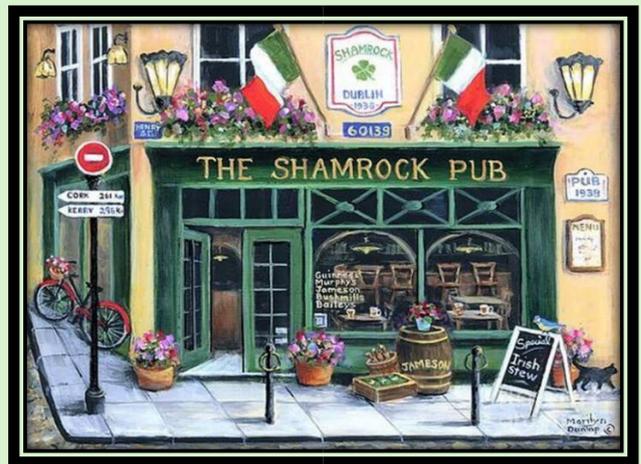
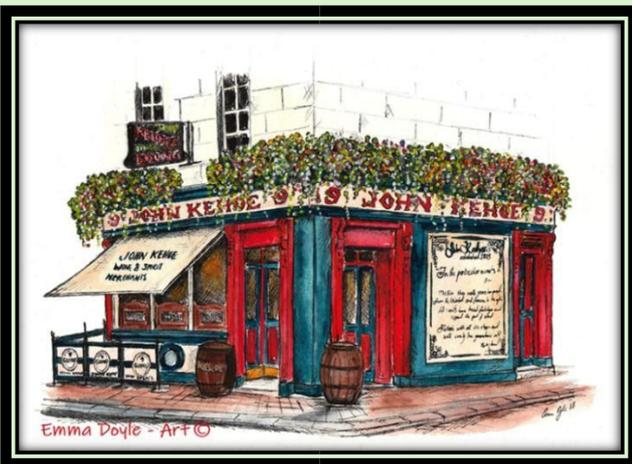
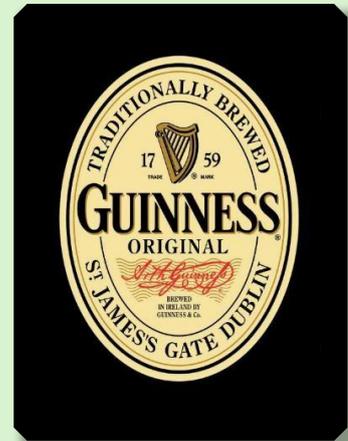




# George Mulvaney's 30 Irish Recipes



# Irish Recipes 2025

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# Accordion Potatoes

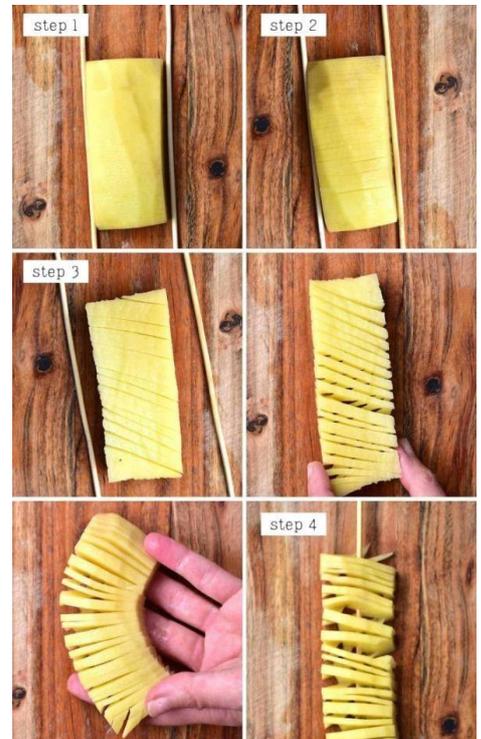
## Ingredients

- large potatoes
- 2 tablespoons of butter
- 3 garlic cloves crushed
- 1 tablespoon of thyme
- 1 tablespoon of oregano
- 1 teaspoon of salt
- ½ teaspoon of black pepper
- 1 tablespoon of fresh parsley



## Method

1. Peel the potatoes and using a cutting board cut off the round ends off each potato.
2. After squaring off the ends of the potato, cut the rest of it into 1-centimetre (10mm) slices and repeat with each remaining potato.
3. Lay the potato between 2 skewers to prevent your knife from cutting through the potato.
4. Cut narrow lines into the potato, going perpendicular (opposite) to the skewers.
5. Flip the potato over, continuing to use the skewers, and cut diagonal cuts.
6. This is what your potato should look like after cutting the diagonal lines.
7. Gently skewer the potato and spread the accordion potato out.



The best way to do this recipe is to place the skewered potato in a bowl of cold water while you skewer the remaining potatoes.

8. Soak the potato skewers for 30 minutes or overnight, this prevents them from browning and will remove some of the starch from the potatoes making them turn out ultra-crispy.
9. Melt the butter in a small bowl and add the oregano, thyme, salt, fresh garlic and black pepper and stir with a fork to combine.
10. Finally, place the potatoes on a baking tray lined with parchment paper.
11. Brush each side of the potato with the butter mixture.
12. Bake in the pre-heated oven, flipping halfway through, for 30-40 minutes.



## Apricot, Date and Guinness Slices

### Ingredients

#### For the slices

- 150 grams of stoned dates
- 120 grams of dried apricots, chopped
- 150ml of Guinness
- 120ml of water
- 75ml of whiskey
- 1 tsp of bicarbonate of soda
- 175 grams of demerara sugar
- 85 grams of butter, softened
- 3 medium eggs, beaten
- 180 grams of self-rising flour
- 100 grams of chopped walnuts

#### For the sauce

- 75 grams of butter
- 75ml of Guinness
- 75ml of double cream
- 2 tbsp of runny honey



### Method

1. Preheat the oven to 180C fan forced.
2. Line a 21cm square brownie tin with parchment paper and set aside.
3. Put the dates, apricots, Guinness, water, whiskey and bread soda in a saucepan.
4. Place over a gentle heat until the dates soften and break down, stirring occasionally.
5. This should take about 4-5 minutes then leave to cool.
6. Using an electric mixer, cream the sugar and butter until light and fluffy.
7. Beat the eggs and fold the flour, walnuts and the cooled date mixture into the egg mix and transfer to the prepared tin.
8. Bake for 35-40 minutes, until firm to the touch.
9. Leave to cool in the tin for 5 minutes before turning out on a cooling rack.
10. Cut the cake into 9 squares.
11. To make the sauce, place the butter, Guinness, cream and honey in a saucepan and simmer over a low heat until the honey has dissolved and the sauce has thickened.
12. Serve the cake with the warm cream drizzled over the slices.

## Bacon Cabbage and Potato Soup

### Ingredients

- 6 slices of bacon (or thick-cut bacon), chopped
- 1 medium onion, diced
- 2 cloves of garlic, minced
- 4 cups of chicken or vegetable stock
- 3 medium potatoes, peeled and cubed
- 2 cups of shredded green cabbage
- 1 teaspoon of fresh or dried thyme
- Salt and freshly ground black pepper, to taste
- Crusty bread or Irish soda bread on the side



### Method

1. In a large pot or Dutch oven over medium heat, cook the chopped bacon until crispy.
2. Remove half of the bacon with a slotted spoon and set aside for garnish.
3. Leave the remaining bacon and rendered fat in the pot to build flavour.
4. Add the diced onion to the pot and cook for 3–4 minutes, until softened.
5. Stir in the minced garlic and cook for an additional 1 minute, until fragrant.
6. Pour in the chicken or vegetable stock and bring to a simmer.
7. Add the cubed potatoes and thyme to the pot.
8. Season with salt and pepper to taste.
9. Simmer for 20 minutes, or until the potatoes are tender.
10. Stir in the shredded cabbage and cook for an additional 5–7 minutes, until the cabbage is tender but still vibrant.
11. Taste and adjust seasoning as needed.
12. Ladle the soup into bowls and garnish with the reserved crispy bacon and parsley.
13. Serve hot with crusty bread or Irish soda bread for dipping.

## Baileys Crème Brûlée

### Ingredients

- 600ml of double cream
- 200ml of semi-skimmed milk
- 6 medium free range egg yolks
- 30 grams of caster sugar
- 4 tbsp of Baileys Irish Cream
- 3 tbsp of demerara sugar

### Method

1. Preheat the oven to 150°C
2. Pour the cream and milk into a saucepan and heat until almost boiling.
3. Remove from the heat and set aside for 10 minutes.
4. In a heatproof bowl, whisk the egg yolks and sugar together with a whisk until combined.
5. Stir in the cream mixture and Baileys and pour into six small ramekins.
6. Put the ramekins in a roasting tin and add enough cold water to the tin to come two thirds of the way up the sides of the ramekins.
7. Carefully put the roasting tin in the oven and cook for 30–40 minutes, or until just set.
8. Remove from the tin and leave to cool, then chill for 2 hours.
9. Preheat the grill to hot.
10. Sprinkle the demerara sugar in an even layer over the Brûlée and grill until the sugar has melted, about 2 minutes.
11. Leave to cool until the sugar has set, then serve straight away.



## Beef and Guinness Pie

### Ingredients

- 600 grams of chuck steak, cut into 3.5cm cubes
- 1/2 cup of plain flour
- 2 tablespoons of vegetable oil
- 1 onion, chopped
- 2 celery stalks chopped
- 2 carrots chopped
- 1 swede chopped
- 2 medium tomatoes finely chopped
- 150 grams of bacon pieces
- 330 millilitre bottle of Guinness stout
- 300 millilitres of beef stock
- 2 tablespoons of tomato paste
- 750g of frozen puff pastry, thawed
- 1 egg, lightly beaten
- Salt and pepper to taste



### Method

1. Dust the steak in flour shaking off any excess, brown the steak in batches for 2-3 minutes and set aside.
2. Heat the oil in pan on low, add the onion and bacon and cook for 5 minutes, stirring occasionally, until the bacon has browned and the onion is soft, once cooked place in a cullender to drain any excess fat.
3. In a pot or Dutch oven heat the Guinness, stock, tomatoes, tomato paste, celery and swede and bring to a boil and then turn down to a simmer.
4. Stir in the flour and cook for 2 minutes adding the steak, onion, bacon, salt and pepper.
5. Simmer for 45 minutes then set aside to cool.
6. Preheat oven to 180°C.
7. Grease an ovenproof pie dish.
8. Place the puff pastry into the pie dish and spread the fillings into the pie dish.
9. Place a puff pastry lid on top and trim and crimp the edges with a fork, then cut 2 steam vents into the pastry and brush the top of the pie with beaten egg.
10. Bake in the preheated oven until the crust is golden brown, 30 to 40 minutes

## Beef and Guinness Stew

### Ingredients

- 2 tablespoons of olive oil
- 600 grams of beef chuck, boneless short rib or any slow cooking beef
- 1 teaspoon of salt
- ½ teaspoon of pepper
- 2 garlic cloves crushed
- 1 large onion peeled and sliced
- 180g of bacon piece
- 140 gram can of diced tomatoes
- 3 tablespoons of flour
- 375ml of Guinness
- 700ml of beef stock
- 2 large carrots peeled and sliced
- 1 medium swede peeled and diced
- 2 celery stalks peeled and sliced
- 500g of potatoes, peeled and cut roughly into 30mm chunks



### Method

1. Cut the beef into 30mm chunks and pat dry then sprinkle with salt and pepper.
2. Heat the oil in a pan over high heat and add beef in batches and brown well all over.
3. Remove the beef and set aside in a cullender to drain excess fat.
4. Lower heat to medium and cook the garlic and onion for 3 minutes until softening, then add the bacon and cook for a further 3 minutes.
5. Add flour and stir for 1 minute to cook off the flour.
6. Add the Guinness, beef stock and tomatoes and mix well (to ensure flour dissolves), add the potatoes, carrots, swede and celery.
7. Return beef into the pot and stir
8. Cover, lower heat so it is bubbling gently.
9. Cook for 2 hours until the beef is tender, remove lid then simmer for a further 30 – 45 minutes or until the beef falls apart at a touch, the sauce has reduced and thickened slightly.
10. Adjust salt and pepper to taste.
11. Serve hot with crusty bread or Irish soda bread for dipping.

## Beefy Baked Potato Ingredients

### Ingredients

- 4 large baking potatoes or 8 small to medium ones
- 4 tbsp of vegetable oil
- 3 medium to large spring onions finely chopped
- 2 garlic clove finely chopped
- 500g of beef mince
- 2 tbsp of tomato paste
- 2 tbsp of soy sauce
- 120g of bacon pieces
- 175ml of beef stock
- Salt and pepper to taste

### Method

1. Preheat the oven to 160°C.
2. Prick the potatoes with a fork and place them into a baking tray with 2 tbsps. of vegetable oil for 1½ hours, until soft.
3. Heat 2 tbsps. of vegetable oil in a saucepan and add the bacon, chopped spring onions and garlic and cook on low heat stirring occasionally for 5 minutes until softened.
4. Add the mince and increase the heat to medium and cook, stirring frequently while breaking up the mince for around 10 minutes until the mince has evenly browned.
5. Place the cooked mince in a cullender to drain any excess fat, once drained return the mince to the saucepan and stir in the tomato paste, soy sauce and beef stock and salt and pepper.
6. Reduce the heat, cover and simmer for 30 minutes, adding more stock if needed.
7. Place the potatoes of four individual plates, cut a cross in the centre of each one and squeeze them gently, add a nob of butter to each potato and then ladle the beef mixture over each one and garnish with spring onions.
8. Serve with green peas on the side.



## Boxty - Irish Potato Pancakes

### Ingredients

- 250g of potatoes, mashed
- 250g of potatoes peeled and grated
- 250g of plain flour
- 1 tsp of baking soda
- 300ml of buttermilk
- 6 spring onions, finely sliced
- 100g of cheddar cheese, grated
- Salt and ground black pepper
- Butter, to fry

### Method

1. For the boxty, put the mashed potato, raw grated potato, flour, baking soda and spring onions in a large mixing bowl and mix until evenly combined.
2. Add the buttermilk, little by little, until you have a wet, dropping consistency.
3. Season to taste with the salt and ground black pepper.
4. Heat a non-stick frying pan over a medium-high heat with a little butter.
5. When the butter begins to foam, spoon heaped tablespoon measurements of the mixture into the frying pan and fry for 3-4 minutes on each side until golden brown.
6. Once you turn them add a little grated cheese and allow to melt for an extra indulgent pancake.
7. Remove from the pan and place on a plate lined with kitchen paper.
8. Repeat with the remaining mixture.
9. Keep warm in a low oven.
10. Goes great with bacon and eggs for a hearty Irish style breakfast.



## Champ Cakes with Poached Eggs and Bacon

### Ingredients

- 600 grams of potatoes, cut into evenly sized chunks
- 100ml of milk
- 1 bunch of spring onions, finely chopped
- 4 rashers of bacon
- 4 eggs
- 1 tbsp of olive oil

### Method

1. Boil the potatoes for 20 - 25 minutes or until completely tender.
2. Transfer to a bowl and mash well until smooth.
3. Put the milk and spring onions in a small saucepan and gently bring to the boil and then simmer for 1 minute and remove from the heat.
4. Pour over the potatoes, season with salt and pepper, mix well and leave to cool.
5. Cook the bacon for 4-5 minutes until golden.
6. Bring a medium saucepan of water to the boil.
7. Crack in the eggs, one at a time and poach for 4-5 minutes until the whites are set and the yolk still soft.
8. Divide the champ potato into 8 and shape into rounds.
9. Heat the oil in a large frying pan over a medium heat and fry the champ cakes for 2 minutes on each side until lightly golden.
10. Serve straight away with the poached eggs and bacon.



## Cider-Braised Sausages with Pickled Red Onions

### Ingredients

- 500g of quality pork sausages
- 150g of spring onions peeled and sliced
- 200ml of dry cider
- 1 clove of garlic, finely sliced
- 1–2 teaspoons of plain flour
- Fresh black pepper
- 1 tablespoon of oil
- ½ small bunch of thyme

### Pickled Red Onions

- 1 large red onion, thinly sliced into rings
- 150ml of cider vinegar
- 1 tablespoon of golden caster sugar
- ½ tablespoon of sea salt
- 3 black peppercorns
- 3 coriander seeds
- 1 bay leaf

### Method

1. To pickle the onions, rinse the onion rings in a colander with boiling water and drain.
2. Heat the vinegar in a pan with the sugar, salt, spices and bay leaf, and simmer for 1–2 minutes to dissolve the sugar and salt.
3. Add the onions, remove from the heat, and allow to cool a little before transferring to a clean bowl or jar and placing in the fridge.
4. Preheat the oven to 180°C.
5. Heat the oil in a heavy oven-proof pan over a medium heat and fry the sausages, browning them well on all sides.
6. Transfer the browned sausages to a plate and set aside.
7. Half the thyme sprigs and finely chop the rest.
8. Add the sliced spring onions to the pan and fry for 3–4 minutes to brown lightly.
9. Add a little flour, stirring to cook for one minute and then gradually stir in the cider.
10. Add the garlic, chopped thyme and sausages, season with black pepper and scatter over the sprigs of thyme.
11. Return to a simmer, cover with a lid or foil and transfer to the preheated oven for 45 minutes, removing the cover halfway through.
12. Serve with buttery mashed potato or champ and the pickled red onions on the side.



## **Corned Beef and Cabbage**

### **Ingredients**

- Corned beef brisket or silverside (about 1.5–2kg)
- 1 tbsp each of white and black peppercorns
- 3 bay leaves
- 3 thyme sprigs
- 1 large onion, cut into wedges
- 2 carrots, roughly chopped
- 350 grams of new potatoes
- 1 savoy cabbage, cut into wedges
- Mustard, to serve

### **Method**

1. Put the brisket into a large casserole, add the peppercorns, bay leaves, thyme sprigs, onion and carrots then cover with cold water.
2. Bring to the boil, skimming off any scum that rises to the surface.
3. Reduce to a simmer, cover with a lid and cook for 2 1/2 hours.
4. Add the potatoes, nestling them under the liquid, and cook with the lid on for a further 20 minutes, then add the cabbage and cook for a further 5–10 minutes, or until the veggies are tender.
5. Carefully remove the corned beef, cut it into thick slices and place on a warm platter.
6. Surround with the veggies (discard the liquid) and serve with plenty of mustard.



## Dublin Coddle

### Ingredients

- 600g of potatoes, peeled and cut roughly into 25mm chunks
- 500ml of chicken stock
- 450g of pork sausages, cut into large chunks
- 225g of lean bacon or cooked ham cut into thick strips
- Large onion, peeled and thickly sliced
- 2 large carrots, peeled and sliced
- Salt and black pepper
- 2 tablespoons of chopped parsley
- A good nob of butter

### Method

1. Cook the sausages and bacon in a frying pan until the sausages are browned on all sides.
2. Set aside and once cool cut the sausages into 20 – 25mm long pieces.
3. Place half the sausages and bacon in the bottom of a large, oven proof casserole dish.
4. Add half the onions, potatoes, carrots, salt, pepper and parsley.
5. Add another layer of meat and vegetables, season to taste.
6. Cover with a lid and cook in a slow oven 160 degrees for about 2 hours.
7. Remove the lid for the last 30 minutes and dot the top layer with butter (this allows the top layer to colour and crisp up).



## Ham Hock Soup

### Ingredients

- 1 tbsp of vegetable oil
- 2 onions, finely chopped
- 2 litres of chicken stock
- 2 carrots finely chopped
- 1 large smoked ham hock (700 grams)
- 2 celery stalks finely chopped
- 3 garlic cloves finely chopped
- 1 tsp of ground turmeric
- ½ tsp of ground cumin
- 300 grams of pumpkin cut into 2cm pieces
- 4 silver beet leaves, coarsely torn
- The juice of 1 lemon
- Chilli flakes to serve
- 1 turnip peeled and cut into 1cm pieces

### Method

Heat the oil in a large saucepan over medium heat.

Add the onion and stir occasionally until tender (3-5 minutes).

Add the chicken stock, ham hock, carrots, celery, turnip, garlic and spices, and bring to the boil.

Reduce heat to low, cover and simmer, adding water as necessary to keep ham hock just covered until the meat is very tender (about 2 hours).

Add the pumpkin and cook for 10 minutes, simmer uncovered until vegetables are tender and the meat is falling from the bone (15-20 minutes).

Remove ham hock from the soup and, when it's cool enough to handle, shred or coarsely chop meat (discard skin and fat), add to the soup and bring to a simmer, then add silver beet and simmer uncovered until just wilted (2-4 minutes).

Serve soup warm, seasoned to taste with lemon juice, a generous grind of cracked pepper and chilli flakes.



## Irish Apple Cake

### Ingredients

- 1/2 cup unsalted butter
- 1/2 cup granulated sugar
- 2 large eggs
- 3 tbsp of whole milk or cream
- 1 1/4 cups all-purpose flour
- 1 tsp baking powder
- 1 tsp cinnamon
- 1/8 tsp salt
- 3 Granny Smith apples peeled and thinly sliced
- Confectioner's sugar for dusting

### Instructions

1. Preheat the oven to 160C and grease a 9-inch springform pan.
2. To make the streusel topping, blend the bits of butter into the flour, sugar, and oats until the butter is incorporated and the mixture has a coarse crumbly texture then place in the refrigerator to cool.
3. Cream together the butter and sugar until light and fluffy and beat in the eggs, one at a time.
4. Whisk together the flour, baking powder, cinnamon, and salt.
5. Fold the dry ingredients into the butter/sugar mixture, along with the milk or cream.
6. Spoon the batter into your prepared pan and smooth out evenly.
7. Top with the sliced apples, and then the streusel topping.
8. Bake for about 50 minutes to an hour, until the top is lightly browned and a toothpick comes out without wet batter clinging to it.
9. Let cool a bit in the pan before removing.
10. Dust with confectioner's sugar before serving.



## Irish Barmbrack

### Ingredients

- 225g plain flour
- 2 tsps. of baking powder
- 375g packet of fruit mix
- 250ml cold tea
- 50ml of whiskey
- 125g light brown sugar
- 1 large eggs
- 1/2 tsp of mixed spice



### Method

1. Place the fruit mix in a bowl and pour over the whiskey and cold tea.
2. Allow to soak up the liquid overnight.
3. Preheat the oven to 170°C and grease and line a 900g loaf tin.
4. Combine the flour, baking powder, sugar and mixed spice in a mixing bowl.
5. Make a well and break in the egg, using a wooden spoon, mix the egg with the dry ingredients.
6. Add a little bit of the liquid to the fruit mix and mix it through.
7. You may not need all the liquid; you are looking for a wet dough.
8. Then stir through the fruit mix until everything is thoroughly combined.
9. Spoon the wet dough into the lined loaf tin and place in the oven on the middle shelf and bake for 1 hour.
10. Remove from the oven and allow to cool slightly before removing from the loaf tin and placing on a wire rack.
11. Cover in cling wrap and tin foil and allow to sit for 1-2 days before cutting into it.
12. Serve in slices spread with a little butter and good cuppa!

## Irish Chicken and Barley Casserole

### Ingredients

- 2 tbsp of butter
- 6 chicken legs
- 2 carrots, peeled and cut into batons
- 1 large leek sliced
- 3 tsp of Worcestershire sauce
- 6 spring onions
- 4 medium potatoes cut into 3cm cubes, leave the skin on.
- 3 tsp of Dijon mustard
- 3 tsp of dried thyme
- Handful of parsley leaves
- 120g of pearl barley
- 1.5 litres of chicken stock
- Sea salt and black pepper

### Instructions

1. Place a large, heavy-based oven-proof saucepan on a medium to high heat and add the butter and chicken legs skin side down and cook until the skin begins to turn golden brown, seasoning heavily with salt and pepper.
2. Once the legs are browned, remove them from the pan and place on a plate to rest.
3. Lower the heat slightly and add the carrots and leeks and cook for 3 – 4 minutes.
4. Peel the spring onions and cut into quarters, throw the bottom parts into the pan and finely slice the green top for garnishing at the end.
5. Now add the chicken legs, along with any juices back into the pan on top of the veg.
6. Add the chicken stock (enough so that everything is covered) along with the mustard, thyme and Worcestershire sauce.
7. Stir and bring the stock to the boil then place a lid on the pot and cook for 1.5 hours until the meat is soft on the bone.
8. Carefully remove the legs and pick off the soft meat, discarding the bone.
9. Return the meat to the pot along with the potatoes and barley with the lid on and cook for 30 minutes, until the potatoes and barley have softened and the liquid has thickened a little.
10. Adjust seasoning with a handful of parsley leaves and sliced spring onion greens.



## Irish Coffee Meringue Gâteau

### Ingredients

#### For the meringue

- 3 tsp of instant coffee powder
- 170 grams of plus 2tsp icing sugar
- 3 large egg whites

#### To assemble and decorate

- 3 tbsp of Irish whiskey
- 600ml of whipped cream
- 1 sprinkle of icing sugar
- 1 sprinkle of unsweetened cocoa powder

### Method To make the meringue

1. Preheat the oven to 150°C fan forced.
2. Cover a large baking sheet with baking paper and use a pencil to draw 3 - 18cm diameter circles on the paper and flip the paper over so the pencil side is down.
3. Sift the instant coffee powder and 2tsp of icing sugar together and set aside.
4. Place the egg whites and 170 grams of icing sugar into the bowl of an electric stand mixer fitted with the whisk attachment.
5. Begin whisking at medium speed and after about 1 minute, increase the speed to full and whisk until the mixture forms stiff peaks, about 10 minutes.
6. Gently fold the coffee and sugar mixture into the stiff meringue, let it sit for about 30 seconds and fold once more.
7. In this time the coffee powder will begin to dissolve into the meringue.
8. Transfer some of the mixture to a piping bag and pipe twelve small meringue kisses on the lined baking sheet.
9. Spread the remaining meringue in three thin disks, using the pencil circles as a guide.
10. Bake for about 1 hour until crisp and set.
11. When the meringue is cooked it will lift easily away from the baking paper.
12. Allow to cool completely.

### To assemble and decorate

13. In a bowl, fold the whiskey into the whipped cream.
14. Put one of the meringue discs on a serving plate.
15. Spread half of the whiskey cream over the meringue, take care to keep the edges neat.
16. Put the second circle of meringue on top and cover with a similar amount of cream.
17. Place the third meringue circle on top and press down lightly.
18. Decorate the top with the remaining whiskey cream, the coffee meringue kisses and a light dusting of icing sugar and cocoa powder.



## Irish Fish Pie

### Ingredients

- 500 grams of mixed fish such as
- 2 tbs of flour
- whatever fish you like (3) salmon, whiting and prawns
- 2 tbs of butter
- 350ml of the stock you used to cook
- 2 carrots chopped the seafood
- 1 cup of peas
- 250ml of double cream
- 1 onion diced
- 2 tbs of parsley
- 2 tbs of butter to cook the carrot and onion
- 1 tbs Dijon mustard
- Juice of half a lemon
- 400ml of vegetable stock
- 120ml of white wine



### Topping

- 750 grams of potatoes, peeled and chopped
- 250ml of double cream
- 3 tbs of butter
- 80g of cheese

### Method

1. Melt the butter in a pan and add the carrots, once softened add the onion to the pan and cook for 2 minutes, then add the fish, white wine and cook for 5 minutes and set aside.
2. Heat the stock in a separate pot and let simmer on low heat.
3. For the sauce add the butter to the pan and then the flour and mix well, add the stock, double cream, parsley, Dijon mustard and the juice of half a lemon.
4. Boil the potatoes adding salt and pepper to taste and cook until they are soft.
5. Mash the potatoes adding the cream, cheese and butter.
6. Add the onion, carrots, peas, fish, stock and white wine to an oven proof saucepan, pour in the sauce and top with the mashed potatoes.
7. Use a fork to design the top of the mashed potatoes.
8. Place in the oven for 30 – 35 minutes on 160 degrees celsius.

## Irish Onion Soup with Blue Cheese Toasts

### Ingredients

- 25 grams of butter
- 2 onions, peeled and cut into 5mm rings
- 1 litre of chicken or beef stock
- 150ml of double or regular cream

### For the blue cheese toasts

- 8 x 1cm thick slices of baguette white bread
- 75 grams of blue cheese, crumbled

### Method

1. Melt the butter in a saucepan large enough to take the onions.
2. Add the onions, season with salt and pepper and stir.
3. Turn the heat down to medium–low and cook until the onions are golden brown.
4. You'll need to stir the onions and scrape the bottom of the saucepan every few minutes while cooking.
5. When the onions have caramelised, add the stock and bring to the boil, then turn the heat down and simmer for 15 minutes.
6. Add the cream, bring to a simmer and season to taste again with salt and pepper, then take off the heat.
7. When ready to serve, preheat the grill, then toast the bread on both sides and cut into smaller pieces, about 4cm.
8. Pour the hot soup into heatproof bowls and top with the toasted bread.
9. Crumble the blue cheese over the top, place the bowls under the hot grill and cook for 1–2 minutes until bubbling.



## Irish Soda Bread

### Ingredients

- 150 grams of white self-rising flour
- 150 grams of wholemeal flour
- 1 tsp bicarbonate of soda
- 2 tsp of fine sea salt
- 1 tbsp of black treacle
- 300 ml of buttermilk
- 1 tbsp of milk, for brushing

### Method

1. Heat the oven to 200°C
2. In a large bowl, mix the flours, bicarbonate of soda and salt.
3. Make a well in the centre and add the treacle and buttermilk.
4. Mix it all together with a wooden spoon or your hands, until it just comes together.
5. If it's a little dry add a splash of buttermilk or milk.
6. Turn the dough out onto a floured surface and shape into a rounded shape, around 5cm deep.
7. Put it on to an oiled baking sheet.
8. Make a deep cross in the top of the bread using a wooden spoon.
9. Brush with a little milk.
10. Bake for 25–30 minutes.
11. The loaf should sound hollow when you tap the base.
12. If not, return it to the oven for five minutes.
13. Cool on a wire rack for 30 minutes.



## Irish Spice Bag

### Ingredients

- 200g of chicken breast or thighs cut into approx. 40mm x 20mm pieces
- 300g of potatoes cut into chips
- 1 tsp of onion powder
- 1 tsp of garlic powder
- 1/2 tsp of salt
- 1/2 tsp of dried chilli flakes, or to taste
- 1/4 tsp of Chinese five spice powder
- 2 tsp of vegetable oil
- 1 brown onion, halved, thinly sliced
- 1/2 red or green capsicum (or a mix of both), deseeded, coarsely chopped
- 1 garlic clove, crushed
- 250ml of water
- 40 grams of McDonnells spice bag seasoning

### Method

1. Cook the chicken and chips as normal and place in an oven dish and keep warm on a low heat.
2. Meanwhile, combine the onion powder, garlic powder, salt, chilli flakes and five spice in a small bowl and set aside.
3. Heat the oil in a frying pan over medium-high heat and add the onion and capsicum, and cook, stirring occasionally, for 5 minutes or until the onion is golden and the capsicum is soft, then add the garlic and 1 tsp of the spice bag mixture and cook, stirring, for 1 minute or until aromatic.
4. Bring 250ml of water to a boil in a saucepan over high heat, then reduce the heat to low and add the spice bag seasoning in blocks and stir until the mixture is well combined and smooth.
5. Combine all the ingredients together in the oven dish and mix well and drizzle the spice bag seasoning sauce over the mixture.
6. Serve immediately



## Irish Vegetable Soup

### Ingredients

- 25g butter
- 1 onion, peeled and diced
- 1 leek, sliced
- 3 potatoes, peeled and diced (450g)
- 1.5 litres of vegetable stock
- 2 carrots, diced
- 1 swede, diced
- 2 sticks celery, sliced
- 100ml of cream
- 200g of frozen Peas
- Salt and black pepper to taste

### Method

1. Melt the butter in a large saucepan over a medium - high heat.
2. Add the onion, leek and potato.
3. Sauté for 5-6 minutes until they've a little colour.
4. Add the stock, carrots, swede and celery.
5. Lower the heat and simmer for about 20 minutes or until the vegetables are tender when you insert a fork.
6. Blitz the cream into the soup until smooth and add the peas.
7. Heat through and season to taste.
8. Serve with soda bread or your favourite bread roll or crackers.



## Irish Whiskey Braised Short Ribs

### Ingredients

- 1.5 kilos of bone-in beef short ribs
- 2 tablespoons of olive oil
- 1 large onion, diced
- 3 cloves of garlic, minced
- 2 cups of beef broth
- 1 cup of Irish whiskey
- 2 tablespoons of brown sugar
- 2 tablespoons of Worcestershire sauce
- 3 sprigs of fresh thyme
- 2 carrots, chopped
- 2 stalks of celery, chopped
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)



### Method

1. Preheat the oven to 170°C.
2. In a large, heavy pot or Dutch oven, heat the olive oil over medium-high heat.
3. Season the short ribs liberally with salt and pepper.
4. Once the oil is hot, sear the short ribs on all sides until browned (about 3-4 minutes per side and remove the ribs from the pot and set aside.
5. In the same pot, add the diced onion and sauté for about 4 minutes until translucent and add the minced garlic and cook for an additional 1 minute until fragrant.
6. Pour in the beef broth and Irish whiskey to deglaze the pot, scraping any brown bits from the bottom.
7. Stir in the brown sugar, Worcestershire sauce, sprigs of thyme, chopped carrots, and celery.
8. Return the short ribs to the pot, ensuring they are submerged in the liquid.
9. Bring the mixture to a gentle simmer, then cover the pot with a lid and transfer it to the preheated oven.
10. Braise in the oven for about 3 hours, or until the meat is tender and falling off the bone.
11. Once done, remove the pot from the oven and let it rest for a few minutes and discard the thyme sprigs.
12. Serve on a bed of Colcannon (see recipe on page 29) spooning the rich braising liquid over the ribs, and garnish with fresh chopped parsley.

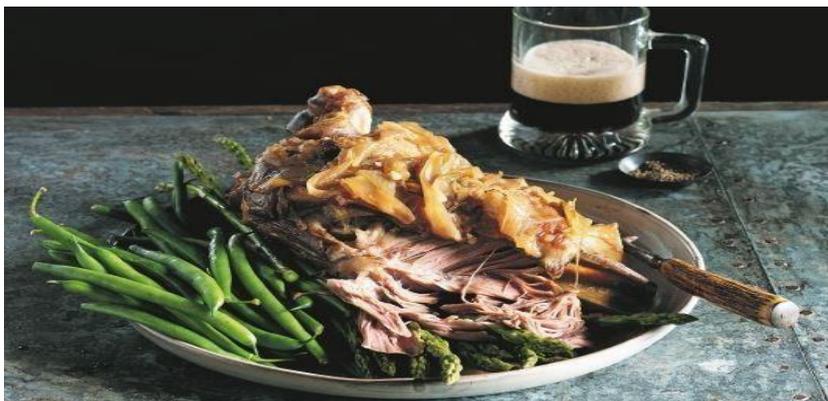
## Lamb Shoulder Slow Cooked with Guinness

### Ingredients

- 1kg lamb shoulder
- 1 onion halved and sliced into wedges
- 2 garlic cloves, roughly chopped
- 1 rosemary sprig
- 1 bay leaf
- 375ml of Guinness stout
- 30ml malt vinegar
- 180ml of chicken stock
- 1 teaspoon of brown sugar
- 1 tbsp of olive oil

### Method

1. Preheat the oven to 160°C and heat the oil in a flameproof, heavy-based casserole dish over high heat.
2. Cook the lamb, skin side down, for 5 minutes, or until the fat is golden brown.
3. Turnover and cook for another 5 minutes.
4. Add the onion, garlic, rosemary and bay leaf to the lamb, then season well with sea salt and freshly ground black pepper.
5. Use a large spoon or tongs to push the ingredients around in the pan, so the onion starts to sizzle in the oil.
6. Cook for 5 minutes, or until the onion smells sweet and just starts to colour.
7. Add the stout, vinegar, stock and sugar and give the pan a shake to loosen any bits that are stuck.
8. Turn the lamb over a couple of times so the ingredients are well combined.
9. Cover with a tight-fitting lid, then transfer to the oven and bake for 2½-3 hours, or until the lamb easily pulls away from the bone.
10. Remove the lamb from the oven, leave to rest for a while and serve with your favourite vegetables.



## Lamb Stew

### Ingredients

- 1kg of stewing lamb, cut into large chunks
- 2 large carrots, peeled and chopped into 2cm cylinders
- 1 medium swede, peeled and chopped into 30mm sized pieces
- 2 medium onions, halved and thinly sliced
- 1 1 tbsp of brown sugar
- 2 bay leaves
- A good grate of nutmeg
- 2 tbsp of malt vinegar
- 470ml of Guinness
- 3 Medium potatoes, wash & cut with the skins on, cut into 30mm sized pieces
- A handful of parsley, finely chopped
- 1 tsp of ground, black pepper
- ½ tsp of salt
- A good nob of butter
- ½ cup of all-purpose flour
- 500ml of vegetable stock

### Method

1. Roll the lamb pieces in the flour and fry over a medium heat in the butter until nicely coloured.
2. Remove the lamb from the casserole and set aside.
3. Add the onions and cook until caramelised, then add the carrots, swede, nutmeg, malt vinegar, brown sugar, salt, pepper, Guinness and enough vegetable stock to just cover the lamb.
4. Put on a tight-fitting lid and cook in the oven at 180C for 2 hours or thereabouts until totally tender.
5. 30 minutes before the finish cooking time, add the potato, leaving the lid off for the remaining cooking time.
6. This will enable the juice to thicken while the potato cooks.
7. Scatter over with finely chopped parsley and serve.



## Oysters' Kilpatrick

### Ingredients

- 300 grams of rock salt
- 24 oysters
- 2 tbsp of Worcestershire sauce
- 3 rashers of streaky bacon, finely diced
- 1 tbsp of finely chopped flat-leaf parsley
- 6 lemon wedges, to serve

### Method

1. Preheat a grill to high.
2. Divide the rock salt on two round, heatproof trays and arrange 12 oysters on each tray.
3. Spoon a small amount of Worcestershire sauce on each oyster and top each with bacon.
4. Cook under the grill for 6–8 minutes until the bacon is golden and starting to crisp.
5. Sprinkle over the parsley and serve with lemon wedges on the side.



## Potato and Leek Soup

### Ingredients

- 3 tablespoons of unsalted butter
- 1 large leek, white and light green parts only, roughly chopped
- 3 cloves of garlic, peeled and smashed
- 2 large potatoes, peeled and roughly chopped into 12mm pieces
- 420ml of chicken or vegetable stock
- 2 sprigs of fresh thyme
- 150g of bacon pieces
- 1 teaspoon of salt
- ¼ teaspoon of ground black pepper
- 60ml of heavy cream
- Chives, finely chopped, for serving

### Method

1. Melt the butter over medium heat in a large soup pot.
2. Add the leeks and garlic and cook, stirring regularly, until soft and wilted, about 10 minutes, adjust the heat as necessary so as not to brown.
3. Add the potatoes, chicken or vegetable stock, thyme, salt and pepper to the pot and bring to a boil and cover and turn the heat to low.
4. Simmer for 15 minutes, or until the potatoes are very soft.
5. Cook the bacon in a frying pan over medium heat for 5 mins until crisp and browned.
6. Fish out the thyme sprigs and add 1/3<sup>rd</sup> of the bacon, then purée the soup with a hand-held immersion blender until smooth.
7. Add the heavy cream and the rest of the bacon pieces and bring back to a simmer.
8. Taste and adjust seasoning with salt and pepper.
9. If the soup is too thin, simmer until thickened, if too thick, add more stock to thin out.
10. Garnish with chives, croutons or just toasted bread cut into 15mm squares.



## Potato Farls

### Ingredients

- 4 medium potatoes, peeled and halved
- 60ml of all-purpose flour, plus extra for dusting
- 1 tablespoon of melted butter
- 1 pinch of salt

### Method

1. An essential part of an Irish fried breakfast, potato farls (meaning 'fourths', as the dough is cut into four) are basically thick potato pancakes.
2. To make the dough, add a knob of butter, 1/4 teaspoon of baking powder and two tablespoons of flour to 250g of mashed potato.
3. Shape into a 15cm circle x 1cm thick, cut into four triangles, then fry in butter until golden and crisp.



## Traditional Irish Colcannon

### Ingredients

- 1 tsp of salt, plus more to taste
- 2 potatoes, peeled and quartered
- 120 grams of curly kale or cabbage, chopped and stems removed
- 2 spring onions roughly chopped
- 120 grams of unsalted butter
- Freshly ground black pepper, to taste
- 60g of unsalted butter, optional for serving



### Method

1. Lightly salt a pot of hot water and simmer the potatoes until soft in the middle when pierced with a sharp knife.
2. In a different pot, blanch the curly kale in boiling water for 1 minute.
3. Drain the kale and reserve.
4. Place the roughly chopped spring onions and the blanched kale into a blender and pulse for 10 seconds until roughly mixed. (You want the vegetables to have some texture.)
5. Drain the potatoes and add 120g of butter.
6. Mash the potatoes and butter until smooth and creamy.
7. Add the kale and spring onions and season with salt and pepper and stir well.
8. Top the mash with the optional 60g of butter, if desired.
9. Serve and enjoy.

## Traditional Irish Breakfast

### Ingredients

- 4 pork sausages
- 4 slices of bacon rashers
- 4 slices of white pudding
- 4 slices of black pudding
- 4 eggs
- 2 tomatoes, cut into quarters
- ½ cup of mushrooms
- 200 grams of beans
- 2 medium potatoes sliced 10mm thick
- Salt & Pepper



### Method

1. Preheat the oven to 160°C.
2. Melt 2 tablespoons of butter in a large frying pan over medium heat.
3. Place the potato slices in the pan and fry until they are browned on both sides.
4. Once the potatoes are cooked, place it on a paper towel to remove excess fat and then put it in the oven to keep it warm.
5. Place the bacon in the pan and fry it until it's cooked through and browned.
6. Once the bacon is cooked, place it on a paper towel to remove excess fat and then put it in the oven to keep it warm.
7. Cook the sausages in the frying pan until browned.
8. Place them in the oven to keep them warm.
9. Add the white and black pudding, tomatoes and mushrooms to the frying pan and cook all the ingredients until nicely browned.
10. Once cooked, transfer them to the oven.
11. Fry the eggs to your liking.
12. Warm the beans in a small saucepan over medium heat.
13. Remove the plates from the oven.
14. Add the eggs and a scoop of beans.
15. Season with salt and pepper to taste.
16. Can be served with Irish soda bread and potato farls,

**Refer to table of contents**

**For the potato farls & soda bread recipes**