

A Touch of the Blarney

Faculty Woman's Club Gourmet Group

March 14, 2015, 6 p.m.

at The Crouse's 3708 South 95 St.

Respond to Darlene Anderson by March 6th

402 392-1430 or email Jander9079@aol.com

Menu

- ▶ Appetizers
 - ▶ Smoked Salmon Pinwheels
 - ▶ Potted Beer and Cheddar on apple slices or brown bread
- ▶ Salad Course
 - ▶ Red Cabbage with Apples
 - ▶ Irish Soda Bread
- ▶ Main Course
 - ▶ Ale Braised Beef Brisket
 - ▶ Garlic Mashed Potatoes with Smoked Gouda
 - ▶ Maple Glazed Carrots with Hazelnut Crumbs
- ▶ Dessert
 - ▶ Irish Coffee
 - ▶ Truffle and Mini Chocolate Mint Éclairs

Appetizers

Smoked Salmon Appetizers

MAKES ABOUT 2 DOZEN APPETIZER SERVINGS

- ¼ cup cream cheese,
softened
- 1 tablespoon chopped
fresh dill or 1 teaspoon
dried dill weed
- ½ teaspoon ground red
pepper
- 4 ounces thinly sliced
smoked salmon or lox
- 24 melba toast rounds or
other crackers

1. Combine cream cheese, dill, and pepper in small bowl. Stir to blend. Spread evenly over each slice of salmon. Roll up salmon slices like jelly rolls. Place on plate. Cover with plastic wrap. Chill from 1 to 4 hours before serving.

2. Using a sharp knife, cut salmon rolls crosswise into ¾-inch pieces. Place pieces, cut side down, on melba rounds or crackers. Garnish each salmon roll with dill sprig, if desired. Serve cold or at room temperature.



*May you be blessed with the
strength of heaven—
the light of the sun and the
radiance of the moon
the splendor of fire—
the speed of lightning—
the swiftness of wind—
the depth of the sea—
the stability of earth and the
firmness of rock.*

ST. PATRICK





Potted Beer and Cheddar

MAKES ABOUT 3 CUPS

- 8 ounces CABOT® Cream Cheese, softened
- 4 tablespoons CABOT® Unsalted Butter, softened
- 4 cups grated CABOT® Sharp Cheddar (about 1 pound)
- 1 tablespoon minced fresh chives
- 1 tablespoon chopped fresh parsley
- 1 teaspoon Worcestershire sauce
- 1 teaspoon Dijon mustard
- 1 teaspoon prepared horseradish
- ½ clove garlic, minced
- ¼ teaspoon ground black pepper
- 2 to 3 drops hot pepper sauce
- ¼ to ½ cup flat beer

1. With electric mixer, cream together cream cheese and butter until well blended. Mix in cheese.

2. Mix in all remaining ingredients except beer. Add enough beer to make spread of desired consistency (mixture will thicken further after chilling).

3. Pack into earthenware crock or other ceramic dish, cover, and refrigerate for several hours to allow flavors to blend. Serve with apple slices and black bread or crackers.

'Tis a Tip: This spread can be made several weeks in advance.

Favorite recipe from Marcy Goldman of www.betterbaking.com

Salad Course

Serve at room temperature
on cabbage or lettuce leaf

Red Cabbage and Apples

MAKES 4 TO 6 SERVINGS



- 1 small head red cabbage, cored and thinly sliced
- 3 medium apples, peeled and grated
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ cup red wine vinegar
- 1 teaspoon ground cloves
- 1 cup crisp-cooked and crumbled bacon (optional)

Slow Cooker Directions

Combine cabbage, apples, sugar, red wine vinegar, and cloves in slow cooker. Cover; cook on HIGH 6 hours, stirring after 3 hours. Sprinkle with bacon, if desired. Garnish as desired.

Irish Soda Bread

MAKES 12 SERVINGS

- 4 cups all-purpose flour
- ¼ cup sugar
- 1 tablespoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 tablespoon caraway seeds
- ⅓ cup vegetable shortening
- 1 cup raisins or currants
- 1 egg
- 1¾ cups buttermilk*

**Or substitute soured fresh milk. To sour milk, place 2 tablespoons lemon juice plus enough milk to equal 1¾ cups in 2-cup measure. Stir; let stand 5 minutes before using.*

1. Preheat oven to 350°F. Grease large baking sheet. Set aside.

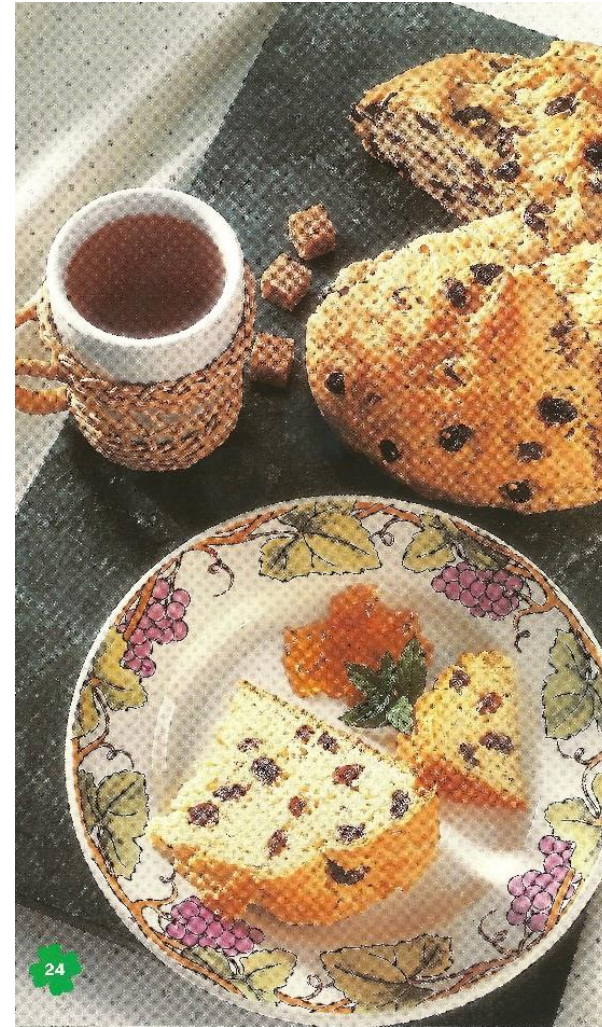
2. Sift flour, sugar, baking powder, baking soda, and salt into large bowl. Stir in caraway seeds. Cut in shortening with pastry blender or 2 knives until mixture resembles coarse

crumbs. Stir in raisins or currants. Beat egg in medium bowl using fork. Add buttermilk. Beat until well combined. Add buttermilk mixture to flour mixture. Stir until mixture forms soft dough that clings together and can be shaped into a ball.

3. Turn dough out onto well-floured surface. Knead dough gently 10 to 12 times. Place dough on prepared baking sheet. Pat dough into 7-inch round. Score top of dough with tip of sharp knife, making an X about 4 inches long and ¼ inch deep.

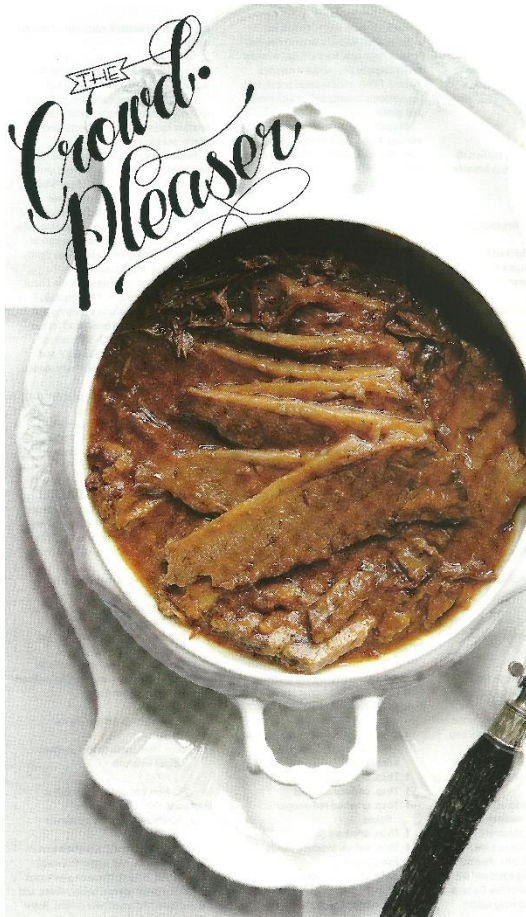
4. Bake 55 to 60 minutes or until toothpick inserted in center comes out clean. Immediately remove from baking sheet; cool on wire rack.** Bread is best eaten the day it is made.

***For a sweet crust, combine 1 tablespoon sugar and 1 tablespoon water in custard cup. Brush over hot loaf.*



Main Course

Ale Braised Brisket



ALE-BRAISED BRISKET

8 SERVINGS *The flat cut of brisket is leaner than the point cut (or deckle) but still has enough fat to keep it juicy. It will hold its shape better as it cooks, and slices neatly.*

- 1 4-lb. piece flat-cut beef brisket, untrimmed**
- Kosher salt**
- ¼ cup Dijon mustard**
- ¼ cup (packed) dark brown sugar**
- 1 Tbsp. grated peeled ginger**
- 2 Tbsp. bacon fat or vegetable oil**
- 2 medium yellow onions, thinly slice**
- ¼ cup all-purpose flour**
- 1 bay leaf**
- 1 750-ml bottle Belgian-style tripel ale**
- 4 cups beef stock or low-sodium chicken broth**

Season brisket with salt. Wrap tightly in plastic and chill at least 8 hours.

Let brisket sit at room temperature 1 hour.

Preheat oven to 400°. Combine mustard, brown sugar, and ginger in a small bowl. Unwrap brisket, place on a wire rack set inside a large rimmed baking sheet, and rub mustard mixture all over brisket. Roast

until top is nicely browned, 30–40 minutes. Remove brisket from oven and reduce oven temperature to 300°.

Meanwhile, heat bacon fat in a large heavy ovenproof pot over medium heat. Add onions; season with salt and cook, stirring often, until deep golden brown, 8–10 minutes. Reduce heat to medium-low, add flour, and cook, stirring often, until mixture smells nutty, about 4 minutes. Add bay leaf, ale, and stock. Bring to a simmer. Add brisket, cover, and transfer to oven. Braise, turning every 30 minutes, until fork-tender, 3–4 hours. Discard bay leaf.

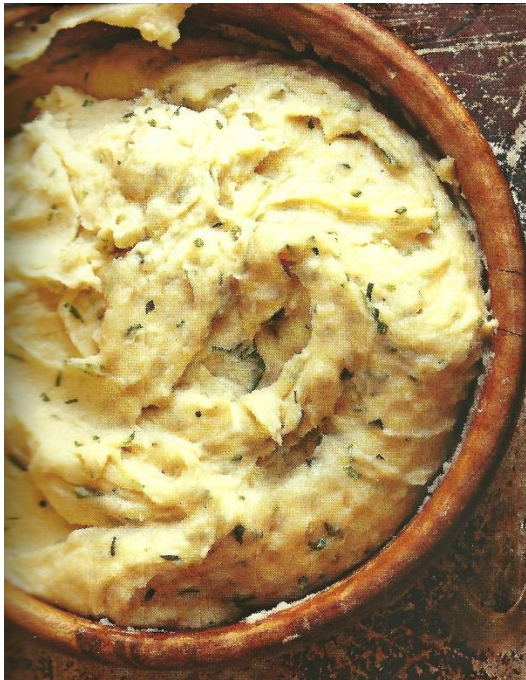
Transfer brisket to a cutting board and let rest at least 20 minutes.

If braising liquid is thin, bring to a boil, reduce, and simmer, skimming surface as needed, until thick enough to coat a spoon; season with salt, if needed. Slice brisket against the grain. Serve with braising liquid.

DO AHEAD: Brisket can be braised 2 days ahead. Cover and chill in braising liquid.

Try with an
Irish Ale !

Garlic Mashed Potatoes with smoked Gouda



Julia Child's Garlic Mashed Potatoes (with a tip from America Test Kitchens)

Serves 6

Blanching garlic mellows its flavor for this side dish.

30 cloves of garlic, unpeeled

8 tsps. Unsalted butter

2 tsp flour

1 cup milk

2 ½ lb russet potatoes, peeled and cut into 1" pieces : salt and white pepper to taste

¼ cup heavy whipping cream

Boil garlic in a 1 qt. saucepan of water for 2 min, drain and peel.

Melt 4 tsp butter in 4 qt saucepan over medium heat. Cook garlic until soft (15-20 min).

Stir in flour and cook 2 min.

Stir in milk and cook another 3-4 min until thickened.

Transfer to blender and puree for smooth sauce. Reserve.

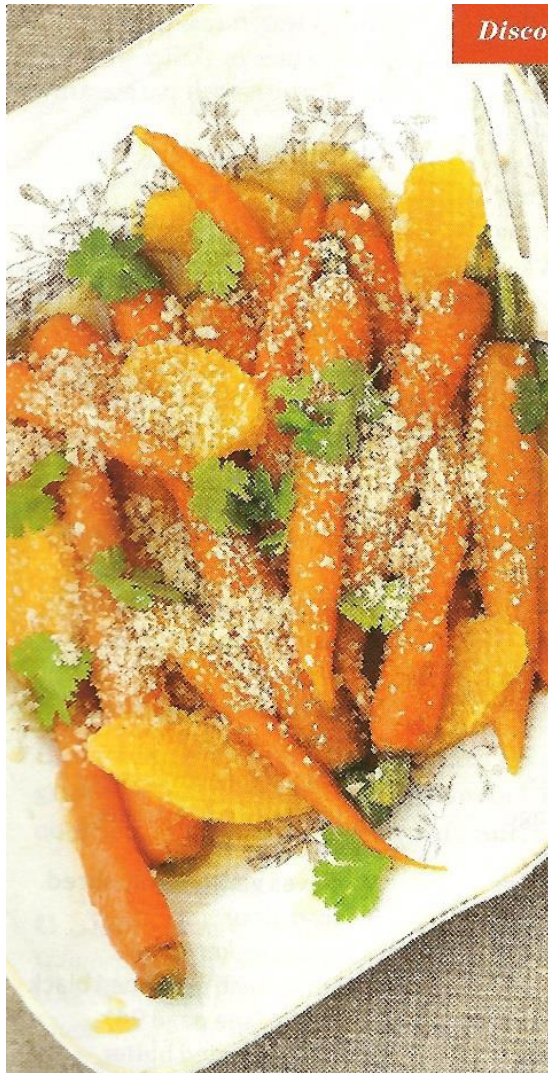
Cook potatoes in salted boiling water until tender (about 15 mn).

Drain and mash or pass through potatoes ricer and return to pan.

Stir in remaining butter and reserved sauce, the cream and salt and pepper.

Following Tip from Am Test Kitchen, at this final step add 4 oz shredded, smoked Gouda cheese (1 cup). Incorporate over low heat for about 2 min.

Serve with 3 Tbls chopped chives.



Maple-Glazed Carrots with Hazelnut Crumbs

SERVES 4-6

Chef Charlie Parker of Haven restaurant in Oakland pairs glazed carrots with oranges and cumin-laced hazelnut crumbs (pictured on page 88).

- 2 lb. small carrots with green tops, tops trimmed to 1/2", carrots scrubbed
- 1/2 cup peeled hazelnuts
- 1 tsp. ground cumin
- 2 slices country bread, toasted and halved
- Kosher salt, to taste
- 1/4 cup maple syrup
- 4 tbsp. unsalted butter
- 2 oranges, suprêmed, plus 2 tbsp. fresh juice
- 1/4 cup cilantro leaves

Cook carrots in boiling water until just tender, 3-5 minutes. Drain and transfer to an ice bath; drain and pat dry. Pulse hazelnuts, cumin, bread, and salt in food processor into crumbs. Add carrots, syrup, butter, juice, and salt to pan; cook over medium-high until carrots caramelize, 10-12 minutes. Top with crumbs, suprêmes, and cilantro.

Dessert Course

Irish Coffee

MAKES 4 SERVINGS

3 cups strong freshly brewed hot coffee
3 tablespoons chocolate syrup
1 teaspoon sugar
⅓ cup heavy cream
¼ cup crème de cacao or Irish cream (optional)
Whipped cream
Chocolate shavings for garnish

Slow Cooker Directions

1. Combine coffee, chocolate syrup, and sugar in slow cooker. Cover and cook on LOW 2 to 2½ hours. Stir in heavy cream and crème de cacao or Irish cream, if desired. Cover and cook 30 minutes or until heated through.
2. Ladle coffee into coffee cups. Top with whipped cream and chocolate shavings.



Coffee without the alcohol will be available

Mint Truffles

MAKES ABOUT 24 TRUFFLES

- 1 package (10 ounces) mint chocolate chips
- $\frac{1}{3}$ cup whipping cream
- $\frac{1}{4}$ cup butter or margarine
- 1 container (3 $\frac{1}{2}$ ounces) chocolate sprinkles

1. Line baking sheet with waxed paper; set aside. Melt chips with whipping cream and butter in heavy, medium saucepan over low heat, stirring occasionally. Pour into pie pan. Refrigerate until mixture is fudgy, but soft, about 2 hours.

2. Shape about 1 tablespoonful mixture into 1 $\frac{1}{4}$ -inch ball. To shape, roll mixture between palms. Repeat procedure with remaining mixture. Place balls on waxed paper.

3. Place sprinkles in shallow bowl; roll balls in sprinkles. Place truffles in petit four or candy cups. (If sprinkles won't stick because truffle has set, roll truffle between palms until outside is soft.) Truffles may be refrigerated 2 to 3 days or frozen several weeks.

'Tis a Tip: Truffles can also be coated with unsweetened cocoa, powdered sugar, chopped nuts, colored sprinkles, or cookie crumbs to add flavor and prevent the truffle from melting in your fingers.



Chocolate Mint Eclair

MAKES 12 TO 14 SERVINGS



Cut into min servings to go with a truffle and Irish coffee

- 23 whole chocolate graham crackers
- 3 cups cold low-fat (2%) or fat-free (skim) milk
- 2 packages (4-serving size each) white chocolate- or vanilla-flavored instant pudding and pie filling mix
- ½ teaspoon mint or peppermint extract
- 3 to 4 drops green food coloring (optional)
- 1 container (8 ounces) frozen whipped topping, thawed
- Cocoa Frosting (recipe follows)

- 1.** Grease 13×9-inch baking dish with nonstick cooking spray. Line bottom of pan with 3 cracker halves and 6 whole crackers; set aside.
- 2.** Whisk milk and pudding mixes 2 minutes in large bowl until thickened. Whisk in extract and food coloring, if desired. Fold

in whipped topping. Spread half of pudding mixture over graham crackers. Top with 3 graham cracker halves and 6 whole crackers. Spread remaining pudding mixture over crackers. Repeat graham cracker layer. Cover and refrigerate 2 hours.

- 3.** Prepare Cocoa Frosting.

- 4.** Spread Cocoa Frosting over graham crackers. Refrigerate until ready to serve.

Cocoa Frosting

- 1 tablespoon butter
- 2 tablespoons unsweetened cocoa powder
- 2 tablespoons plus 1 teaspoon low-fat (2%) or fat-free (skim) milk
- 1 cup powdered sugar
- 1 teaspoon vanilla

Melt butter in small saucepan. Stir in cocoa and milk until blended. Remove from heat; stir in powdered sugar and vanilla.