

Irish Pub Grub

Beef and Irish Stout Stew
Braised Napa Cabbage with Bacon, Red Wine Vinegar, and Mint
Irish Champ
Irish Cream Creme Brulee

Beef and Irish Stout Stew

"This stew is great for St. Patrick's Day. The mixture of the beef and Guinness is awesome! I usually add more beer than the recipe calls for. Serve with mashed potatoes."

- 2 pounds lean beef stew meat
- 3 tablespoons vegetable oil -- divided
- 2 tablespoons all-purpose flour
- freshly ground black pepper -- (to taste)
- 1 pinch cayenne pepper
- 2 large onions -- chopped
- 1 clove garlic -- crushed
- 2 tablespoons tomato paste
- 1 ½ cups Irish stout beer -- (e.g., Guinness)
- 2 cups chopped carrot
- 1 sprig fresh thyme
- 1 tablespoon chopped fresh parsley for garnish



- 1 Toss the beef cubes with 1 tablespoon of vegetable oil. In a separate bowl, stir together the flour, salt, pepper, and cayenne pepper. Dredge the beef in this to coat.
- 2 Heat the remaining oil in a deep skillet or Dutch oven over medium-high heat. Add the beef, and brown on all sides. Add the onions, and garlic. Stir the tomato paste into a small amount of water to dilute; pour into the pan and stir to blend. Reduce the heat to medium, cover, and cook for 5 minutes.
- 3 Pour ½ cup of the beer into the pan, and as it begins to boil, scrape any bits of food from the bottom of the pan with a wooden spoon. This adds a lot of flavor to the broth. Pour in the rest of the beer, and add the carrots and thyme. Cover, reduce heat to low, and simmer for 2 to 3 hours, stirring occasionally. Taste and adjust seasoning before serving. Garnish with chopped parsley.

Servings: 6

Cooking Times

Preparation Time: 30 minutes

Total Time: 3 hours and 30 minutes

Source

Source: allRecipes.com

Web Page: <http://allrecipes.com/Recipe/Beef-and-Irish-Stout-Stew/Detail.aspx>

Braised Napa Cabbage with Bacon, Red Wine Vinegar, and Mint

8 ounces bacon -- diced
1 cup red wine vinegar
2 tablespoons honey
2 cups chicken stock
2 pounds Napa cabbage -- thinly sliced
 Kosher salt and freshly ground black pepper
2 tablespoons fresh mint leaves -- thinly sliced

- 1 Preheat oven to 400 degrees F. Place medium-sized roasting pan on burner over medium-high heat, add the bacon and cook until crisp. Remove the bacon with a slotted spoon to a plate lined with paper towels.
- 2 Place cabbage in a roasting pan with rendered bacon fat, stir in the vinegar, honey and chicken stock and season with salt and pepper. Cover with foil and roast in the oven until wilted, about 30 minutes. Remove from the oven and stir in the mint. Transfer to a platter and sprinkle with the cooked bacon.

Servings: 4

Cooking Times

Preparation Time: 10 minutes

Total Time: 45 minutes

Source

Author: Recipe courtesy Bobby Flay

Source: Show: Emeril Live Episode: Irish Pub Grub

Web Page: <http://www.foodnetwork.com/recipes/bobby-flay/braised-napa-cabbage-with-bacon-red-wine-vinegar-and-mint-recipe/index.html>

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Irish Champ

"Looks similar to colcannon, but champ is native to the North of Ireland. It's made by blending scallions or green onions with creamy mashed potatoes. Great on it's own, served steaming hot with extra butter which will melt through it. But it's also the perfect side dish for good quality sausages."

- 2 pounds potatoes -- peeled and halved
- 1 cup milk
- 1 bunch green onions -- thinly sliced
- ½ teaspoon salt -- or to taste
- ¼ cup butter
- 1 pinch freshly ground black pepper -- (to taste)



- 1 Place potatoes into large pot, and fill with enough water to cover. Bring to a boil, and cook until tender, about 20 minutes.
- 2 Drain well. Return to very low heat and allow the potatoes to dry out for a few minutes. (It helps if you place a clean dish towel over the potatoes to absorb any remaining moisture.)
- 3 Meanwhile, heat the milk and green onions gently in a saucepan, until warm.
- 4 Mash the potatoes, salt and butter together until smooth. Stir in the milk and green onion until evenly mixed. Season with freshly ground black pepper. Serve piping hot in bowls. Set out some extra butter for individuals to add to their servings.

Servings: 4

Cooking Times

Preparation Time: 15 minutes

Total Time: 40 minutes

Source

Source: allRecipes.com

Web Page: <http://allrecipes.com/Recipe/Irish-Champ/Detail.aspx>

Irish Cream Creme Brulee

"This is a great twist on an excellent dessert! We first had this at the English restaurant at Epcot, and this is the recipe I came up with to recreate it."

2 cups	heavy cream
1/3 cup	white sugar
6	egg yolks
1 teaspoon	vanilla extract
3 tablespoons	Irish cream liqueur
	superfine sugar as needed



- 1 Preheat oven to 300 degrees F (150 degrees C). Place 6 ramekins on a towel set in a roasting pan at least 3 inches deep.
- 2 Stir together cream and sugar in a saucepan over medium heat, and cook until very hot, stirring until the sugar dissolves. Whisk together egg yolks, vanilla, and Irish cream until combined. Slowly add 1/3 of the hot cream, whisking it in 2 tablespoons at a time until incorporated. Once you have incorporated 1/3 of the cream, you can stir in the remaining hot cream without fear of the mixture curdling.
- 3 Pour custard into the ramekins, then fill roasting pan with boiling hot water to come halfway up the sides of the ramekins. Bake in preheated oven until set, 50 to 60 minutes.
- 4 Once the custard has set, place ramekins on a wire rack, and allow to cool to room temperature, about 1 hour. Cover, and refrigerate until cold, about 4 hours. Custards may remain refrigerated until ready to serve.
- 5 Unwrap the custards, and sprinkle about 1 teaspoon of superfine sugar onto each. Gently shake the custards so the sugar coats the entire top surface, then tip the custards to a 45 degree angle and shake off excess sugar.
- 6 Using a small hand torch, melt the sugar by making short passes over top of the custards with the flame not quite touching. Continue melting the sugar until it turns deep brown. Once the sugar has melted and turned to caramel, the cold custard underneath will harden the sugar into a crispy crust. Serve immediately. Alternatively, the sugar-dusted custards may be browned underneath the broiler in the oven.

Servings: 6

Cooking Times

Preparation Time: 15 minutes

Total Time: 6 hours and 25 minutes

Source

Source: allRecipes.com

Web Page: <http://allrecipes.com/Recipe/Irish-Cream-Creme-Brulee/Detail.aspx>