

Show #69. Luck o' the Irish

St. Pat's Soup

12 oz. Polish sausage, (or turkey) sliced ¼" thick
1 onion (6 oz.), peeled & chopped
1 large clove garlic, peeled & minced
5 cups fat-skimmed chicken broth
1 bottle (12 oz.) wheat beer)*
1 pound thin-skinned potatoes (½" wide), scrubbed & quartered
1 ½ quarts finely shredded cabbage (8-12 oz.) Nappa is great**
1 cup sliced carrots**
1 teaspoon coriander seeds
½ teaspoon whole allspice
½ teaspoon peppercorns
2 Tablespoons chopped parsley
whole-grain mustard in a jar for the table

*Don't substitute a dark ale or stout for the light beer here; it can be too bitter

** Timesaver: buy a package of shredded cabbage & sliced carrots

1. In a 5-6 quart pan over medium high heat, stir sausage often until lightly browned, 6 to 8 minutes. Spoon out and discard all but 1 tablespoon fat from pany.
2. Add onion and garlic to pan; stir often until limp, 3 minutes
3. Increase heat to high. Add broth, beer, potatoes, cabbage, carrots and spices. Cover and bring to a boil; reduce heat and simmer until potatoes are tender to bite. 10-15 minutes.
4. Stir in parsley. Ladle soup into bowls. Serve mustard alongside to add to taste.

Irish Soda Bread

4 cups bread flour
1 tablespoon double-acting baking powder
1 teaspoon salt
¾ teaspoon baking soda
1 cup raisins or dried currants, rinsed in hot water and patted dry
1 tablespoon caraway seeds
2 cups buttermilk

Into a large bowl sift together the flour, the baking powder, the salt, and the baking soda and stir in the raisins and the caraway seeds. Add the buttermilk and stir the mixture until it forms a dough. Turn the dough out onto a well-floured surface and knead it for 1 minute. Halve the dough, with floured hands shape each half into a round loaf, and transfer the loaves to a lightly greased baking sheet. Cut an X ¼ inch deep across the tops of the loaves with a sharp knife and bake the loaves in the middle of a preheated 350°F. oven for 45 to 55 minutes, or until a tester comes out clean. Transfer the loaves to racks and let them cool.

Irish Apple Cake

¼ cup (½ stick) unsalted butter
1 ¾ cups sugar
⅓ cup water
¾ teaspoon ground cinnamon
2 large Granny Smith apples (about 1 ¼ pounds), peeled, cored, thinly sliced

1 cup all purpose flour
1 teaspoon baking powder
¼ teaspoon salt
3 large egg yolks
2 large eggs
2 tablespoons Calvados, applejack or other brandy
2 teaspoons vanilla
½ cup (1 stick) unsalted butter, melted

Preheat oven to 350°F. Butter 9-inch-diameter cake pan with 2-inch-high sides. Coat pan with sugar; tap out excess. Melt 1/4 cup butter in heavy large skillet over medium-high heat. Stir in 3/4 cup sugar, water and cinnamon and bring to boil. Add apples and cook until apples are just tender, turning frequently, about 15 minutes. Remove apples, using slotted spoon, and arrange decoratively in bottom of pan. Continue boiling liquid in skillet until thick and syrupy, about 4 minutes. Pour over apples.

Sift flour, baking powder and salt into small bowl. Whisk remaining 1 cup sugar, egg yolks, eggs, Calvados and vanilla in large bowl to blend. Gently stir in dry ingredients. Fold in 1/2 cup melted butter. Pour batter over apples in pan. Bake until toothpick inserted into center of cake comes out clean, about 45 minutes. Cool cake in pan 5 minutes. Run small sharp knife around side of pan to loosen cake. Turn cake out onto platter. Serve warm or at room temperature.

Mustard Vinaigrette for Spinach Salad w/ Apples & Raisins

1/2 cup extra-virgin olive oil
2 clove garlic, finely minced
2 T whole grain mustard
3 T parsley leaves
3 T Balsamic vinegar
1 T fresh lemon or lime juice
1 t. sea salt

Whisk all ingredients and toss over salad

Salad

1 cup golden raisins barely soaked in brandy
mixed greens
2 Granny Smith apples, cored and thinly sliced
pine nuts to taste

CORNED BEEF AND CARROTS WITH MARMALADE-WHISKEY GLAZE

Nonstick vegetable oil spray
1 cup sweet orange marmalade
1/2 cup Irish whiskey
1/8 teaspoon ground nutmeg
1 tablespoon Dijon mustard plus more for serving

1 2- to 2 1/4-pound piece lean fully cooked corned beef
12 carrots, peeled, halved lengthwise
Fresh parsley sprigs

Preheat oven to 425°F. Coat large rimmed baking sheet with nonstick spray. Boil next 3 ingredients in saucepan until reduced to generous 3/4 cup, stirring often, about 7 minutes. Mix in 1 tablespoon mustard.

Generously brush corned beef all over with glaze; place in center of prepared sheet. Toss carrots and 1/4 cup glaze in large bowl to coat; place around beef. Sprinkle carrots with salt and pepper. Roast until carrots are tender and beef is golden, brushing occasionally with more glaze, about 35 minutes. Transfer to platter, garnish with parsley, and serve with Dijon mustard.