove garlic, minced  
½ cup buttermilk  
1 egg  
⅓ cup flour  
½ teaspoon baking powder  
¼ teaspoon salt  
¼ teaspoon pepper  
Sour cream  
Chives



## Directions:

In a large skillet, cook a few pieces of bacon and set bacon aside. Reserve bacon grease in the pan.

In a mixing bowl, combine mashed potatoes, grated potato, salt, pepper, flour, and baking soda. Add buttermilk and mix until wet.

Return skillet with bacon grease to stove and preheat. Add ¼ cup of batter for each pancake. Flatten gently to form a thin pancake. Cook a few at a time. Cook cakes on each side until golden brown and cooked through. Serve cakes warm with side of sour cream and chives on top.

# Dublin Coddle

## Ingredients:

1 tablespoon vegetable oil  
1 pound Irish sausages  
7 ounces smoked bacon, cut into bite-sized pieces  
2 medium onions, thinly sliced  
1 pound baby potatoes, halved  
2 cups chicken stock  
Salt and pepper to taste  
½ cup fresh parsley, chopped



## Directions:

In a large, heavy-bottomed pot, drizzle oil over medium heat. Once thoroughly heated, add the sausages. Cook just until all the sides are browned. Remove to a plate.

Add the bacon and onions to the pot and cook, stirring occasionally, until onions are soft and beginning to turn golden. Stir in the potatoes and sausages. Cover with the chicken stock, and then add salt and pepper. Increase heat to bring stock to a boil, then reduce heat to medium low. Cover and simmer, stirring occasionally, until potatoes are tender, about 1 hour. Uncover and remove from heat. Stir in parsley and serve immediately with a crusty bread.

## Gooseberry Crumble

### Ingredients:

2 cups flour  
½ cup soft brown sugar  
½ cup butter  
10 cups gooseberries  
1 cup sugar



### Directions:

Using your fingertips, rub butter lightly into the flour in a large bowl. When the texture resembles fine breadcrumbs, mix in the brown sugar. Trim the ends off the berries and cover with the crumble mixture in an oven-proof dish, pressing the surface down lightly. Bake for 45 minutes in the center of a pre-heated oven at 350° F.

## Pea and Ham Soup

### Ingredients:

1 cup dried peas or split peas  
½ cup diced pieces of cooked ham or a ham bone  
1 large onion  
Butter or oil  
6 cups ham stock or water  
Cream (optional)



### Directions:

Soak the peas as directed on the packet. Chop the onion and soften in a little butter over a low heat. Add the peas and water or stock and the ham bone if used.

Cook gently until the peas are soft, about an hour. Remove the bone and strip off any meat. This should be cut into small dice and reserved. Puree the peas in a blender or pass through a sieve. Adjust the seasoning. Add the diced ham and serve with a swirl of cream on top.

# Strawberry Bread

## Ingredients:

3 cups flour  
1 teaspoon baking soda  
1 teaspoon salt  
1 ½ teaspoons ground cinnamon  
2 cups sugar  
4 eggs  
1 ¾ cups vegetable oil  
1 cup strawberries, quartered



## Directions:

Preheat oven to 350° F. Grease and flour 2 (9" x 5" x 3") loaf pans. In a large bowl, combine flour, baking soda, salt, cinnamon, and sugar. Add eggs and oil and mix well. Stir in strawberries and mix again.

Divide the batter between the pans and bake for 1 hour until top is golden. Cool in pan 10 minutes before turning out onto a wire rack. Cool completely before slicing.