

## Soup's, Stew's & Broath's

### LAMB BROTH with BARLEY

2 lb of lamb (your choice)

1/4 cup pearly barley

3 tbs soaked white beans

8 cups brown broth

2 carrots, finely chopped

2 parsnips, finely chopped

1 leek, finely chopped

1 medium onion

2 celery stalks, finely chopped

1 turnip, peeled, finely chopped

1 bunch chopped fresh parsley

salt & pepper

#### To Prepare:

Trim any fat off meat

Put the meat in a large pan

Add the leek, onions, barley and beans

Simmer for 1 hour in the broth

Add all the vegetables

Continue to cook for about 30 min

Add salt and pepper if you must

### Connemara Broth

16 cups water

2 lbs beef (cut into cubes)

2 medium potatoes

1 cup green peas

8 oz leeks

8 oz carrots

8 oz parsnips

2 oz lentils

2 oz barley

3 celery sticks (chopped)

8 sprigs parsley (chopped)

8 cloves garlic

2 medium onions (chopped)

1 teaspoon red pepper

1 teaspoon white pepper

#### To Prepare:

Heat 2 tbs olive oil in large saucepan

Add beef and garlic till nice and brown.

Add the water and rest of ingredients.

Bring to boil then reduce heat and simmer gently for 2-3 hours.  
Enjoy!!!!

#### Lamb and Potato Stew

4 large potatoes, peeled and cubed  
1 1/2 lbs. boneless lamb, chopped in 1 inch cubes  
1/2 oz. olive oil  
1oz. flour  
1/2 tsp. black pepper  
1tsp. garlic salt  
4 oz. white wine  
1tsp. caraway seeds  
8 small carrots  
4 small parsnips  
6 small onions

#### To Prepare:

In a large pot, heat oil, brown the lamb.  
Then sprinkle with flour, pepper and garlic salt.  
Stir well to coat meat.  
Add wine, caraway seeds, and enough water to cover meat.  
Cover the pot. Simmer for one hour.  
Add vegetables. Add more water to cover.  
Cover and simmer until vegetables are tender.  
This recipe is from Potluck Potato Recipes by Nell Donnelly.

#### Irish Stew

2 pounds quality beef cubbed  
3 pounds sliced potatoes  
2 medium carrots sliced  
1 large onion diced  
2 cloves garlic  
6 sprigs parsley chopped  
4 celery sticks cut  
2 pinches white pepper  
2 pinches red pepper

Place meat onions, garlic and pepper in a large baking pan.  
Brown the meat at 500 degrees.  
Put potatoes and the rest of the ingredients in large pot.  
Cover with cold water.  
Bring to boil. Turn down heat and simmer until meat is cooked.  
When meat is browned, stir it into the pot.  
Cook slowly for 1 hour, stirring occasionally.

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## Entrees

### Shannon River Salmon with Potato's

4 medium potatoes skinned and boiled

half pound fresh baked salmon

half medium onion (chopped)

a shot of olive oil

pinch red pepper

pinch white pepper

sprig fresh parsley (chopped)

Heat olive oil in large frying pan.

Add rest of ingredients.

Cook for 5 min. Serve hot.

### Dublin Coddle

1lb. pork sausages

1/2 lb. bacon (thick slices)

2 lbs. potatoes, peeled and thinly sliced

2 tablespoons fresh thyme, finely chopped (or 1 teaspoon dried)

4 tablespoons parsley

pinch of salt

2 pinches white pepper

2 pinches black pepper

4 cups water

Preheat oven to 350

In a large baking dish layer: 1/3 of the potatoes, 1/2 the onions, 1/2 the sausages and bacon, 1/2 the herbs

Repeat

Add water. Cook for 90 min.

### Andrea's Special Salad

In a large bowl, put

1 head of red leaf lettuce, chopped

1/4 medium red onion, chopped

2 sticks celery, chopped

2c medium carrots, chopped

2c medium tomatoes, cut in wedges

1/2 red pepper, sliced thin

1 cold boiled potato, cubed

3 hard boiled eggs, thinly sliced

10 fresh green beans, cut in half

Mix together and serve with your favorite dressing and Italian bread.

### Shepherd's Pie

Bottom Layer:

4 medium carrots diced  
4 medium parsnips diced  
1 cup celery diced  
Boil vegetables.  
Drain

Middle Layer:

2 pounds ground lamb or beef  
1 medium onion chopped  
3 cloves garlic crushed  
1/2 tsp white pepper  
1 pinch red pepper  
Saute meat until brown.  
Add onion, garlic and pepper.

Top Layer:

6 large potatoes  
1/4 cup heavy cream  
1 tsp horseradish  
4 fresh sprigs parsley(chopped)  
1 dab of butter  
Boil, strain and mash potatoes.  
Heat cream in saucepan.  
Add warm cream, horseradish, parsley and butter to potatoes.  
Mash until fluffy.

Finale:

Rub baking dish with olive oil.  
Put layers in dish...bottom, middle, then top.  
Put in oven 375 degrees till top is golden brown.

Cornmeal Pancakes

Susan M Coonrod, Alexandria, VA

Place in a bowl:

1 cup cornmeal  
1 teaspoon salt  
2 teaspoons honey or sugar  
2 tablespoons butter

Add 1 cup boiling water  
Stir, cover and let stand 10 minutes  
Add 1 egg, 1/2 cup white flour, 1/2 cup milk  
2 teaspoons baking powder  
Mix well.

Cook on griddle or in buttered pan.

## SIDE DISHES

### Carrots & Parsnips

1 pound carrots

1 pound parsnips

Cut into half inch pieces boil in water till soft then drain and mash.

Add a little white pepper pinch of salt and a dab of butter.

Serve hot with lamb, chicken or pork.

### My Potato Salad

6 medium potatoes (Idaho)

1 medium red onion

3 sticks celery

1 tablespoon horseradish

1/2 teaspoon white pepper

1 tablespoon good mustard

Your amount of mayo; try not to use too much

Boil potatoes in skin the night before.

Next day peel the skins of the potatoes, and cut to preferred size

Add chopped onion and celery

Mix in rest of ingredients

Let sit in fridge 2 hours before serving

### Connemara Dry Mashed Potatoes

6 medium Idaho potatoes.

1/2 medium onion (chopped small)

6 parsley sprigs (chopped fine)

1/4 cup Half & Half

Pinch red pepper

Pinch white pepper

Pinch black pepper

1oz butter

Peel potatoes then cut in quarters

Boil in water with a pinch of salt

When ready add warm half and half with the rest of ingredients

Mash then Serve

### Colcannon

3 lbs. potatoes

1/2 lb. cabbage, chopped and cooked

small red onion (chopped)

pinch salt

pinch red pepper

dab of butter

Peel and boil potatoes. Drain and mash well.  
Mix in cabbage, butter and onion.

## DRINKS

### Irish Coffee

1 shot Irish whiskey  
1/2 shot Kahlua  
fill with very hot coffee  
top with freshly whipped whole cream

### Pot of Tea

start with very good tea...forget about teabags  
rinse 1 1/2 pint teapot, then put four teaspoons of good tea in it  
bring water to boil in a kettle  
pour boiling water into pot, stir, and then let it sit for 5 min  
milk, sugar, and lemon are optional

### Hot Whiskey

1 1/2 shots of Irish whiskey  
1 tsp. of sugar  
very hot water  
mix in Irish coffee cup  
drop in 1 wedge of lemon with 4 cloves stuck in it...Slainte

### Patrick's Special

1 shot of Carolans Irish Cream  
1 shot of Powers Irish whiskey  
Add hot, hot coffee....great

## Deserts

### Apple Cinnamon Coffee Cake Tom O' Brien, Alexandria, VA

For apple filling and topping:

2 tablespoons cinnamon  
5 tablespoons sugar  
5 to 6 cups sliced apples

For the cake:

2 cups white sugar  
1 cups vegetable oil  
4 teaspoons vanilla  
1/2 cup orange juice  
pinch salt

4 large eggs, lightly beaten  
3 cups unbleached all-purpose  
1 tablespoon baking powder  
a few gratings fresh nutmeg

Preheat oven 350 deg.  
Generously grease a 12-cup tube or bundt pan.

Combine cinnamon sugar and set aside 1 tablespoon. Toss apples with the remainder of the cinnamon-sugar and set aside.

Wisk together the sugar, oil, vanilla, orange juice, salt and eggs. Combine flour, baking powder and nutmeg, and fold into the sugar mixture. Spoon a little more than a 3rd of the batter into prepared pan. Cover with half of apple mixture, then spoon in the remaining batter and apple slices. Sprinkle top lightly with the reserved cinnamon-sugar.

Bake in preheated oven for 1 hour, or until done. Loosen sides with a butter knife, then invert cake onto a plate for serving.

Idiot- Proof Carrot Cake  
Susan M Coonrod; Alexandria, V.A.

1 cup white sugar  
1 cup vegetable oil 3 eggs  
One and half cups flour  
1/2 teaspoon salt  
One and half teaspoons baking soda  
One and half teaspoons baking powder  
One and half teaspoons cinnamon  
2 cups carrots (finely grated)  
1/2 cup finely chopped nuts

Dump white sugar, oil, eggs, salt, baking soda, baking powder, and cinnamon in a large bowl.

Mix well (until the mixture appears light and bubbly).  
Add flour in 3 portions, mixing well between additions.  
Fold in carrots and nuts.  
Pour into greased and floured 8" layer cake pans.  
Bake 1 hour at 325 degrees.

Butterscotch Bread  
Susan M Coonrod

2 eggs  
2 cups brown sugar  
3 tablespoons shortening or oil

4 cups flour  
1 teaspoon baking soda  
One and half teaspoons baking powder  
1/2 teaspoon salt  
2 cups buttermilk

Beat eggs.

Add brown sugar gradually, beating well between each addition.

Add baking soda, baking powder, salt and milk, beating well between each addition.

Add flour gradually, beating between each addition.

Pour into greased loaf pans.

Bake at 350 degrees for 45 minutes.