

NYG
RECIPE

Champ Mash

Serves four



INGREDIENTS:

2 pounds (1 kilo) potatoes

1 cup (250 ml) milk

1 bunch of scallions, thinly
sliced

4 Tbs. (50 grams) butter

1/2 tsp. salt to taste

DIRECTIONS:

Boil the potatoes. (Grandma Kate Martin did not peel hers, but
some of her grandchildren do!)

Lightly sauté the sliced scallions in butter.

Mash potatoes and milk together; add scallion and butter mixture.

Serve with Bacon and Cabbage! (Recipe below.)

NYG RECIPE

INGREDIENTS:

3 carrots

3 parsnips

3 medium potatoes

2 chopped onions

2 lbs. beef, cubed or diced

Fresh chopped parsley

1 tsp. thyme

For dumplings:

1 c. (115 g) self-rising flour

1/2 cup (55 g) shredded suet

3 Tbsp. cold water

Irish Beef Stew & Dumplings



DIRECTIONS:

Place all ingredients in a pot, and cover with beef stock or water.

Bring to a boil, then lower heat to a simmer. Let simmer for an hour and a half minimum. Top up with liquid as needed.

While stew is cooking, prepare dumpling batter. In a large bowl, mix flour and suet with pinch of salt. Add 3 Tbsp. cold water and stir. If dough is dry add more water until you have a slightly sticky dough.

When stew is almost cooked, raise temperature to bring mixture to a boil. Drop dumplings into boiling stew and cook for 15 minutes. When dumplings are cooked, they will float to the top.

NYG RECIPE

INGREDIENTS:

A nice piece of "gammon"
(Irish "bacon" is cured,
unsliced pork. Gammon
is specifically a hind pork
quarter, but cured on the
bone unlike American ham.
A close US equivalent is
Virginia ham.)

A head of cabbage.

Boiled or baked potatoes.

Irish Bacon & Cabbage

DIRECTIONS:

Place meat in a large pot and cover with water. When the water
reaches boiling temperature, drain the pot. This will get rid of any salt.
Refill the pot with water, and when it begins to boil, reduce to a
simmer. Meat should simmer 15 mins per pound.

Chop cabbage and steam it. Serve the Bacon and cabbage with either
jacket potatoes (baked potatoes) or boiled potatoes.



NYG RECIPE

INGREDIENTS:

5 slices of stale bread

2 T. (55g) soft butter

2 c. (500 ml) milk

1/3 c. Sultanas (golden
raisins)

1/4 c. brown sugar

3 beaten egg yolks

Irish Bread & Butter Pudding



DIRECTIONS:

Heat oven to 350° F (175° C).

Butter stale bread. Remove the crusts and cut into triangles.

Place in ovenproof dish and soak in milk.

Add sultanas and egg yolks.

Sprinkle with brown sugar.

Bake in oven until golden and bubbling.

Serve with creamy custard.