

Cooking with Chef Don

St. Patrick's Day Recipes

Traditional Corned Beef and Cabbage

Serves 6

'Corning' is a technique for preserving raw meats for long periods by soaking in salt brine. The name 'corned beef' originated in the early days when the grains of salt used in the brine were called corns.

The procedure for making Corned Beef sometimes uses saltpeter, an original ingredient used in the brine recipe for years. We now know saltpeter may contain carcinogenic and other questionable substances and nitrates. Saltpeter is what adds the traditional red coloring to the corned beef. Grey Corned Beef omits the saltpeter so when the meat has finished brining it is grayish instead of red. We recommend using Grey Corned Beef, you find that the flavor is less salty and in our opinion more delicious.

3 lbs. Grey Corned Beef	2 lbs. Small Red Potatoes
1 Medium Cabbage, quartered	1 lb. Carrots
8 oz. Parsnips	2 tsp. Thyme
2 tsp. Coriander	1 Tbsp. Mustard Seed
2 tsp. Whole Allspice	1 tsp. Peppercorns



Wash, and trim beef of excess fat if needed. Peel the carrots and cut into 2" chunks. Place beef, carrots, spices and mustard in large pot or Dutch oven and cover with cold water. Gradually bring to a simmer and let it cook very gently, not boiling. Let it cook at a gentle simmer for 1 hours, skimming the scum as it rises to the surface.

While the corned beef is simmering, cut the potatoes in half or quarters depending on how large they are. Discard the outer cabbage leaves, core and cut into quarters. Peel the parsnips and chop into large pieces. Add to the beef and carrots.

Continue cooking at a gentle simmer for another 1 to 2 hours or until the meat and vegetables are soft and tender.

Remove from liquid. Cut the corned beef into thin slices. Serve with the vegetables and plenty of butter for the potatoes and yellow mustard or Mustard and Parsley Sauce for the corned beef. Oh...and a side of soda bread would be a good accompaniment as well.

Mustard and Parsley Sauce

Yield: About 2 Cups

1/4 cup plus 2 Tbsp. Shallots, fine dice	1/4 cup Red Wine Vinegar
3/4 cup Italian Parsley, chopped	2 Tbsp. Whole Grain Mustard
1/2 cup plus 2 Tbsp. Olive Oil	1/2 Lemon, juiced
Salt and Pepper to taste	

Place the shallots, vinegar, and 1/4 teaspoon salt in a small bowl, and let sit 5 minutes. Chop the parsley and add it to the shallots. Whisk in the mustard and olive oil, and season with a squeeze of lemon juice, a pinch of pepper and a pinch more salt, if you like. Be careful not to over season, since the corned beef may be on the salty side.



Grilled Corned Beef

Serves 4

1 1/2 lbs. Corned Beef Brisket
1 Tbsp. Cracked Black Pepper
2 tsp. Cracked Coriander Seeds
2 tsp. Onion Powder
1 Tbsp. Garlic, chopped
2 tsp. Thyme
1 Tbsp. Paprika
1-2 tsp. Cayenne
Salt to taste



Soak the corned beef in a large pot of water for at least 2 hours. Changing the water halfway through. Combine the spices and garlic in a bowl and mix well. Rub the spice mixture into the beef. Make sure to really rub the spices into the meat well so that the flavors penetrate the meat. Let sit for 30 minutes. Heat your grill to medium. Grill the meat for about 5 minutes and rotate the meat a quarter turn and grill for about 5 more minutes. Turn the meat over and repeat and cook to desired doneness. Remove from the grill and serve.

Horseradish Sauce

Yield 1 3/4 cups

3/4 cup Mayonnaise
1/4 cup plus 2 Tbsp. Prepared Horseradish
2 tsp. Kosher Salt

3/4 cup Sour Cream
1/2 tsp. Lemon Zest, grated
Pepper to taste

In a small bowl, mix together the mayonnaise, sour cream, horseradish, zest, and 2 teaspoons salt. Season generously with pepper to taste. Refrigerate the horseradish sauce for at least 30 minutes before serving.

Corned Beef Hash

Serves 4

2-3 cups Corned Beef, chopped or minced
1/2 cup Onion, diced
2 Tbsp. Parsley, minced
1/4 cup Chicken Stock or Broth from Corned Beef
1 tsp. Worcestershire Sauce

2-3 medium Potatoes
1 Tbsp. Butter
2 Tbsp. Melted Butter
Dash of Paprika
Salt and Pepper to taste

Preheat oven to 450°. Boil the potatoes with skins on in the corned beef broth until tender or bake in oven until soft. Remove from broth or oven and let stand until cool enough to handle. Skin potatoes and crumble into the minced or chopped corned beef that has been placed into in a bowl. Melt 1 tablespoon of butter in a skillet over low heat and sauté the onions until they are soft. Add potato and meat mixture, seasonings, broth (just enough to moisten) and salt and pepper and toss to combine well. Pour half the melted butter in a pie plate, pack in the corned beef hash mixture and drizzle the rest of the butter over the top. Bake for 15 minutes. Remove has from oven and serve.





Irish Stew

Serves 4

2 lbs Lamb, shoulder or leg
2 Leeks, washed and sliced
1 Tbsp. Garlic, minced
1 Tbsp. Thyme, chopped
2 tsp. Rosemary, chopped
2 cups Water or Lamb Stock

4 cups Onions, chopped
1 1/2 cups Celery, chopped
2 lbs of Potatoes
1 Tbsp. Parsley, chopped
Salt and Pepper to taste
Oil as needed

Trim and reserve fat and bones from lamb. Cut meat into 1 1/2-inch pieces. Place fat in heavy large Dutch oven over medium-high heat. Cook fat until drippings are rendered, about 5 minutes. Using large spoon, remove any solid fat from pot; discard. Sprinkle lamb with salt and pepper. Working in batches, add lamb to pot; sauté until brown on all sides, about 5 minutes per batch. Adding oil if necessary. Using slotted spoon, transfer lamb to plate. Add bones to pot; cook until brown, about 5 minutes. Using tongs, transfer bones to plate. Add vegetables, parsley and thyme to pot; stir to coat with drippings. Return meat and bones to pot. Add 2 cups water and bring to boil. Reduce heat to medium-low. Cover pot tightly; simmer until lamb is tender and vegetables are soft, stirring occasionally, about 1 1/2 hours. Discard bones. Place 1 cup vegetables in processor; puree. Add to stew. Season with salt and pepper. (Can be made 1 day ahead. Cover; chill. Simmer before serving.)

To garnish: chopped fresh parsley and julienne of carrots

Potato Crusted Salmon

Serves 4

4 - 6 oz. Salmon Fillets
2 Eggs
Oil as needed

12 oz. Potatoes, peeled
1/4 cup Flour
Salt and Pepper to taste

Preheat oven to 400°. Grate the potato using the large holes on a box grater. Season the potato with salt and pepper. Mix well. In a bowl beat the eggs with a small amount of water. In a separate bowl mix together the flour a small amount of salt and pepper. Remove the skin from the salmon. Coat the salmon with flour. Dip the floured salmon into the egg. Place the salmon filet into the bowl with the potato and press the potato onto the salmon. Make sure to press the potato on to the salmon firmly. Heat some oil in a sauté pan until it is hot. Sauté the salmon until it is golden brown. Carefully turn the salmon over and continue to cook until the other side is golden brown. Carefully remove the salmon from the pan and place on a baking sheet and finish cooking in the oven. Cooking times will vary depending on how thick the salmon is.

Leek and Whiskey Cream

Serves 4

8 oz. Leeks, sliced
1/2 cup Heavy Cream
2 tsp. Butter

2 Tbsp. Whiskey
1 Tbsp. Parsley, chopped
Salt and Pepper to taste





Melt the butter in a sauté pan and add the leeks. Sautee until the leeks are tender. Add the whiskey and flame. When the flames have died out add the cream and cook until the sauce has thickened. Add the parsley and season with salt and pepper.

Champ

Serves 4

3 large Russet Potatoes
1 Tbsp. Chives, chopped
2 Tbsp. Butter
Salt and White Pepper to taste

2 Tbsp. Scallions, sliced
2 tsp. Garlic, chopped
1/4 cup Heavy Cream

Peel and boil the potatoes until they are soft. Place in a mixer with the butter and whip. Add the cream and whip until smooth. Add the rest of the ingredients and mix well. Keep warm or serve.

Colcannon

Serves 4

1 lb. Potatoes, peeled
1 lb. Cabbage, sliced thin
1/2 stick Butter
1/4 cup Water

1/2 cup Leeks or Green Onion, sliced thin
1/4 cup Milk or Cream
1 Tbsp. Oil
Salt & Pepper to taste

Boil the potatoes and mash with the cream and butter. Sauté the leeks in the oil for 3-5 minutes. Add Cabbage and the water and steam until tender. Combine the cabbage and potatoes, cook in a pot until potatoes are hot. Season with salt and pepper, serve.

Cabbage and Leeks in Cream Sauce

Serves 4

1/2 head Cabbage, coarsely chopped
1 Garlic Clove, minced
1 cup Chicken Stock
2 Tbsp. Flour
1 tsp. Nutmeg

3 large Leeks, sliced
2 Tbsp. Sherry
3 Tbsp. Butter
1 cup Cream
Salt and Pepper, to taste

Put cabbage and leeks in pot. Add garlic, sherry, chicken broth and 1 tablespoon of butter. Simmer over medium heat for 2 hours add more stock if your pot is running too dry. Melt remaining 2 tablespoons of butter in saucepan; add flour and stir until smooth and bubbling. Add cream and cook over low heat until thick. Add the nutmeg, salt and pepper to taste. Drain the cabbage and leeks and combine with the sauce.





Irish Soda Bread

Yield: 1 loaf

2 1/2 cups AP Flour	1/3 cup Sugar
1 tsp. Baking Powder	1 tsp. Salt
1 tsp. Baking Soda	1/2 stick Butter
1 1/2 cups Raisins	1 Tbsp. Caraway Seeds
1 1/4 cups Buttermilk	1 small Egg, slightly beaten

Preheat the oven to 350°. Grease a 9 by 5-inch bread pan. Soak the raisins in water for 15 to 20 minutes and drain. Sift together the sifted flour, sugar, baking powder, salt, and baking soda. Cut in the butter and mix very thoroughly with your hands until it gets grainy. Stir in raisins and caraway seeds. Add the buttermilk and egg to the flour mixture. Stir until well moistened. Shape dough into a loaf and place in the pan. Bake for 1 hour. Test with a toothpick for doneness. Cool in the pan for 3 to 5 minutes. Transfer to a wire rack to cool.

Scones

Yield: 8 Scones

2 cups Flour	3 Tbsp. Sugar
2 tsp. Baking Powder	1/2 tsp. Salt
6 Tbsp. Butter	1 tsp. Vanilla
1 tsp. Orange Zest	2 large Eggs
1/2 cup Heavy Cream	2 Tbsp. Cream

Preheat oven to 400°. Coat a sheet pan with non stick cooking spray. Sift together the dry ingredients in a large bowl. Cut in the butter with a pastry cutter or a fork until the butter resembles coarse crumbs. In a small bowl beat together one egg and the 1/2 cup of cream. Add this mixture to the bowl with the dry ingredients and combine until it forms a soft dough. Turn out onto a lightly floured table. Knead gently 5 or 6 times. Roll the dough until it is about 7 inches round and 1-1/2 inches thick. Cut into 8 wedges; like you would a pizza. In a small bowl beat together the remaining egg and cream. Place the wedges onto the greased sheet pan. Brush the tops of the scones with the egg and cream mixture. Bake for 15-18 minutes on the center rack. Remove from the oven and serve warm or let cool on a wire rack.

Irish Crème Brulee

Serves: 6

3 cups Whipping Cream	3/4 cup Bailey's Irish Cream
6 Egg Yolks	1/2 cup Sugar
1 Tbsp. Vanilla	

Warm whipping cream and Bailey's over a double boiler. In a separate bowl, mix together egg yolks, sugar, and vanilla. Slowly add the warm cream mixture to the yolk mixture, stirring constantly. Pour mixture into individual soufflé cups and put soufflé cups into a 2" deep pan. Fill the pan with warm water and cover with foil. Bake at 350° for 45 minutes or until set in the center. Don't over-cook, or eggs will curdle. Remove from oven and let cool. These will keep in





the fridge for three days. For the topping, mix equal parts brown and white sugar, then cover the tops of the custards. Cook under the broiler or use a torch until caramelized.

Irish Coffee

1 oz. of Irish Whiskey
1 Tbsp. Heavy Cream

1 tsp. Sugar
Strong, Hot Coffee to fill the glass

Pre-warm a stemmed glass. Add the whiskey then add the sugar and stir in the coffee. Pour cream over the back of a spoon and down the side of the glass so it floats on top. This is the traditional method. You can also use a dollop of whipped dessert cream. Drink the coffee through the cream... do not stir after adding it.

Black & Tan

8 oz. Guinness
8 oz. Harp

Pour the Harp in to the glass to the half-way point. Now pour the Guinness over the back of the spoon and into the glass so that it sits on top of the Harp. Enjoy.

Nutty Irishman

½ shot Bailey's Irish Cream
½ shot Frangelico

Pour equal amounts of Bailey's and Frangelico into a shot glass, mix and serve.

