



IRISH
AMERICAN
Mom's

RECIPES FROM
IRELAND





RECIPES

3

APPETIZERS

Cheesy Mushroom Potato Bites
Shrimp and Cucumber Bites
Sausage Rolls

6

SOUPS

Traditional Irish Potato Soup
Potato and Leek Soup
Carrot and Coriander Soup

9

LUNCH AND DINNER

Farmhouse Beef Stew
Dublin Coddle
Egg Salad Sandwiches

12

SIDE DISHES

Fluffy Mashed Potatoes
Irish Style Roast Potatoes
Carrot and Parsnip Mash

15

PANCAKES

Boxty
Lemon and Sugar Pancakes
Drop Scones

18

BREADS AND SCONES

Brown Bread
Irish Raisin Soda Bread
Irish Buttermilk Scones

21

CAKES AND DESSERTS

Kerry Apple Cake
Chocolate Biscuit Cake
Raspberry and Cream Chocolate Roulade



CHEESY MUSHROOM POTATO BITES

DIRECTIONS

1. Place the potatoes in a large saucepan. Cover with water and bring to a boil. Reduce the heat and simmer the potatoes for 20 minutes until tender.

2. Drain the potato water and let the potatoes stand until cool enough to handle.

3. Melt half the butter in a large skillet. Stir in the mushrooms and minced garlic. Sauté over medium heat for 3 minutes. Add the chopped fresh thyme and turn off the heat.

4. Preheat the oven to 425 degrees F. Cut each potato in half. Scoop out the center of each potato using a melon baller, collecting the potato flesh in a bowl. Put the potato shells to the side.

5. Melt the remaining butter in the microwave for 15 seconds. Add to the potatoes with the milk. Mash together. Season to taste. Add 2/3's of the cheese and all of the mushroom mixture. Combine well together.

6. Place the potato skins on a foil lined baking sheet, sprayed with cooking oil. Spoon equal amounts of the filling into each shell. Sprinkle the remaining grated cheese on top of each potato.

7. Bake in the pre-heated oven for 15 to 20 minutes. The appetizers are ready when the cheese is melted and turning a light golden brown color. Cool the potato bites on paper towels. Garnish with parsley and serve warm.

INGREDIENTS

- 15 small red potatoes
- 8 ounces white cheddar cheese
- 4 ounces butter
- 2 tablespoons milk
- 8 ounces white mushrooms (chopped)
- 2 cloves garlic (minced)
- 2 teaspoons fresh thyme (chopped)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons chopped fresh parsley to garnish

PREP TIME: 30 MINS

COOK TIME: 20 MINS

TOTAL TIME: 50 MINS

SERVES: 15



IRISH AMERICAN MOM

[Click here](#) to see this recipe with photos on the blog.





SHRIMP AND CUCUMBER BITES

DIRECTIONS

INGREDIENTS

- 2 English cucumbers
- 1/2 cup garlic and herb creamed cheese
- 30 peeled, deveined and cooked shrimp
- salt and pepper to season shrimp

PREP TIME: 15 MINS

COOK TIME: 0 MINS

TOTAL TIME: 15 MINS

SERVES: 10

1. Thaw the shrimp per package instructions, if using frozen shrimp. Pat the shrimp dry with paper towels. Sprinkle the shrimp with about 1/8 teaspoon of salt and pepper to season.

2. Peel 4 vertical stripes of skin from the outside of each cucumber, alternating dark peel and light no-peel stripes. Cut each cucumber into 3/4 inch wide slices. Dry off the cucumber slices using paper towels.

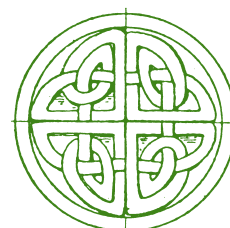
3. Add a teaspoon of cream cheese spread on top of each cucumber slice.

4. Place one shrimp on top of each cucumber slice.

5. Serve chilled.



IRISH AMERICAN MOM



[Click here](#) to see this recipe with photos on the blog.



SAUSAGE ROLLS

INGREDIENTS

- 3 puff pastry sheets
- 1 egg beaten for brushing pastry
- 1 pound ground pork
- 1 teaspoon dried thyme
- ½ teaspoon dried marjoram
- ½ teaspoon dried basil
- ½ teaspoon dried rosemary leaves
- 1 teaspoon dried parsley
- ½ teaspoon dried sage
- ⅛ teaspoon salt
- ⅛ teaspoon black pepper
- 1 cup breadcrumbs
- 1 garlic clove minced
- 1 egg beaten
- ¼ teaspoon dried fennel (optional)

PREP TIME: 1 HOUR

COOK TIME: 25 MINS

TOTAL TIME: 1 HOUR 25 MINS

SERVES: 18



IRISH AMERICAN MOM

[Click here](#) to see this recipe with photos on the blog.

DIRECTIONS

1. Grind the spices, salt and pepper in a coffee grinder. Add the ground spices and minced garlic to the breadcrumbs in a large bowl and mix together.
2. Add the ground pork to the seasoned breadcrumbs and combine. Add half of the beaten egg and mix thoroughly until the meat mixture begins to stick together. Discard the excess egg.
3. Using your hands roll the sausage, forming 4 cylindrical shapes about ¾ inches thick and 10 inches long. Set meat aside. Wash hands thoroughly. Preheat the oven to 400 degrees F. Line a large baking tray with parchment paper.
4. Open a thawed puff pastry sheet on a floured surface. Cut into 3 strips about 3 inches wide and 10 inches long. Place a 3-inch piece of the pre-formed sausage meat on the pastry close to the edge. Roll the pastry around the meat, overlapping underneath by one inch.
5. Cut the pastry roll, then roll it back to brush the lower layer with egg wash. Re-roll and seal the lower seam. Using a sharp knife, cut two diagonal ½ inch slits in the top surface of the roll. Repeat the procedure to form 18 sausage rolls.
6. Lay the prepared sausage rolls on the baking tray in rows and one inch apart. Brush the top of the pastry with egg wash. Bake in a 400 degree F oven for 20 minutes. Lower the heat to 350 degrees and bake for a further 5 minutes. Remove from the oven when golden brown on top. Cool the sausage rolls on a wire rack.





TRADITIONAL POTATO SOUP

DIRECTIONS

INGREDIENTS

- 1 large onion
- 3 medium potatoes
- 2 ounces butter
- 4 cups chicken stock (use vegetable stock for vegetarian soup)
- 1/2 cup cream
- salt and pepper to season
- parsley to garnish

PREP TIME: 20 MINS
COOK TIME: 30 MINS
TOTAL TIME: 50 MINS
SERVES: 6

1. Peel and dice the onion and potatoes.

2. Melt the butter in a large saucepan. Add the onion and cook for one minute coating completely in butter.

3. Add the potatoes and toss well with the onion and melted butter. Cover the saucepan and sweat the vegetables for 10 minutes, shaking the pot every few minutes to prevent sticking.

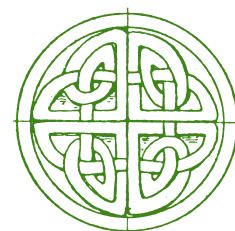
4. Pour in the stock and simmer the soup for 20 minutes until the potatoes are tender.

5. Turn off the heat and allow to cool. Purée the soup using a hand held blender or in batches in a blender.

6. Add the cream and mix well together. Season with salt and pepper to taste. Reheat to serve, and garnish with a swirl of cream and parsley.



IRISH AMERICAN MOM



[Click here](#) to see this recipe with photos on the blog.



POTATO AND LEEK SOUP

INGREDIENTS

- 2 large leeks
- 1¼ pounds potatoes (3 medium)
- ½ large onion
- 1 ounce butter
- 2 fresh thyme sprigs
- 2 dried bay leaves
- 4 cups vegetable stock
- ½ cup heavy whipping cream
- ¼ teaspoon salt or to taste
- ¼ teaspoon white pepper

PREP TIME: 30 MINS

COOK TIME: 40 MINS

TOTAL TIME: 1 HOUR 10 MINS

SERVES: 8

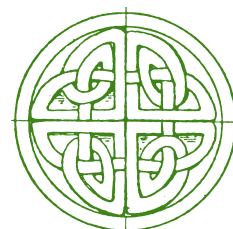
DIRECTIONS

1. *Chop the leeks. Wash them in a bowl of water, allowing the grit to fall to the bottom of the bowl. Lift the sliced leeks into a colander to drain. Rinse well and pat dry before using.*
2. *Dice the peeled potatoes and onion.*
3. *Melt the butter in a large soup pot or dutch oven. Add the leeks, potatoes and onions, stirring to coat them in melted butter. Turn the heat to low. Cover the pot and allow the vegetables to 'sweat' for 15 minutes, stirring every 3 minutes to prevent burning.*
4. *Add the vegetable broth, bay leaves, thyme sprigs, salt and pepper. Turn up the heat and bring to simmering point. Lower the heat and simmer for 20 to 25 minutes until the vegetables are tender.*
5. *Remove the bay leaves and thyme sprigs. Blend the soup until smooth with an immersion blender or in batches using a food processor or blender.*
6. *Add the heavy whipping cream and stir into the soup. For creamier soup, use up to 1 cup of cream. Serve hot in soup bowls. Garnish with bacon bits and chives if desired.*



IRISH AMERICAN MOM

[Click here](#) to see this recipe with photos on the blog.





CARROT AND CORIANDER SOUP

DIRECTIONS

INGREDIENTS

- 2 pounds carrots peeled and diced
- 1 large potato peeled and diced
- 1 large onion finely chopped
- 2 tablespoons butter or oil
- 1½ teaspoons ground coriander seeds
- 1 teaspoon minced fresh ginger
- ⅛ teaspoon salt
- ⅛ teaspoon pepper
- 4 cups vegetable broth
- 2 cups water
- 3 tablespoons chopped fresh cilantro to garnish

PREP TIME: 20 MINS

COOK TIME: 50 MINS

TOTAL TIME: 1 HOUR 10 MINS

SERVES: 8

1. Heat the oil or butter in the bottom of a dutch oven and add the onion. Cook for 5 mins over medium heat.

2. Next add the diced carrots and potato. Toss together with the buttery onions. Add the ground coriander, minced ginger, salt and pepper.

3. Reduce the heat to low. Cover the pot and cook for 8 minutes until the vegetables begin to soften.

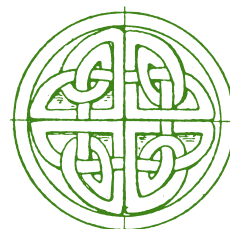
4. Add the vegetable broth and water. Turn the heat up to high to bring the soup to a boil. Then reduce the heat to low, covering the pot and letting the soup simmer for 30 to 35 minutes until the vegetables are tender.

5. Turn the heat off and allow the soup to cool a little. Use an immersion blender to purée the soup, or liquidize in batches.

6. Serve hot, sprinkled with chopped fresh cilantro leaves to garnish.



IRISH AMERICAN MOM



[Click here](#) to see this recipe with photos on the blog.



FARMHOUSE BEEF STEW

INGREDIENTS

- 2 pounds stewing beef
- 3 tablespoons vegetable oil
- 6 cloves garlic minced
- 1 large onion or 2 small onions
- 3 large carrots
- 2 pounds baby potatoes
- 8 ounces button mushrooms
- 6 cups beef stock
- 2 tablespoons tomato paste
- 1 tablespoon worcestershire sauce
- 1 teaspoon sugar
- 6 sprigs of fresh thyme or 2 teaspoons of dried thyme
- 2 bay leaves
- 3 tablespoons corn starch
- 3 tablespoons chopped fresh parsley to garnish

PREP TIME: 20 MINS

COOK TIME: 2 HOURS 15 MINS

TOTAL TIME: 2 HOURS 35 MINS

SERVES: 8

DIRECTIONS

1. Peel and cut the carrots into 1 inch cubes. Wash the potatoes, and clean the button mushrooms. Peel and cut the onions into eighths. Mince the garlic cloves.

2. Season the beef with salt and pepper. Heat half the oil in a large stewing pot. Add one third of the beef and brown on all sides. Remove from the pot and repeat with the remaining two batches of beef. Set the beef to the side.

3. Add the remainder of the oil to the pot. Add the onions and garlic and sweat for 2 minutes. Add the carrots and potatoes and toss with the onions to coat in oil. Sweat for a further 2 minutes. Return the beef to the vegetables in the pot.

4. Add the beef broth, the tomato paste, sugar and Worcestershire sauce. Add the thyme and bay leaves. Bring to a boil then reduce to a low heat and simmer for one hour.

5. Add the mushrooms. Simmer for an additional hour.

6. Make a slurry by blending the cornstarch and 3 tablespoons of cold water. Stir into the stew. Increase the heat to medium and simmer for a further 10 minutes to thicken the broth. Remove the thyme and bay leaves before serving. Serve in bowls with a side of rustic bread.



IRISH AMERICAN MOM

[Click here](#) to see this recipe with photos on the blog.





DUBLIN CODDLE

INGREDIENTS

- 8 slices bacon chopped into 1-inch pieces
- 1/2 pound Irish pork sausages or 8 sausage links
- 1 pound potatoes peeled and cut into 1-inch pieces (about 8 medium potatoes)
- 3 medium onions sliced into rings
- Ground black pepper to season
- 3 tablespoons chopped parsley divided
- 2 cups chicken broth

PREP TIME: 20 MINS
COOK TIME: 2 HOURS 15 MINS
TOTAL TIME: 2 HOURS 35 MINS
SERVES: 4

DIRECTIONS

1. *Heat a teaspoon of oil in a hot skillet. Brown the sausages on all sides. Do not cook through. Set aside.*
2. *Peel and slice the onions, separating the pieces into rings. Peel and cut the potatoes into one inch cubes.*
3. *Slice the bacon into one inch pieces.*
4. *Layer the ingredients in a dutch oven starting with half the onions, four sausages and half the bacon. Season with pepper and sprinkle half the parsley over the onions and meat. Next add a layer of half the potatoes. Repeat all the layers onion, sausage, bacon, parsley, ground pepper and potatoes.*
5. *Add the stock. It should come within one inch of the top of the ingredients but not cover them.*
6. *Place the dutch oven over a burner on a high heat and bring to a boil. Reduce the heat to low and simmer for 2 hours.*
7. *Serve in a bowl with crusty bread on the side.*



IRISH AMERICAN MOM

[Click here](#) to see this recipe with photos on the blog.





EGG SALAD SANDWICHES

INGREDIENTS

- 4 slices sandwich bread
- 2 ounces butter to spread on bread
- 2 hard boiled eggs
- 1 Roma tomato or 2 small petite tomatoes
- 2 green onions or scallions
- 2 leaves butter lettuce
- 1/8 cup mayonnaise
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

PREP TIME: 10 MINS

COOK TIME: 0 MINS

TOTAL TIME: 10 MINS

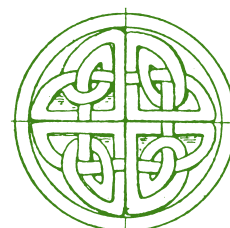
SERVES: 2

DIRECTIONS

1. Start by preparing the filling for these sandwiches. Halve the tomatoes and scoop out the seeds and pulp, and discard. Dice the outer tomato flesh into 1/4 inch size pieces.
2. Slice the green onions very thinly. Mash the hard boiled eggs. Shred the lettuce leaves thinly.
3. Mix the mashed hard boiled egg, diced tomatoes, green onions, lettuce and mayonnaise. Season the filling with salt and pepper to taste.
4. Butter each pair of bread slices on the touching, matching sides. Divide the filling in two and spread over the buttered side of two bread slices. Top each sandwich with its paired buttered bread slice.
5. Cut away the top crust of each sandwich. Divide into four triangles by slicing each sandwich with two crossing diagonal cuts.
6. Arrange on a sandwich plate and serve with hot tea, and a side of chips or crisps.



IRISH AMERICAN MOM



[Click here](#) to see this recipe with photos on the blog.



IRISH STYLE MASHED POTATOES

DIRECTIONS

INGREDIENTS

- 3 pounds of Russet potatoes
- 3 tablespoons of whole milk
- 2 tablespoons (1 ounce) of butter
- 1/4 teaspoon of salt
- 2 to 4 tablespoons of heavy cream
- white pepper to season (optional)

PREP TIME: 45 MINS

COOK TIME: 30 MINS

TOTAL TIME: 1 HR 15MINS

SERVES: 6

1. Wash the potatoes without peeling them. Place the potatoes in a large pot. Cover with cold water, and turn up the heat until the water starts to boil. Reduce the heat and allow to simmer.

2. Boil the potatoes for about 20 to 30 minutes until they are fork tender.

3. Strain the potatoes and allow them to cool slightly in a colander.

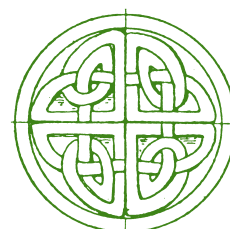
4. Add the milk and butter to a clean saucepan. Bring to a simmer over a very low, slow heat. Do not let the milk boil.

5. Peel the potatoes. Add them to the heated butter and milk and smush them with a potato masher.

6. Gradually add 2 to 4 tablespoons of heavy whipping cream, while mashing the potatoes. The consistency should be fluffy and dry not creamy and smooth. Season with salt and white pepper to taste.



IRISH AMERICAN MOM



[Click here](#) to see this recipe with photos on the blog.



IRISH STYLE ROAST POTATOES

DIRECTIONS

INGREDIENTS

- 8 medium russet potatoes
- $\frac{1}{3}$ cup vegetable oil or goose fat
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon pepper (optional)

PREP TIME: 15 MINS

COOK TIME: 1 HOUR

TOTAL TIME: 1 HR 15 MINS

SERVES: 4

1. Peel the potatoes. Leave whole, or cut in half or quarters depending upon the roast potato size desired.

2. Preheat oven to 400 degrees Fahrenheit.

3. Place the potatoes in a large saucepan and cover with water. Add a pinch or two of salt. Bring to a boil, lower the heat, then simmer for five minutes.

4. Drain the potatoes. Toss in the saucepan or colander to roughen their outer surfaces. Let sit for a few minutes to steam dry.

5. Pour the oil into a large roasting pan and heat in the oven for a few minutes. Place the potatoes into the hot oil, and turn them gently to evenly coat the surface with oil. Do not place the potatoes too close together. Season with salt and pepper as desired.

6. Roast in the oven for 30 to 60 minutes depending upon the size of the potato pieces. Turn the potatoes after 15 and 30 minutes of cooking.

7. Potatoes are cooked when the outer surface has turned golden and crispy. Serve hot with roast poultry or meat.



IRISH AMERICAN MOM

[Click here](#) to see this recipe with photos on the blog.





CARROT AND PARSNIP MASH

DIRECTIONS

INGREDIENTS

- 3 large carrots
- 2 medium parsnips
- 2 ounces butter
- 2 tablespoons heavy whipping cream
- 1/8 teaspoon salt to season
- 1/8 teaspoon white pepper to season

PREP TIME: 10 MINS

COOK TIME: 35 MINS

TOTAL TIME: 45 MINS

SERVES: 6

1. Wash and peel the carrots and parsnips. Cut evenly in 1/2 inch slices.

2. Place the carrots in a steamer, add water to the pan base. Bring to a boil, cover the pot, reduce the heat and simmer for 10 minutes.

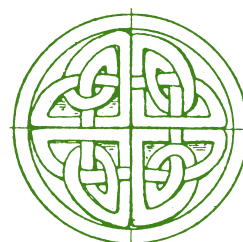
3. Add the parsnips to the carrots in the steamer. Simmer for a further 15 to 20 minutes until the vegetables are tender.

4. Drain the vegetables. Return them to the pot without the steamer. Add the butter and cream and mash the vegetables together. Season with salt and pepper to taste.

5. Serve warm and garnish with butter and parsley if desired.



IRISH AMERICAN MOM



[Click here](#) to see this recipe with photos on the blog.



BOXTY - IRISH POTATO PANCAKE

DIRECTIONS

INGREDIENTS

- 1 cup mashed potatoes (2 large potatoes cooked and mashed)
- 1½ cups grated raw potato (2 medium potatoes)
- 1½ cups all-purpose flour
- ½ teaspoon baking soda
- ⅛ teaspoon salt
- 1½ cups buttermilk (may require less depending on moisture in potatoes)
- 2 ounces butter

PREP TIME: 25 MINS

COOK TIME: 35 MINS

TOTAL TIME: 55 MINS

SERVES: 4

1. Peel and cut the potatoes for the mash into quarters. Cover with water in a medium saucepan, and bring to the boil. Reduce the heat, cover with the lid and simmer for 15 to 20 minutes until the potatoes are fork tender. Drain and mash.

2. Grate the other potatoes. Place a cheesecloth over a bowl and add the grated potatoes. Gather the cheesecloth in a ball. Over the bowl, squeeze the excess fluid and starch from the grated potatoes. Discard the fluid.

3. In a large mixing bowl combine the mashed potato and grated potato. Sift the flour, salt and baking soda into the bowl. Combine well with the potatoes.

4. Add one cup of buttermilk to the potato/flour mixture and stir well to form a thick batter. Add additional buttermilk, up to 1/2 cup if the mixture is too thick.

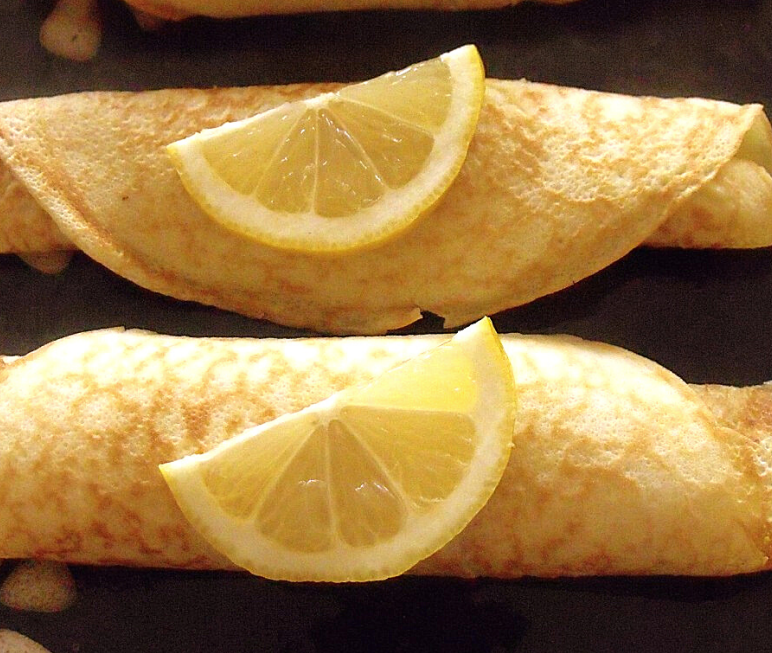
5. Melt the butter in an 8-inch round sauté pan. Pour half the mixture into the pan. The pancake should be close to one inch high. Cook on each side over low heat until brown and crispy. This takes 12 to 15 minutes per side. Alternatively cook one 12 inch round pancake, or 8 to 10 small pancakes about 3 inches in diameter.

6. Serve hot with melted butter and a side of bacon or sausage if desired.

 IRISH AMERICAN MOM

[Click here](#) to see this recipe with photos on the blog.





LEMON AND SUGAR PANCAKES

DIRECTIONS

1. Add the flour and salt to a batter or mixing bowl and whisk to remove any lumps.

2. Add the eggs to the flour. Add a little milk and whisk together with an electric mixer. Gradually add the remainder of the milk.

3. Add the melted butter to the batter and whisk again for about 2 minutes. Let the batter rest for 10 minutes or until ready to cook the pancakes.

4. When ready to cook, beat the batter for 1 more minute with an electric mixer or balloon whisk. Heat an 8-inch skillet over medium-high heat, and brush with melted butter. Pour about 1/4 cup of batter into the pan and tilt the pan from side to side to cover it in a thin layer of batter.

5. Reduce to medium heat. When the top begins to dry after 1 to 2 minutes, flip the pancake and continue to cook for an additional 30 seconds to 1 minute on the second side.

6. Transfer the cooked pancake or crêpe to a plate, and cover with foil to keep warm. Repeat with the remaining batter to yield 12 to 15 pancakes.

7. To serve pour 1 to 2 teaspoons of lemon juice on the inside of each pancake, then sprinkle with sugar. Roll each pancake to form a cylindrical shape. Serve immediately. Alternative pancake fillings include jam, chocolate spread, maple syrup or golden syrup.

INGREDIENTS

- 1 cup all-purpose flour
- ½ teaspoon salt
- 4 large eggs
- 1½ cups whole milk
- 4 ounces butter (half melted for batter and half for frying pancakes)
- 1 large lemon for juice (or 2 small lemons)
- ¼ cup sugar for serving

PREP TIME: 10 MINS

RESTING TIME: 10 MINS

COOK TIME: 25 MINS

TOTAL TIME: 45MINS

SERVES: 12



IRISH AMERICAN MOM

[Click here](#) to see this recipe with photos on the blog.





DROP SCONES

DIRECTIONS

INGREDIENTS

- 2 cups all-purpose flour
- ½ teaspoon salt
- 3 teaspoons baking powder
- 2 tablespoons golden syrup (or corn syrup)
- 1½ cups whole milk
- 2 large eggs
- 2 ounces butter for frying pancakes
- 2 tablespoons honey to serve

1. Sift the flour, salt, and baking powder into a bowl.

2. Whisk the eggs, milk and golden syrup together in a pitcher until fully blended.

3. Pour the wet ingredients into the dry and whisk together until smooth. Leave the batter to stand for 15 minutes.

4. Melt a little butter on a frying pan or griddle. Drop two tablespoons of batter in circles on the pan. Cook for 2 to 3 minutes until the upper surface starts to bubble. Flip the pancakes over and cook for 1 to 2 minutes more until golden.

5. Re-butter the pan and continue to cook the drop scones in batches until the batter is gone. Serve hot with melting honey.

PREP TIME: 20 MINS

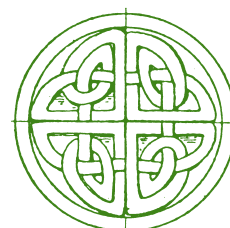
COOK TIME: 15 MINS

TOTAL TIME: 35MINS

SERVES: 8



IRISH AMERICAN MOM



[Click here](#) to see this recipe with photos on the blog.



BROWN BREAD

INGREDIENTS

- 2 cups whole wheat flour
- 1 cup whole wheat pastry flour (or white cake flour)
- ½ cup wheat germ
- ½ cup ground flax seed
- ½ cup wheat bran
- 3 teaspoons baking soda
- 1 teaspoon salt
- 3 teaspoons brown sugar
- 1¾ cups buttermilk
- ½ cup Greek yogurt
- 2 tablespoons butter
- 1 medium egg
- 1 medium egg white
- 1 tablespoon oatmeal

PREP TIME: 20 MINS

COOK TIME: 50 MINS

TOTAL TIME: 1 HOUR 10 MINS

SERVES: 24

DIRECTIONS

1. Pre-heat oven to 400 degrees. Grease a 10-inch round baking pan. Add the whole wheat flour to a large mixing bowl. Sift the whole wheat pastry flour or white bread flour, together with the baking soda into the mixing bowl.

2. Add the wheat germ, flaxseed, wheat bran, salt and brown sugar. Mix all of the dry ingredients well with a whisk.

3. Melt the butter in a glass pitcher in the microwave (about 20 seconds on high power). Mix the buttermilk, yogurt, melted butter and egg together in a separate bowl or pitcher.

4. Add the wet ingredients into the dry. Mix well together. The mixture will be a little "wet". Transfer to the prepared pan. Press lightly down into the pan with floured hands or the back of a spoon.

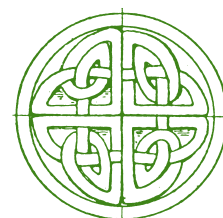
5. Score the top of the bread with a cross, marking the loaf into four quarters. Brush the top with beaten egg white and sprinkle with dry oatmeal if desired.

6. Bake for 45 to 55 minutes. The bread is baked when tapped underneath and it has a hollow sound. Wrap in a clean dish towel and allow to cool on a wire tray.



IRISH AMERICAN Mom

[Click here to see this recipe with photos on the blog.](#)





IRISH RAISIN SODA BREAD

INGREDIENTS

- 5 cups all-purpose flour plus extra for kneading surface
- ½ teaspoon salt
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- 4 ounces butter
- 3 tablespoons white sugar
- 1 cup raisins
- 1 large egg
- 1½ cups buttermilk
- ½ cup full fat plain yogurt

PREP TIME: 20 MINS

COOK TIME: 50 MINS

TOTAL TIME: 1 HOUR 10 MINS

SERVES: 20

DIRECTIONS

1. Preheat oven to 400 degrees F. Sift the flour, salt, baking soda and baking powder into a large mixing bowl.
2. Using a pastry cutter or clean fingers rub the butter into the flour until the mixture looks like coarse meal.
3. Add the sugar and raisins and stir to distribute throughout the flour mixture.
4. Stir the beaten egg, yogurt and buttermilk together in another bowl or pitcher.
5. Make a well in the center of the flour mixture, and add the liquid ingredients. Mix together with a wooden spoon to form a dough. Using your hand, lightly dusted with flour, gently knead the dough into a ball.
6. Transfer the dough to a lightly floured surface and knead gently into a round form about 9 inches in diameter. Do not over knead. Transfer to a lightly greased 9-inch baking pan. Score the top of the loaf with a cross shape to create four distinct quarters or farls.
7. Bake in a 400 degree F oven for 20 minutes, then reduce the heat to 350 degrees F and bake for 30 minutes more. The loaf is baked when the bottom sounds hollow when tapped. Cooking times vary depending on altitude and varying oven temperatures. It may take additional time to bake your loaf. Use the tapping test to be certain your bread is fully baked.



IRISH AMERICAN MOM

[Click here](#) to see this recipe with photos on the blog.





IRISH BUTTERMILK SCONES

INGREDIENTS

- 3 cups all-purpose flour, preferably White Lily
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon cream of tartar
- 3 teaspoons baking powder
- 4 ounces butter
- 1/2 cup low-fat buttermilk plus a few extra tablespoons if necessary
- 1/4 cup heavy whipping cream
- 1 tablespoon butter melted to brush the tops of the scones

PREP TIME: 30 MINS
COOK TIME: 15 MINS
TOTAL TIME: 45 MINS
SERVES: 8

DIRECTIONS

1. *Pre-heat the oven to 425° F. Grease a large 12 inch cast iron skillet with butter.*
2. *In a large mixing bowl sift together the flour, baking powder, baking soda, cream of tartar and salt.*
3. *Cube the butter and add to the flour. Using your fingertips or a pastry cutter, rub the butter into the flour until the mixture resembles fine breadcrumbs. Add the sugar and mix together.*
4. *Combine the buttermilk and heavy whipping cream. Add to the dry ingredients and combine until it just forms a dough.*
5. *Turn out onto a floured work surface, and gently fold and pat to form an oval about 3/4 inches thick. Cut rounds using a medium biscuit cutter. Gather the dough scraps and gently knead to create a few more scones.*
6. *Place the scones in the buttered cast iron skillet. Brush the top with melted butter.*
7. *Bake for 12 to 15 minutes in a 425° F oven, until the tops and bottoms are a light, golden brown.*
8. *Cool slightly before serving warm with butter.*



IRISH AMERICAN MOM



[Click here](#) to see this recipe with photos on the blog.



KERRY OR IRISH APPLE CAKE

INGREDIENTS

- 3 cups cake flour
- 2 teaspoons baking powder
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon ground cloves
- $\frac{1}{8}$ teaspoon nutmeg
- 4 ounces butter
- $\frac{3}{4}$ cups sugar
- 4 large Granny Smith apples
- 2 large eggs
- $\frac{1}{4}$ cup milk
- 2 tablespoons sugar to sprinkle on top of cake

PREP TIME: 20 MINS

COOK TIME: 50 MINS

TOTAL TIME: 1 HOUR 10 MINS

SERVES: 12



IRISH AMERICAN MOM

[Click here](#) to see this recipe with photos on the blog.

DIRECTIONS

1. Preheat the oven to 375 degrees. Prepare a 9-inch round baking pan by spraying with oil or coating with butter.
2. Sift the cake flour, baking powder, salt, cloves and nutmeg into a large mixing bowl.
3. Cut the butter into the flour and rub it in using your fingers or a pastry cutter until the mixture resembles fine bread crumbs. Toss in the sugar and combine it with the flour mixture.
4. Peel and slice the apples into similar 1" to 2" sized pieces. Add the apples into the flour mixture and mix them thoroughly.
5. Beat the eggs and add a dash of milk. Add to the apples and flour and combine well with a large spoon. Add more milk as needed to fully moisten the flour. The result is a pretty sticky mixture.
6. Transfer the dough into the prepared cake pan and flatten the top surface using the back of a large spoon.
7. Sprinkle two tablespoons of sugar over the top of the cake.
8. Bake the cake in the preheated 375 degree oven for 45 to 50 minutes. Cool for 5 minutes in the pan, then transfer to a wire wrack to finish cooling.





CHOCOLATE BISCUIT CAKE

INGREDIENTS

- 11.5 ounces milk chocolate chips (1 packet or a combination of milk and bittersweet chocolate chips)
- 4 oz butter (1 stick diced)
- 14 fluid ounces condensed milk
- 2 tablespoons golden syrup (corn syrup can be substituted)
- 8 oz graham crackers (1 sleeve)
- 50 animal crackers

DIRECTIONS

1. Line a 9 x 5 inch loaf tin with plastic wrap.
2. Break the crackers or biscuits into small pieces in a mixing bowl.
3. Place a heat proof bowl over a pot of simmering water. Add the chocolate chips, butter, and golden syrup to melt. Stir the mixture frequently so that it melts evenly.
4. Remove the chocolate from the heat and allow to cool slightly. Stir in the condensed milk.
5. Combine the wet with the dry ingredients and mix well to ensure the cracker pieces are completely covered in chocolate.
6. Pour into the lined loaf pan, pressing the mixture down with a spatula to prevent any "air locks" and smooth out the top.
7. Cover the cake with the excess plastic wrap, then refrigerate for at least 3 hours.
8. Cut into small squares or fingers to serve.

Note: Irish bakers use digestive and rich tea biscuits instead of graham and animal crackers. Use 18 digestive and 18 rich tea biscuits.

PREP TIME: 30 MINS
COOK TIME: 5 MINS
COOLING TIME: 3 HOURS
TOTAL TIME: 3 HOURS 35 MINS
SERVES: 12





IRISH CREAM CRÈME BRÛLÉE

DIRECTIONS

INGREDIENTS

- 1 cup whole milk
- 1 cup heavy whipping cream
- 1 teaspoon vanilla extract
- 4 tablespoons Irish Cream liqueur
- 6 egg yolks
- 1/4 cup white sugar
- 4 tablespoons brown demerara sugar or turbinado sugar

PREP TIME: 30 MINS

COOK TIME: 55 MINS

TOTAL TIME: 1 HOUR 25 MINS

SERVES: 4

1. Preheat the oven to 300°F or 150°C. Pour the cream and milk into a saucepan and heat until almost boiling. Do not boil the milk. Remove from the heat and set aside for 10 minutes.

2. In a heatproof bowl, mix the egg yolks and the white sugar together with a balloon whisk for about 2 to 3 minutes. Next, add the vanilla extract to the eggs and whisk again.

3. Add a few tablespoons of the hot cream mixture to the eggs stirring constantly. Gradually add more milk stirring all the time. When all the milk is added and combined the mixture should coat the back of a spoon. Add the Irish cream to the egg and cream mixture.

4. Pass the egg and cream mixture through a fine strainer. Pour the mixture into 4 individual flat, wide ramekins, filling the ramekins to 3/4 full. Place the ramekins in a baking tray with sides. Add warm water to reach half way up the sides of the ramekins creating a bain marie.

5. Place the tray of ramekins into the pre-heated oven and allow to cook for about 40 minutes until set. Remove from the oven, and the bain marie, and allow to cool completely.

6. Chill the baked custards in the refrigerator for at least four hours. Sprinkle the top of each ramekin with brown demerara sugar and melt the sugar with a kitchen blow torch.

7. Alternatively you can place the ramekins on a tray beneath a hot broiler or grill for about 2 minutes to brown the top layer. Allow to cool before serving.



IRISH AMERICAN MOM

[Click here](#) to see this recipe with photos on the blog.



I hope you enjoy these Irish recipes, tweaked for cooking success in America. And a big thank you if you signed up for my emails.

Stop by my website whenever you feel like delving into your Irish heritage. Together we'll celebrate our Irish culture, history, language and family legacies.

Join me on my journey as I share my recipes and ramblings about Ireland and all things Irish American.

Please feel free to print this recipe book. If any of your friends or family are interested in a copy, please do share my website with them. There they can sign-up to receive their very own copy.



IRISH AMERICAN Mom

SLÁN AGUS BEANNACHT
GOODBYE AND BLESSINGS

