

corned beef and cabbage

Ingredients	Amount	Unit
potatoes(red bliss)	12	each
cabbage	1	each
corned beef brisket	2	lb
onions	2	oz
cream (heavy)	1	pint
Salt		to taste
Pepper		to taste
lemon juice	4	tbsp
white wine	4	fl oz

- 1) cook potatoes till tender,then set aside.
- 2) quarter cabbage then steam and set aside till ready to serve.
- 3) cook corned beef brisket in braising pan with water till fork tender.
- 4) saute onions in white wine with lemon juice then add cream
- 5) finally season sauce and plate with the rest of the ingredients.

Serves 4

fish and chips

Ingredients	Amount	Unit
Self-rising flour		2 cups
Baking soda		1 tsp
Salt	1/2	tsp
Ground white pepper		1 tsp
Ice water		1 cup
White wine vinegar		1 tsp
Cold Irish Ale	1/2	cup
Grated fresh ginger		2 tsp
Cod or Haddock Fillets		2 pounds
Salt		to taste
Pepper		to taste
Canola Oil for frying		
French Fries	2 1/2	pounds

- 1)** Prepare french fries according to package directions.
- 2)** Heat oil in deep skillet or fryer to 375 degrees.
- 3)** In a large bowl, sift together the flour, baking soda, salt and pepper.
- 4)** Stir in the water, vinegar, beer and grated ginger to form a batter. Do not overwork it.
- 5)** Coat 2 to 3 pieces of fish with the batter and slide into the oil.
- 6)** Fry the fish, turning frequently for 4-5 minutes, or until golden brown.
- 7)** Transfer to a paper towel-lined baking sheet to drain, then keep warm in the oven.
- 8)** Fry the remaining fish in batches, returning to 375 degrees each time.
- 9)** Season with salt and pepper and serve immediately with a slice of lemon to garnish.

Serves 4

shepherd's pie

Serves 4

	Ingredients	Amount	Unit
Filling:	Canola oil	3	tbsp
	Ground lamb	2	lbs
	Salt		to taste
	Pepper		to taste
	Medium onion, chopped	1	each
	Carrots, peeled and diced	2	each
	Fresh flat-leaf parsley, minced	2	tbsp
	Fresh thyme, minced	1	tsp
	All-purpose flour	1 1/2	tbsp
	Beef broth	3	cups
Topping:	Russet potatoes, peeled and cut into 1 in pcs	2	lbs
	Milk	1/2	cup
	Unsalted Butter	2	tbsp
	Cheddar cheese, grated	3	Tbsp

To start the filling:

- 1) In a large skillet over medium heat, warm 2 tbsp of the oil. Add the lamb and cook for 5-7 minutes, or until browned.
- 2) Season with salt and pepper.
- 3) Remove from heat with a slotted spoon, transfer the meat to a large bowl.
- 4) Add remaining tbsp of oil to the pan. Stir in the onion and cook 3-5 minutes until onion is soft but not browned.
- 5) Add carrots, parsley and thyme and cook, stirring once or twice for 2-3 minutes.
- 6) Stir in the flour, cook for 1-2 minutes, then add the broth. Bring to a boil, scraping browned bits from bottom of pan.
- 7) Add meat, reduce to low heat and simmer uncovered, stirring occasionally for 20-25 minutes until sauce thickens.
- 8) Season with salt and pepper.

To make topping:

- 9) Cook potatoes in boiling salted water for 12-15 minutes, or until tender.
- 10) Drain and mash. Add milk and butter and stir until smooth.
- 11) Transfer the stew to a large casserole dish. Spread or pipe the mashed potatoes over the meat mixture.
- 12) Bake at 425 degrees for 10-12 minutes, or until hot.
- 13) Preheat broiler and sprinkle pie with grated cheese. Place pie under broiler, 4 inches from the heat source.

Broil for 1-2 minutes, or until potatoes are lightly browned and the cheese is bubbling.

Guinness beef stew

Ingredients	Amount	Unit
Boneless beef sirloin, cubed	2	lbs
Salt		to taste
Pepper		to taste
All-purpose flour		for dredging
Unsalted butter	4	tbsp
Canola oil	1/4	cup
Medium onions, chopped	4	each
Beef broth	2	cups
Guinness Stout	2	cups
Carrots, peeled and sliced thick	5	each
Parsnips, peeled and sliced thick	4	each
Medium turnip, peeled & cut into 1 inch pcs	1	each

- 1) Season meat with salt and pepper and dredge in flour.
- 2) Melt butter with the oil in stockpot over medium heat.
- 3) Working in batches, cook the meat on all sides for 5-7 minutes, until evenly browned.
- 4) Remove from the pot. Cook onions in the pot 3-5 minutes, until soft.
- 5) Return all meat and add enough beef broth and the Guinness to cover. Bring to a boil.
Reduce heat to medium-low, cover and simmer 60-70 minutes, until meat is nearly tender.
- 6) Add the carrots, parsnips, and turnip and cook for 30-40 minutes, until vegetables and meat are tender and stew is thickened.
- 7) To serve, ladle the stew into shallow bowls and serve with potatoes.

Serves 6

salmon boxty

	Ingredients	Amount	Unit
Boxty:	Boiling potatoes	1	lb
	Large onion, finely chopped	1	each
	Eggs, beaten	2	each
	Salt	1/2	tsp
	Pepper	1/2	tsp
	Ground nutmeg		pinch
	Flour	2	tbsp
	Unsalted butter (for frying)	2 to 4	tbsp
Salmon:	Salmon fillets	2 1/2	lbs
	Onion, chopped	1	cup
	Tarragon	1	tbsp
	Heavy cream	1	pt
	Salt		to taste
	Pepper		to taste

To prepare boxty:

- 1)** Line a large bowl with cheesecloth. Grate potatoes into bowl, using large holes of grater.
- 2)** Squeeze the cloth to extract as much of the starchy liquid as possible. Discard liquid, return potatoes to the bowl and stir in onion, eggs, salt, pepper, and nutmeg.
- 3)** Add flour and mix well.
- 4)** In a large skillet, melt 2 tbsp of butter over medium heat. Drop the potato mixture, 1 tablespoonful at a time into the skillet; do not crowd the pan. Flatten each cake with a spatula and cook 3-4 minutes on each side. Cakes will be lightly browned and crisp.
- 5)** Transfer cakes to a baking sheet and keep warm in the oven at 200 degrees.
- 6)** Repeat until all mixture is used, adding more butter to the pan as needed.

To prepare salmon:

- 7)** Dice salmon and saute with onion and tarragon.

- 8)** Add heavy cream and simmer until salmon is cooked.
- 9)** Season with salt and pepper.
- 10)** Place 2 boxty cakes on each plate and top with 1/4 of prepared salmon.
- 11)** Top with 2 more boxty cakes and any additional

Serves 4