

# FOOD

The Estherville Daily News is proud to bring you the Food page every Tuesday. If you know anyone who should be featured on this page, please send their names and why you think they should be featured to: Managing editor, 10 N. Seventh St., Estherville, 51334 or editor@esthervilledailynews.com



## Irish fare

By MARY ANN MENENDEZ

It's that time of year when Irish eyes are smiling and everyone else wishes they were Irish too.

Every person I know who has ancestry linking them to the Emerald Isle has that certain twinkle so there must be something about smiling peepers!

My first introduction to the Irish was growing up on Noble Street in my Ohio hometown where AJ and Margaret O'Brien were our next door neighbors. An older couple with grown children, he worked for the gas company and she was the typical housewife of the 1960s. A homemade lunch and supper were prepared every day; a time before microwave ovens and the multitude of ready-made food items we have today. I recall they thoroughly enjoyed potatoes and cabbage.

Each had those sparkling blue Irish eyes and rosy cheeks. They knew how to work hard and enjoy a good time. They were very much devout Catholics and knew how to celebrate St. Patrick's Day in style with other Irish friends. Also living in Bellaire were other Irish families with names of Keane, Duffy, Stewart, Murphy, Flanagan, O'Bannon, Sullivan, Kennedy, Murray and Doyle, among others.

A special Mass at St. John Catholic Church was always scheduled on St. Patrick's Day for the Irish who love their St. Patrick. And just two days later, another special Mass would be said for the other half of the parish, the Italians, whose patron saint is St. Joseph.

It is with fondness that I remember the neighbors O'Brien, recalling their neighborly ways every March 17. I wish the Irish a blessed and Happy St. Patrick's Day.

### Emerald Isle Brown Bread

- 1 cup flour
- 3 cup whole wheat flour
- 1 1/2 teaspoon salt
- 3 teaspoons baking powder
- 1 and 1/4 teaspoons baking soda
- 1 and 1/4 cups plain yogurt
- 1/2 cup water
- 1 egg

In a large bowl combine first five ingredients. In a separate bowl mix the last 3 ingredients. Make a well in center of dry ingredients; pour liquid ingredients in and mix until dough is formed. On a floured board, knead dough and shape round. If dough is wet or sticky, add extra flour. Make cross on dough; prick with fork. Grease and flour baking dish. Place bread in dish. Bake at 350 degrees for 45-60 minutes. Turn dish periodically while baking. Let cool in pan for

five minutes and remove to cooling rack to cool completely.

### Irish Spud Salad

- 4-5 potatoes
  - 1 bunch green onions
  - 8 ounces low-fat sour cream
  - 8 ounces low-fat mayonnaise
  - 1 jar bacon bits
- Peel potatoes, slice and cook until tender. Drain well and cool. Alternate in large bowl: potatoes, onions, mayonnaise, and sour cream mixture, and bacon bits. Refrigerate four hours before serving.

### Dublin Dinner

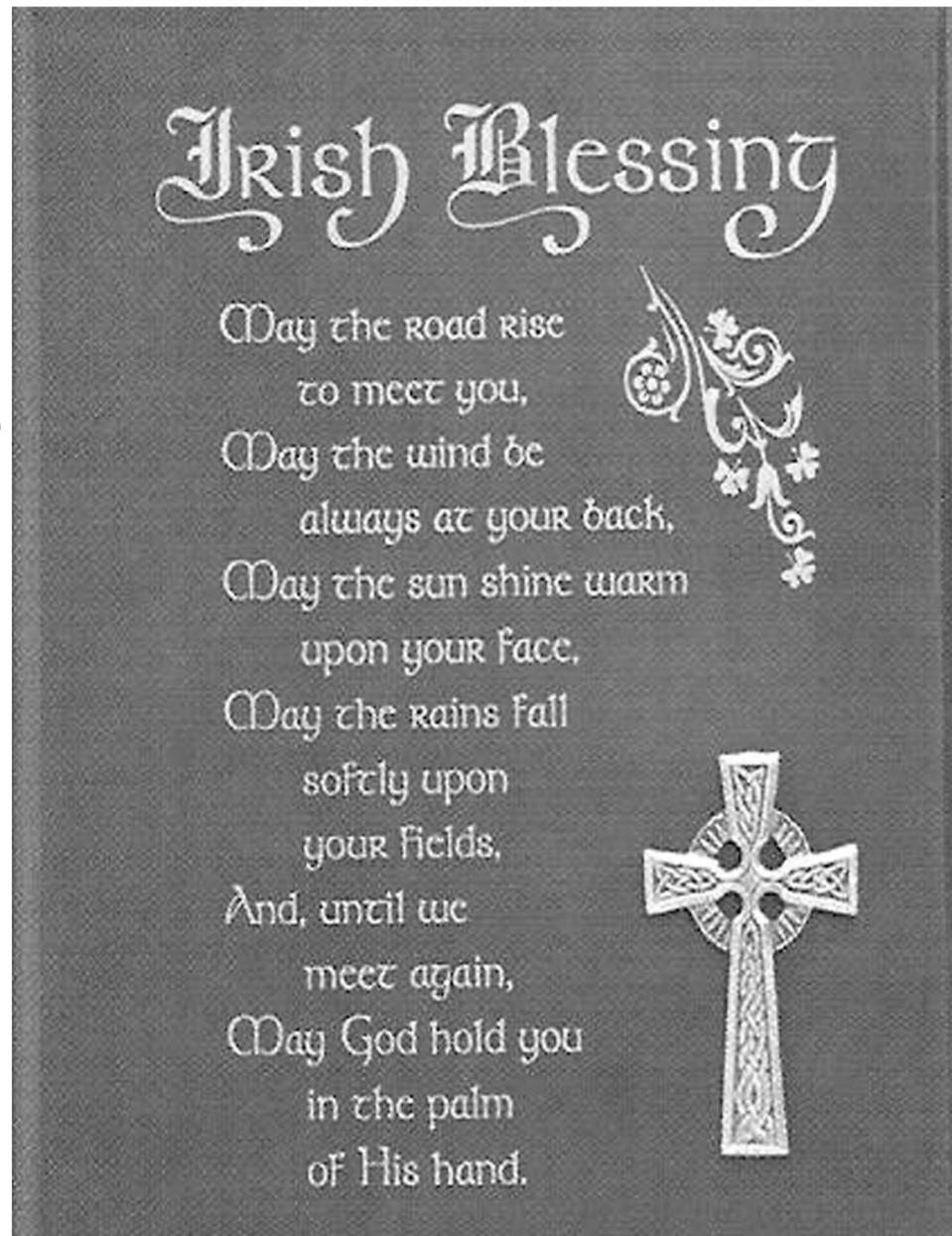
- 1 (3-4 pound) beef brisket
- 2 (12 ounces) bottles beer
- 2 cups water (or enough to just cover)
- 2 bay leaves
- 10 black peppercorns
- 1/2 cup chopped parsley
- 1 teaspoons salt
- 2 tablespoons olive oil
- 3 cloves garlic, peeled and sliced
- 2 cups chopped and rinsed leeks (white parts only)
- 1 medium yellow onion, peeled and sliced
- 1 pound carrots, cut into large pieces
- 1 small red potatoes
- 1 pound turnips, peeled and quartered
- 2 pounds green cabbage, cut in sixths (secure with toothpicks)

Salt and freshly ground black pepper to taste

Place an 8- to 10-quart Dutch oven on the burner and add the beef, beer, water, bay leaves, peppercorns, parsley and salt. Heat a frying pan and saute the garlic, leeks, and yellow onion in olive oil for a few minutes then add to the Dutch oven. Cover and simmer gently for 3 1/2 hours or until the meat is very tender. In the last 25 minutes of cooking, add the carrots and red potatoes. In the last 15 minutes of cooking, add the turnips, cabbage, salt and pepper. If the vegetables are not done to your liking, cook them longer but do not overcook. Remove the toothpicks from the cabbage before serving.

### Chocolate Irish Cheesecake

- 2 cups chocolate wafer crumbs
  - 1/2 teaspoon cinnamon
  - 1/2 cup butter, softened
  - 3 (8 ounce) low-fat cream cheese, softened
  - 1 cup sugar
  - 1 teaspoon vanilla
  - 3 eggs
  - 8 ounces milk chocolate chips, melted
  - 1/3 cup Irish cream
  - 3 cups heavy cream
- Combine crumbs, cinnamon and butter; press into bottom of 10-inch spring form pan; chill for a few hours. Beat cream cheese and sugar. Gradually add vanilla, and eggs. Blend well. Stir in chocolate,



liqueur and heavy cream. Mix well. Pour into chilled crust. Bake at 350 degrees for 1 hour to 1 hour and 15 minutes. Cool. Refrigerate overnight. Refrigerate leftovers.

### Blarney Bread Pudding

- 1/3 cup golden, seedless raisins
- 2 tablespoons Irish whiskey
- 2 tablespoons butter
- 8 slices stale raisin bread
- 1/4 cup chopped dried pineapple
- 1 3/4 cup milk, divided
- 1/4 cup whipping cream
- 3 eggs
- 1/3 cup granulated sugar
- 1 teaspoon vanilla extract
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground cinnamon

Soak the raisins in whiskey 1 for one hour. Butter each bread slice on one side; cut into quarters, then arrange half the bread in a 1 and 1/2 quart casserole about 9-inches across. Sprinkle with half the raisins and half of the pineapple. Top with remaining bread, raisins, unabsorbed whiskey and pineapple. Pour 1 cup of the milk over all and let soak 10 minutes. Microwave remaining milk and cream uncovered in 1-quart measuring cup on high for 2 to 3 minutes until small bubbles appear (do not boil). Meanwhile, beat together eggs and sugar until cream colored; mix in vanilla, nutmeg and cinnamon. Gradually stir hot milk into egg mixture; pour over bread, gently pushing pieces underneath liquid. Microwave, covered, on medium (50 percent power) 11 to 12 minutes, rotating casserole a quarter turn every 3 minutes, if you have no turntable, until a 1-inch border is set around the edges. (Pudding in center will set on standing.)

### St. Paddy's Colcannon

- 6 medium potatoes, peeled
- 4 cups shredded green cabbage
- 1/4 cup butter
- 1 scant cup milk
- 6 scallions, diced
- Salt and pepper, to taste

Quarter potatoes and boil in salted water until tender. At the same time, shred cabbage as you would for slaw. Boil uncovered until ten-

der, 5-7 minutes; drain well. Add half the butter and onion to the cabbage; return to heat for a few minutes. When the potatoes are tender, drain well and shake pan over heat until potatoes are dry. Mash, adding milk to make smooth and a bit thinner than you would normally serve mashed potatoes. Add remaining butter, cabbage and onion mixture and season to taste with salt and pepper. Colcannon should be served in a mound with a well of melted butter in center.

### Green Velvet Cake

- 2 eggs
  - 1 1/2 cups sugar
  - 1 1/4 cups oil
  - 1 teaspoon vinegar
  - 2 1/2 cups self-rising flour
  - 1 teaspoon soda
  - 1 cup buttermilk
  - 1 teaspoon vanilla
  - 1 ounce green food coloring
- Sift flour and soda together, set aside. Beat eggs. Add sugar, oil and vinegar, blend well. Add egg mixture alternately with flour and buttermilk. Add vanilla and green coloring. Mix well. Pour into 3 greased and floured cake pans, 8- or 9-inch. Bake at 350 degrees for 20 to 25 minutes. Cool 10 minutes on baking rack and remove cake from pans.
- Frosting:
- 1 8-ounce low-fat cream cheese
  - 1 stick butter
  - 1 box confectioner's sugar
  - 1 teaspoon mint flavoring
  - 1 cup nuts, chopped
- Using mixer beat cream cheese and butter until light and fluffy. Slowly add sugar and beat well. Add mint flavoring and beat for 30 seconds. Turn off mixer and fold in chopped nuts. Spread on cooled cake.

### Celtic Cobbler

- 1 cup sugar
  - 1 cup milk
  - 1 cup self-rising flour
  - 1 stick butter
  - 1 (16 ounces) can favorite canned fruit
- Spray pan with cooking spray. Mix sugar, milk, flour and butter together. Place in pan then spoon fruit over mixture. Bake at 400 degrees for 30 to 40 minutes.

### O'Brien's Casserole

- 2 cups diced corned beef
- 16 ounces sauerkraut, drained and rinsed, squeezed dry

- 2 tablespoons grated onion
  - 1 cup shredded Swiss cheese
  - 1 cup shredded cheddar cheese
  - 1/2 cup light Thousand Island dressing
  - 1/4 cup light mayonnaise
  - Freshly ground black pepper
  - Topping
  - 4 slices rye bread, lightly toasted
  - 2 tablespoons butter, melted
- Spray an 8-inch square baking dish with nonstick cooking spray. Heat oven to 350 degrees. In a large bowl, combine corned beef, sauerkraut, onion, cheeses, dressing, mayonnaise, and pepper; stir with a spoon until well blended. Pat into prepared baking dish. Tear bread into pieces in food processor and process until crumbs are fine. Put in a bowl and toss with the melted butter. Sprinkle crumbs over the casserole. Bake for 45 minutes, until topping is browned and filling is bubbly. Serves 6 to 8.

### Murphy's Stew

- 4 pounds beef chuck, cut into small squares
  - 4 tablespoons shortening
  - 2 quarts boiling water
  - Juice of one lemon
  - 1 tablespoons Worcestershire sauce
  - 2 cloves of garlic, minced
  - 1 large onion, minced
  - 4 bay leaves
  - 2 tablespoons salt
  - 1 teaspoon pepper
  - 1 teaspoon paprika
  - 2 dashes of ground cloves
  - 2 tablespoons sugar
  - 2 small cans white onions
  - 6 large potatoes, diced
  - 2 bunches carrots, quartered
  - 2 pkgs. pie crust mix
  - 1 cup flour
- Dredge meat in flour. Melt shortening until it is smoking hot. Brown meat. Add water, lemon juice and Worcestershire sauce, garlic, onion and bay leaves. Add dry ingredients. Bring to a rolling boil, then lower heat to a medium setting. Cook slowly for two hours, adding water to cover if necessary. Add carrots and potatoes; cook 20 minutes on high heat. Then add onions and cook 10 more minutes or until carrots and potatoes are tender. Remove bay leaves. Prepare pie crust as directed on package. Pour stew into one huge or two large casserole dishes. Cover with pie crust. Brown in 400 degree oven until crust is browned.

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