# A FEW IRISH RECIPES FROM LOLLY (and her Grannie!)

## Maimie's Butter Tablet

#### **INGREDIENTS**

teacupful whole milk
 oz Lurpak butter
 lb granulated sugar
 Small tin Nestles Condensed Milk
 tablespoon syrup
 Few drops vanilla essence



#### <u>METHOD</u>

- 1. Put the milk, sugar and butter in a strong pan. Once the butter is melted and sugar
- 2. dissolved, add the condensed milk.
- 3. Bring slowly to the boil, STIRRING ALL THE TIME.
- 4. Add the syrup and boil gently for five minutes.
- 5. Test the mixture by putting a teaspoonful in a cup of cold water. If it is firm and
- 6. holding together, take the pot off the heat.
- 7. Add the vanilla essence and BEAT FOR THREE TO FIVE MINUTES.
- 8. Pour the mixture into a tray and allow to cool.
- 9. Break or cut into chunks and enjoy!

## Champ

#### **INGREDIENTS**

100g scallions (spring onions) chopped
150ml or 1<sup>1</sup>/<sub>4</sub> pint full-fat milk or cream
900g mashing potato - eg King Edward or
Maris Piper
3-4 oz butter plus extra for serving



## <u>METHOD</u>

- 1. Put the spring onions and milk (or cream) in a small pan and heat to boiling set to one side.
- 2. Boil whole potatoes in their skins for 30-40 mins, or until tender (timing depends on size).
- 3. Drain and peel; then put potatoes back in the pan, cover and gently heat for a minute or two.
- 4. Remove from the heat and mash the potatoes with the butter until no lumps are left.
- 5. Reheat the cream and scallions, then gradually beat this into the potatoes, mixing well with a wooden spoon to make the potatoes fluffy.
- 6. Season well.
- 7. Serve on individual plates with a hollow in the centre of each serving in which you can put a big knob of butter.
- 8. Great served with sausages, corned beef or bacon.

# Irish Potato Bread (known in Northern Ireland as 'fadge')

### **INGREDIENTS**

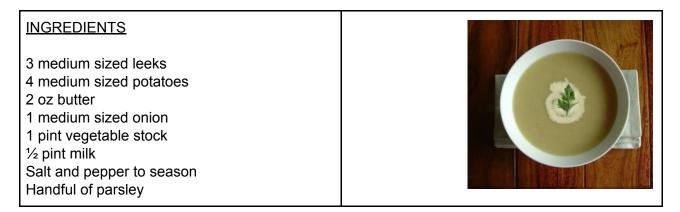
12 ozs seasoned mashed potatoes (or champ), slightly warm 3 ozs of plain flour



#### <u>METHOD</u>

- 1. Flour your baking board lightly.
- 2. Mix 3 oz plain flour into the mashed potatoes and turn out onto the baking board.
- 3. With floured hands, gather the potatoes into a ball in the centre of your baking board.
- 4. With the heel of your hand, press into a circle and then roll into a ½ inch thick circle.
- 5. With a floured blade, cut into four farls and place on a pre-heated griddle or heavy-based frying pan, about 200°C (medium heat).
- 6. Check after about 7 minutes by turning over to see if it's cooked on the underside.
- 7. Turn and cook the other side this will take less time.
- 8. When cooked, remove and place on a cooling rack.

## **Irish Leek and Potato Soup**



## <u>METHOD</u>

- 1. Peel and dice the potatoes, peel and chop the onion.
- 2. Remove the outer layer of the leeks, trim the top and the roots.
- 3. Chop and wash prepared leeks thoroughly.
- 4. In the pan, melt butter, add potatoes, leeks and onion and stir until they are all coated in butter.
- 5. Season with salt and pepper.

Place the lid on; allow the vegetables to sweat on low heat for 15 minutes, stirring occasionally.

- 6. Add the milk and stock.
- 7. Bring to simmering point; then replace the lid and allow to simmer for 20 minutes on a medium heat, being careful not to let it boil over.
- 8. Place all the soup in a liquidiser to blend.
- 9. Return to pan, reheat. Serve with a sprinkle of chopped parsley and maybe a splash of cream.

NOTE - You can spice this up a bit by adding a finely chopped green chilli at Stage 4.

# Irish Soda Bread

INGREDIENTS

8 ozs soda bread flour
1 dessert spoon of melted butter
½ pint of buttermilk



## <u>METHOD</u>

- 1. Pre-heat griddle (No.4 electric) for approximately 10 minutes.
- 2. In a bowl, sieve 8 ozs soda bread flour.
- 3. Make a well in the middle of the flour, add melted butter and about 1/4 pint of buttermilk.
- 4. Mix to a soft, workable dough, adding more buttermilk as required.
- 5. Lightly flour baking board, turn the mixed dough out onto it and, with floured hands, knead the dough 7 or 8 times and work into a round ball with the heel of your hand.
- 6. Press it out into a circle and finish by rolling into a circle about  $\frac{1}{2}$  inch thick.
- 7. Flour the blade of your knife and cut into four quarters (or farls).
- 8. Place on the griddle and leave for approx 5 min until the bread has risen and looks dry on top.
- 9. Turn and cook the other side.
- 10. When cooked, 'harn' the bread by standing it on its edges and cooking the edges for approximately 10 seconds on each side.
- 11. Remove from the griddle and cool on a wire cooling tray.

# Irish Coffee

## **INGREDIENTS**

Cream, rich as Irish brogue; Coffee, strong as a friendly hand; Sugar, sweet as the tongue of a rogue; Whiskey, smooth as the wit of the land.

(You can substitute Bailey's Irish Cream for whiskey, but leave out the sugar then)



## <u>METHOD</u>

- 1. Heat a stemmed whiskey goblet and pour in one jigger of whiskey.
- 2. Add one spoon of brown sugar, and fill with strong black coffee to within one inch of the rim.
- 3. Stir to dissolve the sugar and top-off with whipped cream, slightly aerated, by pouring it over the back of a spoon so that it floats.
- 4. Do not stir after adding the cream, as the true flavour is obtained by drinking the hot coffee and Irish whiskey through the cream.
- 5. Drink and enjoy. Slainte!!