

11 Of my favourite Irish Recipes

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Irish Champ

Basically Champ is mashed potatoes, super creamy and flavoured with green onions

Ingredients:

- 5 good sized potatoes you need a "floury" potato for Champ
- 1 cup green onion
- 50 to 75 mls of milk preferably whole milk
- 55 grams salted butter
- salt (to taste)
- white pepper (to taste)

Preparation:

Fill the pot with the potatoes and cover with water that has a round a teaspoon of salt in it. Simmer the potatoes until cooked, to make the cooking time quicker simply cut the potatoes into smaller chunks.

While the potatoes are cooking finely chop the green onions. Keep the green part aside from the white.

Drain the water from the potatoes and make sure all the water is removed. Then add the butter and milk into the pot and mash the potatoes gently. Once mashed stir through the white parts of the onion and then season with salt and white pepper to taste. Remove all of the Champ to a bowl for serving.

Before serving sprinkle the chopped green onions on top and enjoy.

Irish Soda Bread recipe

Ingredients:

- 12 oz/340g plain flour either wholewheat or white
- 1/2 teaspoon of salt
- 1/2 teaspoon of sodium bicarbonate
- 1/2/284 mls of buttermilk

If you don't have buttermilk handy simply add around a tsp of lemon juice to your regular milk (you could use alternatives like soy or almond) and let it sit for 15 minutes.

Preparation:

Mix all of your dry ingredients together and then sieve the dry ingredients to add air. Then make a well in the centre of the dry mix and add half of the buttermilk then mix this gently. Add the rest of the buttermilk and knead lightly to incorporate. If the mixture seems dry and heavy when using wholewheat flour add a little more buttermilk. It will stick to your hands be warned.

Put the dough onto a floured counter and bring it together gently to make a round and then transfer this to a baking sheet. Cut a cross quite deeply into the top of the bread to "let the fairies out" and then put in the oven for 40 to 45 minutes. To check if the bread is baked lightly tap on the bottom if it sounds hollow then it's ready.

You can add all kinds of ingredients to your soda bread mix, cheese and onion, bacon bits, fruit like raisins, dried cranberries and blueberries, nuts, seeds pretty much anything you want to create a sweet or savoury bread.

Irish Wheaten Bread

Ingredients:

- 500 g (1lb 2oz) coarse wholemeal flour
- 125 g (4 1/2oz) plain flour, plus extra for dusting
- 1 tsp baking soda
- 1 tsp salt
- 600 ml (1 pint) buttermilk, plus a little extra if necessary
- 1 tbsp light brown sugar
- 1 tbsp melted butter, plus extra for greasing the pan
- 2 tbsp golden syrup - you can substitute light corn syrup, honey or Maple Syrup
- To decorate the top of the loaf if desired a mixture of seeds and chopped nuts

Preparation:

Preheat the oven to 200°C - 400°F and grease 2 x loaf tins.

Take a large bowl and sift the flours into the bowl along with the baking soda and salt. Making a small well in the centre of this dry mix and add the buttermilk, brown sugar, melted butter and golden syrup.

Mix this together gently until all the ingredients are combined. Then divide the mixture into the loaf tins and sprinkle over your preferred toppings. Bake this for around an hour, check halfway through that the pans don't need turning or the loaves aren't browning too much. If they are reduce the heat a little.

To check if they are baked simply pop out of the tin and tap the base of the bread, if it sounds hollow it will be ready. If ready place on a cooling rack. When cooled serve with lots of butter.

Irish Potato Pancake Recipe - Boxty Recipe

The best recipes for Irish potato pancakes consist of finely grated, raw potato and mashed potato with flour, baking soda, buttermilk and sometimes egg. The mixture is then gently pulled together and rolled into a flat round shape and then cut into triangles.

It is then fried on a griddle until it is browned a little. This Irish potato pancake recipe can then be frozen or kept for a few days in the fridge to be pulled out for breakfast. For breakfast, they are fried in a little butter until the cake gets a slight crisp on the outside.

Ingredients:

- 1/2 pound / about 3 cups of potatoes, peeled, cooked, and still hot
- 1/2 teaspoon salt
- 2 tablespoons butter, melted
- 1/2 cup all-purpose flour

Preparation:

It's important to make the potato cakes while the potatoes are still hot: this makes sure you'll have a light and tasty result.

Rice or mash the potatoes very well until there are no lumps. (Ricing is really the best way to go with these, as it helps keep the texture of the potato cakes light.) In a bowl, mix the potatoes well with the salt; then add the melted butter and mix well again. Finally add the flour, working in enough to make a light and pliable dough.

Turn the dough out onto a lightly floured surface and roll into a roughly oblong shape, about 9 inches long and four inches wide, and about 1/4 inch thick. Trim the edges until you have a neat rectangle: then cut again so that you have four or six triangles. (You can cut them into even smaller triangles if you like.)

Heat a dry griddle or frying pan until medium-hot. Then bake the farl triangles until golden brown on each side. Usually, this takes about five minutes on each side.

Put the finished potato pancakes aside on a plate covered with a dishtowel/tea towel and continue baking them until they're all done. Then flip the towel over them to cover them. The little bit of steam that comes off them will help keep them soft.

Then make your Irish breakfast or Ulster fry, frying the farls up in the butter or oil that you're using for the rest of the dish. If you have more Irish potato pancakes than you can use, it freezes very well: just put it in a Tupperware or similar plastic container first.

Irish or Dublin Coddle

Ingredients:

- 1 tablespoon of vegetable oil
- 450g sausages about 1 package of good pork breakfast sausages
- 200g bacon, cut into strips this will be Irish bacon or you can substitute peameal bacon
- 1 onion, diced
- 2 carrots, sliced
- 1kg or 2.5lbs of potatoes, peeled and sliced
- Freshly ground black pepper
- 500ml chicken stock you can use a stock cube melted in hot water
- 1 bay leaf

Preparation:

Get the oven hot by preheating to 170°C or 325°F. While that is warming up heat the oil in a frying pan and brown your sausages. Add the bacon to the browned sausages and cook that for 2 minutes.

Put half the sausages and bacon in the bottom of a casserole dish then add half the onions, carrots and potatoes. Season this layer with salt and pepper. Then create another layer on top of that with the rest of the sausages, bacon and vegetable, don't forget to season this layer as well.

Once seasoned pour the warmed stock over the whole casserole and add the bay leaf. Cover with a lid and cook for 2 hours, then remove the lid and cook for a further 30 minutes.

Let stand out of the oven for around 5 minutes, sprinkle with parsley if you want and serve.

Irish Lamb Stew

Ingredients:

- 1-1½ kg or 3.5 lbs neck or shoulder of lamb
- 3 large onions, finely chopped
- Salt and freshly ground black pepper
- 3-4 carrots, chopped into small pieces
- 1 leek, chopped into small pieces
- 1 small turnip/swede/rutabaga, chopped into small pieces
- 10 small new potatoes, peeled and quartered, or 2 large potatoes, peeled and chopped
- 1/4 of a small cabbage, shredded
- Bouquet of parsley, thyme and bay leaf - tie this together with a string you can leave in
- Dash of Worcestershire sauce

Preparation:

You can ask your butcher to cut the meat off the bone and trim the fat, but keep the bones or do this at home. Get rid of the fat and cut the meat into cubes. Place the meat into a pot that is filled with cold salted water and bring to the boil with the meat. Once this has boiled take it off the heat and drain, rinse the lamb to remove any residue.

While this is boiling place the bones, onions, vegetables but not the potatoes or cabbage into a new pot. Add the seasoning and the bouquet of herbs and cover with cold water. When the meat is rinsed add it to this pot and simmer for one hour. You will need to skim off the foam every so often.

At the one hour mark add the potatoes and continue to cook the stew for 25 minutes. Add the potatoes and continue cooking for 25 minutes. Add the cabbage during the last 6-7 minutes of cooking.

When the meat is tender and falling apart remove the bones and the herb bouquet. At this point taste the stew and then add the Worcestershire sauce to taste and then serve.

Colcannon with cabbage or kale

Ingredients:

- 1kg/ 2.5 lbs potatoes, peeled
- 250g/1/2 lb of chopped cabbage or curly kale, well washed and finely sliced, discard any thick stalks
- 100mls/1 cup + 1 tablespoon milk
- 100g/1 cup + 2 tablespoon butter
- Salt and freshly ground black pepper

Preparation:

Place the peeled potatoes in a pan and cover with water with a tsp of salt. Bring to a boil then cook until tender.

While the potatoes are cooking cook the cabbage or kale. Place 1 tablespoon of butter into a heavy pan and melt until it just turns bubbly. Add the chopped Kale or cabbage with a pinch of salt. Place the lid on the pan and cook over high heat for 1 minute. Stir the vegetables and cook for another minute then drain off any liquid and season with salt and pepper.

Drain the potatoes and mash with a little milk and 1 tablespoon of butter, then mix in the kale or cabbage and season to taste with salt and pepper.

Irish Seafood Chowder

Ingredients:

- 4 small hake fillets around a 1lb/500g
- 2 salmon fillets as above
- 1 piece of smoked fish around 1/2lb/250g (haddock, cod, coley or a few pieces of leftover smoked salmon)
- 1 tbsp vegetable oil
- 1 tsp butter
- 4 potatoes
- 2 carrots
- 1 onion
- 500mls/ 2.25 cups fish or chicken stock
- 2 tbsp dried dill
- 250mls/ 1 cup cream
- 100ml/1/2 cup milk
- 4 tbsp finely diced chives

Preparation:

Take the potatoes and peel and dice them into small cubes. With the carrot peel and dice into smaller cubes than the potatoes.

Remove the skin from the fish if any and dice into large chunks, it will break up in the cooking.

Place the oil and butter in a deep pot gently saute the onion, potato, dill and carrot for around 5 minutes. Pour the stock into the pan and bring to a simmer cooking for 1 minute.

Take the lid of the pot and add in the cream and milk then the fish. Simmer gently (don't boil) until the fish is cooked.

Serve with a garnish of parsley and some of your homemade Wheaten Bread.

Beef and Guinness Stew

Ingredients:

- 2 tbsp. oil
- 1 kg rib steak, well-trimmed and cut into cubes
- 2 onions, thinly sliced
- 2 cloves garlic, chopped
- 1 tbsp. soft dark brown sugar
- 1 tbsp plain flour
- 125ml Guinness
- 125ml water
- Sprig of thyme
- 1 tbsp red wine vinegar
- 1 tbsp Dijon-style mustard
- Pinch of ground cloves
- Salt and black pepper
- 1kg potatoes, peeled and in medium-sized chunks
- 250g of chopped cabbage
- 100mls milk
- 100g butter
- Salt and freshly ground black pepper

Preparation:

Preheat your oven to 160°C (325°F). While this is heating pour some oil into a frying pan and brown the beef, make sure each piece is sealed on all sides.

Remove the meat and set aside then add the onion and garlic and cook for a few minutes then sprinkle in the flour and sugar. Mix this well to soak up all the juice in the pan and then gradually add your Guinness stirring constantly.

When this is well incorporated and smooth add the vinegar, mustard, cloves, seasoning and thyme, and bring to the boil. Place the meat into a casserole dish and then add this to the dish.

Place a lid on the casserole dish and cook in the oven for 1 1/2 hours until the meat is tender.

Add the thyme, wine vinegar, mustard, ground cloves and seasoning; bring to the boil and pour it over the meat in the casserole. Put the lid on and cook in the oven for 1½ hours or until the meat is tender. Around 20 minutes before the end of cooking time add the cabbage and potatoes to the casserole and continue to cook.

Serve when meat is tender, as a variation you can leave out the potatoes and serve them as mashed with the stew poured on top.

Irish Spice Bag

Ingredients:

- 1 tsp sea salt
- 1 tbsp Chinese five-spice
- ½ tsp garlic powder
- ½ tsp chilli powder

Preparation:

Place all the ingredients in a ziplock bag and shake. You can now add this mix to your Dublin Spice bag which should be made up of fried onions and peppers and some chicken pieces or leftover popcorn chicken.

Irish Yellow Man

Ingredients:

- 1oz butter
- 8oz brown sugar
- 1 lb golden syrup

- 1 dessertspoon water
- 1 teaspoon vinegar
- 1 teaspoon bicarbonate of soda

Preparation:

Melt the butter in a saucepan, and then add the sugar, golden syrup, water and vinegar.

Stir until all the ingredients are melted, then boil until the mixture reaches the 'hard crack' stage 290 degrees F. This can be tested by dropping a little of the mixture into cold water, leaving for a moment, and then picking it up between the finger and thumb. When the finger and thumb are separated, the thread formed between them should break sharply.

Stir in the bicarbonate of soda, when the mixture foams up pour onto a greased, heatproof tray, turning in the edges with a palette knife.

When cool enough to handle, pull with buttered hands until pale in colour.

When completely hardened, break into rough pieces and now your Yellow Man is ready to eat.

Last but certainly not least is my all-time favourite scone recipes. This one is a savoury scone recipe that can also be adapted for your cream and jam. It comes from Wexford Creamery and it can't be beaten.

Savoury Cheese Scones

Ingredients:

- 225g Plain flour
- 2 Level teaspoons baking powder
- Pinch salt
- ¼ Teaspoon mustard
- 50g Butter
- 75g Grated Wexford Cheddar
- 1 large egg
- 4 Tbsp Wexford Creamery milk
- Extra milk for glazing

Preparation:

Preheat the oven to 220° C. Sift together the flour, baking powder, salt and mustard. Rub in the butter until the mixture resembles fine breadcrumbs. Mix in the grated cheese. Beat the egg and add milk. Make a well in the centre of the dry ingredients and combine the liquid. Turn onto a floured board. Knead lightly and cut into rounds with a pastry cutter. Place on a greased baking tray.

Brush with egg and milk mixture and bake for 12-15 minutes or until golden and cooked through.