

Brown Bread

3 cups (12 oz) of wheat flour
1 cup (4 oz) of white flour (do not use self-rising as it already contains baking powder and salt)
14 ounces of buttermilk (pour in a bit at a time until the dough is moist)
1 teaspoon of salt
1 1/2 teaspoon of bicarbonate of soda.
2 ounces of butter if you want to deviate a bit.

Method:

Preheat the oven to 425 F. degrees. Lightly grease and flour a cake pan. In a large bowl sieve and combine all the dry ingredients. Rub in the butter until the flour is crumbly. Add the buttermilk to form a sticky dough. Place on floured surface and lightly knead (too much allows the gas to escape) Shape into a round flat shape in a round cake pan and cut a cross in the top of the dough.

Cover the pan with another pan and bake for 30 minutes (this simulates the *bastible pot*). Remove cover and bake for an additional 15 minutes. The bottom of the bread will have a hollow sound when tapped to show it is done.

Cover the bread in a tea towel and lightly sprinkle water on the cloth to keep the bread moist. Let cool and you are ready to have a buttered slice with a nice cup of tea or coffee.

White Soda Bread

4 cups (16 oz) of all purpose flour.
1 Teaspoon baking soda
1 Teaspoon salt
14 oz of buttermilk

Method:

Preheat the oven to 425 F. degrees. Lightly crease and flour a cake pan. In a large bowl sieve and combine all the dry ingredients. Add the buttermilk to form a sticky dough. Place on floured surface and lightly knead (too much allows the gas to escape) Shape into a round flat shape in a round cake pan and cut a cross in the top of the dough.

Cover the pan with another pan and bake for 30 minutes (this simulates the *bastible pot*). Remove cover and bake for an additional 15 minutes. The bottom of the bread will have a hollow sound when tapped so show it is done.

Cover the bread in a tea towel and lightly sprinkle water on the cloth to keep the bread moist.

Recipes from: <http://www.sodabread.us/Recipes/sodabreadrecipes.htm>



Class Recipes



The Irish Stew

2 lbs stewing steak cut into small pieces
8 large potatoes, diced
4 to 6 large carrots, diced
2 large onions, diced
Salt and pepper to taste

Brown beef and add to stewing pot or slow cooker along with juices. Add potatoes, salt and pepper, and 4 quarts water (more or less, as desired). Bring to a boil. Add carrots and onions. Simmer on low for 1 to 2 hours until potatoes can be pierced with a fork.

*** Optional variations: Add 1 to 2 cups of diced celery with carrots and onions. Add 1 to 2 tsp of dried thyme with potatoes. Use beef broth in place of water. If desired, you can add a little flour mixed with water (a roux) to the simmering soup about 20 – 30 minutes before serving to thicken broth, but traditionally, it is a fairly thin soup.**

HAPPY ST. PATRICK'S DAY

Key Lime Meringue Pie

One baked 9-inch pie crust of your choice

Key Lime Curd:

- Finely grated zest from 4 limes
- 1/3 cup lime juice
- 1/2 cup granulated sugar
- 3 large eggs
- 3 large egg yolks
- 1/4 teaspoon salt
- 8 tablespoons unsalted butter, cut into small pieces
- 1 cup heavy whipping cream
-

In top of double boiler, whisk lime zest, lime juice, sugar, eggs, egg yolks and salt. Whisk constantly until the mixture becomes thick, about 12 to 15 minutes. Remove from heat and whisk in butter one piece at a time until smooth. Strain curd through a fine-mesh sieve into another bowl. Line the surface of the curd with plastic wrap and chill in the fridge for about 30 minutes. Whip cream to soft peaks and fold into the chilled curd. Pour into completely cooled pie crust.

Meringue:

- Egg whites from 4 large eggs
- 2/3 cup granulated sugar
- 1/4 cup powdered sugar
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt

Preheat oven to 375° F with the rack positioned about 8-inches from the top of the oven.

Beat egg whites for about 5 minutes and gradually add granulated and powdered sugars in a slow and steady stream. Add vanilla and salt. Increase the speed and beat for about 10 minutes or until the meringue becomes very thick.

Spread the meringue over the curd and cover up to the edges of the curd and crust. Swirl and create peaks using a spatula.

Place pie plate on a baking sheet and bake for 10 to 12 minutes, rotating it halfway through the baking time.

Meringue peaks should be a beautiful light golden brown with white “valleys”. Completely cool pie on a wire rack before chilling in the fridge for at least an hour before serving.

Best served the same day it is made.

(Adapted from gourmated.com)

Pistachio Cake

- 1 package (18-ounce) yellow or white cake mix
- 2 packages (3 3/4-ounce) instant pistachio pudding mix
- 4 eggs
- 1 cup sour cream
- 1/2 cup water
- 1/2 cup melted butter
- 2 cups whipping cream

Combine cake mix, one pudding mix, eggs, sour cream, water and butter and blend at low speed with electric mixer and beat at medium speed for about 5 minutes. Pour batter into a well-reased and lightly floured Bundt cake pan. Bake at 350° F for about 45 minutes or until a cake tester comes out clean. Remove from oven and let cool in pan for 15 minutes. Turn out onto a rack and cool completely.

Beat 2 cups whipping cream and the other package of pistachio pudding mix until thick enough to frost the completely cooled cake.

Store in refrigerator.