



Irish Stew

Put one lamb chop into a little cold water along with chopped carrot, onion, turnip and about 7 whole potatoes. Simmer gently for 2-2.5 hours. Season with salt and pepper.

Half hour before serving, add a few drops of Yorkshire Relish. This serves 2 people. Add more chops etc for larger number.

Baked Parsnips

2.5 lb parsnips
2 oz butter
3 tbsp chicken stock
salt & pepper
nutmeg

Peel Parsnips and quarter. Parboil parsnips for 15 minutes. Place in ovenproof dish. Add stock and sprinkle with salt, pepper & nutmeg. Dot with butter. Bake for 30 minutes at 180°C

Traditional Bake

1 savoy cabbage
Bacon
Onions
Cheese

Fry onions and bacon on low heat for 10 mins. Parboil cabbage for 10 minutes. Add cabbage to frying pan and fry over high heat for 2 minutes. Put ingredients in dish and cover with grated cheese. Put under medium grill until cheese melts and goes crispy.

Baileys & Chocolate Cheesecake

100g Butter melted
250g Digestives -crushed
600g cream cheese
1 or more shots of Baileys
100g icing sugar
300ml whipped double cream
100g grated chocolate

Cocoa and whipped cream to decorate & a 9" spring form tin.

Combine butter and biscuits and press into bottom of tin. Chill for 1 hour in fridge. Whip cheese, beat in Baileys and sifted sugar. Fold in cream and chocolate. Spoon over biscuit base and chill for further 2 hours. Decorate & serve.

Chocolate Guinness Brownies

4 eggs
3/4 cup caster sugar
8 oz bittersweet chocolate
4 oz white chocolate
6 tbsp unsalted butter
3/4 cup plain flour
3/4 cup cocoa
1 cup Guinness

Preheat oven to 375°C Mix eggs and sugar until light and fluffy. In saucepan melt chocolate and butter until smooth. Remove from heat and beat into egg mixture.

Sift flour and cocoa and beat in choc mixture. Whisk in Guinness.

Pour in 8" pan and bake for 20-25 minutes. Remove and cool on wire rack.

Dust and cut into squares or if you prefer leave as a cake. Serve with mint choc chip ice-cream or for a local feel, Mauds Pooh Bear ice-cream.

Irish Coffee Cake

Sponge
8 oz Self Raising Flour
8 oz very soft butter or marg
8 oz caster sugar
4 eggs
4 tsp instant espresso coffee powder
4 tbsp whole milk
2 x 7" tins greased & floured

Combine all ingredients and blitz in food processor. Divide between two tins and bake at 180°C for 25 mins. Cool for ten minutes then remove to wire rack to cool completely.

Filling
Double cream
Icing sugar & Drambuie liqueur to taste

Icing
1 tsp instant coffee dissolved in 1 tbsp whisky
8 oz icing sugar, sifted
4 oz butter softened

Whisk together until smooth & assemble cake.