March 12, 2008

HAPPY ST. PATRICK'S DAY!



The Portland Observer

On March 17, everyone is Irish! People all around the world celebrate St. Patrick's Day. It is a day to wear green, have a good time and, of course, to eat.

Make this St. Patrick's Day unforgettable with these Irish-inspired recipes. We've got Irish soda bread, corned beef, cabbage and sweet treats to temp a Leprechaun into giving up his lucky pot of gold!

with the cabbage.

corned beef. '

Try it for a side with

FOOD

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Irish Blessings

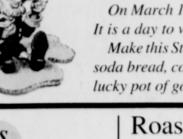
May you be in Heaven a half hour before the Devil knows you're dead!

May the best day of your past Be the worst day of your future.

May you live to be a hundred years With on extra year to repent.

As you slide down the banister of life, May the splinters never point in the wrong direction!

> May your neighbors respect you, Troubles neglect you, The angels protect you, And Heaven accept you.



Roasted Cabbage and Apples



Ingredients

- I head green or red cabbage, cored
- and cut into eight wedges
- · 1 tsp. salt

Cooking Instructions

- 1. Preheat oven to 450 F.
- 2. Separate cabbage leaves and spread evenly on sided sheet pan. Cover tightly with foil. Cook 20 minutes, or until tender.
- Remove foil and add apple slices. Sprinkle with salt and pepper. 3. Gently mixing occasionally, cook about 50 minutes more, or until some of the cabbage has begun to brown and the apples are tender.





· 4 Tbs. sweet butter, softened

· 4 cups all-purpose flour

Irish Soda Bread

"This Irish Soda Bread is so moist and tasty, you shouldn't save making it just for St. Patrick's Day."

- · 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- · 11/2 cups buttermilk
- · 1 cup currants or raisins

Directions

Ingredients

• 1/2 cup sugar

2 large eggs

1. Butter a cookie sheet. Preheat oven to 350 degrees F. 2. In a large bowl beat butter and sugar together to combine. Add eggs, one at a time, beating well after each ingredient. 3. In a medium bowl thoroughly whisk: flour, baking powder, baking soda, and salt together. Beginning and ending with flour mixture alternately add flour and buttermilk, beating well after each addition. Stir in currants or raisins. 4. On a generously floured hard surface knead the dough about 4 minutes until smooth and not sticky, adding flour as needed. Form into 71/2-inch round. Transfer to prepared cookie sheet. Etch an x in the top of the loaf. 5. Bake about 1 hour 20 minutes or until it sounds hollow when tapped on. Move to a rack to cool completely before slicing.

Irish Cream Bundt Cake

"This moist glazed bundt cake has Irish cream baked in. It's just the luck of the



• 1/2 cup vegetable oil

1/2 cup butter

· 1/4 cup water

· 1 cup white sugar

· Glaze

• 3/4 cup Irish cream liqueur

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- 16 wedges each
 - · 1/4 tsp. ground black pepper

Irish that this delicious cake is excellent for any time or any occasion."

Ingredients

- · 1 cup chopped pecans
- 1 (18.25 ounce) package yellow cakemix
- 1 (3.4 ounce) package instant vanilla pudding mix
- · 4 eggs · 1/4 cup water

Directions

1. Preheat oven to 325 degrees F (165 degrees C). Grease and flour a 10 inch Bundt pan. Sprinkle chopped nuts evenly over bottom of pan. 2. In a large bowl, combine cake mix and pudding mix. Mix in eggs, 1/4 cup water, 1/2 cup oil and 3/4 cup Irish cream liqueur. 3. Beat for 5 minutes

at high speed. Pour batter over nuts in pan. 4. Bake in the preheated oven for 60 minutes, or until a toothpick inserted into the cake comes out clean. Cool for 10 minutes in the pan, then invert

onto the serving dish. Prick top and sides of cake. Spoon glaze over top; brush onto sides of cake.

5. Allow to absorb glaze repeat until all glaze is used up.

6. To make the glaze: In a saucepan, combine butter, 1/4 cup water and 1 cup sugar. Bring to a boil and continue boiling for 5 minutes, stirring constantly. Remove from heat and stir in 1/4 cup Irish cream.

SUNDAY SLOW COOKER COLLECTION



Slow Cooker Corned Beef with Horsy Cream "Make classic

corned beef in a new-fashioned fixit-and-forget-it style."

Ingredients

- · 1 Large sweet onion (Bermuda, Maui or Spanish), sliced
- 1 well-trimmed corned beef brisket (3 to 3 1/2 lbs.)
- 3/4 tsp. crushed red pepper flakes
- · 1 cup reduced-sodium chicken broth
- 1 Tbs. Worcestershire sauce
- 1/2 cup sour cream
- · 1 Tbs. cream-style prepared horseradish
- · 2 Tbs. chopped fresh parsley

Directions

1. In a 5- to 6-quart slow cooker, place onion. Thoroughly rinse beef, discard seasoning packet.

- 2. Place beef on onion; sprinkle with red pepper flakes. Mix broth and Worcestershire sauce; pour over beef.
- 3. Cover; cook on low-heat setting for 8-9 hours.

4. In a small bowl, mix sour cream, horseradish and parsley; serve with beef and onion.