

Enjoy Irish favorites on St. Pat's Day

Kevin Brennan's authentic Irish menu for St. Patrick's Day, 1991, for the Orchard Lake Country Club, Chicken Broth with Leeks and Diced Potatoes.
Salmon Trout with Periwinkles and Savory Cabbage presented with a Chardonnay-Mustard Sauce.
Gathered Greens with Goat's Cheese, Irish Mist Dressing.
Roast Leg of Lamb Rosemary Jus Lie.
Boxty Potatoes.
Purée of Rutabaga with Green Beans, Carrots and Parsnips.
Irish Apple Tart with Vanilla Ice Cream.

1 pound new redskin potatoes, peeled
1 1/2 cups all-purpose flour
1/4 cup milk
1 1/2 tablespoons salt
1/4 tablespoon baking powder
4 tablespoons vegetable oil or butter
2 tablespoons fresh snipped chives

Grate raw potatoes. Mix with flour, baking powder, salt, milk and chives. Heat vegetable oil in skillet; pan and oil should be very hot. Drop spoonfuls of potato mixture into hot oil and spread very thin. Portions can be any size. Brennan favors smaller portions, while Heinsman makes boxty very large, about 4 inches across. Brown on both sides and keep warm. Spread with butter and serve.

ROSALINE BRENNAN'S TRIFLE

"Guests love this so much that when I have company I make it in a punch bowl."

Line a bowl with lady fingers. Put a layer of Jello, any flavor, in the bottom of the bowl. Add a layer of fresh or canned fruit salad. Then add a layer of Bird's custard (available at Hudson's or at Irish Imports), and top with whipped cream. Just before serving, garnish with chopped nuts and chocolate chips.

(Note: Bird's custard is the essential ingredient for authentic Irish trifle.)

WHOLE FLOUR SODA BREAD
(Kitty Heinsman)

Mix together the following:
4 cups whole wheat flour
2 cups white flour
1 1/2 teaspoons each salt and soda
Make a well in the dry ingredients; add 2 cups buttermilk. Mix with a fork, then knead well until thoroughly mixed, adding more flour if the dough is sticky. Form into a flat ball 2 inches high. Place in a greased iron skillet. Make a big cross on top for steam to escape. Bake at 400 degrees for 25 minutes; lower heat to 350 degrees and bake for an additional 15 minutes.

For a sweeter white bread, use all white flour and add an egg, 1/4 cup sugar and raisins. Non-purists can add walnuts or chocolate chips.

Friends reminisce about homeland foods

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with white flour and raisins are often added to it.

"For myself, I prefer the plain brown bread," said Heinsman. "But my mother gets up every morning of her life, builds a fire in the stove and bakes white soda bread for breakfast. She has an electric stove, but she says it tastes better baked in a wood stove. It must agree with her — she's 83 years old and still working full time in the Westport Court House."

Everybody agrees that there's no

salmon in the world like Irish salmon. Brennan's son, Kevin, executive chef at the Orchard Lake Country Club, explains why. "It's partly because of the fresh, clean, cold water, and partly because the salmon get a real workout when they go upstream. They're firm and lean — there's no fat left on them." (A cousin, Michael Connery, is executive

chef at the Bloomfield Hills Country Club.)

"It's the way it's cooked," said Rosaline Brennan. "We poach salmon in milk first, and then broil it for a few minutes. The milk removes the fish taste, and it doesn't dry out under the broiler because it's already cooked."

"To anyone coming from another

country, the food available here is like a miracle," said Heinsman, as the others nod in agreement. "I'll never forget the first time I saw — a half gallon of Stroh's ice cream — I just couldn't believe it was ice cream, there was so much. I've been here 30 years, and I never have gotten over just walking into a fruit market. I never take it for granted."

Irish beer, whiskey, cream noteworthy

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were developed. They were made with imported spirits, mixed with American cream and bottled in the United States.

Brendan's, Emmets, Carolans and O'Darby. Our favorite for its excellent chocolate malt, white chocolate and toasted coconut character is Saint Brendan's, easily recognized in the flagon-shaped bottle.

James Joyce wrote. While this column speaks only of the Irish in terms of their famous alcoholic products, we maintain that the best celebration of St. Patrick's Day is one that enjoys the spirits of the Irish in moderation.

Hearty potato dishes

See Larry Jones' column on Taste front.

MONMAMA JANE'S HEARTY POTATO SOUP

1 pound potatoes, peeled and cubed
1 large onion, chopped fine
1 small clove garlic, minced fine
2 quarts chicken broth or bouillon
salt and white pepper
dash Tabasco or other hot sauce
1 cup milk

Place the potatoes, onions and garlic in a large saucepan and cover with broth. Bring to a boil, reduce heat and simmer until potatoes are tender when pierced with a fork. Stir in salt and pepper and hot sauce and correct taste as you prefer. In a separate bowl, whisk together milk and flour until a paste is formed. Whisk into hot soup and continue cooking over low heat until soup is thickened and cook for about 5 minutes. Taste again and correct seasonings if necessary.

VERMOUTH STUFFED POTATOES

4 large baking potatoes
4 tablespoons butter
1/4 cup heavy cream
1/4 cup vermouth
1 tablespoon minced parsley

Lightly grease the potato skins with oil. Bake as usual, until tender. Slice off top and scoop out pulp, being careful not to rip the skin. Mash the pulp with remaining ingredients and mix well. Stuff the skins with the mixture and sprinkle with paprika. Bake 30 minutes at 325 degrees.

IRLANDAISE (serves 4)
(Great with leftover mashed potatoes!)

6-8 peeled potatoes for mashing
6 tablespoons butter
dash salt and pepper
1/4 cup heavy cream
2 cups finely shredded green cabbage

From the potatoes, butter, seasonings and cream, make enough mashed potatoes for 4, allowing for seconds. Add the cream slowly as you may not need it all. Mix in the green onions, cover the pot and keep warm. Separately cook the cabbage in boiling water for 10 minutes. Do not overcook; cabbage should be crisp. Drain it well and stir into the potato mixture, mixing well. Serve at once.

cooking calendar

KITCHEN GLAMOR

Registered dietitians Tina Shepard and Detsky Gohlke from William Beaumont's Nutritional Medicine Clinic present flavorful low-fat recipes including chicken fajitas with pico de gallo salsa, Mexican corn stuffed chili and fiesta guacamole, 7 p.m. Tuesday, March 17, at Novi store, 7 p.m. Wednesday, March 18 at Redford store, 7 p.m. Thursday, March 19 at West Bloomfield store, and 7 p.m. Friday, March 20 at Rochester store. There is a \$3 fee. For information, call 537-1200.

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