

Ireland



Irish Stew

Ingredients

Best end neck chops no fat, bone or gristle (Mutton)
Potatoes
Onions
Parsley & thyme mixes
Salt & Pepper

Cooking

Cut meat into medium pieces
Peel and slice potatoes Peel and slice onions
Layer of potatoes in pan add herbs, salt and pepper
Layer of Meat
Layer of Onions
Repeat as long as ingredients last
Cover with water
Cover with foil then lid
Simmer as long as you like or until every thing is cooked.

Corned Beef and Cabbage

Ingredients

Corned Beef
Sliced carrots
Cabbage
Onions
Cloves
Parsley and thyme
Salt & pepper

Cooking

Place all the ingredients in a saucepan (hold the cabbage)
Cover with water and bring to the boil
Cover and simmer for three-quarters of an hour
Cut cabbage up into manageable lumps
Place in pan with the other ingredients
Cook for a further 45 minutes
Serve with the ever-present plate of spuds.

Dublin Coddle

Ingredients

1 pound sliced bacon
2 pounds pure pork sausage links
2 large onions, sliced
2 cloves of garlic
4 large potatoes, thickly sliced
2 carrots, thickly sliced
1 large bunch of fresh herbs (sage, parsley, thyme, rosemary tied with string)
Black pepper to taste
Hard cider (apple wine) or apple cider
Fresh parsley, chopped for garnish

Cooking

Lightly fry bacon until crisp.
Place in large cooking pot.
Brown sausage in some bacon grease or vegetable oil.
Remove and add to pot.
Soften sliced onions and whole garlic cloves in fat, then add to pot with potatoes and carrots.
Bury the bunch of herbs in the middle of the mixture.
Sprinkle with pepper.
Cover with cider.
Cook 1 1/2 hours over moderate heat; do not boil.
Garnish with chopped parsley.

Makes 6 servings

Beef With Guinness

Beef With Stout The Only way to Cook Beef-sometimes add oysters!

Ingredients:

1/4 lb. Butter
1 pound beef chuck cut into 1x2 inch pieces
1 large sweet onion-sliced thin
bouquet garni: thyme, sage, parsley, bay leaf
1/4 teaspoon salt
1/4 teaspoon black pepper
1 cup beef stock
1 pint Guinness stout
4 medium potatoes(1 lb peeled)
2 tablespoons parsley, large manly sweet carrots.

Instructions:

Heat butter in skillet brown the beef in batches-set beef asside.
Cook onion in hot fat for 3 minutes-just softened, return meat to pan.
Add bouquet garni, salt, pepper, stock and stout and bring the mixture to a boil.
Cook stew uncovered in preheated 350 degree oven for about one hour.
Add potatoes and bake for 45 minutes till all is tender.
Add salt and pepper to taste.
Thicken sauce with butter and flour.
Garnish with parsley.