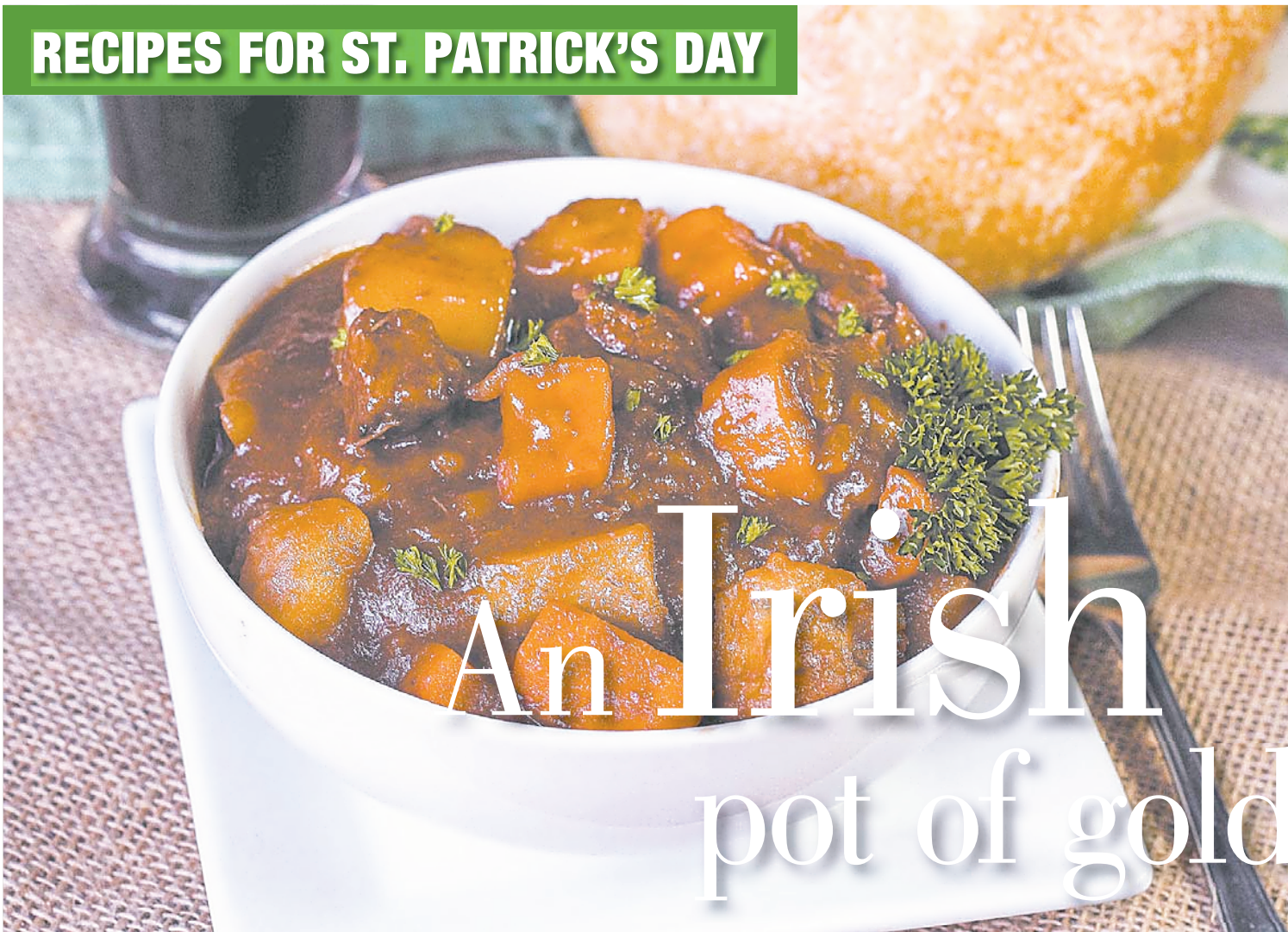




However you choose to pay tribute to the food and cooking of the Emerald Isle, we’re sure these recipes will come in handy. Go ahead, celebrate St. Patrick’s Day on March 17 and serve up these delicious options for an extra dose of luck.



ABOUT THIS HOLIDAY

Many St. Patrick’s Day traditions are not from Ireland

St. Patrick’s Day is made special by various traditions. Everything from dyeing major cities’ rivers green to parades to enjoying green foods has become part of the pageantry of the holiday. You may wonder which traditions are authentically Irish and which ones were created by regions with an abundance of Irish emigrants. Surprisingly, many seemingly Irish traditions likely began elsewhere.

FIRST PARADE

It would be accurate to assume that various elements associated with St. Patrick’s Day began where St. Patrick, the patron saint of Ireland, once resided — including the first St. Patrick’s Day parade. However, some of the first parades held in St. Patrick’s honor took place in two North American cities — New York and Boston — that had high numbers of Irish immigrants. But historians say the first St. Patrick’s Day parade was actually held in St. Augustine, Florida, in 1601, a year after gunfire blasts were used to honor the saint. The parade may have been at the request of an Irish priest living there at the time.

CORNERED BEEF AND CABBAGE

What would St. Patrick’s Day be without an authentic meal of corned beef and cabbage? This dish is not so authentic after all, and actually is an American innovation. Ham and cabbage was widely eaten in Ireland, but corned beef was a cheaper alternative found in America by immigrants. Therefore, corned beef became a staple of poor Irish immigrants living in lower Manhattan. The salted meat was boiled three times to remove some of the brine and make it palatable.

GREEN BEER

Green beer is not an Irish custom, but an American one. The most common beer consumed in Ireland is Guinness, which is dark brown to black in color, making green dye useless in Irish pubs since it would be largely invisible in the stout.

WEARING GREEN

According to The Christian Science Monitor, individuals in the U.S. started wearing green to celebrate St. Patrick’s Day in the early 1700s. They believed it “made one invisible to leprechauns.” The official color for the holiday used to be a sky blue known as “St. Patrick’s Day Blue,” established during the reign of King George III. In addition to these traditions, specialty items such as coffees and shakes, also are very popular. However, most of these do not have origins on the Emerald Isle, either.

IRISH GUINNESS BEEF STEW

Cook this thick and hearty stew in celebration of St. Patrick’s Day, or any day, and you will have one delicious dinner. The Guinness and wine add a lot of depth and flavor to this recipe. The stew cooks to a nice, thick gravy and we loved the process of cooking the potatoes, carrots and onions. Make sure to have some nice, crusty bread on hand to serve, too.

Note: You may need to add more liquids. Take into consideration how many cups of vegetables you are adding and whether you want a thicker stew or a soup texture. A 3-to-1 ratio of beef stock to the Guinness and wine will produce a thicker stew and preserve the flavor of the Guinness.

DIRECTIONS:

1. In a small bowl, add flour and a pinch of salt and pepper. Lightly flour pieces of beef to seal in the flavor.
2. Heat olive oil in a large pot over medium heat. Brown the beef stew using tongs to turn the pieces over.
3. If you have too much liquid, carefully remove it to ensure the beef will brown. Add garlic and sauté for 1 minute.
4. Add beef stock, then Guinness and then wine.

5. Add tomato paste, sugar and thyme.
6. Add Worcestershire sauce and bay leaves.
7. Stir to combine and bring to a boil. Reduce heat and let simmer for 2 hours, stirring occasionally.
8. While the meat and stock are simmering, prepare the vegetables. Melt the butter in a large frying pan over medium heat. Add potatoes, onion and carrots. Remember the potatoes will reduce half the size, so be sure to double the volume.
9. Cook the vegetables for about 30 minutes until they are tender and start to turn a little brown. Do not cover, otherwise the vegetables will steam instead of browning.
10. Add the brown vegetables to the stew.
11. Let simmer for about 20 minutes. Add more salt and pepper to taste. This is a great stew to make ahead of time to let the flavors blend overnight.

IRISH BOXTY (CRISPY FRIED POTATO CAKES)

We loved this Irish Boxty (aka potato cake) recipe! They are quick and easy to prepare and so tasty. Mixing mashed and grated potatoes adds a different texture. Onion adds a pop of flavor that we really liked. There is plenty of ingredients in these patties to hold them together while frying. This is a great recipe for a beginning cook. It’s a simple side dish or snack.



DIRECTIONS:

1. Set half of the potatoes aside for later. Peel and cut remaining potatoes into large chunks; place in a saucepan. Cover with cold water and bring to a boil over high heat. Reduce heat to low and cook 15-20 minutes, or until tender.
2. Drain and place in a large bowl. Mash potatoes and set the bowl aside.
3. Now peel and grate reserved potatoes. Stir them into the mashed potatoes.
4. Add onion, flour, salt and pepper; mix well. Stir in milk and egg to form a batter.
5. In a large skillet, heat oil over medium heat. Drop batter from a tablespoon into the hot oil.
6. Cook 3-4 minutes on each side.
7. Drain on a paper towel.
8. Transfer to your serving dish and serve with applesauce and/or sour cream.

- INGREDIENTS:**
- 1 pound potatoes
 - 1 onion chopped fine
 - ¼ cup all-purpose flour
 - 1 teaspoon salt
 - ¼ teaspoon pepper
 - 1 egg
 - ½ cup milk
 - ½ cup vegetable oil

BAILEYS IRISH CREAM FUDGE

This chocolate fudge recipe is not for the wee leprechauns, but should put a smile in those Irish eyes of the adults. The alcohol-infused fudge is easy to prepare and turns out smooth and super creamy.



- INGREDIENTS:**
- Two 12-ounce packages milk chocolate chips
 - 12 ounces semi-sweet chocolate chips
 - 14 ounces marshmallow cream
 - 2 teaspoons vanilla extract
 - ¾ cup Baileys Irish Cream
 - 4½ cups granulated sugar
 - 12 ounces evaporated milk
 - 1 cup butter or margarine

DIRECTIONS:

1. In a very large bowl, combine the milk chocolate chips, semi-sweet chips, marshmallow cream, vanilla and Baileys Irish Cream. Set aside.
2. Line a 10-x-15-inch baking pan with foil. Lightly spray with cooking spray.
3. In a medium saucepan, combine granulated sugar, evaporated milk and butter.
4. Bring to a gentle boil over medium heat. Cook slowly and stir constantly for 10 minutes.
5. Pour the hot mixture into the bowl with the chips.
6. Stir slowly by hand to combine. It is important to do this step by hand NOT with a mixer. Stir for approximately 2-3 minutes.
7. Pour fudge into greased pan and chill to set. Cut into squares and serve once set.

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