



LET'S GET COOKING

Because every great gathering starts with food



Hearty and veggie-packed, traditional Irish cuisine is the pinnacle of comfort food, perfect whether you're throwing a party or looking for something for a family dinner this spring. These Emerald Isle classics will bring a hint of tradition to your next meal.



Bring out your green, and food!

RECIPES FOR ST. PATRICK'S DAY

SWEET AND SPICY CORNED BEEF SANDWICHES

Take corned beef to the next level this St. Patrick's Day with these sweet and spicy corned beef sandwiches. The corned beef is tender and juicy. On top is a sticky and tasty brown sugar glaze. The spices seep into the corned beef and enhance its flavor. We thinly sliced the corned beef and piled it on a Kaiser bun. With a nice balance of sweet and savory, these sandwiches are filling and satisfying.

INGREDIENTS:	
Corned beef brisket (3 to 4 pounds)	FOR THE GLAZE
10 peppercorns	½ cup packed dark brown sugar
4 bay leaves	½ teaspoon ground cloves
3 clove garlic	½ teaspoon ground ginger
Two 3-inch cinnamon sticks, broken	½ teaspoon ground mustard
1 teaspoon red pepper flakes	¼ teaspoon celery salt
Kaiser-type sandwich buns	¼ teaspoon caraway seed

- DIRECTIONS:**
1. Place corned beef with the seasoning packet in a Dutch oven. Cover with water just to the top of the meat. Add peppercorns, bay leaves, garlic, cinnamon sticks and red pepper flakes. Bring to a boil. Reduce heat. Cover and simmer for 4 to 4 1/2 hours or until meat is tender.
 2. Drain and discard juices. Blot the brisket dry with a paper towel. In a small bowl, combine glaze ingredients. Rub onto top of warm meat. Grill or broil for 5-10 minutes on each side until glazed.
 3. Slice meat. Serve warm or chilled on buns.

TRADITIONAL DUBLIN CODDLE

A Dublin coddle has layers of sausage, onions and potatoes. Back in the day, it was made with leftovers and a way to feed a large family when food was scarce. This version is a traditional take and is delicious. It's a touch smoky from the bacon. Sausage, leeks and onions simmer in chicken stock. This isn't a stew because it has much less liquid, but it has similarities in texture to stew. It's hearty comfort food that will be fantastic for St. Patrick's Day.

- INGREDIENTS:**
- 1 pound bacon
 - 8 good quality pork sausages (you may substitute turkey or chicken sausage for a healthier alternative)
 - 4 onions, sliced
 - Black pepper
 - 1-2 leeks, some green tops included, sliced
 - 2 bay leaves
 - 2 sprigs of fresh thyme
 - ¼ cup chopped fresh parsley
 - 2 garlic cloves, roughly chopped
 - 6 potatoes, such as russets, peeled and cut into 2 or 3 large chunks
 - 3 cups ham or chicken stock
 - 1 tablespoon butter



- DIRECTIONS:**
1. Preheat oven to 275 degrees. Cook bacon in a pan until it just starts to crisp. Drain on paper towels. Slice in half widthwise and set aside. Reserve fat.
 2. Heat a Dutch oven over medium heat on stovetop. Add in butter and sausages. Cook until evenly browned all over, about 15 minutes. Remove sausages, slice into chunks. Set aside.
 3. Using the same Dutch oven, add your onions and cook, gently, for about 7 minutes until soft but not colored. If necessary, add a touch of reserved bacon fat.
 4. Layer onions, sausage and bacon in the bottom of the dish, seasoning each layer well with plenty of black pepper. Add leeks, herbs and garlic and finish with a layer of potatoes. Season with a little more black pepper, then pour in your stock.
 5. Cover Dutch oven tightly and bring to a boil on the stovetop. Transfer to the preheated oven and cook for 1 1/2 to 2 hours or until potatoes are tender.
 6. Serve with chunks of soda bread to mop up the tasty juices.

DID YOU KNOW?

The color traditionally associated with St. Patrick was blue, not green.



IS IT ST. PATTY OR PADDY?

St. Patrick's Day can be referred to in informal contexts as "St. Paddy's Day." Paddy is the shortened form of the original Irish spelling of Patrick, which is Pádraig, and for this reason is usually preferred over "St. Patty's Day," which could also be mistaken for the shortened form of the name Patricia.



IRISH SODA BREAD

This recipe for Irish soda bread is fantastic. It's more tender than most loaves of soda bread with a subtle sweetness accented by caraway seeds and raisins. Besides being baked in a loaf pan (and not shaped round), this Irish soda bread is more cake-like than bread-like. Serve warm with a smear of butter alongside Dublin coddle, beef stew or corned beef.



- INGREDIENTS:**
- 1 ¾ cups all-purpose flour
 - 5 tablespoons sugar
 - 1 teaspoon baking powder
 - ½ teaspoon baking soda
 - ½ teaspoon salt
 - 1 cup raisins
 - 2 teaspoons caraway seeds
 - 1 large egg
 - 1 cup buttermilk
 - ½ stick warm melted butter (unsalted)
- DIRECTIONS:**
1. Preheat oven to 350 degrees. Grease a rectangular (6 cup) loaf pan.
 2. In a mixing bowl, combine the flour, sugar, baking powder, baking soda, salt, caraway and raisins.
 3. In a separate bowl, combine buttermilk, egg and melted butter.
 4. Add the buttermilk mixture to the flour mixture.
 5. Stir just until the ingredients are moistened. The batter will be stiff but sticky.
 6. Scrape the batter into the loaf pan and spread evenly. Use a sharp knife to slash a large X on top of the batter.
 7. Bake until golden brown and a toothpick comes out clean, about 40-50 minutes.
 8. Let cool in the loaf pan on a rack for 5 to 10 minutes before removing from pan to cool completely on the rack.

HOLIDAY HISTORY & TRADITIONS

From leprechauns to the color green, find out how symbols we now associate with St. Patrick's Day came to be, and learn about a few that are purely American inventions.

THE SHAMROCK

The shamrock, which was also called the "seamroy" by the Celts, was a sacred plant in ancient Ireland because it symbolized the rebirth of spring. By the 17th century, the shamrock had become a symbol of emerging Irish nationalism. As the English began to seize Irish land and make laws against the use of the Irish language and the practice of Catholicism, many Irish began to wear the shamrock as a symbol of their pride in their heritage and their displeasure with English rule.



IRISH MUSIC

Music is often associated with St. Patrick's Day — and Irish culture in general. From ancient days of the Celts, music has always been an important part of Irish life. The Celts had an oral culture, where religion, legend and history were passed from one generation to the next by way of stories and songs. After being conquered by the English, and forbidden to speak their own language, the Irish, like other oppressed people, turned to music to help them remember important events and hold on to their heritage and history. As it often stirred emotion and helped to galvanize people, music was outlawed by the English.

LEPRECHAUNS

One icon of the Irish holiday is the leprechaun. The original Irish name for these figures of folklore is "lobaircín," meaning "small-bodied fellow." Belief in leprechauns probably stems from Celtic belief in fairies.

In Celtic folktales, leprechauns were cranky souls, responsible for mending the shoes of the other fairies. Though only minor figures in Celtic folklore, leprechauns were known for their trickery, which they often used to protect their much-fabled treasure.



THE SNAKE

It has long been recounted that, during his mission in Ireland, St. Patrick once stood on a hilltop (which is now called Croagh Patrick), and with only a wooden staff by his side, banished all the snakes from Ireland. In fact, the island nation was never home to any snakes. The "banishing of the snakes" was really a metaphor for the eradication of pagan ideology from Ireland and the triumph of Christianity. Within 200 years of Patrick's arrival, Ireland was completely Christianized.

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