

Cornucopia Cool Chef Travelling Taste Buds Recipes



Week 1 – Ireland

Irish Soda Bread

This native bread of Ireland is traditional of poor countries in that it is made with only the most basic of ingredients– flour, baking soda (instead of yeast as the leavening agent) and soured milk (buttermilk) to activate the baking soda. SERVINGS: 1 loaf.

Ingredients:

4 cups	All purpose flour
4 Tbsp	Sugar
1 tsp	Baking soda
1 ½ tsp	Salt
4 Tbsp	Cold, unsalted butter, cut into ½ inch dice
1 ¾ cups	Cold buttermilk, shaken
1 extra large	Egg, lightly beaten
1 tsp	Grated orange zest
1 cup	Currants (or raisins)

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Directions:

1. Preheat oven to 375F. Line a sheet pan with parchment paper.
2. Combine flour, sugar, baking soda and salt in a bowl. Add butter and mix with an electric mixer until the butter is mixed into the flour.
3. With a fork, lightly beat buttermilk, egg and orange zest together in a measuring cup. With the mixer on low speed, slowly add the liquid to the flour mixture.
4. Combine currants with 1 Tbsp flour and mix into the dough (it will be very wet).
5. Dump dough onto a well-floured board and knead it a few times into a round loaf.
6. Place loaf on prepared pan and lightly cut an X into the top with a serrated knife.
7. Bake for 45 -55 minutes or until a toothpick or knife comes out clean. When you tap the loaf, it will have a hollow sound if done.
8. Cool on a baking rack.

Colcannon Skins

Colcannon is true Irish soul food. The dish consists of mashing together buttery mashed potatoes with cooked kale or cabbage. In the Middle Ages, these ingredients were all food of the common man, so a dish that mixed them together was quite logical. These "skins" make for a great "pass around" dish.

Yields: 40 Colcannon skins.

Ingredients:

20	Yukon Gold or Red New potatoes
4 Tbs	Butter
4	Scallions, greens sliced on bias and whites thinly sliced and separate
to taste	Salt
1 bunch	Curly kale, stemmed and cut in chiffonade (long thin strips)
½ cup	Sour cream

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Directions:

1. Preheat oven to 350F.
2. Roast potatoes on a sheet pan until fork tender and let cool.
3. Halve potatoes lengthwise with serrated knife. Carefully scoop out the white of the potatoes. Run through a ricer or place in mixing bowl and mash.
4. Preheat the broiler.
5. Melt butter in a large pan over medium-high heat. Add scallion whites, sprinkle with a wee bit of salt and cook, stirring and turning, until tender. Stir in kale, sprinkle a tiny more salt and cook until wilted. Remove from heat and let cool slightly.
6. Combine kale with the mashed potatoes and mix in sour cream.
7. Fill the potato skins with the new mixture.
8. Place potatoes on sheet pan under broiler just until the tops are crunchy.
9. Garnish with scallion greens.