

## **GUINNESS AND COFFEE IRISH BEEF STEW**

**(slow cooker version)**

### **Ingredients**

- 2.5 T. olive oil
  - 2.5 lb. boneless beef chuck
  - Salt and black pepper to season beef
  - 4 cloves garlic, minced
  - 2 yellow onions, chopped
  - 7 slices bacon, chopped
  - 3.5 T. all purpose flour
  - 14.9 fl. oz. can Guinness Draught beer
  - 5 T. tomato paste
  - 3 C. chicken stock
  - 4 carrots, peeled and cut into 0.5 to 1 inch slices
  - 2 celery stalks, cut into 0.5 to 1 inch slices
  - 1 parsnip, peeled and cut into 0.5 inch pieces
  - 2 bay leaves
  - 1 t. dried thyme (or 3-4 sprigs fresh thyme)
  - 1 t. pure coffee extract (or 1 C. freshly brewed coffee)
  - 0.25 C. water
  - 8 baby red skin potatoes, cut in halves or quarters
  - 3 dried prunes, chopped (to mitigate any bitterness from beer or coffee)
- OPTIONAL:** 1 T. dried and ground porcini mushrooms, not remotely traditional but oh so amazing.

### **Directions**

Slice the beef chuck into 1 to 1.5 inch pieces. Season with salt and black pepper. Heat oil in a heavy bottomed pot/dutch oven over medium-high heat. Add the beef in a single layer and brown on all sides. Remove the browned beef to a plate, then repeat with remaining beef.

Lower the heat to medium and add the chopped bacon. When bacon is nearly browned, add the chopped onions and garlic. Cook until softened, about 3-4 minutes. Stir and try to keep the bacon from burning. (Alternatively, you can remove the bacon pieces with a slotted spoon before adding the onions and garlic. Return the bacon to the pot after onions and garlic are cooked.)

Add the flour and stir to combine well. Let the floured mixture cook 1 minute to remove any raw flour taste. While the flour mixture is cooking, add the pure coffee extract to the 0.25 C. water and set aside. Pour in the Guinness beer and stir well to combine, loosening any browned bits from the bottom of the pot.

At this point, transfer the contents of the dutch oven to a slow cooker. Add tomato paste, chicken stock, carrots, celery, parsnip, bay leaves, thyme and the diluted coffee extract. Add the ground porcini mushrooms if using this optional ingredient.

Return the beef to the mixture in the slow cooker and stir. If needed add enough water (or additional chicken stock) so the beef and vegetables are nearly fully covered. Cook on LOW for 6-8 hours.

In the last 30-45 minutes of cooking, add the red potatoes (halved or quartered) and chopped prunes.

If needed, skim residual fat off the surface. Taste and adjust salt and pepper if needed. Remove the bay leaves. Serve with some crusty country bread or Irish soda bread. The stew is even better the second day.

## **Sources**

[Thechunkychef.com](http://Thechunkychef.com)

[Daringgourmet.com](http://Daringgourmet.com)

## Irish Soda Bread

4 cups all purpose flour	$\frac{1}{2}$ cup margarine softened
4 T sugar	1 cup buttermilk
1 tsp baking soda	1 egg
1 T baking powder	$\frac{1}{4}$ cup butter melted
$\frac{1}{2}$ tsp salt	$\frac{1}{4}$ cup buttermilk

375 oven with lightly greased baking sheet.

Mix flour, sugar, baking soda, baking powder, salt and margarine. Stir in 1 cup of buttermilk and egg. Turn dough on lightly floured surface and knead lightly. I did not knead this based on other recipes stating that kneading was not necessary. Form dough into a round. Place on baking sheet. In small bowl combine melted butter with buttermilk and brush loaf with this mix. Use sharp knife to cut an X into top of loaf. Bake til tooth pick in center comes out clean 45-50 minutes though you can check for doneness at 30 minutes. You may continue to brush loaf with butter mixture while it bakes. Serve with salted Irish butter, Kerrygold.

## Irish Meatloaf

1 tsp crushed juniper berries	1 T chopped chives
$\frac{1}{2}$ cup gluten free breadcrumbs	1 T chopped parsley
$\frac{1}{4}$ cup chopped onion	1 tsp chopped oregano
1 lb ground beef	1 egg
1 T ketchup	Salt and pepper to taste
1 tsp Worcestershire sauce	

Use butter to grease loaf pan. Combine all ingredients. Make sure juniper berries are totally crushed up before adding. Place in loaf pan. Cook at 375 for 1- 1  $\frac{1}{2}$  hours.

## Potatoes O'Brien

- 6 large russet baking potatoes cut in  $\frac{1}{2}$  inch squares
- 1 large red bell pepper cut in  $\frac{1}{2}$  inch squares
- 1 large green bell pepper cut in  $\frac{1}{2}$  inch squares

1 large onion cut in  $\frac{1}{2}$  inch slices  
 $\frac{1}{4}$  cup vegetable oil

Place potatoes in large pot covered with salted water. Bring to boil over high heat, then reduce to med low, cover and simmer 10 minutes. Drain and cool. Once cool, cut into  $\frac{1}{2}$  inch squares. Combine potatoes, peppers and onion in nonstick pan, drizzle in vegetable oil and stir til coated. Cook over med high heat til crisp golden brown, stirring occasionally. Cook about 20 minutes.



## *Irish Rarebit*

*adapted from a Mrs. Beeton recipe*

### Ingredients

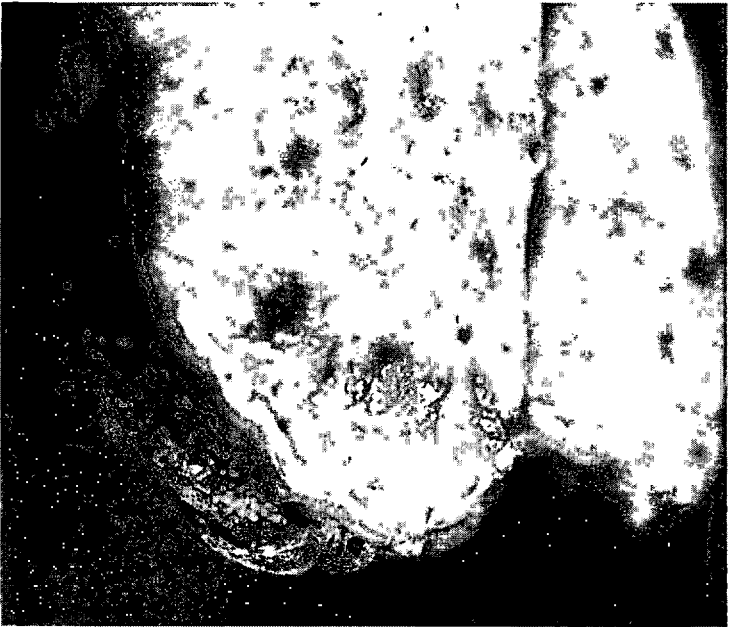
- 1 oz butter (1/4 stick)
- 3 tbsp milk
- 8 oz Castello Herbs & Spice Havarti cheese, grated
- 1 tsp white vinegar
- 1 tsp prepared English mustard (or substitute your favorite mustard, or omit)
- freshly grated black pepper, to taste
- 2 tbsp chopped gherkin or cornichons
- 4 pieces of thick crusty bread, toasted (I used my own No Knead Bread)

Melt the butter in a medium saucepan over low heat, then add the milk and grated cheese, stirring until the cheese melts and becomes smooth. Add the vinegar, mustard, black pepper and gherkins; stir to combine and remove from heat.





Allow to cool slightly, stirring occasionally. Preheat the broiler (grill) then place the four pieces of toast on a baking sheet and divide the cheese mixture evenly between them.



Place under the broiler, until bubbly and hot; place on plates and serve with gherkins/cornichons and salad, if desired.

# Irish Boxty Recipe (Irish Potato Cakes)

recipe adapted from Faith Magazine

## Ingredients

- 9 oz (2 cups) all-purpose flour
- 1 tsp baking powder
- 1 tsp Kosher or sea salt
- 8 oz (1 cup) mashed potatoes, boiled in salted water
- 1 1/2 cups (8 oz) grated, raw potato (nothing fancy needed, just a regular grater)
- 8 oz (1 cup) buttermilk (or more if needed)
- butter for the pan

In a small bowl, place the flour, baking powder and salt; set aside.

Using a large mixing bowl, combine the mashed potatoes with the grated raw potato, then add the flour and mix well.



Next, slowly add the buttermilk and stir gently (do not over mix).



The mixture should be like a very firm, thick batter, almost like a dough, so add more buttermilk if needed (I just used 1 cup or 8 oz).



Heat a nonstick frying pan or cast iron pan over medium-high heat, and add a pat of butter, just before scooping out some of the boxy batter onto the pan. You are now cooking Irish potato cakes!

Flatten and shape into a nice, round pancake shape and fry until golden brown on the bottom.

# Easy Traditional Irish Colcannon Recipe

Prep Time: 10

Cook Time: 20

Total Time: 30 minutes

Yield: 6 Cups

## Description

A traditional, easy Irish Colcannon recipe. Your whole family will love!

## Ingredients

- 4 cups of russet potatoes, peeled and cubed
- salt & pepper to taste
- 2 cups of shredded cabbage (I used pre-packaged slaw)
- 4 green onions, chopped
- 4 Tbs salted butter, divided
- 1 cup of sour cream (I used Mexican sour cream)

## Instructions

1. Boil potatoes in salted water until fork tender, drain and return to same pan.
2. Add sour cream (or Mexican Crema) to potatoes, pepper and 2 Tbs of butter, mashing gently to allow for a chunky texture.
3. While potatoes are cooking, sauté cabbage and green onions in 2 Tbs butter over medium heat until cabbage is soft and starting to char. Add to smashed potatoes and stir.
4. Check for seasoning, adding salt as needed.

## Notes

Make a small well in center of mound, add a pat of butter. Entree serving suggestions include sausage, steak, chicken or by itself!





# Guinness Black and White Chocolate Mousse

Total: 2 hrs 15 mins

Prep: 2 hrs

Cook: 15 mins

Yield: Serves 8



4 RATINGS

Guinness is a wonderful complement to chocolate. This creamy dessert is served at The Guinness Storehouse, at St. James's Gate in Dublin. The Guinness Storehouse is currently Ireland's number-one International visitor attraction.

Reprinted with permission from *The Irish Pub Cookbook* by Margaret Johnson (Chronicle Books 2005).

## Ingredients

### Black Chocolate Mousse:

- 8 ounces semisweet chocolate (or bittersweet chocolate; chopped or grated)
  - 1/2 cup (1 stick) unsalted Kerrygold Irish butter
  - 1/4 cup superfine sugar
  - 3/4 cup Guinness stout
  - 3 large eggs (separated)
  - 1 cup heavy whipping cream
- ### White Chocolate Mousse:
- 6 ounces white chocolate (chopped or grated)
  - 1 cup heavy whipping cream

## Steps to Make It

### To Make the Black Chocolate Mousse:

- 01 In a small bowl set over a pan of simmering water, or in a double boiler, combine the chocolate, butter, and sugar.
- 02 Stir until the chocolate has melted and the mixture is smooth.
- 03 Stir in the Guinness and whisk in the egg yolks. Remove from the heat.
- 04 In a small bowl, whip the cream with an electric mixer until soft peaks form.

- 05 Fold the cream into the chocolate mixture.
- 06 With clean beaters, in a medium bowl, beat the egg whites with an electric mixer until stiff peaks form.
- 07 Fold the whites into the chocolate mixture.
- 08 Fill 8 wine or parfait glasses three-quarters full with the chocolate mixture.
- 09 Refrigerate while preparing the white chocolate mousse.

#### To Make the White Chocolate Mousse:

- 01 In a small saucepan over medium heat, combine the white chocolate and 1/2 cup of the cream.
- 02 Stir until the chocolate has melted and the mixture is smooth.
- 03 Remove from the heat and let cool, stirring once or twice, for 30 minutes, or until thickened.
- 04 In a small bowl, beat the remaining 1/2 cup of cream with an electric mixer until stiff peaks form.
- 05 Fold the whipped cream into the white chocolate mixture.
- 06 Spoon the mixture over the top of the chocolate mousses and refrigerate for at least 2, and up to 24, hours.