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Celebrate St. Paddy's Day with these Classic Irish Dishes

Between the green beer, Guinness and Irish cream that are sure to be flowing this St. Paddy's Day, there needs to be some food to fill your belly! And what better way to celebrate than with a hearty corned beef dinner?

Our Corned Beef Dinner with Creamy Mustard Sauce is a one-pot meal that starts by simmering corned beef with aromatics, before hardy winter vegetables – carrots, parsnips, cabbage, and of course, potatoes – are cooked until tender. Some may choose to stop here and serve the dish as a stew. Instead, we strain the liquid to make a rich mustard sauce, bringing a touch of class to this simple cut of meat.

Soda bread is very common in Ireland, and because it uses baking soda instead of yeast as a leavening agent, it means that you can get a fresh, warm loaf of bread in a hurry. We have added flax seed and poppy seed to our Two Seed Soda Bread for some added texture, while whole wheat flour gives a fibre boost.

CORNED BEEF DINNER WITH CREAMY MUSTARD SAUCE

2 lb (1 kg) corned beef brisket
2 cups (500 mL) chopped onions
1 cup (250 mL) chopped celery
3 whole cloves
1 clove garlic, crushed
1 bay leaf
Pinch ground allspice
Water
3 medium carrots, halved crosswise
2 large red potatoes, peeled and halved crosswise
1 parsnip, halved crosswise
1/2 small head of cabbage, cut into wedges
Chopped fresh parsley
3 tbsp (40 mL) oil
1/4 cup (50 mL) finely chopped shallot
1 clove garlic, finely chopped
1/3 cup (75 mL) dry white wine
1/4 cup (50 mL) Dijon mustard
1 cup (250 mL) whipping cream
Salt and freshly ground pepper

Place first 7 ingredients in a Dutch oven (corned beef through allspice). Pour enough water into Dutch oven to cover corned beef mixture. Bring to a boil. Skim off any foam that rises to the surface. Reduce heat and simmer, covered, turning corned beef over occasionally, for 1 hour. Uncover and add carrots, potatoes,

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parsnip and cabbage. Continue simmering, covered, for 1 1/2 – 2 hours or until corned beef is tender. Corned beef is tender when easily pierced with a paring knife. Remove from heat.

Preheat oven to 300°F (150°C). Remove corned beef from Dutch oven; place corned beef on a rimmed baking sheet.

Bake, uncovered, for 10 minutes or until corned beef has dried slightly. Meanwhile, strain liquid mixture remaining in Dutch oven through a large strainer into a large bowl; reserve 1 1/2 cups (375 mL) strained liquid for sauce. Remove carrots, potatoes, parsnip and cabbage from strained solids. Discard remaining solids and remaining strained liquid.

Cut carrots, potatoes, parsnip and cabbage into chunks; transfer to a platter. Slice corned beef; transfer to platter. Sprinkle with parsley and tent with foil; keep warm.

To prepare sauce, heat oil in a large frypan over medium heat. Add shallot and garlic; saute for 1 – 2 minutes. Stir in wine and cook, stirring frequently, until liquid is almost evaporated, about 3 – 4 minutes. Add mustard and cook, stirring, for 1 – 2 minutes. Stir in reserved strained liquid and cream. Bring to a boil. Reduce heat and simmer, uncovered, stirring frequently, until sauce is reduced and thickened. Season to taste with salt and pepper. Serve immediately with corned beef and vegetables. Serves 6.

TWO SEED SODA BREAD

1 cup (250 mL) flour
3/4 cup (175 mL) whole wheat flour
1/2 cup (125 mL) whole flaxseed, ground
2 tsp (10 mL) poppy seeds
3/4 tsp (3 mL) baking powder
1/2 tsp (2 mL) baking soda
1/4 tsp (1 mL) salt
1/4 cup (50 mL) butter, chilled and cubed
3/4 cup (175 mL) buttermilk
2 eggs
2 tbsp (25 mL) honey

Line a rimmed baking sheet with parchment paper. Combine first 7 ingredients (flour through salt) in a bowl. Cut in butter with a pastry blender until mixture is crumbly. Whisk together buttermilk, eggs and honey until blended. Add buttermilk mixture to flour mixture and stir just until combined. Turn dough out onto a floured surface. Dough will be sticky. Knead dough gently 10 times. Shape dough into a ball; place on prepared pan. Flatten ball into a 7 inch (18 cm) round. Using a sharp knife, score an X in top of loaf, cutting 1/4 inch (6 mm) deep. Bake at 375°F (190°C) for 30 - 35 minutes or until golden brown and a cake tester inserted in centre comes out clean. Cool loaf on a rack. Cut loaf into 8 wedges. Makes 1.