


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


### Maimie's Butter Tablet

<p><u>INGREDIENTS</u></p> <p>1 teacupful whole milk 2 oz Lurpak butter 2 lb granulated sugar Small tin Nestles Condensed Milk 1 tablespoon syrup Few drops vanilla essence</p>	
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#### METHOD

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

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

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')

<p><u>INGREDIENTS</u></p> <p>12 ozs seasoned mashed potatoes (or champ), slightly warm 3 ozs of plain flour</p>	
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### METHOD

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


<p><u>INGREDIENTS</u></p> <p>3 medium sized leeks 4 medium sized potatoes 2 oz butter 1 medium sized onion 1 pint vegetable stock ½ pint milk Salt and pepper to season Handful of parsley</p>	
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### METHOD

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

<p><u>INGREDIENTS</u></p> <p>8 ozs soda bread flour 1 dessert spoon of melted butter ½ pint of buttermilk</p>	
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### METHOD

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 ¼ 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 ½ 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

<p><u>INGREDIENTS</u></p> <p>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.</p> <p>(You can substitute Bailey's Irish Cream for whiskey, but leave out the sugar then)</p>	
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### METHOD

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!!