

March 12, 2021 – Irish – St. Patrick's Day

We are celebrating St. Patrick's day a bit early, because the following week is March 19th, which is St. Joseph's day. If this were not a Virtual Lenten Supper, this is the week that Women's Council would be baking potatoes and serving them with all the meatless fixings.

Irish Soda Bread with Raisins – Nancy Meehan

YIELD: Makes 1 loaf

TOTAL TIME: 1 hour 10 minutes

INGREDIENTS

- Nonstick vegetable oil spray
- 2 cups all purpose flour
- 5 tablespoons sugar, divided
- 1 1/2 teaspoons baking powder
- 1 teaspoon salt
- 3/4 teaspoon baking soda
- 3 tablespoons butter, chilled, cut into cubes
- 1 cup buttermilk
- 2/3 cup raisins

PREPARATION

Preheat oven to 375°F. Spray 8-inch-diameter cake pan with nonstick spray. Whisk flour, 4 tablespoons sugar, baking powder, salt, and baking soda in large bowl to blend. Add butter. Using fingertips, rub in until coarse meal forms. Make well in center of flour mixture. Add buttermilk. Gradually stir dry ingredients into milk to blend. Mix in raisins.

Using floured hands, shape dough into ball. Transfer to prepared pan and flatten slightly (dough will not come to edges of pan). Sprinkle dough with remaining 1 tablespoon sugar.

Bake bread until brown and tester inserted into center comes out clean, about 40 minutes. Cool bread in pan 10 minutes. Transfer to rack. Serve warm or at room temperature.

Colcannon Soup – Della Bauserman

Ingredients:

2 pounds of potatoes
½ teaspoon of salt
½ teaspoon of pepper
3 cups of vegetable broth
1 cup of water
1 tablespoon of olive oil
1 onion
4 cups of diced cabbage
½ teaspoon of thyme
1 cup of heavy cream

Directions:

1. Peel and dice potatoes and add to pot with salt, pepper, vegetable broth, and water.
2. Bring to a boil and cook until the potatoes are done, about 8 minutes. Then remove potatoe mixture from heat.
3. While waiting for potatoes to boil, dice the onion.
4. Heat a dry skillet on high for 1 minute.
5. Add olive oil and diced onion to skillet and sauté onion for 2-3 minutes.
6. Add diced cabbage and thyme to the onions and cook for 10 minutes, stirring occasionally.
7. Stir cabbage, onions, thyme into the potato mixture.
8. Stir cream into the potato mixture and heat on low for 10 minutes.

IRISH SODA BREAD - Ann Wester

3 1/2 cups unbleached flour

2/3 cup sugar

1 tsp salt

1 Tbsp baking powder

1 tsp baking soda

1 1/2 cup raisins

1 Tbsp caraway seeds (opt.)

2 eggs

1 1/2 cup buttermilk

2 Tbsp melted butter

Sift all dry ingredients together. Add raisins and caraway seeds. Stir to coat. Mix all liquid ingredients; add to dry mixture. Mix until blended. Mound onto greased cookie sheet (or pour into greased 9x5x3 loaf pan). Bake at 375⁰ for one hour.