

# The Sampler

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March-April 2020

Issue #2

## A Bit of the Irish

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**In this issue:**

A Bit of the Irish	1
A Bit of the Irish continued and Irish Soda Bread	2
Family and Consumer Science Events	3
4 Tips to Thriving and Not Just Surviving Becoming a New Parent	4
Irish Recipes and Trivia	5
Master Food Preserver	6
Create Better Health News Corner	8

One of the things I appreciate about my mother is her sense of adventure and fun. She was, and mostly still is, always up for trying something new. And that was also the case in her meal planning and recipe selections...especially around any holiday or new culture she was exposed to.

I grew up in the military, the Air Force, and my dad was often traveling and stationed in other countries. Mom always made it a habit to learn about the food and the culture of where dad was at. She would call travel agencies, go to the library, and talk to other military wives about the food and the culture of different countries, and we were the beneficiaries of her sleuthing. I loved it! To this day I feel like I have been to some of these places because my mom had so much fun with it.

Among some of her favorites was St. Patrick's Day. While it is true we have a 'bit of the Irish' in our family history, she would always make sure to try out traditional Irish foods...Irish Soda Bread, Potato Pancakes (Boxty), and bacon and cabbage. With St. Patrick's Day just

around the corner it might be fun to try out a few of these for your family.

You might also be interested to know that corned beef and cabbage is not actually the national dish of Ireland. While it has become the Irish-American dish most popular to eat on St. Patrick's Day, it's not an authentic Irish recipe, and you won't find the Irish from Dublin to Cork eating it on St. Patrick's Day. In fact, a more traditional meal for St. Patrick's Day in Ireland would include lamb or bacon.



The corned beef the Irish immigrants ate was much different than that produced in Ireland 200 years prior. The Irish immigrants almost solely bought their meat from kosher butchers. And what we think of today as Irish corned beef is actually Jewish corned beef thrown into a pot with cabbage and potatoes. The Jewish population in New York City at the time were relatively new immigrants from Eastern and Central Europe. The corned beef they made was from brisket, a kosher cut of meat from the front of the cow. Since brisket is a tougher cut, the

salting and cooking processes transformed the meat into the extremely tender, flavorful corned beef we know of today. (Smithsonian Magazine)

The Irish Americans transformed St. Patrick's Day from a religious feast day to a celebration of their heritage and homeland. With the celebration, came a celebratory meal. In honor of their culture, the immigrants splurged on their neighbor's flavorful corned beef (the Jewish), which was accompanied by their beloved potato and the most affordable vegetable, cabbage. It didn't take long for corned beef and cabbage to become associated with St. Patrick's Day here in America. (Smithsonian Magazine)



As for the cabbage, well, that is a common vegetable, and a favorite, but cauliflower, broccoli, carrots, leeks, turnips, radishes, onions, kale, Brussels sprouts, celery and parsnips, and yes, cabbages and potatoes, all have a popular place on Irish dinner plates.

If you have never attempted corned beef, this might be a fun time to give it a try. You will find it packaged in some of the seasoning brine it was cured in, along with additional spices. Usually the best way to prepare corned beef is slow and low...so a slow cooker works quite nicely. You might be wondering how the name corned beef came to be, well, the name comes from the large, corn kernel-sized grains of salt the meat was packed in to preserve it before modern refrigeration was invented.

Or, if you want, place the brined corned beef in a large pot or Dutch oven along with the liquid and spices that accompanied it in the package. Pour in enough water to cover the beef, then bring the water to a boil on the stovetop. Reduce the heat to a slow simmer, and cover the pot. A three-pound corned beef could take three hours or more to become perfectly tender. Check the meat occasionally, adding more water if necessary. The beef is ready when it pulls apart easily. For a one-pot feast, you can add shredded cabbage and chunks of potatoes and carrots to the pot during the last half hour of cooking.

Of course, another fun way to celebrate St. Patrick's Day is to simply 'go green'. From the clothes you wear, to the foods you make, bringing in plenty of green can be a memory making time for the kids in your house, just like it was for me. 

~Teresa Hunsaker

### Irish Soda Bread

- 1 ½ cups buttermilk
- 1 large egg
- 4 ¼ cups flour
- 3 tablespoons granulated sugar
- 1 teaspoon baking soda
- 1 tablespoon baking powder
- 1 teaspoon salt
- ½ cup unsalted butter, cold and cubed
- optional: 1 cup raisins
- ¼ cup butter, melted
- ¼ cup buttermilk

Lightly grease a large baking sheet. In a large bowl, mix together flour, sugar, baking soda, baking powder, salt and margarine. Stir in 1 ½ cups of buttermilk and egg and optional raisins. Turn dough out onto a lightly floured surface and knead slightly. Form dough into a round and place on prepared baking sheet. In a small bowl, combine melted butter with ¼ cup buttermilk; brush loaf with this mixture. Use a sharp knife to cut an 'X' into the top of the loaf. Bake in oven at 375° for 45 to 50 minutes or until a toothpick inserted into the center of the loaf comes out clean. Check for doneness after 30 minutes. You may continue to brush the loaf with the butter mixture while it bakes. Loosely cover the bread with aluminum foil if you notice heavy browning on top. Usually place foil halfway through bake time. Remove from the oven and allow bread to cool for 10 minutes, then transfer to a wire rack. Serve warm, at room temperature, or toasted with desired toppings/spreads.



More Irish recipes on page 5.

## Family and Consumer Science Events

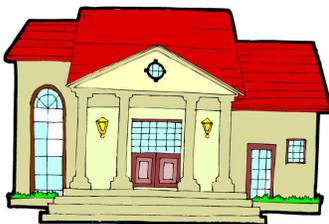
### *Home Buyer Education Classes*

USU Extension Office  
1181 No. Fairgrounds Dr., Ogden

- ◆ Saturday, April 25, 9:00 a.m. to 3:30 p.m.
- ◆ Saturday, June 13, 9:00 a.m. to 3:30 p.m.
- ◆ Saturday, August 8, 9:00 a.m. to 3:30 p.m.

These classes help prepare people for the home buying process. Topics that will be covered are: how much can you afford, mortgage loans, credit, shopping for a home, what to expect at closing and much more.

Cost is \$25 per household for certificate and free if you only want education. Call 801-399-8207 to register.



### *Pressure Canner Lid Gauge Testing*

USU Extension Office  
Monday-Friday  
8:00 am - 5:00 pm

The USDA recommends dial gauges be checked for accuracy yearly, so drop off your pressure canner lid at our office to have it tested. When it's been tested we will give you a call to pick it up. Cost is \$2.00 per lid. If it is recommended that you need a new gauge bring the new one in and we will test it for free!

### *For Your Information. . .*

Our Electric Pressure Cooking classes for March 24 and April 29 are completely full. If you've signed up and can no longer attend for any reason, please give us a call as we have a waiting list of people who would love to be able to come. Look for more electric pressure cooking classes towards the fall.

## *Date Nights. . .*

### *Tropical Escape Games Date Night*

Friday, March 20, 6:30 - 8:30 p.m.  
Burch Creek Elementary, Ogden  
\$10 per couple

Enjoy a mini-getaway with your sweetheart as you learn how to enhance your marriage while participating in fun and interactive games.

### *Creating A Marriage Masterpiece Date Night*

Friday, April 10, 6:30 - 8:30 p.m.  
Busy Bee, Layton  
\$45 per couple

Learn tips to creating a marriage masterpiece while expressing your inner talent through painting a creative joint work-of-art with your sweetheart. Cost includes instruction, activity supplies, refreshments and prizes.



### *Battle for*

### *Your Marriage Date Night*

Friday, April 24, 6:30 - 8:30 p.m.  
Social Ax Throwing, Salt Lake City  
\$55 per couple

Learn how to chop your problems and protect your relationship while engaging in friendly axe throwing competitions. Who will be the axe throwing champion of the night!? Cost includes coaching for axe throwing, activity costs, refreshments and prizes

## 4 Tips to Thriving, and Not Just Surviving, Becoming a New Parent

Every new parent quickly learns that the transition to parenthood comes with its own unique set of changes and challenges. Instead of focusing on yourself or your partner, life is now about just trying to keep the baby alive and happy. From feeding schedules to sleep training, there is always something new to adapt to. Sometimes, it might even feel like you are just trying to keep your head above water.

While this can be a very rewarding time in a couple's life, it is also full of dramatic changes and it can be easier to stop nurturing the relationship with your partner because of your new priorities as parents. So when the focus of life dramatically shifts to a little person who didn't exist before, how do you adjust as a couple?

Consider these four tips to help you not just to survive but thrive in this season of life.

1. Recognize that the challenges are normal. This is a major transitional time for both of you, and the challenges, stresses, strong emotions, the work, and joys are all a natural part of becoming parents. By increasing that awareness and learning tips on how to cope and keep your relationship strong you can create a healthy environment for your child.
2. Turn toward each other, not away. Maintain your friendship as a couple by taking time to share your thoughts and feelings with each other. Sometimes just having your feelings validated can help ease the burden, but be sure to also include discussions about topics that don't relate to chores, the baby or work. Take a minute to smile and laugh about something together.
3. Express appreciation, especially for the small things. Recognize the things your partner does for your little one and yourself. A little bit of recognition and appreciation can go a long way.

4. Spend time doing fun activities together. You will get more satisfaction out of your relationship if you take time to do out-of-the-ordinary things together. While there are plenty of at-home date options, be sure to occasionally go out together so you have uninterrupted alone time to focus on each other. While it can be really hard to find a



way to get out of the house when you have a newborn, and sometimes even harder to leave your baby with someone else, the greatest gift you can give your baby is a happy and strong relationship between the two of you.

While this time of life is challenging, making small efforts to maintain and strengthen your relationship can help you to better manage these changes, and set the stage to provide an example of a healthy relationship for your child for years to come.



~Naomi Brower & Courtney Adamson

### References:

- Claxton, A., & Perry-Jenkins, M. (2008). No Fun Anymore: Leisure and Marital Quality across the Transition to Parenthood. *Journal of Marriage and Family*, 70(1), 28–43. Retrieved from <http://search.ebscohost.com/dist.lib.usu.edu/login.aspx?direct=true&db=eric&AN=EJ783716&site=ehost-live>
- Gottman, J. M., & Gottman, J. S. (2008). *And baby makes three: the six-step plan for preserving marital intimacy and rekindling romance after baby arrives*. New York: Three Rivers Press.

**"The thing about parenting rules is there aren't any. That's what makes it so difficult."**

~Ewan McGregor

## Irish Potato Leek Soup

- ½ cup butter
- 1 medium onion, roughly chopped
- 1 rib celery, roughly chopped
- 3 leeks, chopped
- 2 pounds medium Yukon gold potatoes, 1 inch chunks
- 2 bay leaves
- 4 sprigs fresh thyme
- 5 cups chicken stock
- 2 cups cauliflower florets (7 ounces on food scale)
- ¼ teaspoon salt (or to taste, since this will vary greatly based on saltiness of broth, butter, etc.)
- ⅛ teaspoon black pepper

Melt butter in a large saucepan over low heat; stir in onion, celery and leek. Cover and cook 20 minutes. Stir in potato, bay leaves and thyme; cover and cook 15 minutes. Stir in broth, cauliflower florets, salt, and pepper; bring to a boil. Reduce heat, and simmer 30 minutes or until potato is tender. Remove from heat. Carefully remove the bay leaves and thyme sprigs. Use an immersion blender to puree the soup in the pot. Serve with desired toppings.

**Recommended:** real bacon-crumbed, shredded cheese, and green onions.



## Irish Potato Pancake (Boxty)

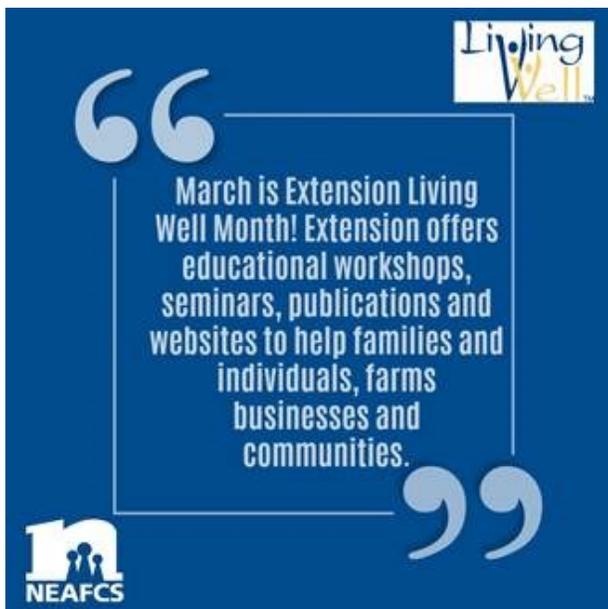
Irish Boxty is a favorite for any potato lover! It combines both mashed and grated raw potato mixed with egg and milk, making it part hash brown and part pancake.

- 1½ cups grated raw potatoes
- 1 cup flour
- ¼ teaspoon baking powder
- 1 cup leftover mashed potatoes
- 1 egg
- ⅓ cup buttermilk
- Salt and pepper to taste
- ¼ cup vegetable oil

Toss the grated potatoes with flour and baking powder in a large bowl. Stir in mashed potatoes until combined. In a separate bowl, whisk together the egg and buttermilk; mix into the potatoes. Season to taste with salt and pepper. Heat the oil in a large skillet over medium-high heat. Drop in the potato mixture, forming patties about 2 inches in diameter. Fry on both sides until golden brown, 3 to 4 minutes per side. Drain on a paper towel-lined plate. Serve warm.

## Irish Trivia . . .

- ◆ It is estimated that as many as 4.5 million Irish arrived in America between 1820 and 1930.
- ◆ Between 1820 and 1860, the Irish constituted over one third of all immigrants to the United States.
- ◆ In the 1840s, they comprised nearly half of all immigrants to this nation.



“ March is Extension Living Well Month! Extension offers educational workshops, seminars, publications and websites to help families and individuals, farms businesses and communities. ”

Living Well

NEAFCS

# MASTER FOOD PRESERVER

## WORKSHOP SERIES

Do you enjoy the art and science of food preservation and canning? Are you interested in updating your skills? If so, this training is just for you! It can be taken as a series or in parts by your topics of interest.



### You will learn the latest information on:

- Food safety in food preservation
- Prevention of food-borne illnesses
- Food storage and safety
- Canning basics
- Canning acidic foods
- Canning low-acidic foods: meats, vegetables, etc.
- Pickled and fermented foods
- Preserving jams and jellies
- Freezing foods
- Freeze drying
- Drying food products
- Canned pie fillings



### OGDEN, UTAH

June 23, 24, 25 & 26 - 8:00 AM -3:00 PM

Roy High School FACS Kitchen  
2250 W. 4800 S., Roy, Utah

\$135 for the series  
\$25 for a full day  
\$12 for a half day

See full class schedule on the back or go to [www.extension.usu.edu/weber](http://www.extension.usu.edu/weber) and look under Home, Family, Food and & Finance. To register for the course, or for more information call 801-399-8207, or email [linda.black@usu.edu](mailto:linda.black@usu.edu).



**EXTENSION**  
Utah State University

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# Create Better Health News Corner

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FOOD  
\$ENSE

## “Eggs-cellent Eggs”



With Easter being just around the corner, Easter eggs are making their way into grocery stores everywhere. All your favorite candies are now egg shaped, and what better symbol for renewal and growth? But eggs are not just for décor and they are not just for Easter.

Eggs are a great way to consume lean protein, and one of the best ways to enjoy eggs is by making omelets. You not only get lean protein, but you can sneak in some delicious sautéed vegetables and low-fat or low-sodium cheese for a healthy dairy addition. By using ingredients you probably already have in your fridge, you can make an easy, inexpensive, and delicious meal! And don't just reserve these omelets for breakfast; they can make a delicious meal if you're cooking for one, or they can even make a great dinner entrée for a large family. Eggs are found in every grocery store, they are easy to prepare, and they can help stretch your food dollar.

When considering your egg recipes, make sure to “Go Lean” with your protein options. One great way to do this is to include more egg whites into your scrambled eggs, omelets, or even frittatas. Both parts of the egg, the egg white and the egg yolk, are healthy for you. But if you want to sneak in some extra lean protein, try adding just one egg white to a regular egg. You still get the great taste and consistency of a scrambled egg, but you're adding about 4 grams of extra protein to your meal.

Another way to prepare eggs would be to hard boil them. These are great if you're short on time and need something quick, easy, and full of protein. You can use them to make deviled eggs, put them in a sandwich or salad, or they are portable as a quick snack.

By making a homemade omelet, hard boiling, or even just adding a bit more egg whites to your egg dishes, even the Easter bunny won't be able to resist eggs that look and taste this good. Who needs chocolate eggs when you can have a real egg filled with protein, vitamin rich vegetables, and low-fat dairy? Here's a quick tip: You can change the flavor profile to any type of food that fits your needs. For example, if you're wanting to go the Mexican route with an omelet, use sautéed bell peppers, cilantro, and salsa. If you are craving more of an Italian flavor, try adding some pesto sauce to your eggs, or even fresh basil or tomatoes and mozzarella cheese. The possibilities are endless. You'll find that trying your hand at eggs is “eggs-actly” what will help you get more lean protein into your diet.

And check out the recipe below for a St. Patrick's twist on deviled eggs.

### GREEN EGGS & HAM DEVILED EGGS

12 large eggs, hard cooked and peeled  
¼ cup plain fat-free Greek yogurt or light mayo  
2 tablespoons deli style mustard  
1 tablespoon milk  
1-2 teaspoons lemon juice (to taste)  
Kosher salt (to taste)  
1 cup loosely packed baby spinach leaves  
Ham cubes to garnish



Slice eggs in half length-wise with a knife. Separate yolks and whites. Place yolks in a food processor with yogurt, mustard, milk, 1 tablespoon lemon juice, spinach and black pepper. Pulse until mixture is smooth. Strain through a fine strainer if there are leafy bits. Add additional lemon juice if needed for taste. Spoon or pipe filling back into egg whites and top with ham cubes. Serve!

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1.800.221.5689 or visit online at <http://fns.usda.gov/fsp/outreach/coalition/map.htm>. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.