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# A Green Day Good Food

There's an old Irish saying that laughter is gayest where the food is best. If true, you can count on the merriest St. Patrick's Day ever when you pair up two of Ireland's favorites — beef and potatoes. This popular duo, prepared with Gaelic flair, is sure to send spirits soaring.

Thoughts will happily turn to the rolling meadows and country kitchens of County Cork and Killarney when a hearty and homey beef pot-roast comes to the St. Paddy's Day table. In the recipe for Blarney Beef Pot-Roast a compact boneless beef chuck eye roast or cross rib pot-roast leisurely cooks to juicy tenderness along with flavorful potatoes and leeks. For a unique accent, tea is added to the thyme-seasoned cooking liquid for a tempting gravy. You can round out the main course in fine fashion with other Irish favorites such as boiled cabbage and soda bread.

If entertaining is in your St. Pat's plans, create a party mood with festive Irish Heroes — super sandwiches guaranteed to make all eyes smile.

### Blarney Beef Pot-Roast

3 to 5-pound boneless beef chuck eye roast  
1/4 cup flour  
1/4 teaspoon pepper  
1 teaspoon salt  
2 tablespoons cooking fat  
1/4 cup water  
1 teaspoon instant beef bouillon  
1 teaspoon leaf thyme  
6 medium potatoes, peeled and halved  
1 pound leeks, sliced in 2-inch pieces  
1/2 cup tea  
2 tablespoons snipped parsley

Combine flour, salt and pepper; dredge roast. Reserve leftover flour. Brown roast in cooking fat in Dutch oven. Pour off drippings. Add water, instant bouillon and thyme. Cover tightly and cook slowly 1 1/2 to 2 1/2 hours. Add potatoes, continue cooking, covered, 40 minutes. Add leek and cook, covered, 20 minutes or until meat and vegetables are tender. (Allow approximately 45 minutes per pound for cooking.) Remove pot-roast and vegetables to warm platter. Combine reserved flour with 1/2 cup tea, add to cooking liquid and cook, stirring until thickened. Reduce heat and cook slowly 3 to 5 minutes. Sprinkle parsley over potatoes.

### Corned Beef Brisket

3 to 5-pound corned beef brisket  
Water

Place corned beef brisket in Dutch oven; add water to cover. Cover tightly and simmer 3 to 4 hours or until meat is tender. Remove meat from cooking liquid and carve diagonally across the grain into thin slices.



### The Irish Hero

1-1/2 pounds cooked corned beef brisket  
8 Sesame Potato Bread  
4 cups Sauerkraut Salad\*  
1/3 cup butter or margarine  
1 tablespoon Dijon mustard  
2 teaspoons horseradish  
8 ounces Swiss cheese, shredded

Prepare Sesame Potato Bread Shamrocks and Sauerkraut Salad. Combine butter or margarine, mustard and horseradish. Slice shamrocks in half; spread each cut surface with mustard butter. Place 8 shamrock roll bottoms, spread side up, on baking sheets. Place and distribute evenly 1/2 cup Sauerkraut Salad on each roll bottom; top each with 1 ounce of cheese. Arrange 3 ounces of thinly sliced corned beef on top of cheese; cover with roll tops. Cover each baking sheet with foil, securing edges, and heat in moderate oven (350°F) 15 minutes. Serve immediately. 8 sandwiches.

### \*Sauerkraut Salad

1/4 cup vinegar  
1/4 cup sugar  
1/4 cup salad oil  
1 can (10 ounces) sauerkraut, drained  
1 cup shredded carrots  
1/2 cup chopped green pepper  
1/2 cup thinly sliced red onion

Combine vinegar, sugar and oil in small saucepan; bring to a boil. Reduce heat and simmer 3 minutes, stirring occasionally. Combine sauerkraut, carrot, green pepper and onion in bowl; add liquid and blend thoroughly. Cover and chill 4 to 6 hours or overnight. Yield: 4 cups.

### Potato Salad O'Brien

9 medium potatoes (about 3 pounds)  
3 hard-cooked eggs, peeled and diced  
1/3 cup sliced celery  
1/3 cup sliced green onions  
1/4 cup chopped green pepper  
2 tablespoons chopped pimientos  
Paprika

In large saucepan, cook potatoes in 2 inches of boiling water, lightly covered, until fork-tender, 30 to 40 minutes. While potatoes cook, prepare dressing. Drain and peel potatoes. Dice into large mixing bowl. Pour dressing over warm potatoes. Toss gently. Mix in eggs, celery, onions, chopped green pepper and pimientos. Chill. Just before serving, toss; dust with paprika. 8 servings.

### \*Buttermilk Dressing

1 cup buttermilk  
1/2 cup mayonnaise  
1/4 cup sweet pickle relish  
1 tablespoon prepared mustard  
1 teaspoon salt  
1/4 teaspoon garlic powder  
1/4 teaspoon dill weed  
1/8 teaspoon pepper  
2 tablespoons chopped parsley

In bowl, mix buttermilk, mayonnaise, relish and mustard. Blend in remaining ingredients. Yield: 2 cups.

