

The Temple Emunah Sisterhood's
Dinner and a Movie

The Jews of Ireland

RECIPIES

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Compiled by Joelle Gunther



TEMPLE
EMUNAH

Recipes

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Irish Stew

By David Tanis

YIELD 6 to 8 servings TIME 1 hour 30 minutes

INGREDIENTS

3 pounds lamb shoulder cut in 2- inch chunks (or use thick shoulder chops)
(**we used beef)
Salt and pepper
4 tablespoons vegetable oil
2 pounds onions (about 6 medium), cut in wedges
1 pound carrots (about 6 medium), cut in 3-inch lengths
4 cups chicken, veal or beef broth (or water)
1 large sprig thyme
3 pounds russet potatoes (about 12 small), peeled and halved, or cut in 2-
inch thick slices (** we used red potatoes, cut but not peeled)

PREPARATION

1. Pat meat dry and season well with salt and pepper. Put oil in a heavy-bottomed soup pot over medium-high heat. Brown meat on all sides, working in batches.
2. Set meat aside and add onions and carrots to pot. Season with salt and pepper. Cook vegetables, stirring, until lightly browned, about 5 minutes. Heat oven to 350 degrees.
3. Return meat to pot, add broth and bring to a simmer. Put in thyme sprig and arrange potatoes on top (it's fine if potatoes are not completely submerged). Season potatoes, cover pot and transfer to oven.
4. Bake for about 1 hour, until lamb is quite tender when probed with a skewer or paring knife. Remove fat from top of broth. Ladle stew into shallow bowls and serve.

Tip - for stew

Alternatively, cook stew on stovetop instead of baking; keep covered at a gentle simmer for about 1 hour. For a thicker stew, crush a few of the potatoes from the stew and simmer in broth, or thicken with a slurry of flour and water (about 4 tablespoons flour).

Irish Roasted Salmon

Food.com

"Salmon fillets marinated in Irish whiskey and honey have a glazed look as well as a superb taste and texture. Irish whiskey has a slightly peppery taste. A delicious combination! From Food and Drink. Prep time includes marinating time."

4 Servings

Prep time: 1.24 hr (inc marinade)

INGREDIENTS

2 tablespoons honey
1/4 cup cider vinegar
1/4 cup Irish whiskey
2 teaspoons chopped fresh thyme
1 1/2 teaspoons grated lemon zest
2 tablespoons vegetable oil
salt & freshly ground black pepper
4 (6 ounce) salmon fillets

DIRECTIONS

1. Mix together honey, vinegar, whiskey, thyme, lemon zest, oil, salt and pepper. Pour over salmon and marinate 1 hour on the counter, or 4 hours refrigerated.
2. Preheat oven to 450°F.
3. Remove salmon from marinade and place on a rack over a roasting pan.
4. Grill or Bake for 10 to 12 minutes, basting once with the marinade or until golden and white juices are just beginning to appear.

Colcannon

Serves 6

INGREDIENTS

4 quarts water
1½ pounds, kale, chopped into 2-inch pieces
2 leeks, well washed and chopped (about 1½ cups)
6 large potatoes, peeled, cut into eights
4 Tablespoons butter or margarine
¼ cup olive oil
Salt and black pepper to taste

DIRECTIONS

1. Bring the water to boil in a large covered pot over high heat.
2. Add the kale, leeks and potatoes – cover and boil for 20 minutes, stirring occasionally, until the potatoes are tender.
3. Drain well. Return the kale, leeks and potatoes to the pot.
4. Add the butter/margarine, olive oil, salt and pepper
5. Mash together using a potato masher, combining well.
6. Taste for seasoning.

Salatet Kronb / Cabbage Salad

Libyanfood.blogspot.com

INGREDIENTS

½ Cabbage
1 Tsp. vinegar
2 Tsp. salt (we did not use this much)
Olive oil
Lemon juice as needed

DIRECTIONS

1. Slice cabbage into thin strips.
2. Place in a pot with half a cup of water and leave to simmer till cooked but firm. Drain well.
3. Transfer to a bowl and drizzle a little vinegar and a lot of lemon juice and olive oil.

Brown Bread

(Actually Boston Brown Bread)

epicurious.com

Makes 1 coffee can or a 1-quart pudding mold

INGREDIENTS

1 tablespoon unsalted butter for greasing
1 1/2 cups brown-bread flour*
1 teaspoon baking soda
1/2 teaspoon salt
1/3 cup dark molasses
1 cup milk
1/2 cup dried currants or raisins

*A specialty of New England, brown-bread flour is a mixture of whole wheat, rye and cornmeal or johnnycake meal. It can be purchased already mixed or made by simply combining equal parts of wheat and rye flour and cornmeal.

DIRECTIONS

1. Preheat the oven to 325 degrees.
2. Generously grease a 1-quart pudding mold or 1-pound coffee can.
3. Combine the flour, baking soda and salt in a mixing bowl. Stir in the molasses and milk. Fold in the currants.
4. Fill the mold or coffee can with batter. It should come up about two-thirds of the way. Cover the top with foil and tie securely with a string to make it airtight.
5. Place in a deep baking pan and fill the pan with boiling water, to come halfway up the side of the mold.
6. Place in the preheated oven and allow to steam for 2 hours, checking the water level after 1 hour. Add more boiling water if needed. Check by sticking a skewer into the bread; it will come out clean when done. Remove string and foil and allow to cool for 1 hour before unmolding.

Chocolate Cake

Lexington Chabad

INGREDIENTS

4 eggs
1 c. oil
2 tsp. vanilla
3 c. flour
2 ½ tsp. Baking Soda
2 ½ c. sugar
1 c. cocoa
2 c. orange juice

DIRECTIONS

1. Beat eggs with a whisk
2. Slowly add oil and vanilla
3. Sift together dry ingredients
4. Add dry ingredients to eggs alternating with orange juice
5. (dry-juice-dry-juice), stirring in just till mixed.
6. Bake in a greased 9x13 pan, at 350 for about 45 min.
7. Check before time is up – just firm in middle, clean tester