

Irish eyes will smile at these dishes

Traditionally two cuts of beef are used for pickling in Ireland: the brisket and the silversides tail end of beef.
 Corned beef and cabbage is probably the one dish that is most clearly thought of as typically Irish in the United States, but it is mainly an Irish American dish. Recipes reprinted from "Elegant Irish Cooking" by Noel Cullen. See related story on Taste front.

CORNERED BEEF AND CABBAGE SALAD

- 1 pound small new potatoes
- 2 cups finely shredded savory cabbage
- 1 tablespoon finely diced onion
- 1/3 cup grated carrot
- 2 tablespoons mayonnaise
- 12 thin slices of cooked corned beef

DRESSING

- 1 cup olive oil
- 3 tablespoons vinegar
- 1 tablespoon mustard powder
- 1 bunch watercress, for garnish
- 1 teaspoon chopped chives, for garnish
- 1 head radicchio

Cook new potatoes, skin on, in boiling salted water, about 25 minutes, or until tender. Drain and allow to cool. When cold, peel and

slice into coin shapes.

Mix the cabbage with the potatoes. Add onion, carrot, and mayonnaise.

For the dressing, combine all ingredients, except radicchio, in a food processor and blend for 10 seconds. Arrange radicchio leaves on chilled plates. Spoon the cabbage and potato salad onto the leaves. Arrange the corned beef slices in alternate layers on top of the cabbage and potatoes. Decorate each with 1/4 bunch of watercress. Drizzle with dressing. Serves 4.

TRADITIONAL IRISH LAMB STEW

- 3 pounds deboned, lean lamb shoulder
- 1-1/2 cups sliced onions
- 1 cup sliced leeks
- 1 cup sliced celery
- 2 tablespoons chopped parsley
- 3 sprigs thyme
- salt and pepper to taste
- 16 small potatoes, peeled
- 1-1/2 cups carrots, cut into 2-inch-long batons*
- 2-1/2 quarts chicken stock

Trim lamb of excess fat and bone. Cut into 2-inch chunks.

In a pot large enough to hold lamb, cover chunks with cold water. Bring to a boil. Boil 10 minutes. Drain and cool under cold water.

In a 4-quart pot, layer the meat, onions, leeks, celery, and herbs. Cover with stock. Simmer, 1 hour. Add potatoes and carrots after 30 minutes time. (Note: The stew should be skimmed periodically to remove fat. When fully cooked, the finished stew should be white in color, with a slightly peppery flavor.) When cooked, sprinkle with chopped parsley. Serves 8.

CARROTS IN ORANGE SAUCE

- 1/2 cup orange juice
- 1 teaspoon orange zest
- 1 teaspoon lemon juice
- 1 teaspoon cornstarch
- 2 medium carrots, peeled and sliced
- 1/2 teaspoon salt
- 1/2 teaspoon granulated sugar

Place the orange juice in a medium saucepan. Bring to a boil. Add orange zest and lemon juice.

Disolve cornstarch in a tablespoon of cold water. Add to orange juice mixture, stir until sauce thickens.

Gently boil carrots in water seasoned with salt and sugar until crisp and tender. Shock in ice water.

Mix carrots into sauce. Reheat. Serve hot. Serves 4.

PUREED RUTABAGAS

- 2 pounds rutabagas, peeled and quartered
- 8 tablespoons butter, divided
- 8 cloves garlic, peeled
- Salt and ground pepper, to taste

Boil rutabagas 7 minutes, in salted water. Drain.

In a medium saucepan, over low heat, cook gently the rutabagas and garlic cloves in 4 tablespoons butter, until soft.

Place in a food mill and puree, or hand mash, with the remaining 4 tablespoons butter. Season to taste. Serves 6.

MINTED WHITE TURNIPS

- 1-1/2 pounds purple-top white turnips, peeled and quartered
- 4 tablespoons butter
- salt and ground pepper
- 1 tablespoon chopped fresh mint

Preheat oven to 350° F. Boil turnips in salted water until soft, approximately 20-25 minutes. Dry turnips on a sheet pan in preheated oven for one minute.

In a food processor fitted with a steel blade, blend the turnips to a puree. Place puree in a medium saucepan over medium heat. Stir until all moisture has evaporated.

Stir in butter, salt, pepper, and mint. Serve immediately. Serves 4.

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Enjoy bread, colcannon

Recipes courtesy of Gerald Maloney of Southfield. See related story on Taste front.

ONION-CHEESE SODA BREAD

- 4 cups flour
- 1 teaspoon salt
- 3/4 stick butter
- 2 eggs
- 1 cup chopped green onions, both green and white parts

- 1 tablespoon baking powder
- 3/4 teaspoon baking soda
- 2 cups grated cheddar cheese
- 1 and 1/2 cups butter milk

Preheat oven to 350° F. Grease and flour Dutch oven. Chop the green onion finely.

Mix dry ingredients in a large bowl. Cut in the butter until mixture resembles coarse meal. Stir in grated cheddar cheese and green onion.

Beat eggs to blend in medium bowl. Reserve one tablespoon to glaze the bread. Blend buttermilk into beaten eggs. Stir into flour mixture; dough will be sticky.

Turn out onto lightly floured surface and knead only until blended or about three minutes. Shape into a round and place in the Dutch oven. Cut a cross in the

top. Brush with reserved egg. For topping, melt one tablespoon butter in a small skillet and saute three onion slices until tender. Blot dry on paper. Arrange on top of dough, cover Dutch oven and bake.

Bake for about 75 minutes or until tester comes out clean. Uncover last 10 minutes. Cool on rack.

COLCANNON

- 1 pound potatoes
- 6 green onions
- 4-8 tablespoons butter
- 1 pound cabbage
- 2/3 cup milk
- Salt and pepper

Peel, cut and boil the potatoes about 20 minutes. Chop the onions and heat with milk in a saucepan. Bring to a boil and simmer for a few minutes. Drain and reserve the milk.

Chop cabbage, place it in a sauce pan with a small amount of water, bring to a boil and simmer for about five minutes.

Mash potatoes, adding the onions, butter, salt, pepper and enough milk to make them soft. Mix in the cooked cabbage and serve.

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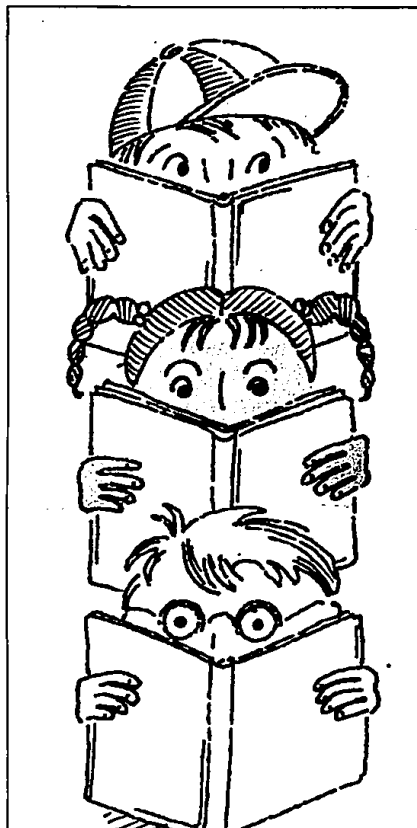
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