

# Erin Go Bragh

## It's time for an Irish feast

By Cathorino Trainer  
staff writer

**E**VERYBODY KNOWS you don't have to be Irish to enjoy St. Patrick's Day. And you don't have to leave home to enjoy a fine Irish celebration. After all that is one of the mainstays of Irish culture — home and hearth.

Why not just put a few Irish records on the stereo, a few appropriate decorations on the table and gather your family for a real Irish dinner?

We Americans have done some adapting along the way. Did you know the Irish never eat corned beef? Rather they serve boiled ham with their potatoes and cabbage. But, not to worry, corned beef and

cabbage is an easy, delicious meal to prepare and serve.

Today's Shopping Cart offers a number of treats for St. Paddy's day including several ways to prepare corned beef. If that isn't your cup of tea (directions are included for preparing that, too) maybe you would rather try the Luck of the Irish quiche. Whatever you decide, you can top off dinner with a choice of desserts and a cup of real Irish coffee.



You'll have the luck of the Irish with these made-from-a-mix St. Pat's day cookies. Emerald frosting and gumpast leaves add the final festive touch. They may never make it to the cookie jar.

## These shamrocks are people pleasers

These unique cookies begin with angel food cake mix and end in shamrock shapes. Whether you make three- or four-leaf clovers, your family and friends will feel lucky — and very Irish — to be served such a treat.

Nuts and coconut provide a wonderfully chewy texture, and you'll enjoy decorating each "masterpiece" with tinted ready-to-spread frosting. Don't be surprised if some leprechauns offer to put the gumpast leaves in place.

**ANGEL SHAMROCK COOKIES**  
1 pkg. (16 oz.) white angel food cake mix  
1/2 cup water  
1 tsp. vanilla  
1/2 cup chopped nuts  
1 pkg. (7 oz.) shredded coconut  
1 cup ready-to-spread vanilla frosting  
2 or 3 drops green food color  
12 to 15 spearmint gumpast leaves  
Sugar

Heat oven to 350 degrees. Cover cookie sheet with aluminum foil or heavy brown paper. Beat cake mix (dry), water and vanilla on low speed, scraping bowl constantly, 30 seconds. Beat on medium speed, scraping bowl occasionally, 1 minute. Fold in nuts and coconut. For each shamrock, drop batter by three 1/2-teaspoonfuls with edges touching (place each shamrock about 2 inches apart). Bake until set and edges are brown, 12 to 15 minutes. Slide foil onto wire rack; cool cookies completely before removing from foil.

Mix frosting and food color; frost cookies. Flatten gumpast leaves on sugared surface with rolling pin. Cut flattened leaves lengthwise into halves. Place 1 half between 2 leaves of each shamrock to form stem. 2 to 2 1/2 dozen cookies.

## Mint-frosted bars are easy to prepare

Flavors in these bars are reminiscent of rich butter-mint candy cushions.

This recipe serves a crowd and the bars are easy to serve and eat. The dough can be mixed and baked quickly, and ready-to-spread frostings make quick work of decorating.

The subtle flavors of coconut and mint blend beautifully for a bar that is sure to become one of your year-around favorites.

**MINT-FROSTED BUTTER BARS**  
1 cup firmly packed brown sugar  
1 cup margarine or butter, softened  
2 cups all-purpose flour  
1 cup flaked coconut  
1/2 tsp. salt  
1/2 tsp. baking powder

1 egg  
1 tub vanilla ready-to-spread frosting  
1/2 tsp. peppermint extract  
2 drops green food color  
1/2 cup creamy deluxe chocolate ready-to-spread frosting

Heat oven to 350 degrees. Grease jelly roll pan, 15 1/2 x 10 1/2 x 1 inch. Mix brown sugar and margarine in large bowl. Stir in flour, coconut, salt, baking powder and egg. Spread in pan. Bake until light brown, 15 to 20 minutes; cool.

Mix vanilla frosting, peppermint extract and food color; spread over baked layer. Heat 1/2 cup chocolate frosting until smooth; drizzle over top. Cut into bars, about 2x1 inch. 70 bars.

## Creme de menthe adds color, flavor

Dressed for St. Paddy's Day is this luscious, chocolate-filled creation "spiked" with a favorite liqueur. Creme de menthe adds distinctive flavor and Irish color to the cake batter and the whipped cream topping.

The rich chocolate filling is the perfect complement to the cool, minty taste. Preparation time is kept to a minimum by beginning with a package of cake mix.

Remember this recipe for other holidays and special celebrations. It's a grand finale for any party, and it serves a crowd.

**CHOCOLATE-FILLED CREME DE MENTHE CAKE**  
1 pkg. white or chocolate chip cake mix  
2 tbsp. green creme de menthe  
3 squares (1 oz. each) semisweet chocolate  
2 tbsp. water  
1 cup chilled whipping cream  
2 tsp. powdered sugar  
1 tsp. green creme de menthe

3 or 4 drops green food color, if desired

Heat oven to 350 degrees. Grease and flour 2 round pans, 8 or 9 x 1 1/2 inches. Prepare cake mix as directed on package using 3 egg whites except — add 2 tablespoons creme de menthe with the water. Cool 10 minutes. Remove from pans; cool completely.

Place 1 layer, rounded side down, on serving plate. Heat chocolate and water in 1-quart saucepan over medium heat, stirring constantly, until melted. Spread over layer on plate. Top with remaining layer, rounded side up. Beat remaining ingredients in chilled bowl until stiff. Frost top and side of cake. Refrigerate any remaining cake.

High Altitude Directions (3500 to 6500 feet): Grease and flour 2 round pans, 9 x 1 1/2 inches. Prepare cake mix as directed in high altitude directions on package using 3 egg whites except — add 2 tablespoons creme de menthe with the water. Continue as directed in recipe.

## Toast the saint with real Irish coffee

St. Patrick's Day is the season for the Wearin' of the Green and tipping a cup in honor of Ireland's patron saint.

One way many folks like to celebrate the festive occasion is with a cup of steaming Irish coffee, made rich with the flavor of Bailey's Original Irish Cream.

Keep refreshments sweet and simple with a delicious cookie such as crisp 'n' chewy chocolate chips sparked with the subtle flavor of Irish cream.

**BAILEYS IRISH CREAM CHOCOLATE CHIP COOKIES**

1/2 cup butter  
1/2 cup granulated sugar  
1/2 cup brown sugar  
1 egg  
1 tsp. vanilla  
1/2 cup Bailey's Original Irish Cream  
2 1/4 cups cake flour  
1/2 tsp. baking soda  
1/2 tsp. salt

1 pkg. (6 oz.) semi-sweet chocolate chips  
1/2 cup coconut  
1/2 cup chopped pecans

Cream butter, sugars and egg until fluffy. Add vanilla and Bailey's Irish Cream. Mix dry ingredients and blend into creamed mixture. Add coconut, nuts and chips. Drop onto ungreased baking sheets. Bake at 375 degrees for 8-10 minutes. Cool.

**BAILEYS IRISH COFFEE**

2 oz. Bailey's Original Irish Cream  
1 oz. Irish whiskey  
1 oz. freshly brewed coffee  
Sweetened whipped cream  
Cinnamon

Combine coffee with Baileys and whiskey. Garnish each cup with whipped cream and sprinkle with cinnamon.