

Beyond the boiled dinner.

A St. Patrick's Day menu

Soda Bread

preheat oven to 400°

4 cups all purpose flour
2 teaspoons baking soda
2 teaspoons cream of tartar
1 teaspoon salt
2 tablespoons vegetable shortening
1 teaspoon sugar
1 cup buttermilk, plus 1/4 cup milk
1-2 tablespoons caraway seeds
2 cups dark raisins
butter (for serving)

Stir flour, baking soda, cream of tartar, and salt in bowl. Spoon shortening into bowl and rub into the flour mixture with your fingertips until it resembles fine bread crumbs. Add sugar.

Make a well in the center of the flour. Add milk, raisins, and caraway seeds. Mix until the dough comes together.

Turn the dough onto a floured surface, knead lightly, and shape into an 8-inch round. Place dough on baking sheet or in a cast iron pan and flatten slightly with the palm of your hand. Draw a knife across the round to cut an X shape into the top. Place in center of preheated oven for about 30 minutes, until lightly browned.

Cool completely on a rack and serve with butter.

The soda bread is best served the day you bake it. It's good the next day, but usually better if toasted.

Corned Beef

There's no real recipe here, just a few pointers. I buy the flat cut. It seems to have less fat and it's easier to cut and trim. The instructions on the package are easy enough: boil/simmer for three hours. Once the three hours are done, I put the corned beef in a baking pan and spread a brown sugar/mustard glaze on top (1/2 cup of brown sugar with enough mustard to make a paste (2-3 tablespoons). Bake in 350° oven for 10 minutes.

Roasted Carrots

Allow 1-2 carrots per person. Wash and trim carrots then cut into 3-4" segments. If the carrots are thick, slice them in half lengthwise first. Toss with enough olive oil to coat lightly. Sprinkle with salt and pepper. Place carrots in a single layer on a baking sheet and bake for 20 minutes until lightly browned and fork tender.

Chocolate Guinness Cupcakes with Bailey's Frosting

This is a recipe I found [line](#) (click title for link). These cupcakes are delicious. If you'd prefer to eliminate the alcohol, a chocolate cupcake with butter cream frosting is a good substitute.

Colcannon

Mashed potatoes with sauteed onion and cabbage.

3-4 potatoes, peeled and cut into chunks
2-3 tablespoons milk
1/4 teaspoon salt
1/8 teaspoon pepper
2 cups chopped cabbage
2 tablespoons butter
1/4 cup chopped onion

In a large pot, cook potatoes in boiled salted water for about 20 minutes, or until tender. Drain. Transfer potatoes to a mixing bowl and mash. Add the milk, salt, and pepper, stir together.

Take the pot you used for the potatoes, add enough water to cover the cut cabbage, and bring to a boil. Add the cabbage. Cook for 5-7 minutes until tender. Drain.

Meanwhile, in an 8-inch skillet, melt the 2 tablespoons of butter over low-medium heat and add the chopped onion. Saute 5-7 minutes until tender. Add the potatoes and cooked cabbage. If the mixture is too thick, add small amounts of milk until you have the desired consistency. Heat through, stirring constantly. Serve hot.



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