

Irish
Recipes

Whiskey-Soaked Irish Potato Cupcakes with Irish Cream Frosting

Recipe provided by www.cupcakefridayproject.com



Serving Size: 14 Cupcakes

Ingredients

Cupcake Ingredients

- 1 1/4 cups cake flour
- 1 1/4 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 1 tsp powdered coconut
- 2 eggs
- 3/4 cup sugar
- 1/2 cup oil
- 1 tsp vanilla
- 1/4 cup buttermilk
- 1/4 cup whiskey, plus more to brush the cakes

Buttercream Ingredients

- 1 cup (2 sticks) unsalted butter, at room temperature
- 4 cups confectioners sugar
- 1/2 cup Irish cream

Directions

Preheat the oven to 350°F and position the racks toward the center. Line cupcake pans with papers.

Sift the flour, baking powder, baking soda, salt and cinnamon together. Add the powdered coconut to the bowl and stir to combine. Set aside.

Whisk the eggs for 20 seconds, then add the sugar and whisk an additional 30 seconds until thick and frothy.

Add the oil and vanilla and beat until combined. Alternate flour / buttermilk / flour / whiskey / flour and beat until combined.

Divide the batter among the wrappers in the cupcake tins and bake for 20 minutes. Cool on a wire rack completely.

Once cooled, brush on the whiskey, if using, before frosting with the Irish cream. To get a good soak, you can poke holes into the tops of the cupcakes with a toothpick.

For the frosting, beat the butter until light and fluffy. Add 1 cup of sugar, beating until combined. Add the Irish cream. Finally, add the remaining sugar gradually and whip until light and fluffy. Pipe onto cupcakes and enjoy!

As an optional garnish, you can sprinkle a pinch of cinnamon, sugar and powdered coconut over each cupcake.

Rosemary Irish Soda Bread

Recipe provided by www.apassionateplate.com



Ingredients

- 1/4 cup butter
- 3 1/2 cup flour
- 1/2 cup old-fashioned oats
- 1 Tbsp. sugar
- 2 Tbsp. fresh rosemary, chopped
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. salt
- 3/4 tsp. freshly ground black pepper
- 1 3/4 cup buttermilk
- 1 egg white, beaten to blend

Directions

With the rack positioned in the middle position in the oven, preheat the oven to 375°F. Stir the butter in a small saucepan until it is melted and starting to turn golden brown. Remove from heat.

In a medium mixing bowl, whisk together the dry ingredients. Pour the browned butter and the buttermilk over the top of the dry ingredients and stir to blend being careful to not over-mix.

Dump the dough onto a lightly floured surface and fold over on top of itself (knead) 5 to 7 times. Divide the dough into two balls. Place them onto a lightly greased baking sheet and flatten them into 6 inch rounds. Top with coarse sea salt, freshly ground pepper and a sprig of rosemary.

Bake for about 45 minutes until deep golden brown and a tester comes out clean. Let them cool on a wire rack for about 30 minutes. Serve warm.

Guinness Marinated Flank Steak

Recipe provided by www.apassionateplate.com



Ingredients

- 2 lb. flank steak, trimmed of excess fat
- 14.5 oz. bottle of Guinness beer
- 1 large red onion, peeled and sliced into 1/2 inch rounds
- Salt and pepper

Directions

Place the flank on a cutting board and lightly make diagonal cuts about 1/8 inch deep, in two directions, to form a diamond pattern (this helps to tenderize the steak).

Put the onion slices on top of the steak in a gallon-sized zip top bag and then carefully pour the beer into the bag. Seal the bag tightly and put it into the refrigerator for at least 2 hours, or up to 24 hours.

Heat a gas or charcoal grill on medium-high. Remove the steak and onions from the bag and season generously with salt and pepper. Grill the steak and onions for about 6 to 8 minutes per side for medium-rare.

Let the steak rest on a cutting board for about 5 minutes before slicing (this will allow the steak to re-absorb the juices). Slice diagonally, across the grain, into 1/4 inch slices and serve immediately.

Irish-American Soda Bread

Recipe provided by www.onceuponachef.com



Serving Size: Makes one large 10 inch loaf or two 8 inch loaves

Ingredients

- 5 Tbsp. unsalted butter, divided
- 3 cups all-purpose flour, spooned into measuring cup and leveled off with knife
- 1 3/4 tsp. salt
- 1 Tbsp. baking powder
- 1 tsp. baking soda
- 3/4 cup sugar
- 1 1/2 cups dried currants
- 1 3/4 cups buttermilk
- 2 large eggs, at room temperature
- 1 Tbsp. caraway seeds

Directions

Preheat the oven to 350°F and set the oven rack in the middle position.

Smear 1 tablespoon of the butter evenly over the bottom and sides of a 10 inch cast iron skillet. Line the bottom of the pan with a circle of wax or parchment paper (see note). Alternatively, you can use two 8 inch nonstick cake pans.

Whisk the flour, salt, baking powder, baking soda and sugar together in a large bowl. Add the currants and toss well to coat.

Melt 2 tablespoons of the butter and let cool.

Combine the melted butter, buttermilk and eggs and whisk until well combined. Add this to the dry ingredients, along with the caraway seeds, and then fold with a rubber spatula until just combined. Do not overmix.

Transfer the batter to the prepared pan(s) and smooth the top gently with a rubber spatula. Dot the top with the remaining 2 tablespoons of butter.

Place the pan(s) in the oven and bake until the bread is puffed and golden brown, 40-50 minutes. Cool in the pan(s) and then cut into wedges and serve warm, or transfer the bread to a wire rack to continue cooling. This bread is best served fresh out of the oven, but keeps well if stored in an airtight container.

Notes:

The cast iron pan is well seasoned so don't bother lining it with wax or parchment paper, and the bread did not stick at all. Lining the pans is not necessary if using nonstick cake pans.

Guinness Lamb Stew with Vegetables

Recipe provided by www.onceuponachef.com



Serving Size: 4-6

Ingredients

- 2 ½ - 3 lbs. lamb shoulder, well trimmed and cut into 1 ½ inch pieces
- 2 tsp. salt
- 1 tsp. freshly ground black pepper
- 3 Tbsp. vegetable oil or olive oil
- 2 medium yellow onions, cut into ½ inch chunks
- 6 cloves garlic, peeled and smashed
- 3 Tbsp. tomato paste
- ¼ cup all-purpose flour
- 1 cup Guinness
- 3 cups beef broth
- 2 cups water (plus 2 tablespoons more for cooking onions and garlic)
- 1 bay leaf
- 1 small sprig fresh rosemary
- 2 tsp. sugar
- 4 large carrots, peeled and cut into 1-inch chunks on the diagonal
- 1 lb. small white boiling potatoes (baby yukons), cut in half
- 1 cup frozen green peas

Directions

Pat the lamb dry and season with salt and pepper. In a large Dutch oven or heavy pot, heat one tablespoon of oil over medium-high heat until hot and shimmering. Brown the lamb in three batches, adding one more tablespoon of oil for each batch. Do not crowd the pan and let the meat develop a brown crust before turning with tongs. It should take 5-8 minutes per batch. Transfer the browned meat to large bowl and set aside.

Add the onions, garlic and 2 tablespoons of water to the pot. Cook until the onions are soft, stirring with a wooden spoon to scrape any brown bits from the bottom of pan, about 5 minutes.

Stir in the tomato paste and cook a few minutes more.

Add the lamb with its juices back to the pan and sprinkle with flour. Stir with a wooden spoon until the flour is dissolved, 1-2 minutes.

Add the Guinness, beef broth, water, bay leaf, rosemary sprig and sugar. Stir with a wooden spoon to loosen any brown bits from the bottom of the pan and bring to a boil. Cover the pot with a lid, turn the heat down to low and simmer for 1 hour and 20 minutes.

Add the carrots and potatoes to the stew, then cover and continue simmering until the vegetables are cooked and the meat is very tender, 30-40 minutes. (Be sure to stir a few times to prevent vegetables from sticking to bottom.)

Remove the bay leaf and rosemary sprig, and then taste and adjust seasoning if necessary. If serving right away, add the frozen peas and cook until the peas are warmed through. Otherwise, let the stew cool, then cover and store in the refrigerator until ready to serve. Reheat gently on the stovetop and add the peas right before serving.

Notes:

This stew can be made a day or two ahead of time and reheated gently on the stovetop. Just be sure to add the peas right before serving so they stay fresh. Also, the broth will thicken in the fridge so it may be necessary to thin it with a bit of water (add it little by little).



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