

Cooking for Friends on St Patties Day.....

Afternoon Drinks - Shamrock Shake

Ingredients:

- 2 cups vanilla ice cream
- 1 $\frac{1}{4}$ cups low-fat milk
- $\frac{1}{4}$ teaspoon mint extract
- 8 drops green food colouring



Directions:

1. Combine all ingredients in a blender and blend on high speed until smooth.
2. Stop blender to stir with a spoon if necessary to help blend ice cream.
3. Pour into tall glasses and serve with a straw and extra ice cream dollop on top.

Dinner - Colcannon with Guinness Stew

Ingredients:

Colcannon

- $\frac{1}{2}$ cup milk
- 40g butter, chopped
- 1kg sebago potatoes, peeled, chopped
- 4 green shallots, ends trimmed, thinly sliced
- $\frac{1}{4}$ savoy cabbage, hard core removed, coarsely chopped



Guinness Stew

- $\frac{1}{3}$ cup plain flour
- 1kg diced beef
- $\frac{1}{4}$ cup olive oil
- 3 carrots, peeled, coarsely chopped
- 1 brown onion, halved, coarsely chopped
- 2 garlic cloves, crushed
- 2 tbs tomato paste
- 1 cup Guinness beer
- 1 cup beef stock
- 2 sprigs fresh thyme
- 2 dried bay leaves
- $\frac{1}{4}$ cup coarsely chopped fresh continental parsley
- 2 tsp finely grated lemon rind

Directions:

Guinness Stew

1. Preheat oven to 180°C.
2. Place the flour in a bowl and season with salt and pepper. Add beef and turn to coat.
3. Heat $\frac{1}{2}$ the oil in a large frying pan over medium-high heat. Add beef and cook for 2-5 minutes each side or until browned. Transfer to a large ovenproof dish.
4. Heat the remaining oil in the pan over medium-high heat. Add the carrot, onion and garlic and cook for 5 minutes or until the onion is soft. Add the tomato paste and cook for 1 minute. Add the Guinness, stock, thyme and bay leaves and bring to the boil. Transfer to the ovenproof dish.
5. Cover ovenproof dish and bake for 2 hours or until meat is tender. Season with salt and pepper to taste

Colcannon

6. Cook the potato in a saucepan of boiling water for 15 minutes or until tender. Drain and return to pan. Use a potato masher to mash until smooth.
7. Heat butter in a frying pan over medium heat until foaming. Add the cabbage and shallot and cook for 3-4 minutes or until tender (do not brown). Add the cabbage mixture and milk to the potato and stir to combine. Season with salt and pepper.
8. Divide the colcannon among serving plates. Top with the stew and sprinkle with parsley and lemon rind to serve.

Desert - Irish Cream Fudge

Ingredients:

- 400g dark chocolate, chopped
- 400g can sweetened condensed milk
- 75g butter, chopped
- 1/4 cup Irish cream liqueur



Directions:

1. Line a 5cm-deep, 8cm x 26cm (base) bar pan with baking paper, allowing a 2cm overhang at long ends.

2. Combine chocolate, condensed milk and butter in a saucepan. Stir over low heat until chocolate has melted and mixture is smooth. Remove from heat. Stir in liqueur.
3. Spread mixture into prepared pan. Refrigerate for 3 hours or until set.
4. Cut into squares. Serve.



Positive Thought Of The Month

Wherever you go and whatever you do, May the luck of the Irish be there with you!!