

## Traditional Recipes From N. Ireland

### Irish Champ Recipe

Prep Time: 10 minutes

Cook Time: 20 minutes

### Ingredients

- 4 pounds (1.8kg) potatoes
- $\frac{1}{2}$  pint (300ml) milk
- 1 cup (225g) chopped spring onions (green onions)
- $\frac{1}{2}$  cup (110g) butter
- Salt and black pepper

### Preparation

Peel potatoes and cook in boiling water.

Simmer milk and spring onions together for five minutes. Strain potatoes and mash thoroughly. Add hot milk spring onions, salt and pepper, and half the butter.

Champ is served piled high on the dish, with a well of melted butter in the centre.

### Cabbage with Bacon, Apples and Cider

Serves 4-6

1lb (450g) green cabbage, cut into 4 sections and core and stalk removed

4 $\frac{1}{2}$  oz (125g) chopped bacon.

1 Granny smith apple, cored and chopped small

2 tablespoons strong dry cider

2 tablespoons cider vinegar

1 dessertspoon olive oil

1 small onion, peeled and finely chopped

2 cloves garlic, peeled and crushed

1 bay leaf

1 sprig fresh thyme

Salt and freshly milled black pepper

You will also need a frying pan with a diameter of 10 inches (25.5cm)

First of all shred the cabbage into  $\frac{1}{4}$  inch (5mm) pieces, then place the frying pan over direct heat and dry-fry the bacon until crispy and golden - about 5 minutes - and remove it to a plate. Now add the oil to the pan and, when it's hot, fry the onions over a medium heat for 5 minutes: they also need to be turning golden brown at the edges. Now turn the heat up till the highest setting and add the cabbage, stirring continuously for about 3 minutes, keeping it on the move and tossing it around. Return the bacon to the pan and add the apple, garlic, bay leaf and thyme, seasoning well with salt and black pepper. Toss the mixture around for a few seconds, then add the cider and cider vinegar and cook, with the heat still high, for 1-2 minutes. Finally, remove the bay leaf and thyme, taste and season and serve as soon as possible. Delicious served with champ.

# Irish Dish: Irish Stew

Serves 4-6

## Ingredients

- 1-1½ kg neck or shoulder of lamb
- Some parsley, thyme and bayleaf
- 3 large onions, finely chopped
- Salt and freshly ground black pepper
- 3-4 carrots, chopped into bite-sized pieces
- 1 small turnip, chopped into bite-sized pieces
- Some small new potatoes, peeled and quartered, or large potatoes, peeled and chopped
- 75-100g cabbage, shredded
- Finely chopped parsley and dash of Worcester Sauce



## Method

Remove the meat from the bone, trim off all the fat and cut into cubes. Keep the bones, place the meat in a pot, cover with cold salted water. Bring to the boil, drain and rinse the lamb.



In a fresh pot put the meat, bones, herbs, onions, seasoning, carrots, leeks and turnip and cover with water. Simmer gently for one hour. Skim off the foam as it rises. (this is very important for the final flavour and appearance of the stew.)



Add the potatoes and continue cooking for 25 minutes. For the last 5 minutes add in the cabbage. When the meat and vegetables are cooked remove the bones. Stir in the chopped parsley and a dash of Worcester sauce. Serve in deep bowls with soda bread.



## Polish Dish: Egg Salad Sandwich Recipe

## Ingredients:

- 1 hard – boiled egg
- ¼ diced celery
- 1 tbsp mayonnaise
- 2 slices of bread
- Butter
- 1 crunchy lettuce leaf



## Method

Mash the egg with a fork.  
Add the mayonnaise – stir to mix well.  
Add the celery – stir.



Put the butter on the bread. Spread the egg mixture on one slice of bread. Put the lettuce on the other slice of bread. Put the bread slices together.



That's it !! Enjoy the egg sandwich. Delicious!

PAN TUMACA.-



This "tapa" is very typical in Spain and is usually eaten for breakfast. It is made with a slice of toasted bread rubbed with a garlic, then rubbed with the cut side of half of fresh tomato, then sprinkled with olive oil and salt. It is usually topped with a slice of "jamón serrano".

## SPANISH OMELETTE.-



A delicious omelette which can be served as a "tapas", warm, cold with salad....

Ingredients (for 3 people)

- 4 eggs
- 1/2 kg potatoes
- olive oil (one glass, or 1/4 litre )
- salt.

Steps:

- 1.- Wash and cut the potatoes into thin slices. Heat the oil in the pan, and add the potatoes and salt. As soon as they are a golden colour, remove from the pan.
- 2.- Beat the eggs well with a pinch of salt, and add to the potatoes. Mix well.
- 3.- Put two small spoonfuls of olive oil in the frying pan. Once the oil is hot, add the potato and egg mixture. Once the omelette seems to be cooked, use a large plate to tip the omelette out of the pan, add a little more oil and slice the omelette in again, this time putting the less cooked side first into the pan. If you need to repeat this step, so that the omelette is perfectly cooked and golden on both sides, you may do so. This omelette is delicious hot or cold.

## FRUIT SALAD.-

- 1 red apple
- 1 pear
- 1 orange
- sugar

In a large bowl combine sliced fruit and add the sugar.

# Turkish Dish: Manti



## Ingredients:

5 cups Flour  
3 tablespoons Salt  
2 Eggs  
10 2/3 Cups Water  
2 Small Onions  
1/3 Bunch Parsley  
1/2 Teaspoon Black Pepper  
1 1/2 Cups Ground Meat  
1 Large Tomato  
6 Tablespoons Margarine  
1/2 Teaspoon Red Pepper  
6 Cloves Garlic  
3 Cups Yogurt



## Method

Sift flour into large dish and set aside 1/3 cup. Add one tablespoon salt to the remaining flour, mix and make hole in the centre. Blend in the eggs, gradually add 2/3 cup water and make a stiff dough. Knead for 7-8 minutes and divide into three balls.



Cover with a damp cloth and let stand for 10 minutes. Peel the onions, wash and chop finely. Wash the parsley, separate the leaves and finely. Add the onion, parsley,  $\frac{1}{2}$  tablespoon salt and the black pepper to the ground meat, and mix.



Sprinkle with flour and roll out one of the dough balls until 1 millimetre thick. Cut it into 2cm squares, place about half a teaspoon of the filling at the centre of each square and bring the four corners together at the top, press and seal. Process the remaining dough balls in the same way.



Place the remaining water and the salt in a pan and bring to the boil. Add the little dough bundles (manti) and cook for 15-20 minutes, stirring occasionally. Wash the tomato and grind into another saucepan, add margarine and simmer for about 5 minutes, add the red pepper.





Peel, wash and crush the garlic and mix into the yogurt. While serving, pour the garlic yogurt over the manti and then sprinkle with the tomato sauce!

