



The
Irish
American
Table

Recipes with love from
The Robot Book Club

The Irish American Table

*Hearty Recipes and Traditions from the Old World to the
New*

The Robot Book Club

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Preface

This book, and The Robot Book Club, is an experiment large scale AI generation. Every page, from layout to images to copy, was generated with zero human review.

The authoring and publishing teams were implemented in the Kaya scripting language. They were given only the input: Irish American.

This is the only page authored by a human: Hello there!

— Ted Benson

Prologue

Forget the green dye. Forget the plastic hats and the cheap, manufactured nostalgia of a March parade. The true story of the Irish American kitchen is written in rendered fat, root vegetables, and the fierce, unapologetic hustle of survival.

They arrived with nothing but a desperate, bone-deep memory of famine. In the damp, claustrophobic tenements of the American Northeast, they found salvation in the butcher shops of their Jewish neighbors. They swapped the unattainable pork of the old country for the beautiful, cheap brisket of the new, curing it in salt, dropping it into pots with cabbage, and calling it home. They took peasant food—stark, humble, born of rocky soil and hard labor—and married it to the sprawling, neon-lit abundance of the American grocery store.

This is not delicate food. It has no interest in tweezers or dietary trends. It is the food of people who laid track, who scrubbed floors, who knelt in cold stone churches and fasted until Sunday communion so they could devour a monumental, sizzling breakfast with a clear conscience. It is relentlessly thrifty. It is calorically unapologetic. It is the restorative, starch-heavy broth pushed across a linoleum table by a grandmother who knew exactly how cold the world outside could be.

Today, the descendants of those resilient cooks don't need a cast-iron cauldron over a peat fire. They have slow cookers. They buy imported, grass-fed butter in gold foil from the local supermarket. But the instinct remains. The primal urge to fill a kitchen with the scent of simmering onions and roasting meats. To lay out a Sunday spread that looks hunger in the eye and says: *Never again. We have enough.*

This is the playbook for that table. No kitsch, no apologies. Just the real, beating heart of a diaspora that cooked its way into prosperity.

Put on the kettle. Grab a knife. It's time to eat.



Chapter 1: The Weekend Fry and Sunday Morning After-Mass Spreads

Hearty, savory breakfasts born from the transition of the traditional Full Irish into the post-Mass rituals of the American weekend.

The old world demanded calories for the rocky soil; the new world demanded a reward for surviving the workweek and the mandated fast before Sunday Mass. By the time the priest muttered

blessing, stomachs were already rumbling. The congregation spilled out of the pews not just toward spiritual salvation, but toward the immediate redemption of sizzling pork fat, fried eggs, and impossibly strong tea.

The agrarian fry-up didn't vanish in the crossing; it adapted. It morphed into cast-iron skillet hash made from leftover corned beef, dense wedges of Americanized soda bread drowning in Kerrygold, and the inescapable, powdered-sugar glory of the church-basement donut. This isn't the stuff of green beer and tourist traps. It's the honest, heavy, glorious sustenance of an Irish American Sunday morning, built for families crowded around Formica tables, hungry and together.



The "New World" Full Irish Skillet

Original: Bricfeasta Éireannach

BRICK-fasta AIR-in-ack



In the old country, a fry-up was high-octane fuel for grueling days in the peat bogs and potato fields, but here in the New World, it has evolved into the ultimate Sunday morning luxury. This single-skillet adaptation skips the chaotic juggling of multiple pans and relies on the beautiful alchemy of rendered pork fat to crisp the potatoes and blister the tomatoes right alongside the eggs. It is a hearty, unapologetic embrace of Irish-American hospitality, built entirely from the aisles of a standard supermarket but tasting deeply of the old sod. Serve it sizzling in the center of the table, pour the black tea, and let the week's sins wash away.

INGREDIENTS

6 slices

thick-cut American bacon or
Canadian bacon

4 links

mild pork breakfast sausages or
fresh bratwurst

4

mild savory sausage patties
(optional)

3 cups

frozen cubed hash brown potatoes

1 1/2 cups

white button mushrooms, cleaned
and quartered

1

large plum tomato, cut into thick
slices

1

small yellow onion, finely diced

4 to 6

large eggs

2 tablespoons

Irish butter

1 tablespoon

olive oil

1 13.5-ounce can

English-style baked beans in
tomato sauce

to taste

Kosher salt and freshly cracked
black pepper

for garnish

fresh chives or flat-leaf parsley,
finely chopped

for serving

crusty whole-grain bread or Irish
soda bread

PREPARATION

- **Preheat the oven to 375°F.**

- **Warm the baked beans.**

Empty the can of English-style beans into a small saucepan and place it over the lowest possible heat, stirring occasionally.

INSTRUCTIONS

- 1 Render the pork fat in a large cast-iron skillet.**

Place a 12-inch cast-iron skillet over medium heat and add the bacon and sausages, cooking until the bacon is mostly crisp and the sausages are browned on all sides, about 8 to 10 minutes.

- 2 Chop the meats and reserve the fat.**

Transfer the meats to a paper towel-lined plate, leaving the savory pork fat in the pan, and slice them into bite-sized pieces and thick coins once cool enough to handle.

- 3 Build the potato hash.**

Add the olive oil, one tablespoon of the Irish butter, the diced onion, and the frozen potatoes to the hot skillet, seasoning generously with salt and pepper.

- 4 Crisp the potatoes undisturbed.**

Press the potatoes into an even layer and let them fry without moving for 5 to 7 minutes to develop a deep crust, then toss and cook for another 5 minutes.

1 Sauté the mushrooms and return the meats.

Push the hash to the perimeter of the skillet, melt the remaining butter in the center, and cook the mushrooms for a few minutes until earthy and browned before stirring the chopped meats back in.

2 Nestle the tomatoes and create the egg wells.

Tuck the thick slices of plum tomato into the hash mixture and use the back of a large spoon to press four to six small pockets into the potatoes and meat.

3 Crack the eggs into the wells and bake.

Carefully drop an egg into each pocket, season the yolks with salt and pepper, and transfer the skillet to the oven for 10 to 12 minutes until the whites are set but the yolks run free.

4 Garnish and serve immediately.

Scatter the fresh herbs over the sizzling pan and carry it straight to the table alongside the warm beans and thick slices of buttered bread.

CHEF%27S NOTES

• **Seek out the right beans.**

American Boston baked beans are far too sweet and smoky for this spread; look for English-style beans in tomato sauce, typically housed in the international aisle.

- **Keep the beans out of the skillet.**

Pouring saucy beans directly into the cast iron is a rookie mistake that will drown your perfectly crisped potatoes.

- **Embrace the local substitutions.**

True black pudding is a rarity in the States, but high-quality savory sausage patties fill the void beautifully and keep the focus on comfort rather than a wild goose chase.

Americanized Irish Soda Bread Scones with Kerrygold and Marmalade

Original: English

uh-MAIR-ih-kuh-nyzd EYE-rish SOH-duh bred skohnz



Sunday morning after Mass is a sacred time, built on the holy trinity of frying bacon, brewing tea, and the communal table. While the fry-up handles the heavy savory lifting, these scones deliver the deep, straightforward comfort of a home that knows how to feed its people. They take the humble, four-ingredient bedrock of traditional soda bread and enrich it with the indulgence of the diaspora: cold, golden Kerrygold butter, plump currants, and a bright hit of orange zest. Pulled hot from the oven, split by hand, and smeared with more good butter and bitter orange marmalade, they are the undeniable taste of belonging.

INGREDIENTS

2 1/2 cups

Unbleached all purpose flour

1/3 cup

Granulated sugar

1 tablespoon

Baking powder

1/2 teaspoon

Baking soda

3/4 teaspoon

Kosher salt

1 teaspoon

Caraway seeds

from 1 large orange

Orange zest

1/2 cup

Kerrygold salted or unsalted butter

3/4 cup

Cold buttermilk

1

Large egg

3/4 cup

Dried currants or raisins

for serving

Softened Kerrygold butter

for serving

Orange marmalade

PREPARATION

- **Freeze the stick of Kerrygold butter completely solid before starting.**
This makes it much easier to grate and ensures the fat stays cold until it hits the hot oven.
- **Ensure the egg and buttermilk remain in the refrigerator until the exact moment you need them.**

INSTRUCTIONS

- 7 Preheat the oven to 400 degrees Fahrenheit and line a large baking sheet with parchment paper.

- 5** Whisk the flour, sugar, baking powder, baking soda, salt, caraway seeds, and orange zest together in a large bowl.
Ensure the zest is evenly distributed and fragrant.
- 6** Grate the frozen butter directly into the flour mixture and quickly toss it with your fingers until it resembles coarse meal.
Work fast so the heat of your hands does not melt the butter.
- 7** Toss the currants into the bowl to distribute them evenly through the flour and butter.
- 8** Vigorously whisk the cold buttermilk and egg together in a measuring cup until smooth.
- 9** Make a well in the dry ingredients, pour in the buttermilk mixture, and gently stir until a shaggy dough forms.
Do not overmix; add a splash more buttermilk only if the bottom of the bowl is excessively dry.
- 10** Turn the dough onto a lightly floured surface and gently fold it over onto itself three or four times.
Pat it down into a circle about one and a half inches thick.
- 11** Press a floured biscuit cutter straight down into the dough to punch out the scones.
Do not twist the cutter, as twisting seals the edges and ruins the rise.

12 Space the scones on the prepared baking sheet and chill them in the freezer for ten minutes.

Brush the chilled tops lightly with buttermilk and sprinkle with granulated sugar before baking.

13 Bake on the center rack for eighteen to twenty-two minutes until tall and beautifully golden brown.

14 Transfer the scones to a wire rack to cool briefly before serving warm.

Break them open by hand to preserve the flaky texture, and serve with generous amounts of butter and marmalade.

CHEF'S NOTES

- **Keep the dough handling to an absolute minimum.**
Overworking develops the gluten, leaving you with tough bread instead of a tender, flaky pastry.
- **Soak the currants beforehand for an extra layer of moisture and flavor.**
Steep them in fresh orange juice or a splash of Irish whiskey for twenty minutes, draining well before adding to the mix.
- **Scones are always best eaten the day they are baked.**
If you must plan ahead, freeze the unbaked, cut dough and bake straight from frozen, adding a few extra minutes to the timer.

Parochial School Church-Basement "Drop" Donuts



There is a distinct unpretentious beauty to the church basement after Sunday Mass. You do not go for the ambiance. You go for the fellowship, the neighborhood gossip, and the donuts. These are not the fussy, yeast-raised sort that demand hours of proofing, but a triumph of working-class ingenuity. They are simply a quick, craggy, buttermilk-rich batter dropped straight into hot oil by the spoonful, then dragged through cinnamon sugar. Straightforward, deeply comforting, and best eaten warm standing next to a hissing percolator with people you actually like.

INGREDIENTS

1/2 cup

Granulated sugar for coating

1 1/2 teaspoons

Ground cinnamon for coating

2 cups

All purpose flour

1/2 cup

Granulated sugar

2 teaspoons

Baking powder

1/2 teaspoon

Baking soda

1 teaspoon

Kosher salt

1 teaspoon freshly grated

Ground nutmeg

1/2 teaspoon

Ground cinnamon

3/4 cup at room temperature

Buttermilk

2 at room temperature

Large eggs

1/4 cup melted and slightly cooled

Unsalted butter

1 teaspoon

Pure vanilla extract

4 to 6 cups

Neutral cooking oil

PREPARATION

- **Set up your coating and draining stations before you start frying.**
Whisk the coating sugar and cinnamon together in a wide, shallow bowl and line a baking sheet with paper towels.

INSTRUCTIONS

- 10 Heat the oil to 375°F.**

Pour the cooking oil into a heavy-bottomed Dutch oven or deep cast-iron skillet to a depth of 2 to 3 inches and heat over medium, using a deep-fry thermometer to monitor the temperature.
- 9 Whisk the dry ingredients together.**

In a large bowl, vigorously blend the flour, sugar, baking powder, baking soda, salt, nutmeg, and cinnamon.
- 8 Combine the wet ingredients.**

In a separate vessel, whisk the buttermilk, eggs, melted butter, and vanilla extract until completely smooth and pale.
- 7 Fold the wet and dry mixtures into a shaggy batter.**

Gently fold the wet ingredients into the dry using a rubber spatula just until no streaks of flour remain.
- 6 Drop the batter into the hot oil in batches.**

Use a cookie scoop or two metal spoons to scrape rounded tablespoons of the sticky batter directly into the oil, frying 4 to 6 donuts at a time so the temperature doesn't plummet.
- 5 Fry until deeply golden brown.**

Cook for about 1 1/2 to 2 minutes per side. They will often magically flip themselves over as they expand, but if they don't, give them a nudge with a slotted spoon.

15 Drain the donuts and toss them in the cinnamon sugar.

Remove the donuts from the oil, let them drain on paper towels for a minute, and roll them aggressively in the cinnamon-sugar mixture while they are still warm enough to hold the coating.

CHEF'S NOTES

- **Temperature control is your anchor here.**

If the oil is too hot, the outside burns before the inside cooks. Too cold, and you get greasy, heavy pucks. If you lack a thermometer, drop in a pinch of batter; it should sizzle instantly and turn golden in sixty seconds.

- **Respect the batter.**

This dough relies on chemical leaveners, not yeast. Overworking it will develop the gluten and result in tough, dense donuts instead of the tender, cakey ones you want.

- **Try an Irish whiskey glaze.**

For a more adult variation, skip the cinnamon sugar. Whisk 2 cups of confectioners' sugar, 3 tablespoons of browned butter, a pinch of salt, and 3 tablespoons of Irish whiskey together, then dip the warm donuts directly into it.

Sunday Morning Corned Beef & Cabbage Hash

Skillet

Original: English



There is a profound, unbroken silence that settles over an Irish American house on a Sunday morning after Mass. The week's brutal machinery is paused, replaced by the holy trinity of black coffee, melting butter, and cast-iron heat. This hash is a masterpiece born of absolute necessity, turning last night's leftover brisket and cabbage into today's salvation. The trick here is patience. Don't mess with it. Let the hot pan do its violent, beautiful work, forging a thick, caramelized crust that hides a deeply savory interior. Crowned with a runny egg, it is a perfect, unapologetic plate of comfort.

INGREDIENTS

1 1/2 lbs

Yukon Gold or Red potatoes

3 cups

cooked corned beef brisket

2 cups

green cabbage

1 medium

yellow onion

2 cloves

fresh garlic

3 tbsp

unsalted butter

2 tbsp

neutral oil or bacon grease

1/2 tsp

dried thyme

1/2 tsp

smoked paprika

1/2 tsp

freshly ground black pepper

to taste

kosher salt

4 to 6

large eggs

2 tbsp

fresh parsley

PREPARATION

- **Dice the potatoes and chop the brisket.**

Scrub the potatoes and cut them into uniform half-inch cubes. Do the exact same with the leftover corned beef.

- **Prep the vegetables.**

Finely dice the onion, mince the garlic, and thinly slice the cabbage before you apply any heat to the pan.

INSTRUCTIONS

-6

- **Parboil the potatoes in heavily salted water until just fork-tender.**

Drop the diced potatoes into cold water, salt it like the sea, and bring to a boil. Simmer for 4 to 5 minutes. Drain and pat them bone-dry.

16 Build the aromatic foundation in a hot cast-iron skillet.

Heat 1 tablespoon of butter and the oil or bacon grease over medium-high. Sauté the diced onion for about 5 minutes until translucent and catching some color, then toss in the garlic for 30 seconds.

17 Wilt the cabbage into the aromatics.

Add the sliced green cabbage and toss to coat. Cook for 3 to 5 minutes until it turns bright green and softens slightly but still holds a little backbone.

18 Incorporate the potatoes, beef, and spices.

Melt the remaining 2 tablespoons of butter into the pan. Fold in the dry potatoes and chopped corned beef. Hit it with the thyme, smoked paprika, and black pepper, tossing until everything is glistening.

19 Press the hash flat and leave it completely undisturbed for five minutes.

Using a sturdy spatula, pack the mixture down hard into an even layer. Drop the heat to medium and step away. Let the pan sear a deep, golden crust into the meat and starches.

20 Flip the hash in large sections and press it down again.

When the bottom is sufficiently browned, flip it over. Don't worry if it breaks. Press it flat again and let it sear untouched for another 4 to 5 minutes, repeating once more for maximum crispy bits.

21 **Crown with fried eggs and serve immediately.**

While the hash finishes its final sear, fry your eggs in a separate pan.

Taste the hash for salt, scatter with fresh parsley, and serve directly from the hot skillet with a runny egg over every portion.

CHEF'S NOTES

- **On leftover potatoes.**

If you have leftover boiled or roasted potatoes from last night's dinner, you can bypass the parboiling entirely and toss them straight into the skillet.

- **On salt.**

Corned beef is aggressively cured. Hold back on adding any extra salt until the very end, and only if it desperately needs it.

- **On storing and reheating.**

Hash keeps beautifully in the fridge for a few days. Never microwave it; reheat it in a skillet to resurrect the crust.

Quick-Skillet Leftover Mashed Potato Boxy (Potato Pancakes)

Original: English



There's an old rhyme about boxty being the measure of a marriageable cook, but the real romance here is far more practical: turning the cold, sad mash from Saturday night into a glorious Sunday morning triumph. Born from the harsh realities of the Irish countryside, this is the ultimate union of creamy leftover mash and the satisfying, structured bite of raw, grated potato. Bound with tangy buttermilk and fried in sizzling butter, these hardy, golden-crust ed pancakes are the undisputed heavyweights of the weekend breakfast spread.

INGREDIENTS

2 cups

raw Russet or Yukon Gold potatoes
peeled

2 cups

leftover mashed potatoes cold

1 cup

all-purpose flour

1 teaspoon

baking soda

1 teaspoon

kosher salt

1/2 teaspoon

freshly cracked black pepper

1

large egg lightly beaten

1 to 1 1/4 cups

cultured buttermilk

3

scallions thinly sliced

3 tablespoons

unsalted butter

2 tablespoons

neutral oil or leftover bacon fat

PREPARATION

- **Chill your mash.**

Cold, day-old mashed potatoes have lost their excess moisture and firmed up, making them the perfect binder without turning gummy.

INSTRUCTIONS

-6 Grate and wring the raw potatoes.

Use the large holes of a box grater, then twist the shreds tightly in a clean kitchen towel to wring out as much liquid as humanly possible; dry potatoes mean crispy boxty.

-5 Mix the dry ingredients.

Whisk together the flour, baking soda, salt, and pepper in a small bowl.

22 Build the batter.

In a large bowl, combine the wrung-out raw potatoes with the cold mashed potatoes, breaking up the mash with a fork. Toss with the dry ingredients, then stir in the egg, scallions, and a cup of buttermilk until you get a thick, cohesive batter—adding more buttermilk if it’s too stiff.

23 Heat the skillet.

Put a large cast-iron skillet over medium-low heat and melt a tablespoon of butter with a splash of oil or bacon fat to keep the butter from burning.

24 Fry the boxty.

Drop scant quarter-cup mounds into the sizzling fat, pressing them into half-inch thick patties. Leave them alone for four to five minutes until the bottoms are deep golden brown, then flip and repeat.

25 Keep warm and serve.

Drain briefly on paper towels, then stash them in a 200°F oven to stay warm while you fry the rest of the batter.

CHEF’S NOTES

- **Don’t skip the wringing.**

Raw potatoes are mostly water. If you don’t wring them out fiercely, you’re steaming your pancake instead of frying it.

- **Use the right fat.**

Butter gives the flavor, but cutting it with a little neutral oil or leftover bacon drippings prevents it from scorching before the raw potato cooks through.

The "Southie" Breakfast Roll (Irish-American BEC)



This is the ultimate working-class hangover cure, an unpretentious, high-calorie marvel born from the union of a traditional Irish jumbo deli roll and the classic American bodega bacon, egg, and cheese. Unapologetic in its heft, it layers salty pork, rendered fat, and a leaky, golden egg yolk inside a heavily buttered crusty roll. It doesn't ask for a fork, and it certainly doesn't ask for forgiveness—it just does exactly what you need it to do on a rough Sunday morning.

INGREDIENTS

2

large French sub, hoagie, or bulky rolls

3 tablespoons

salted Irish butter, softened

4 slices

thick-cut smoked bacon

4 slices

Canadian bacon

4

fresh savory pork breakfast sausage links

2 to 4

large eggs

2 slices

sharp American or mild Cheddar cheese

to taste

ketchup or Irish Brown Sauce

to taste

salt and freshly ground black pepper

INSTRUCTIONS

- 5** Slice the rolls lengthwise, leaving a hinge, and generously coat the insides with softened butter.

The butter acts as an essential moisture barrier for the heavy fillings to come, so don't skimp.

- 4** Fry the thick-cut bacon and sausage links in a heavy skillet over medium heat until the sausage is browned and the bacon is crispy.

This takes about 10 to 12 minutes. Toss the Canadian bacon in during the final two minutes just to heat it through, then remove all the meats to a plate and leave the rendered fat in the pan.

- 3** Crack the eggs directly into the shimmering bacon fat over medium-low heat.

Season them lightly and fry them over-easy so the yolks stay runny, dropping a slice of cheese on each egg during the last thirty seconds to melt.

- 2** Zigzag your sauce of choice across the bottom half of the buttered roll and layer the meats.

Start with the Canadian bacon as a flat base, add the crispy bacon, lay down the sausages sliced in half lengthwise so they don't roll out, and top with the cheesy fried eggs.

- 26** Fold the top of the roll over the eggs and press down gently to break the yolks.

Let that liquid gold mingle with the sauce, butter, and savory pork before wrapping the whole thing tightly in foil or parchment to hold the heat.

CHEF'S NOTES

- **Try the chopped method for an authentic deli experience.**
Place all the cooked meats and eggs on a large cutting board and roughly chop them together with a heavy knife before scooping the mixture into the buttered roll.
- **Add authentic black or white pudding if you can source it.**
Pan-fry two slices until crispy on the edges to elevate this roll from an Irish-American hybrid to a true homeland classic.

Special Occasion Smoked Salmon & Scrambled Egg Toast

Original: Uibheacha scrofa le bradán deataithe

IV-uh-kuh SKRUH-fuh le BRAH-dawn JAH-tee-huh



There are Sunday mornings built for the heavy, sizzling pans of the traditional fry, and then there are the mornings that call for something a little softer, but no less comforting. In the Irish American parish halls and crowded family kitchens, the after-Mass breakfast is a sacred, restorative hour. This pairing of velvety, low-and-slow scrambled eggs and oak-smoked salmon piled high on warm brown bread tastes like pure luxury, yet demands little more than patience and a pool of foaming butter. It is a straightforward, deeply cozy centerpiece for the people you care about most.

INGREDIENTS

6 to 8

Large eggs

3 tablespoons

Unsalted butter

2 tablespoons

Whole milk or heavy cream

4 to 6 ounces

Thinly sliced cold smoked salmon

4

Thick slices of brown bread or sourdough

1 tablespoon

Fresh chives or dill

1

Lemon

To taste

Sea salt and black pepper

PREPARATION

- **Finely chop the fresh chives or dill**
- **Quarter the lemon into wedges**

INSTRUCTIONS

- 4** **Lightly toast the slices of brown bread until the exterior is crisp but the interior remains chewy**
Generously spread the warm toast with a layer of softened butter and place them on warmed serving plates.
- 3** **Crack the eggs into a medium mixing bowl, add the milk or cream, and whisk vigorously until completely homogenized**
The mixture should take on a uniform, pale yellow color. Lightly season with freshly ground black pepper and a very modest pinch of sea salt.

- 27 Place a heavy-bottomed skillet or small saucepan over medium-low heat and melt two tablespoons of the butter**

Allow it to melt until it just begins to foam, being careful not to let it brown.

- 28 Pour the beaten eggs into the foaming butter and let them sit undisturbed for a few seconds until the edges begin to set**

Using a flexible silicone spatula, continuously push and fold the eggs from the edges toward the center. If they cook too rapidly, pull the pan off the heat for 20 to 30 seconds to regulate the temperature.

- 29 Turn off the heat immediately once soft, pillowy curds form but the eggs still look wet and slightly runny**

The residual thermal energy of the pan will finish cooking the eggs to a perfect, velvety consistency.

- 30 Spoon the creamy scrambled eggs generously over the buttered brown bread**

Gently drape the ribbons of smoked salmon over the warm eggs.

- 31 Scatter the finely chopped herbs over the top and serve immediately with lemon wedges on the side**

CHEF'S NOTES

- **The Bread Dilemma**

True Irish coarse wholemeal flour is tough to find stateside. Look for the densest, oat-topped whole wheat bread in the bakery section, or rely on a high-quality, crusty sourdough to hold up the rich eggs and fish.

- **Managing Salinity**

American lox can be highly cured. Under-salt the eggs during the whisking phase to avoid a sodium bomb when paired with the fish; you can always finish with a pinch of flaky salt at the table.

Steel-Cut Apple & Whiskey Porridge

Original: English



Sunday morning in an Irish American parish demands a specific kind of sustenance: something restorative, communal, and profoundly comforting. This is not the sad microwaveable mush of a bleak weekday commute. It is a loving revival of the ancient Irish stirabout, elevated by the simple ritual of toasting proper steel-cut oats in good butter before introducing sharp apples, dark sugar, and a restorative splash of whiskey. It is a bowl of food that commands you to slow down, sit shoulder-to-shoulder with your people, and face the day properly fed.

INGREDIENTS

1 cup

Steel cut oats

1 tablespoon

Irish butter

3 cups

Water

1 cup

Whole milk or evaporated milk

1/4 teaspoon

Kosher salt

1 medium

Granny Smith apple

1 medium

McIntosh or Cortland apple

3 tablespoons

Dark brown sugar

1 1/2 teaspoons

Ground cinnamon

1/4 teaspoon

Ground nutmeg

3 tablespoons

Irish whiskey

splash for serving

Heavy cream

PREPARATION

- **Peel core and dice the apples.**

Prepare the apples just before cooking to prevent browning, cutting them into uniform pieces that will easily melt into the oats.

INSTRUCTIONS

- 6 Toast the oats in melted butter to awaken their nutty depth.**

Set a heavy saucepan or Dutch oven over medium heat, melt the butter, and stir in the dry oats until fragrant and slightly golden, about 3 to 5 minutes.

- 5 Carefully introduce the liquids and aromatics.**

Pour in the water and milk, minding the sputter, then stir in the diced apples, brown sugar, cinnamon, nutmeg, and salt.

- 4 Stir in the whiskey to simmer alongside the grain.**

Adding the whiskey early ensures the harsh alcohol bite mellows into a deep, oaky warmth.

- 3 Bring the pot to a rolling boil, then immediately reduce to a gentle simmer.**

Leave the pot uncovered.

- 2 Simmer slowly until the oats are tender but retain a confident chew.**

This takes about 25 to 30 minutes; stir every five minutes, scraping the bottom to prevent scorching, until the apples melt into the thick porridge.

32

Rest off the heat before serving.

Let the pot stand for 3 to 5 minutes to thicken, then ladle into warm bowls and finish with a splash of cold cream.

CHEF'S NOTES

- **Respect the grain.**

Do not substitute rolled or quick oats, which lack the structural integrity to survive a long simmer and will inevitably collapse into an unappealing paste.

- **A note on the whiskey.**

Simmering leaves roughly a third of the alcohol behind, offering warmth without a buzz. To abstain entirely, swap the whiskey for a teaspoon of good vanilla extract and a tablespoon of apple cider vinegar to replicate that complex bite.



Chapter 2: Catholic School Lunches and Midday Comforts

A tribute to the durable, thrifty, and unpretentious midday meals packed by Irish American mothers.

There is a distinct, unglamorous magic to the lunchbox of a parochial school kid. It's an exercise in utility, born from the ruthless thrift of an Irish American mother who wasn't about to

let Sunday's roast die in vain. These are the midday survivals—slabs of yesterday's cold corned beef repurposed for Monday's recess, and the unapologetic Friday fish sandwich to appease the nuns and the diocese.

It is a kind of working-class alchemy. You take what you have, you pack it in a Thermos or wrap it tightly in wax paper, and you send it out into the bruising world. Here are the durable, unpretentious comforts that kept a generation going between the morning bell and the long walk home.



The "Day After" Cold Corned Beef Sandwich

Original: English



The true prize of St. Patrick's Day isn't the boiled dinner, but the morning after. Standing in the quiet kitchen staring down a beautiful, chilled block of leftover brisket, you bypass the hot, messy Reuben for something simpler and infinitely more comforting. Shaved paper-thin and piled high on soft rye with a crisp spoonful of deli slaw and a sharp hit of mustard, this cold sandwich is unpretentious, straightforward, and engineered to survive the journey from the kitchen counter to the lunchroom table without turning to mush.

INGREDIENTS

4 slices

Jewish rye or marbled rye bread

8 oz

leftover cooked corned beef brisket thoroughly chilled

2 tablespoons

unsalted butter softened

2 tablespoons

spicy brown mustard

4 slices

Swiss cheese

1 half cup

prepared creamy coleslaw drained slightly

4

dill pickle slices optional

PREPARATION

- **Thoroughly chill the leftover corned beef brisket overnight.**

Do not attempt to slice warm brisket for a cold sandwich, or it will crumble and fall apart on the cutting board.

INSTRUCTIONS

- 5 Slice the chilled corned beef as thinly as humanly possible across the grain.**

Working with cold meat makes it easier to slice cleanly; find the lines of the muscle fiber and cut perpendicular to them so the meat melts in your mouth.

- 4 Spread a thin even layer of softened butter from edge to edge on the inside of all four slices of bread.**

This acts as a hydrophobic barrier to prevent the wet ingredients from soaking into the crumb and ruining your lunch.

- 3 Lay one slice of Swiss cheese on each piece of buttered bread.**

The cheese acts as a secondary structural wall to ensure the bread stays perfectly dry.

- 2 Spread the mustard over the cheese on two of the bread slices and pile the shaved beef high on top.**

- 1 Spoon the drained coleslaw generously over the corned beef.**

Give the slaw a gentle squeeze with a fork first to drain any pooling liquid, then lay the pickles over the slaw if using.

- 33** Place the remaining bread on top, press down gently, and cut the sandwich diagonally.

Wrap the halves tightly in aluminum foil or wax paper before sending them out into the world.

CHEF'S NOTES

- **Pack the slaw separately if the sandwich is sitting for hours.**

For a very late lunch, keep the coleslaw in a small container and spoon it on right before eating to preserve the absolute perfect texture of the rye.

- **Adapt for picky eaters by softening the flavors.**

Swap the sharp mustard for mild mayonnaise or Thousand Island dressing, and use soft potato rolls if caraway seeds are a tough sell.

Lenten Friday "Mock-Filet"

Fish Sandwich

Original: English



For generations of working-class Catholic kids, Fridays meant a strict religious mandate that accidentally birthed a culinary icon. This is an unapologetic homage to the school cafeteria and the fast-food drive-thru, elevated just enough to make it worth cooking. You want a perfect golden square of flaky whitefish, a slice of processed American cheese melted by residual heat, a sharp homemade tartar sauce, and a steamed bun so soft it practically dissolves in your hands. It isn't fancy, and it absolutely doesn't need to be.

INGREDIENTS

1 cup

Full fat mayonnaise

2 tablespoons

Dill pickle relish

1 tablespoon

Capers finely minced

1 teaspoon

Lemon juice

1 teaspoon dried or 1 tablespoon fresh

Dried dill or fresh chopped parsley

1/2 teaspoon

Onion powder

A pinch

Sugar

4 4-ounce pieces

Skinless white fish fillets like cod or pollock

To taste

Kosher salt and black pepper

1/2 cup

All purpose flour

1 teaspoon

Old Bay seasoning or paprika

2

Large eggs

1 tablespoon

Dijon mustard

2 cups

Panko breadcrumbs

For frying

Neutral vegetable oil

4

Soft white hamburger buns

4 slices

Processed American cheese

PREPARATION

- **The tartar sauce can be made up to a week in advance.**
Keep it stored in an airtight container in the refrigerator.

INSTRUCTIONS

- 5 Mix the tartar sauce and let it chill.**
Combine the mayonnaise, relish, capers, lemon juice, dill, onion powder, sugar, and pepper in a bowl. Cover and refrigerate for at least an hour so the flavors can get to know each other.
- 4 Prep and dry the fish fillets.**
Cut the fish into roughly four-by-four-inch squares. Pat them completely dry with paper towels—this is non-negotiable if you want the breading to stick—and season lightly with salt and pepper.
- 3 Set up a standard three-dish breading station.**
In the first dish, mix the flour and Old Bay. In the second, beat the eggs with the Dijon mustard. Fill the third dish with the Panko breadcrumbs.
- 2 Dredge the fish fillets one by one.**
Coat each square in flour, tap off the excess, submerge it in the egg wash, and press it firmly into the Panko until evenly coated on all sides.

34 Fry the breaded fish until deep golden brown.

Heat about half an inch of neutral oil in a heavy skillet to 350°F. Fry the fish in batches for two to three minutes per side, until the crust is aggressively crispy and the fish flakes easily.

35 Melt the cheese using residual heat.

Move the fried fish to a wire rack and immediately top each piece with a slice of American cheese. The heat radiating from the freshly fried crust will melt it perfectly.

36 Steam the buns.

Wrap the split buns in a slightly damp paper towel and microwave on medium for fifteen to thirty seconds until they are warm and pillowy.

37 Assemble the sandwiches and serve immediately.

Slather the bottom bun with chilled tartar sauce, lay down the hot fish and melted cheese, top it off, and eat while the textures are still fighting each other in the best way possible.

CHEF'S NOTES

- **Do not swap out the processed American cheese.**

It melts in a very specific way that artisanal cheeses simply cannot replicate for this kind of sandwich.

- **Do not let the breaded fish sit around before frying.**

The salt will draw out moisture and ruin your chances of achieving a genuinely crispy crust.

Egg Salad Irish Style ("Mrs. Doyle's Diagonals")

Original: English



It is an artifact of mid-century Irish domesticity, whipped up by the dozen for wakes, christenings, and loud, crowded schoolyards. Unfussy, perfectly proportioned, and stubbornly devoid of the towering, messy ambition of the American deli sandwich. You mash the eggs, slice the scallion for snap, and slather soft white bread with good butter to hold the line against the moisture. Bound together with a sharp, tangy dressing that mimics the beloved Heinz salad cream of the old country, it is a masterclass in flawless, working-class simplicity. Cozy, straightforward, and deeply comforting, it is best taken with a hot, dark cup of tea.

INGREDIENTS

4

large eggs

1

Roma tomato or small Campari
tomatoes

2

scallions white and light green
parts only

3 to 4

butter lettuce leaves thinly
shredded

3 tablespoons

high quality mayonnaise

1 teaspoon

Dijon mustard or yellow mustard

1 teaspoon

white wine vinegar or fresh lemon

juice

1 pinch

granulated sugar

1/4 teaspoon

kosher salt

1/8 teaspoon

freshly ground black pepper

4 to 6 slices

soft standard white sandwich bread

2 to 3 tablespoons

European style salted butter

softened

INSTRUCTIONS

-7

Hard boil and separate the eggs.

Cover the eggs with cold water, bring to a rolling boil, kill the heat, and cover for ten to twelve minutes. Shock them in ice water, peel, crumble the yolks, and finely dice the whites to avoid a paste-like texture.

38 Gut and dice the tomato.

Halve the tomato and mercilessly scrape out the wet seeds and pulp before dicing the firm outer flesh, lest your sandwich turn to mush. Add it to the eggs along with the sliced scallions and shredded lettuce.

39 Mix the tangy binder.

Whisk together the mayonnaise, mustard, vinegar, sugar, salt, and pepper to replicate the sharp bite of classic Irish salad cream, then fold it gently into the egg mixture.

40 Butter the bread edge to edge.

Lay the bread out in pairs and generously butter the inside of every slice. This isn't just for flavor; it forms a crucial, waterproof barrier against the filling.

41 Assemble trim and slice diagonally.

Spread a modest, manageable layer of egg salad over the butter, top with the remaining bread, and gently press. Carve off the crusts, then cut the sandwich into four sharp diagonal triangles—a non-negotiable homage to Mrs. Doyle.

CHEF'S NOTES

• **Replicating the salad cream experience.**

Traditional Irish cooks rely on a shelf-stable condiment called salad cream. Cutting American mayonnaise with mustard, vinegar, and sugar replicates this tang perfectly. If you have access to imported Heinz Salad Cream, simply substitute three to four tablespoons instead.

- **The science of sogginess prevention.**

De-seeding the tomato, applying an edge-to-edge butter barrier, and mixing the lettuce directly into the fat-based binder are critical, working-class defenses against a soggy sandwich.

Friday Night Canned Salmon Croquettes (Patties)

Original: English



For the faithful, Friday meant abstaining from meat, but it rarely meant suffering. The Irish American mother viewed a humble tin of pantry salmon and last night's leftover mashed potatoes not as a penance, but as a canvas. The cold potato performs a quiet magic here, binding the flaked fish into a sturdy croquette that yields from a buttery, pan-fried crust to an impossibly soft center. A dash of mustard, a squeeze of lemon, and the sharp bite of Worcestershire bring the whole thing to life. It is austere, resourceful cooking at its finest—straightforward, unpretentious, and deeply comforting.

INGREDIENTS

1 14.75-ounce can

wild-caught pink or red sockeye
salmon

1 cup

leftover cold mashed potatoes

1/2 cup

crushed saltine crackers

1

large egg lightly beaten

1/3 cup

green onions finely chopped

2 tablespoons

fresh parsley finely chopped

1 tablespoon

mayonnaise

1 teaspoon

Dijon or classic yellow mustard

1 teaspoon

fresh lemon juice

1/2 teaspoon

lemon zest

1 teaspoon

Worcestershire sauce

1/2 teaspoon

garlic powder

1/2 teaspoon

kosher salt

1/4 teaspoon

freshly ground black pepper

1/4 teaspoon

paprika

1/2 cup

all-purpose flour

1

large egg beaten with 1 tablespoon

water

1 cup

Panko breadcrumbs

3 tablespoons

neutral vegetable oil

2 tablespoons

unsalted butter

for serving

fresh lemon wedges

for serving

tartar sauce or ketchup

PREPARATION

- **Ensure the leftover mashed potatoes are completely cold before mixing.**

INSTRUCTIONS

- 4 Drain the canned salmon completely and transfer it to a large mixing bowl.**

Gently flake the fish apart with a fork, picking out and discarding the dark skin and any large vertebrae for a smoother texture.
- 3 Fold the croquette base together until evenly combined.**

Add the mashed potatoes, saltines, the lightly beaten egg, green onions, parsley, mayonnaise, mustard, lemon juice, lemon zest, Worcestershire sauce, garlic powder, salt, pepper, and paprika to the salmon. Mix gently with a sturdy spatula or clean hands so it holds its shape when squeezed, taking care not to mash it into a paste.
- 2 Divide the mixture into six to eight equal portions and form into patties.**

Roll the portions into balls in the palms of your hands, then flatten them into neat patties about three-quarters of an inch thick and place them on a parchment-lined plate.

- 42** Cover the plate lightly with plastic wrap and chill the formed patties in the refrigerator for at least twenty minutes.

Do not skip this step, as the thermal drop hydrates the starches and sets the egg, preventing the croquettes from disintegrating in the hot oil.

- 43** Set up a standard breading station with three shallow dishes while the patties chill.

Place the flour in the first dish, the beaten egg wash in the second, and the Panko breadcrumbs in the third.

- 44** Dredge each chilled patty to create a dry, even coating.

Lightly coat the patty in flour, shake off the excess, dip it entirely into the egg wash, and press it gently into the Panko breadcrumbs.

- 45** Heat the vegetable oil and butter in a large skillet over medium-high heat.

A heavy-bottomed pan like cast iron works best here. Heating the fats together prevents the butter from burning while ensuring a rich crust.

- 46** Fry the croquettes in batches until a deep, golden-brown crust forms on both sides.

Lay the patties in the shimmering oil and cook undisturbed for four to five minutes, then carefully flip with a thin spatula and fry for three to four minutes more until crisp and heated through.

47

Drain the cooked croquettes on paper towels and serve immediately.

Serve piping hot with fresh lemon wedges and a dollop of ketchup or tartar sauce.

CHEF'S NOTES

- **Substitute fresh salmon if desired.**

Roast a one-pound seasoned salmon fillet at 400 degrees Fahrenheit for 15 to 20 minutes. Cool, flake, and use exactly as you would the canned fish, adding a pinch of extra salt.

- **Instant potato flakes work in a pinch.**

If you lack leftover mashed potatoes, mix one-quarter cup of dry instant potato flakes into the wet salmon mixture to provide the same starchy binding power.

- **Croquettes are exceptionally well-suited to batch cooking and freezing.**

Freeze the uncooked, breaded patties solid on a baking sheet before transferring to an airtight container. Fry directly from frozen over slightly lower heat, adding a few extra minutes per side.

Thermos Potato and Chive Salad (Served

Warm or Cold)

Original: English



In the chaotic, reverberating cafeterias of mid-century parochial schools, amidst a sea of plaid and wax-paper sandwiches, a heavy metal thermos was a rare vessel of maternal mercy. Most held lukewarm soup, but unscrewing the lid to find a steaming, buttery, coarsely crushed potato salad was a premier lunchtime luxury. This isn't the tragically sweet, pickle-laden deli salad of modern America; it is an Irish-American hybrid that respects the potato. Dressed piping hot so the butter and mayonnaise melt straight into the starch, it delivers a rustic, unapologetic comfort. Whether packed steaming for a bleak Tuesday or chilled for a late summer picnic, it is a brilliant, straightforward piece of working-class engineering.

INGREDIENTS

2 lbs

Yukon Gold potatoes peeled and cubed

2 tablespoons

unsalted butter at room temperature

1/2 cup

real mayonnaise

1/4 cup

sour cream

1 teaspoon

Dijon mustard

1/2 cup

fresh chives finely chopped

1.5 teaspoons

kosher salt

1/2 teaspoon

freshly cracked black pepper

PREPARATION

- **Preheat the thermos with boiling water if serving hot.**

Fill your empty thermos to the brim with boiling water, seal it, and let it sit for ten minutes while you cook to neutralize the cold steel.

- **Dump the water and wipe the thermos dry right before packing.**

Immediately spoon the steaming hot potato salad into the dry, preheated thermos and seal tightly to keep the lunch piping hot for hours.

INSTRUCTIONS

- 8 Boil the potatoes until they offer absolutely zero resistance.**
Place the cubed potatoes in a pot, cover with cold water by an inch, add a heavy pinch of salt, and simmer for 12 to 15 minutes.
- 7 Drain and evaporate the residual moisture.**
Toss the drained potatoes back into the hot, empty pot over low heat for about a minute so your dressing does not turn watery.
- 6 Toss the hot potatoes with the butter.**
Off the heat, fold in the room-temperature butter while the potatoes are steaming so the fat melts directly into the starch.
- 5 Mash the remaining wet ingredients into a coarse and rustic texture.**
Add the mayonnaise, sour cream, Dijon, salt, and pepper, using a masher to crush them roughly into the potatoes.
- 4 Fold in the chives and adjust the seasoning.**
Stir in the chives gently and taste the mixture; potatoes need a heavy hand with salt, so do not be timid.

CHEF%27S NOTES

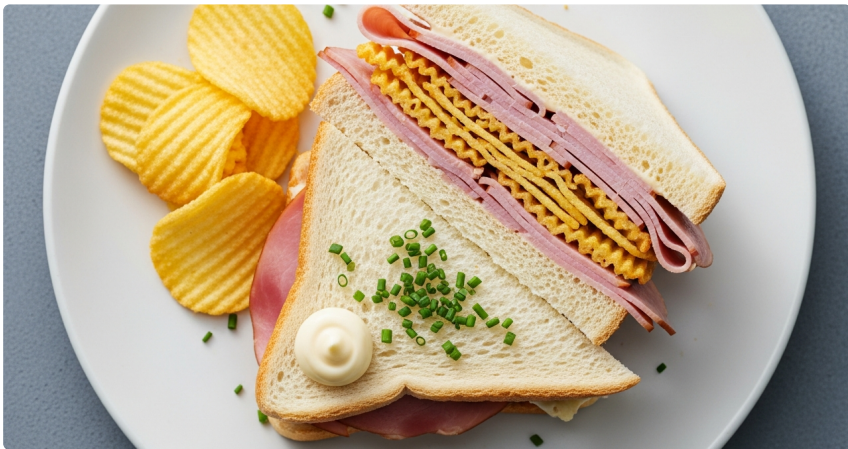
- **Cold temperatures mute flavors dramatically.**
If serving cold, you will likely need to stir in an extra pinch of salt, a splash of milk to loosen the chilled starches, and a fresh sprinkle of chives to wake it back up.

- **Store cold salad properly to avoid a skin.**

Press a piece of plastic wrap directly against the surface of the salad and refrigerate for at least 4 hours, or ideally overnight.

The "Tayto-Style" Crisp and Ham Sandwich

Original: English



It is the undisputed king of working-class midday comforts, an unapologetic rebellion against culinary pretension. In Dublin, locals affectionately call any sandwich a %27sambo%27—a benign abbreviation, despite the term%27s ugly history stateside. The holy trinity of cheap, pillowy white bread, thick salted butter, and pungent cheese and onion crisps offers a textural masterpiece of pure nostalgia. Toss in a few slices of cheap deli ham for staying power, and a humble childhood snack is elevated into a deeply comforting lunch.

INGREDIENTS

2 slices

soft white sandwich bread

1.5 tablespoons

salted Irish butter softened

PREPARATION

- **Ensure the butter is thoroughly softened to the consistency of a face cream before beginning.**

Attempting to spread cold butter will tear and destroy the delicate white bread.

INSTRUCTIONS

- 4** Lay the two slices of bread flat and generously butter one side of each from edge to edge.
The butter acts as a flavor booster and a moisture barrier that holds the whole operation together.
- 3** Fold the slices of ham and layer them evenly over the buttered side of the bottom piece of bread.
- 2** Pile the potato chips aggressively on top of the ham.
You want a precarious, towering mountain of crunch.
- 1** Place the second slice of bread gently on top with the buttered side down.
- 0** Place the palm of your hand flat on the top of the sandwich and press down firmly.
You should hear a deeply satisfying fracture as the chips settle into the butter and meat, reducing the sandwich to a cohesive, edible size.
- 1** Slice the sandwich in half diagonally with a serrated knife and serve immediately.
Triangles simply taste better.

CHEF%27S NOTES

- **Finding authentic Tayto brand crisps in America is difficult but highly rewarding.**

If you cannot source them from an online importer, standard Ruffles Cheddar and Sour Cream or Lay%27s Sour Cream and Onion provide an excellent substitute.

- **Do not substitute the butter with mayonnaise.**

Mayonnaise introduces too much moisture and will rapidly destroy the crucial crunch of the chips.

Creamed Tuna Over Toast

(Elevated)

Original: English



For generations of Irish-American Catholics, meatless Fridays meant one thing: the humble, often-maligned plate of creamed tuna on toast. Born of Depression-era pragmatism and Friday penance, it was a meal that got the job done. But strip away the sad, gluey memories of the school cafeteria, apply the foundational techniques of a proper, aromatic Irish parsley sauce, and you find something else entirely. Good butter, steeped milk, and high-quality albacore transform a punchline of the past into a deeply comforting, dignified plate of food.

INGREDIENTS

2 cups

whole milk

1/4

yellow onion peeled left intact

1

dried bay leaf

5

whole black peppercorns

1 pinch

freshly grated nutmeg

2 5-ounce cans

water packed albacore tuna

1/2 cup

frozen petite peas

1/4 cup

fresh parsley finely chopped

3 tablespoons

high quality Irish butter

3 tablespoons

all purpose flour

1/2 teaspoon

kosher salt

1/4 teaspoon

freshly ground black pepper

1 teaspoon

fresh lemon juice

4 slices

thick cut sourdough or artisan
bread

PREPARATION

- **Ensure the tuna is thoroughly drained.**

Excess water from the can will thin out the carefully constructed roux and dilute the flavor of the sauce.

- **Use sturdy thick cut bread.**

Standard flimsy white sandwich bread will immediately disintegrate under the hot cream sauce. Sourdough or rustic whole wheat holds its structure.

INSTRUCTIONS

-5 Steep the milk with the aromatics to build a flavorful foundation.

In a small saucepan, combine the milk, onion, bay leaf, peppercorns, and nutmeg. Bring to a bare simmer over medium heat, then immediately remove from the heat, cover, and let steep for 15 minutes. Strain and discard the solids, keeping the infused milk warm.

-4 Prepare your mise en place before starting the roux.

Drain the tuna thoroughly and flake it into large chunks with a fork, taking care not to mash it into a paste. Measure out your peas and chop the parsley so everything is ready when the sauce comes together.

-3 Cook the butter and flour into a pale blonde roux.

Melt the three tablespoons of butter in a heavy-bottomed skillet over medium heat. Whisk in the flour and cook constantly for about two minutes to eliminate the raw cereal taste, ensuring the mixture bubbles but does not brown.

-2 Whisk in the warm milk to create a smooth béchamel.

Gradually pour the steeped milk into the roux, whisking vigorously to prevent lumps. Bring the mixture to a gentle simmer, then reduce the heat to medium-low and let it gently bubble for a few minutes until the sauce is velvety and thick enough to coat the back of a spoon. Season with the kosher salt and black pepper.

48 Fold in the tuna and peas to warm through.

Reduce the heat to low and gently fold the flaked tuna and frozen peas into the sauce. Heat for just a minute or two until the peas are vibrant and tender, then remove from the heat and stir in the fresh parsley and lemon juice.

49 Serve the creamed tuna immediately over hot buttered toast points.

Toast the bread until deeply golden, then generously butter each slice to create a barrier against the hot sauce. Cut diagonally into points, arrange on warm plates, and ladle the tuna directly over the center.

CHEF%27S NOTES

- **Do not attempt to freeze the leftovers.**

The dairy-based emulsion will separate and become grainy when thawed. Store in the refrigerator for up to three days and reheat gently on the stove with a splash of fresh milk to restore the creamy consistency.

- **Add hard-boiled eggs or pimientos to stretch the meal.**

For a classic mid-century variation, fold in chopped hard-boiled eggs alongside the tuna, or add a spoonful of diced sweet pimientos and a splash of dry sherry for an à la king approach.

Parish Hall Stovetop-to-Oven Macaroni & Cheese

Original: English



Down in the linoleum-floored basement of every mid-century Catholic parish, there was a quiet, caloric rebellion against meatless Fridays. This is the great equalizer—a sturdy, unpretentious stovetop-to-oven macaroni and cheese that bridged the gap between old-world Irish dairy and American grocery store pragmatism. It relies on a proper, stable roux to carry the sharp bite of Irish cheddar and the gooey salvation of Monterey Jack, crowned with a buttery crust that held its own on the potluck line. It is not fancy, and it doesn't try to be; it is just deeply, undeniably comforting.

INGREDIENTS

16 oz

elbow macaroni or cavatappi

6 tablespoons

unsalted Irish butter

1/4 cup

all purpose flour

2.5 cups

whole milk

12 oz

evaporated milk

12 oz

sharp Irish cheddar

8 oz

mild American or Monterey Jack

1.5 teaspoons

dry mustard powder

1/2 teaspoon

garlic powder

1/2 teaspoon

onion powder

to taste

kosher salt

to taste

black pepper

1 cup

panko or coarse breadcrumbs

2 tablespoons

fresh parsley

PREPARATION

- **Grate all of the cheese before you begin cooking.**

The stovetop roux moves quickly, and you need the cheese ready to incorporate the moment the pot comes off the heat.

- **Chop the fresh parsley.**

Mince it finely so it distributes evenly through the coarse breadcrumbs.

INSTRUCTIONS

- 5 Preheat the oven to 350 degrees Fahrenheit and grease a baking dish.**

Use butter or nonstick cooking spray to liberally coat a 9x13-inch baking pan or a 3-quart casserole dish.

- 4 Boil the pasta in heavily salted water until just under al dente.**

Cook the macaroni for one to two minutes less than the package instructions dictate, drain well, and return to the warm pot off the heat to let excess steam escape.

- 3 Melt four tablespoons of the butter in a heavy-bottomed saucepan over medium heat.**

Once the butter is bubbling slightly, sprinkle in the flour and whisk continuously for two minutes to cook out the raw flour taste without browning.

- 2 Gradually whisk the whole milk and evaporated milk into the roux.**

Pour the liquids in slowly, whisking constantly to prevent lumps from forming.

- 1 Stir in the dry mustard powder, garlic powder, onion powder, salt, and pepper.**

Continue to cook the mixture over medium heat, stirring frequently, until the sauce thickens enough to coat the back of a spoon.

- 50 Remove the saucepan completely from the heat before adding the cheese.**

Exposing the cheese to direct heat will break the emulsion. Reserve one cup of the sharp cheddar, then gradually whisk the remaining cheddar and all the Monterey Jack into the hot milk until melted and velvety smooth.

- 51 Fold the drained pasta gently into the hot cheese sauce.**

Ensure every noodle is generously coated, then transfer the mixture into your prepared baking dish in an even layer.

- 52 Prepare the breadcrumb topping.**

Melt the remaining two tablespoons of butter in a small bowl and toss with the breadcrumbs and chopped fresh parsley until evenly moistened.

- 53 Top the casserole with the reserved cheese and the buttered breadcrumbs.**

Sprinkle the reserved cup of cheddar evenly over the pasta before scattering the breadcrumb mixture across the top.

- 54 Bake uncovered on the middle rack for twenty-five to thirty minutes.**

The dish is done when the edges are bubbling vigorously and the breadcrumb topping has turned a deep, golden brown.

- 55 Allow the casserole to rest for ten to fifteen minutes before serving.**

This resting period is non-negotiable; it allows the molten cheese sauce to settle into a cohesive, spoonable texture.

CHEF'S NOTES

- **Always grate the cheese directly from the block.**

Pre-shredded commercial cheeses are coated in anti-caking agents that inhibit smooth melting and create a gritty texture in the final sauce.

- **Scale up for a crowd effortlessly.**

If you are cooking for a true parish hall gathering, double the ingredients, divide into large hotel catering pans, and add ten to fifteen minutes to the baking time.

- **Introduce greens and pork for a Colcannon variation.**

Sauté shredded green cabbage or leeks in butter and fold them into the cheese sauce along with crumbled applewood smoked bacon just before baking.

Leftover Sunday Roast Chicken & Stuffing

Sandwich

Original: English



INGREDIENTS

8 slices

thick-cut high-quality white bread

4 tablespoons

salted European-style butter at room temperature

1/3 cup

high-quality mayonnaise

2 cups

cold leftover roast chicken shredded or roughly chopped

1 1/2 cups

cold leftover Irish-American stuffing

to taste

sea salt and freshly cracked black pepper

PREPARATION

- **Sweat two finely diced yellow onions in two sticks of butter.**
Cook over medium-low heat until translucent and sweet. Do not let them brown.
- **Toss the onion butter with coarse white breadcrumbs, parsley, sage, and thyme.**
Use a stale sixteen-ounce loaf for the crumbs. Drizzle in half a cup of chicken stock until the mixture holds together when squeezed.
- **Bake the stuffing at 350°F for thirty minutes.**
Let it cool completely in the refrigerator overnight so it firms up into dense, easily packable scoops for the sandwiches.

- **Roast a butter-rubbed whole chicken at 400°F until the juices run clear.**
Pick the carcass clean, roughly chop both the white and dark meat, and store it in the fridge with the pan juices.

INSTRUCTIONS

- 10 Lay out the bread and spread butter over one side of every slice.**
Take the butter all the way to the edges to create a waterproofing barrier that keeps the bread from getting soggy in the lunchbox.
- 9 Spread an even layer of mayonnaise directly over the butter on four of the slices.**
These will serve as the top halves of the sandwiches, adding tang and necessary lubrication.
- 8 Pile a thick foundation of shredded roast chicken on the four bottom slices.**
Include any bits of savory roasted skin or roasting jellies from the bottom of your leftover container, and season lightly with salt and pepper.
- 7 Mold the cold stuffing into flat patties and place them directly over the chicken.**
Use your hands or the back of a spoon to press the stuffing into a shape that matches the bread so it doesn't fall out when you take a bite.

- 56** Top with the mayonnaise-slathered slices and press down firmly with the flat of your hand.

Compressing the sandwich slightly wedges the ingredients together and ensures structural stability.

- 57** Cut the sandwiches diagonally into triangles and wrap tightly in wax paper.

Let them sit at room temperature for thirty minutes before eating so the butter softens and the flavors fully bloom.

CHEF'S NOTES

- **Use wax paper instead of plastic wrap.**
Plastic traps moisture and turns the bread soggy. Wax paper breathes just enough while holding the sandwich tight.
- **Serve leftover gravy on the side as a dip.**
Pouring gravy directly into the sandwich destroys its structural integrity. Keep it warm in a ramekin for dipping au jus style instead.
- **Turn it into a hot toastie.**
Butter the outside of the bread instead of the inside and cook in a skillet for three minutes per side until deeply golden.

Monday's Thrifty

Corned Beef Hash

Original: English

Mun-deys Thrif-tee Kornd Beef Hash



There is a quiet, working-class nobility to taking Sunday's exhausted remnants and forging them into Monday's masterpiece. This hash is less a recipe and more a thermodynamic imperative—a cast-iron skillet, a heavy hand with the butter, and the absolute self-control to leave it the hell alone until a dark, savory crust forms. It is simple, unpretentious, and exactly what you want to eat when the world demands too much.

INGREDIENTS

1 1/2 lbs

Yukon Gold potatoes

3 cups

leftover cooked corned beef brisket

3 tablespoons

unsalted butter or ghee

1 tablespoon

vegetable oil or olive oil

1 large

yellow onion

1/2 cup

red or green bell pepper

2

garlic cloves

1 tablespoon

Worcestershire sauce

1/2 teaspoon

fresh thyme leaves

1/2 teaspoon

smoked paprika

to taste

Kosher salt and black pepper

4

large eggs

2 tablespoons

fresh flat leaf parsley or chives

PREPARATION

- **Dice the potatoes and meat.**

Cut the peeled Yukon Gold potatoes and the leftover corned beef into uniform 1/2-inch cubes to ensure even cooking and maximum crispness.

- **Chop the aromatics.**

Finely dice the yellow onion and bell pepper, and mince the garlic cloves before you begin cooking.

INSTRUCTIONS

-5

Parboil and steam dry the potatoes.

Place the potatoes in a saucepan, cover with cold salted water, and bring to a boil. Simmer for 5 to 7 minutes until just fork-tender, then drain thoroughly and let them sit in the colander for 5 minutes to dry out.

-4

Sauté the aromatics.

Heat a large cast-iron skillet over medium-high heat with 1 tablespoon of the butter and the oil. Add the onion and bell pepper, cooking until soft, then stir in the garlic, thyme, and paprika for one minute.

-3

Build the hash.

Melt the remaining 2 tablespoons of butter in the skillet, then fold in the dried potatoes, corned beef, and Worcestershire sauce. Use a spatula to press the mixture firmly into an even, compact layer.

-2

Leave it alone to build a crust.

Do not stir. Let the hash cook completely undisturbed for 6 to 8 minutes until a deeply browned, crispy crust forms on the bottom.

-1

Flip the hash and repeat.

Flip the hash in large sections, press it down firmly again, and cook undisturbed for another 5 to 6 minutes. Taste and adjust the seasoning with salt and heavy black pepper.

58 Crown with eggs.

Use the back of a spoon to create four small wells in the hash and crack an egg into each. Reduce the heat to medium-low, cover the skillet tightly, and cook for 4 to 6 minutes until the whites are set but the yolks remain runny.

59 Garnish and serve.

Remove from the heat, scatter with fresh parsley or chives, and serve immediately straight from the pan.

CHEF'S NOTES

- **Sourcing the beef.**

Sunday's leftover brisket is best, but a high-quality canned corned beef or a thick slab from the deli counter works perfectly well in a pinch.

- **Embrace the bubble and squeak.**

If you have leftover steamed cabbage or roasted carrots from yesterday's dinner, coarsely chop them and fold them into the skillet with the potatoes.

- **Dairy free crusts.**

To honor the kosher deli origins of the dish, swap the butter for rendered beef tallow or duck fat to yield an incredibly crisp crust.



Chapter 3: The Food Mom Made When I Was Sick (Invalid Cookery and Healing Bowls)

Dense, warming liquids and unapologetic starches crafted by mothers and grandmothers to cure physical ailments and psychological chills.

When the fever spiked and the chest rattled, the medicine cabinet was secondary to the stove. In the Irish American home, healing didn't come from a sterile pill bottle; it came in a steaming, heavy bowl of something that had been simmering in the background for hours. This is the food of survival, cooked by women who knew instinctively that a deep, bone-rattling chill requires a carbohydrate-heavy cure. It's the unglamorous, deeply beautiful alchemy of root vegetables, barley, and salted broth.

You don't eat these dishes when you're looking to be challenged. You eat them to be saved. From a brutally simple bowl of warm milk and crackers to a slow-cooked Dublin Coddle reduced to its most restorative essence, these are the recipes that dragged you back from the brink. They are unapologetically beige, aggressively starchy, and exactly what you need.



Traditional Goody (Sweetened Milk Bread Pudding)

Original: English

GOOD-ee



Before the era of electrolyte drinks, Irish mothers relied on the ultimate healing bowl: Goody. It is nothing more than stale bread boiled in sweetened, spiced milk—a brilliant, frugal alchemy born out of pure necessity. It isn't pretty, and it doesn't belong in a pastry case. It is a warm, thick, deeply satisfying porridge that tastes like maternal care and absolute survival.

INGREDIENTS

4 to 6 slices

hearty white or whole wheat bread

2 cups

whole milk

2 tablespoons

unsalted butter

3 tablespoons

granulated sugar or light brown sugar

1/2 teaspoon

ground cinnamon

1/4 teaspoon

ground nutmeg

1 teaspoon

pure vanilla extract

1 pinch

kosher salt

PREPARATION

- **Tear the bread into pieces.**

Rip the bread slices into rough, bite-sized pieces, leaving the crusts on for a more rustic texture.

- **Toast the bread if it is too fresh.**

If you don't have day-old bread, dry the fresh pieces out in a 300°F oven for 5 to 7 minutes to prevent the pudding from turning into glue.

INSTRUCTIONS

- **-6 Bring the spiced milk to a boil.**

In a medium heavy-bottomed saucepan, combine the milk, butter, sugar, cinnamon, nutmeg, and salt over medium heat until it reaches a gentle rolling boil.

- **-5 Add the stale bread to the pot.**

Drop the torn bread into the boiling milk and immediately reduce the heat to medium-low to maintain a steady simmer.

- **-4 Stir the mixture into a porridge.**

Cook and stir continuously with a wooden spoon for 5 to 10 minutes, letting the bread absorb the liquid until it breaks down into a thick, creamy consistency.

- **-3 Finish with vanilla and serve warm.**

Remove from the heat, stir in the vanilla extract, and let it rest for a minute before ladling into deep mugs or bowls.

CHEF'S NOTES

- **Brew the milky tea variation.**

For an authentic sick-day cure, replace one cup of the milk with strongly brewed hot Irish breakfast tea; the tannins cut the richness and settle the stomach.

- **Adjust the texture to your liking.**

Boil longer for a completely smooth, sweet porridge, or cut the time short to leave the bread cubes intact like a stovetop pudding.

Steaming Irish Potato and Leek Soup

Original: Anraith Prátaí agus Cainneanna

Ahn-rah Praw-tee ah-gus Kahn-ya-nah



There is an undeniable, life-affirming magic in a steaming bowl of potato and leek soup. Once the cornerstone of the nineteenth-century sick-room diet, this recipe relies on the humble synergy of good Irish butter, starchy potatoes, and the sweet earthiness of gently sweating leeks. It requires no culinary acrobatics and skips the complicated techniques entirely. It goes down like a warm, butter-soaked hug on a miserable day—the absolute cure for whatever ails you.

INGREDIENTS

4 tablespoons

Irish salted butter

3
large leeks white and light green
parts only

1
medium yellow onion roughly
chopped

2
cloves garlic minced

2 pounds
Russet or Yukon Gold potatoes
peeled and cubed

4 cups
high-quality chicken or vegetable
broth

1 cup
water

2 sprigs
fresh thyme

1
bay leaf

1/2 cup
heavy whipping cream

1 teaspoon
kosher salt

1/2 teaspoon
freshly ground white pepper

for garnish
fresh chives or parsley chopped

PREPARATION

- **Wash the leeks well.**
They are notorious for hoarding grit and sand between their layers.
- **Cube the potatoes evenly.**
Cut them into uniform one-inch pieces so they cook at the exact same rate.

INSTRUCTIONS

-3 Clean the leeks thoroughly to remove hidden dirt.

Cut off the dark green tops, slice the leeks in half lengthwise, and rinse them vigorously under cold running water before slicing into half-moons.

-2 Melt the butter in a heavy pot and gently sweat the leeks and onions.

Stir the vegetables to coat them in butter, cover, and cook on low for 10 to 15 minutes until soft and translucent. Do not let them brown.

-1 Simmer the potatoes and aromatics until completely soft.

Add the potatoes, garlic, thyme, bay leaf, salt, pepper, broth, and water. Bring to a gentle boil, then reduce the heat, cover, and simmer for 20 to 25 minutes until the potatoes offer no resistance to a fork.

0 Puree the soup into a smooth and velvety liquid.

Discard the thyme and bay leaf, then use an immersion blender directly in the pot to blend the soup until entirely smooth.

1 Finish with the heavy cream and gently reheat.

Stir in the cream over low heat just until steaming, being careful not to let it boil so the dairy does not curdle.

2 Garnish and serve immediately.

Ladle the hot soup into deep bowls, top with the fresh herbs, and serve with a thick slice of buttered brown bread.

CHEF'S NOTES

- **Thicken the soup with oats for a deeply historical twist.**
Sprinkle a quarter-cup of rolled or steel-cut Irish oats into the pot along with the broth to break down during the simmer for an earthy thickness.
- **Leave a little texture if you prefer it over a completely smooth puree.**
Blend only half the soup, leaving chunks of tender potato and leek suspended in the creamy broth.
- **Make it vegan and dairy-free if you need to beat sinus congestion.**
Substitute the butter with high-quality olive oil and omit the heavy cream entirely; the potato starches provide a naturally creamy texture on their own.

Brotchán Roy (The King's Leek and Oatmeal Broth)

Original: Irish Gaelic

braw-chawn roy



Before the potato laid claim to Irish soil, there were leeks and there were oats. Brotchán Roy, which translates to the king's broth, is the stuff of ancient monks and sensible mothers. It is a restorative pot of swelling starch, sweet allium, and rich dairy designed to coat a battered stomach and mend the soul. It isn't asking for a Michelin star; it is simply honest, unapologetically thick, and deeply comforting when the world, or a stubborn flu, has kicked the teeth out of you.

INGREDIENTS

3 tablespoons

Unsalted butter, preferably
European-style

3 to 4

Large leeks, white and light green parts only

4 cups

High-quality chicken or vegetable broth

1/2 cup

Steel-cut oats

2 cups

Whole milk

1/2 teaspoon

Kosher salt

1/4 teaspoon

Ground mace or nutmeg

1/4 teaspoon

Freshly ground white or black pepper

1/4 cup

Heavy cream

2 tablespoons

Fresh parsley or chives, finely chopped

PREPARATION

- **Aggressively wash the leeks.**

Leeks are grown in sandy soil and hide grit between their tightly packed layers. Slice off the dark green tops, halve the stalks lengthwise, thinly slice into half-moons, and submerge them in cold water for five minutes so the dirt falls to the bottom before gently scooping them out.

INSTRUCTIONS

-5

Sweat the alliums low and slow.

Melt the butter in a heavy-bottomed Dutch oven over medium-low heat, add the cleaned leeks, and sauté gently for ten to twelve minutes until meltingly tender. The goal is to soften the alliums without letting them brown, coaxing out their natural sweetness.

-4

Hydrate the oats.

Pour in the broth, increase the heat to medium-high, and bring to a gentle boil. Slowly sprinkle in the oats while stirring vigorously, keeping them moving so they do not clump at the bottom of the pot.

-3

Simmer the broth into a restorative porridge.

Reduce the heat to low, stir in the salt, mace, and pepper, then cover the pot. Let it simmer gently for thirty to thirty-five minutes, stirring occasionally, until the oats are fully tender and the liquid has thickened into a heavy, soothing suspension.

-2

Fold in the dairy with caution.

Uncover the pot and stir in the whole milk, cooking on low for another ten minutes to allow the flavors to meld. Do not let the soup reach a rapid boil from here on out, or the milk will split and ruin the texture.

60

Finish and serve hot.

Taste for seasoning, stir in the heavy cream right at the end for an extra layer of luxury, and ladle into deep bowls garnished with the fresh herbs. If the patient requires a perfectly smooth texture, take an immersion blender to the pot before adding the cream.

CHEF'S NOTES

- **Swap the oats if time is short.**

If patience is lacking or the throat is particularly sore, substitute an equal amount of old-fashioned rolled oats. The texture will be softer and the simmering time drops to a mere fifteen minutes.

- **Respect the leftovers.**

As it cools, the oat starches will absorb the remaining liquid, turning the broth into a dense porridge. Simply whisk in a splash of milk or broth when reheating on the stove to restore its silky soup texture.

- **Keep it plant-based if needed.**

Swap the butter for olive oil and the dairy for an unsweetened oat milk, which naturally complements the flavor profile of the steel-cut oats.

- **Do not skip the mace.**

The warm, aromatic spice provides a deeply nostalgic aroma that has stimulated the digestion of convalescents for centuries, neatly cutting through the richness of the dairy.

Tenement-Style Split Lentil & Onion Mash

Original: English



In the cramped, freezing tenements of nineteenth-century New York, immigrant Irish mothers performed daily miracles with pennies. When potatoes were scarce and meat was just a memory, they turned to cheap red lentils, boiling them down to a thick porridge and folding in onions fried deeply in whatever fat was on hand. It looked and felt like the mashed potatoes of the homeland, but offered a unique, savory solace all its own. This is the ultimate healing bowl—gentle on a battered stomach, unapologetically simple, and tasting exactly like a moment of peace when the world outside is entirely too loud.

INGREDIENTS

1 cup

dried red split lentils

3 cups

low-sodium chicken broth

vegetable broth or water

2 tablespoons

unsalted butter or bacon fat

1

large yellow onion

1

garlic clove

1/2 teaspoon

kosher salt

1/4 teaspoon

ground white pepper

PREPARATION

- **Rinse the red lentils.**

Place the lentils in a fine-mesh strainer and rinse them thoroughly under cold running water until the water runs clear, picking out any tiny stones.

- **Finely dice the yellow onion.**

- **Mince the garlic clove.**

INSTRUCTIONS

-4 Simmer the lentils to a soft mush.

In a medium saucepan, combine the rinsed lentils and broth, bringing the liquid to a gentle boil over medium-high heat.

Immediately reduce the heat to low, cover with a tight-fitting lid, and simmer for 15 to 20 minutes until the lentils have lost their shape and absorbed almost all the liquid.

-3 Sauté the onions until deeply sweet and golden.

While the lentils simmer, melt the butter in a skillet over medium heat. Add the diced onion and cook slowly for 10 to 15 minutes until translucent and just beginning to brown, adding the minced garlic during the final minute of cooking.

61 Mash the lentils and onions together.

Remove the saucepan from the heat and pour the buttery onions directly into the lentils. Mash vigorously with a potato masher or a heavy fork until you achieve a creamy, whipped consistency.

62 Season gently and serve hot.

Stir in the kosher salt and white pepper, tasting and adjusting as needed. Spoon into a warm bowl and top with an extra melting pat of butter if desired.

CHEF%27S NOTES

- **Adapt for vegan or dairy-free diets.**

Substitute the butter with a high-quality olive oil or plant-based butter, and use vegetable broth or water instead of chicken broth.

- **Incorporate Sunday scraps for a heartier meal.**

Fry a few strips of diced bacon in the skillet first, cook the onions directly in the rendered pork fat, and fold the crispy bacon bits into the final mash.

- **Adjust the texture to suit the patient.**

For a thinner, soupier consistency, increase the liquid to 4 cups and skip the final mashing step. For a stiffer mash, reduce the liquid to 2.5 cups and leave the pot uncovered for the final 5 minutes of simmering.

Quick-Simmered Dublin Coddle Broth

Original: English

DUB-lin COD-dl



This working-class Dublin staple was born of necessity and Thursday night frugality, designed to use up the last bits of pork before Friday's fast. But broken down from a slow-baked stew into a quick-simmering broth, it becomes something else entirely—a restorative, deeply comforting bowl of invalid cookery. It is a magnificent, savory tonic of rendered fat, starchy potatoes, and roasted meats that will cure whatever ails you without demanding hours at the stove.

INGREDIENTS

12 oz

thick-cut bacon, chopped into 1-inch pieces

1 lb

fresh bratwurst or mild pork sausages

2

medium yellow onions, thickly sliced

3 cloves

garlic, minced

2

large carrots, peeled and sliced into thick coins

1 ½ lbs

Yukon Gold potatoes, scrubbed and diced into 1-inch cubes

6 cups

low-sodium chicken broth

1

bay leaf

1 tsp

dried thyme

½ tsp

freshly cracked black pepper

¼ cup

fresh flat-leaf parsley, finely chopped and divided

1 splash

stout beer or apple cider vinegar

PREPARATION

- **Chop the ingredients uniformly.**

Dicing the Yukon Gold potatoes into one-inch cubes ensures they cook quickly and release just enough starch to give the broth its signature velvety texture.

INSTRUCTIONS

- 3 Render the bacon until golden and crispy.**

Place a heavy-bottomed Dutch oven over medium heat, cook the chopped bacon for 8 to 10 minutes, then transfer the meat to a lined plate while leaving the rendered fat in the pot.

- 63 Sear the sausages whole in the reserved bacon fat.**
Brown them deeply for 3 to 4 minutes per side to build a crucial fond, then remove to a cutting board and slice into bite-sized chunks once cool enough to handle.
- 64 Sauté the aromatics to scrape up the browned bits.**
Reduce the heat to medium-low, cook the onions and carrots for 5 to 7 minutes until softened, add the garlic for a minute, and deglaze with a splash of stout or vinegar if you like.
- 65 Build the broth with the meats, potatoes, and herbs.**
Return the sliced sausages and half the cooked bacon to the pot, then pour in the chicken broth, potatoes, bay leaf, thyme, black pepper, and half the parsley.
- 66 Simmer gently until the potatoes yield and thicken the liquid.**
Bring to a gentle boil, reduce the heat to low, cover tightly, and let the pot coddle for 30 to 35 minutes.
- 67 Garnish generously and serve immediately.**
Discard the bay leaf, adjust the seasoning, and ladle the hot broth into deep bowls topped with the remaining crispy bacon, fresh parsley, and thick slices of heavily buttered bread.

CHEF'S NOTES

- **Embrace the Maillard reaction.**

Traditional purists will tell you a true Dublin coddle is boiled white, but searing the meats creates a fond that deglazes into a rich, complex, and vastly superior broth.

- **Control the consistency.**

If you prefer a thicker, stew-like bowl, leave the lid off for the final fifteen minutes of simmering; for a lighter, tea-like tonic, add an extra cup of chicken stock at the start.

- **Use what you have.**

In the true working-class spirit of the dish, substitutions are welcome—mild Italian sausage or Polish kielbasa will stand in admirably if bratwurst isn't at the market.

Grandma's "Cure-All"

Cabbage and Beef Broth

Original: English



There is a distinct alchemy that happens when cheap beef and hardy root vegetables are left to simmer quietly on a back burner. Born in the crowded tenements of New York, where Irish immigrants traded traditional salt pork for the tough, kosher cuts of their neighbors, this broth is the ultimate expression of maternal grit. It isn't some contrived holiday novelty. It is a restorative, collagen-rich hug in a bowl—a slow-simmered, hydrating cure-all meant to sweat out the fever and chase the winter from your bones.

INGREDIENTS

1 ½ lbs

beef chuck roast

1 tsp

kosher salt

½ tsp

freshly ground black pepper

2 Tbsp

olive oil or unsalted butter

1 large

yellow onion

3 medium

carrots

3 stalks

celery

3 cloves

garlic

6 cups

low-sodium beef bone broth

1 Tbsp

Worcestershire sauce

1 tsp

dried thyme

2

bay leaves

½ medium head

green cabbage

3 medium

Yukon Gold or red potatoes

¼ cup

fresh parsley

PREPARATION

- **Break the chuck roast down into uniform, bite-sized cubes.**
Keep the beef chunks to a manageable one-inch size so they cook evenly and fit neatly on a soup spoon.

- **Prep the cabbage and potatoes just before you need them.**

If you chop the potatoes too early, hold them in a bowl of cold water to prevent oxidation until it's time to add them to the pot.

INSTRUCTIONS

- 5 Sear the beef with absolute prejudice.**
Pat the cubed meat dry, season it heavily with salt and pepper, and brown it in a tablespoon of hot oil without crowding the pan. The crust is where the flavor lives, so do this in batches if you have to, then set the beef aside.
- 4 Sweat the aromatics in the residual fat.**
Drop the heat to medium, add the remaining oil, and toss in the onions, carrots, and celery. Scrape up every bit of fond from the bottom of the pot as they soften, dropping the minced garlic in for the final minute.
- 3 Let the beef and broth simmer into submission.**
Return the meat and its resting juices to the pot along with the bone broth, Worcestershire sauce, thyme, and bay leaves. Bring to a gentle boil, then cover and leave it alone on a low flame for nearly an hour until the beef begins to yield.

68 **Fold in the cabbage and potatoes.**

The pot will look absurdly full when you stir in the vegetables, but the cabbage will surrender soon enough. Cover and simmer for another thirty to forty minutes until the potatoes are fork-tender and the cabbage is incredibly soft and sweet.

69 **Finish with fresh parsley and serve immediately.**

Fish out the bay leaves, adjust the salt depending on your broth, and ladle the piping hot soup into deep bowls. Garnish with a heavy hand of chopped parsley and serve alongside soda bread or buttered saltines.

CHEF'S NOTES

• **Adapt for the slow cooker if you lack the energy to stand at the stove.**

Skip the searing if you are entirely exhausted. Combine the beef, aromatics, broth, and seasonings in the slow cooker on low for six hours, adding the potatoes and cabbage for the final hour and a half so they don't turn to mush.

• **Use a pressure cooker to fast-track the healing.**

Sear the meat and vegetables on the sauté setting, then cook the beef and broth on high pressure for twenty minutes. Quick release, add the cabbage and potatoes, and run it on high pressure for another four minutes.

- **Thicken the broth into a stew if you need something that sticks to your ribs.**

If you want a thicker, heartier consistency, whisk a tablespoon of cornstarch with two tablespoons of cold water and stir it into the boiling soup during the last five minutes of cooking.

Colcannon Velouté (Liquid Healing Bowl)

Original: English

kohl-KAN-in vuh-loo-TAY



When the body gives out and the soul demands home, standard chicken noodle soup just won't cut it. This is a restorative, velvet-smooth elixir born of the Irish diaspora and perfected for the modern sickbed. Starchy potatoes and sweet leeks are pulverized into a luxurious base using good bone broth and a stick blender. It is fundamentally straightforward, finished with tender, melt-in-your-mouth ribbons of cabbage that won't punish an upset stomach—exactly the kind of unapologetic, nourishing food a loving mother makes to drag you back to the land of the living.

INGREDIENTS

3 Tablespoons

salted Irish butter

1

large leek

2

garlic cloves

1/2 head

Green or Savoy cabbage

2 lbs

Yukon Gold or Russet potatoes

5 to 6 cups

high-quality chicken bone broth

1

bay leaf

1/2 cup

heavy cream or half-and-half

to taste

sea salt

to taste

ground white pepper

optional garnish

green onions

optional garnish

uncured bacon

PREPARATION

- **Wash the leeks thoroughly to remove any hidden grit.**
Leeks harbor sand; slice off the white and light green parts, chop them, and soak them in a bowl of cold water before use.
- **Core and very finely shred the cabbage.**
Savoy cabbage is ideal here for its tender leaves, which break down effortlessly for compromised stomachs.
- **Peel the potatoes and cut them into 1-inch cubes.**
Yukon Golds are highly recommended for their inherent buttery flavor and perfect pureeing texture.

INSTRUCTIONS

- 4 Melt the butter in a heavy-bottomed Dutch oven over medium-low heat.**
Add the sliced leeks and a pinch of salt, sweating gently for 5 to 7 minutes until translucent without browning, then stir in the minced garlic for one minute until fragrant.
- 3 Add the shredded cabbage and toss to coat in the buttery leek mixture.**
Cover the pot and let the cabbage wilt down completely for about 10 minutes, then remove half of this mixture to a bowl and reserve it for later.

70 Toss the cubed potatoes, 5 cups of the bone broth, and the bay leaf into the pot.

Crank the heat to bring it to a rolling boil, immediately drop it to a gentle simmer, cover slightly ajar, and cook for 20 to 25 minutes until the potatoes offer zero resistance to a fork.

71 Remove the pot from the heat and fish out the bay leaf.

Submerge an immersion blender completely into the liquid and puree the potatoes and broth into a thick, smooth, completely pulverized velouté, streaming in the reserved cup of broth if it looks too much like mashed potatoes.

72 Return the pot to a very low heat and gently stir in the heavy cream.

Do not let the soup boil after the dairy is added or the cream will break.

73 Fold the reserved wilted cabbage back into the creamy puree.

Taste aggressively and season with fine sea salt and white pepper, then ladle into deep, warm bowls, garnishing with scallions and crumbled bacon only if the patient's appetite has returned.

CHEF'S NOTES

- **Vegetable broth and plant-based butter easily make this a vegetarian or vegan affair.**

Omit the heavy cream entirely or substitute it with cashew cream or unsweetened oat milk for the required richness.

- **For severe gastrointestinal distress or acid reflux, skip the alliums.**
Omit the leeks and garlic; the slow-cooked cabbage, potatoes, and bone broth still carry enough savory weight to comfort a ragged stomach.
- **White sweet potatoes and coconut milk sub in perfectly for autoimmune protocols.**
This removes the nightshades and dairy while retaining the rich, starchy texture of a proper healing bowl.

Nana's Root Vegetable and Quick-Barley Broth

Original: English



When a person is sick, they do not need a miracle cure; they need a hot bowl of something made by someone who gives a damn. Rooted in the resource-driven farmhouse kitchens of Ireland, this broth relies on humble, earthy vegetables simmered gently until tender. Quick-cooking barley provides necessary heft without demanding hours at the stove. It is an honest, utilitarian bowl of comfort designed to warm the bones and settle the stomach when the world feels unforgiving.

INGREDIENTS

2 tablespoons

olive oil

1 medium

yellow onion finely diced

1 large

leek washed halved and thinly sliced

2 stalks

celery diced

2 large

carrots peeled and diced

1 medium

parsnip peeled and diced

1 large

russet or yukon gold potato peeled and cubed

2 cloves

garlic minced

6 cups

low sodium vegetable or chicken broth

2 sprigs

fresh thyme

1

dried bay leaf

1/2 cup

quick cooking barley

to taste

sea salt and black pepper

2 tablespoons

fresh flat leaf parsley chopped

PREPARATION

- **Wash the leek thoroughly.**

Leeks are notorious for hiding grit between their layers, so it is best to halve and slice them first, then rinse vigorously in a bowl of cold water.

- **Dice the root vegetables uniformly.**

Taking the time to cut the carrots, parsnip, and potatoes to similar sizes ensures they finish cooking at exactly the same time in the simmering broth.

INSTRUCTIONS

- **-5 Sweat the aromatics in hot oil until soft and translucent.**

In a large, heavy-bottomed Dutch oven over medium heat, gently sauté the onion, leek, and celery in the olive oil for 5 to 7 minutes without allowing them to brown.

- **-4 Build the root vegetable foundation.**

Stir in the minced garlic for 30 seconds until fragrant, then add the diced carrots, parsnip, and potato, tossing them briefly to coat in the oil.

- **-3 Simmer and infuse the broth.**

Pour in the broth, submerge the thyme and bay leaf, and bring to a gentle boil before reducing the heat to low, covering partially, and simmering for 20 minutes until the vegetables are fork-tender.

74 Stir in the quick-cooking barley.

Remove and discard the thyme stems and bay leaf, stir in the barley, cover the pot, and simmer for an additional 10 to 12 minutes so the grains become perfectly plump and chewy.

75 Season carefully and serve.

Turn off the heat, season gently with sea salt and black pepper, stir in the fresh parsley, and ladle the hot broth into deep bowls.

CHEF'S NOTES

- **Account for pearl barley.**

If standard pearl barley is your only option, add it simultaneously with the broth and root vegetables, as it requires at least 30 minutes to become tender.

- **Purée for highly sensitive stomachs.**

For severe digestive distress, omit the barley initially, remove the herbs, and purée the root vegetables and broth until silky before stirring in separately cooked quick barley.

- **Fortify with protein.**

Fold in a cup or two of shredded, pre-cooked rotisserie chicken during the final five minutes of simmering to transform this light broth into a substantial convalescent meal.

- **Add a historical citrus twist.**

Stir a tablespoon of freshly squeezed lemon juice into the pot off the heat just before serving to brighten the earthy roots and cut through the starch.

Irish Champ Porridge

Original: English



When the world outside is harsh and the body requires repair, few things heal the spirit quite like a warm bowl of carbs and butter. This dish marries traditional Irish champ with savory steel-cut oats, creating a restorative, risotto-like porridge that asks nothing of the weary eater but to sit and be comforted. Fortified with savory broth, steeped in sweet scallion milk, and crowned with a melting pool of salted butter, it is an unapologetic, deeply soothing bowl for the days you need it most.

INGREDIENTS

1 tablespoon

unsalted butter

1 cup

steel cut oats

3 cups

low sodium chicken or vegetable
broth

1 cup

whole milk

1 large bunch

scallions

1/2 teaspoon

kosher salt

1/4 teaspoon

freshly ground black pepper

4 tablespoons

salted Irish butter

PREPARATION

- **Trim the scallions and separate the firm white and light green parts from the hollow dark green tops.**

Finely chop both sections, keeping the white and light green parts in a separate pile from the dark green tops.

INSTRUCTIONS

- 4 Melt the unsalted butter in a heavy saucepan over medium heat.**
Add the steel-cut oats and stir continuously for about 2 minutes, until they smell warmly nutty and are beautifully toasted.

- 76** Carefully pour the broth into the saucepan along with the kosher salt and bring to a rolling boil.

Immediately reduce the heat to low, cover the pot, and let the oats simmer gently for 25 to 30 minutes, stirring occasionally to prevent the bottom from scorching, until the oats are tender but still retain a pleasant pop.

- 77** Simmer the whole milk and the chopped white and light green scallions in a small saucepan over medium low heat.

Bring just to a gentle simmer—do not let it boil over—and let it bubble at the edges for 3 to 4 minutes to soften the onions. Remove from heat and cover to keep warm.

- 78** Pour the hot scallion milk directly into the cooked porridge and stir vigorously for two minutes over low heat.

The mixture will thicken back up into a luxurious, risotto-like consistency. Stir in half of the reserved dark green scallion tops, season with black pepper, and adjust the salt to taste.

- 79** Ladle the steaming porridge into deep bowls and press a small indentation into the center of each serving.

Place a tablespoon of salted Irish butter into each well, allowing it to melt into a golden pool, and garnish with the remaining dark green scallions.

CHEF'S NOTES

- **Soak the oats overnight in hot broth for a faster cooking time.**
Boil the broth the night before, add the oats, boil for one minute, then cover and leave overnight. In the morning, the porridge will only require ten minutes of gentle reheating.
- **Add a poached or soft boiled egg directly over the butter well.**
The rich yolk and added protein turn a simple sick-day bowl into a sustaining, hearty dinner.
- **Substitute unsweetened plant milk and vegan butter for dairy sensitivities.**
Oat milk works perfectly here, while a drizzle of high-quality extra-virgin olive oil can substitute for the traditional butter well.

"The Flat 7UP Cure" Chicken Noodle & Root

Bowl

Original: English



In Ireland, the ultimate maternal cure-all isn't a pill; it's a vigorously stirred, flattened glass of 7UP. This bowl translates that old-world alchemy into something sustaining, using the soda's citric acid to melt tough poultry into a tender, yielding submission. Paired with the humble root vegetables of the old country and the universal comfort of egg noodles, it is a restorative, unfussy remedy for whatever ails you—no doctor required.

INGREDIENTS

1 (3-4 lb)

Whole chicken (giblets removed) or bone-in skin-on chicken thighs

1 cup

7UP (regular not diet)

10 cups

Cold water

1 large

Yellow onion peeled and quartered

1 head

Garlic halved horizontally

3 sprigs

Fresh thyme

2

Bay leaves

1 tsp

Whole black peppercorns

1 tbsp

Unsalted butter or olive oil

2 large

Carrots peeled and cut into 1/2-inch coins

2 stalks

Celery finely diced

1 medium

Leek (white and light green parts only) washed and sliced

1 medium

Turnip (or small rutabaga) peeled and cut into 1/2-inch cubes

2 medium

Yukon Gold potatoes peeled and cut into 1/2-inch cubes

2 cups

Wide egg noodles

1/4 cup

Fresh parsley finely chopped

To taste

Kosher salt and freshly cracked black pepper

PREPARATION

- **Flatten the 7UP.**

Open the can a few hours beforehand and leave it on the counter. It honors the true Irish Mammy tradition of preparing the cure.

INSTRUCTIONS

- 4 Submerge the chicken, aromatics, and flat 7UP in water and bring to a gentle boil.**

Once boiling, immediately reduce the heat to low, cover partially, and let it simmer for 60 to 75 minutes. The soda's acidity acts as a quiet tenderizer.

- 3 Remove the chicken to cool, then strain and clarify the broth.**

Discard the spent vegetables and herbs. When the chicken is cool enough to handle, discard the skin and bones, and shred the meat into bite-sized pieces.

- 2 Sauté the carrots, celery, and leeks in butter until they soften.**

Keep the heat moderate; you want to coax out their sweetness without browning them.

- 1 Return the clarified broth to the pot along with the turnips and potatoes.**

Bring everything back to a gentle simmer and cook for 15 to 20 minutes, until the root vegetables yield easily to a fork.

80 Stir in the egg noodles and shredded chicken and cook until the noodles are tender.

This takes about 7 to 10 minutes. Remove the pot from the heat, stir in the fresh parsley, and aggressively season with kosher salt and black pepper to balance the broth's subtle sweetness.

CHEF'S NOTES

- **Respect the soda rule.**

Use regular, full-sugar 7UP or Sprite. Diet sodas contain artificial sweeteners that turn bitter and metallic when boiled.

- **Time-saving cheat.**

If you're the one who is sick, skip the whole bird. Use a store-bought rotisserie chicken, 8 cups of quality stock, and a half cup of 7UP.

- **Root vegetable variations.**

Turnips offer a distinct, old-world rural flavor, but if they're too bitter, parsnips are a sweeter, readily available alternative.



Chapter 4: Quick Dinners That Make My Heart Sing (Weeknight Triumphs)

*Rapid, efficient weeknight meals adapting traditional Irish American
savory flavor profiles for the busy modern cook.*

The American workweek doesn't give a damn about your desire to braise meat for four hours on a Tuesday. By the time the commute ends and the boots come off, survival usually trumps

tradition. But the modern Irish American cook—stubbornly clutching the culinary memories of their grandparents—refuses to surrender to a microwave dinner. They still demand the sharp bite of aged cheddar, the rendered fat of a good sausage searing against cabbage, and the earthy, unapologetic comfort of a proper potato.

This is a playbook for the bruised and the weary who still want a meal that tastes like home. Here, the slow, methodical magic of the old country is beautifully distilled into rapid weeknight triumphs. It's deconstructed shepherd's pie loaded into baked potatoes, and rich seafood bakes engineered for the impatient. It's honest food that gets straight to the point, filling the belly and lifting the spirit without holding anyone hostage at the stove.



Cast-Iron Corned Beef Hash with Runny Eggs

Original: en



There is an undeniable, unpretentious magic that happens when salty, tender corned beef collides with crispy, buttery potatoes in a smoking-hot cast-iron skillet. Born of 19th-century Irish immigrants making do with the kosher briskets of their Lower East Side neighbors, this is the ultimate working-class triumph. This weeknight iteration skips the all-day boil, leaning on thick-cut deli beef so you don't have to wait for a holiday to eat well. It is straightforward, deeply comforting, and entirely transformative once those runny egg yolks break and bleed into the smoky, caramelized crust.

INGREDIENTS

1 ½ lbs.

Yukon Gold potatoes unpeeled and diced into uniform half-inch cubes

1 lb.

thick-cut cooked corned beef chopped into half-inch cubes

2 tbsp.

olive oil or vegetable oil

3 tbsp.

unsalted butter divided

1

medium yellow onion finely diced

1

small green or red bell pepper finely
diced

3

garlic cloves minced

1 tsp.

Worcestershire sauce

½ tsp.

smoked paprika

½ tsp.

freshly cracked black pepper

to taste

kosher salt

4

large eggs

2 tbsp.

fresh parsley or scallions chopped

PREPARATION

- **Dice the potatoes and beef uniformly.**

Half-inch cubes ensure everything cooks at the same rate and gets equal time against the hot cast iron.

INSTRUCTIONS

-4

Par-cook the potatoes to build the foundation.

Boil the diced potatoes in salted water for 5 to 7 minutes until barely fork-tender, then drain and pat them bone dry to ensure a proper crust later.

- 81 Sweat the aromatics in a hot cast-iron skillet.**
Heat the oil and 1 tablespoon of butter over medium heat, then sauté the onion and bell pepper until soft, tossing in the garlic at the very end.
- 82 Build the hash with the remaining butter, potatoes, and beef.**
Melt the last 2 tablespoons of butter, then fold in the dry potatoes, cubed beef, Worcestershire, paprika, and black pepper until everything is slick and coated.
- 83 Smash the mixture flat and leave it completely alone.**
Press the hash firmly into an even layer with a spatula and let it cook undisturbed for 4 to 6 minutes so a deep, golden crust can form.
- 84 Flip in large sections to crisp the other side.**
Slide your spatula underneath, flip the crispy bits to the top, press it down again, and let it sear for another 4 to 5 minutes.
- 85 Nestle the eggs into the crust and steam.**
Make four small wells in the hash, crack an egg into each, cover the skillet, and cook just until the whites set but the yolks still jiggle.
- 86 Garnish and serve it straight from the metal.**
Hit it with the fresh herbs and bring the skillet directly to the table alongside buttered rye toast.

CHEF'S NOTES

- **Use frozen potatoes for an effortless shortcut.**

Swap the fresh potatoes for 24 ounces of frozen diced hash browns.

Skip the boiling and add them straight to the skillet, giving them a few extra minutes to thaw and crisp.

- **Manage the salt.**

Corned beef is inherently salty, so rely on unsalted butter and do not add extra salt until you've tasted the nearly finished hash.

Skillet Dublin Coddle (The "Southie" Weeknight Version)

Original: English

KOD-ul



There is a distinct, unpretentious magic to an Irish Coddle—a working-class survival mechanism born in Dublin tenements and carried across the Atlantic to the tough, proud streets of South Boston. In Southie, resourceful immigrants kept the old ways alive with whatever the local butcher had on hand. True coddles simmer quietly for hours, but this weeknight adaptation honors the spirit of the dish in under an hour by deploying a wide skillet, thinly sliced potatoes, and the transformative power of browning your meats. Searing thick-cut bacon and mild sausages builds a profound, savory foundation, turning store-bought broth and a heavy splash of stout into a gravy so inexplicably good, you will demand a whole loaf of crusty bread just to wipe the pan clean.

INGREDIENTS

8 oz

thick cut applewood smoked bacon

1 lb

mild pork sausages

1 large

yellow onion

1 large

leek

2 medium

carrots

3 cloves

garlic

2 lbs

Yukon Gold or Russet potatoes

1 cup

Guinness stout or dark beer

2 cups

low sodium chicken or beef broth

1 tsp

dried thyme

1/4 cup

fresh flat leaf parsley

to taste

kosher salt

to taste

freshly cracked black pepper

PREPARATION

- **Cut the bacon into one inch pieces.**
- **Halve and thickly slice the yellow onion.**
- **Clean and slice the leek using only the white and light green parts.**
Leeks hold a tremendous amount of dirt, so rinse the sliced rounds thoroughly in a bowl of cold water.
- **Peel the carrots and slice them into quarter inch coins.**
- **Peel the potatoes and slice them into uniform quarter inch thick rounds.**

INSTRUCTIONS

- 6 Render the bacon fat in a wide heavy skillet over medium heat.**

Cook the bacon pieces for 6 to 8 minutes until crispy, then transfer them to a paper towel-lined plate while leaving the rendered fat in the pan.
- 5 Sear the sausages in the hot bacon fat to build a flavorful crust.**

Turn the heat to medium-high and brown the whole sausages for 2 to 3 minutes per side without cooking them all the way through, then move them to a cutting board and slice into large bite-sized chunks once cool enough to handle.
- 4 Soften the aromatics in the remaining pork drippings.**

Drain all but two tablespoons of fat, lower the heat to medium, and sauté the sliced onion, leek, and carrots for 5 minutes before adding the minced garlic and dried thyme to cook for one minute more.
- 3 Assemble the coddle in overlapping layers.**

Turn off the heat, smooth the vegetables into an even base, and scatter half of the crispy bacon, half of the parsley, and the sausage chunks over the top. Shingle the sliced potatoes in a tight, overlapping circular pattern across the entire pan, pressing them down gently before seasoning generously with salt and heavy black pepper.

87 Braise the coddle gently under a tight-fitting lid.

Pour the stout and broth over the potatoes so they are partially submerged but not drowning, bring the liquid to a rapid simmer over medium-high heat, then immediately reduce the heat to low, cover tightly, and leave it to coddle for 30 to 40 minutes.

88 Test the potatoes for tenderness and garnish before serving.

The coddle is ready when a paring knife slides easily into a top potato slice. Garnish heavily with the remaining fresh parsley and crispy bacon, serving straight from the hot skillet alongside crusty bread.

CHEF'S NOTES

- **The stew tastes even better the next day.**

Leftovers kept in an airtight container will thicken beautifully as the potato starches meld with the savory pork broth, making for a superior meal when reheated gently on the stovetop.

- **Do not attempt to freeze this dish.**

The cellular structure of cooked potatoes degrades significantly when frozen and thawed, turning a comforting skillet into an unpleasant, mealy mush.

- **For a crispy top layer place the uncovered skillet under the broiler.**

If your pan is oven-safe, brush the top potatoes with melted butter and broil for 3 to 5 minutes at the very end of cooking to achieve golden crisp edges.

Quick Bangers and Colcannon Mash

Original: English

Bang-ers and kuhl-kan-un mash



This is a dish born of necessity but perfected by cooks who understood that rendered pork fat, a mountain of starch, and a dark pan gravy can cure almost anything. Swapping elusive Irish sausages for accessible, high-quality pork bratwursts, this weeknight triumph weds seared meat to a legendary colcannon of butter-whipped potatoes and sweet, caramelized cabbage. It is an unpretentious, deeply savory meal that wraps its arms around you, demands nothing, and makes everything right with the world.

INGREDIENTS

1 1/2 lbs

Russet potatoes peeled and cut into
1-inch chunks

1 1/2 lbs

Yukon Gold potatoes peeled and cut
into 1-inch chunks

1/2 medium head

green cabbage cored and thinly
shredded

1 bunch

scallions thinly sliced with white
and green parts separated

6 tablespoons

unsalted butter divided

1/2 cup

whole milk or half-and-half

1 tablespoon

neutral oil

8 links

raw Irish-style bangers or high-quality mild pork bratwursts

2 medium

yellow onions halved and thinly sliced

2 cloves

garlic finely minced

2 tablespoons

unsalted butter for the gravy

3 tablespoons

all-purpose flour

1/3 cup

dry red wine or Irish Stout

2 cups

low-sodium beef broth

1 tablespoon

Worcestershire sauce

1 teaspoon

fresh thyme leaves

to taste

kosher salt and freshly cracked

black pepper

PREPARATION

- Peel and cut the Russet and Yukon Gold potatoes into one-inch chunks.
- Core and thinly shred the green cabbage.
- Thinly slice the scallions while keeping the white and green parts separated.
- Halve and thinly slice the yellow onions.

- Finely mince the garlic cloves.

INSTRUCTIONS

- 5 Boil the chunked potatoes in a large pot of heavily salted water until completely fork-tender.**

Combine the Russet and Yukon Gold potatoes in a pot, cover with cold water by an inch, and season generously with kosher salt until it tastes like the sea. Simmer over medium heat for 15 to 20 minutes, then drain thoroughly.

- 4 Sear the sausages in a heavy skillet until deeply browned and cooked through.**

Heat the oil over medium-high heat. Cook the sausages for 10 to 12 minutes, turning occasionally, until they hit an internal temperature of 160°F. Move them to a plate and tent with foil, leaving the precious rendered pork fat in the pan.

- 3 Sauté the shredded cabbage and white scallion parts in butter until tender and caramelized at the edges.**

Melt 2 tablespoons of butter in a separate sauté pan over medium heat. Toss the greens with a pinch of salt and pepper, cooking for 8 to 10 minutes until wilted and sweet, then remove from heat.

89 Caramelize the sliced onions in the reserved sausage drippings and build a rich pan gravy.

Melt 2 tablespoons of butter in the sausage skillet over medium heat, add the onions, and cook for 10 minutes until deeply browned. Stir in the garlic and thyme, sprinkle in the flour to make a quick roux, then deglaze aggressively with the wine or stout. Whisk in the beef broth and Worcestershire, simmering until it thickens enough to coat the back of a spoon.

90 Mash the drained potatoes with warm milk and butter before gently folding in the caramelized cabbage mixture.

Never add cold dairy to hot potatoes. Warm the milk and remaining 4 tablespoons of butter together, then stir them into the mashed potatoes until creamy. Fold in the cooked cabbage, the reserved green scallions, and season generously.

91 Serve the warm sausages over a generous mound of colcannon smothered in hot onion gravy.

Create a well in the center of the mash to catch the gravy, lay the sausages on top, and ladle the rich pan sauce over everything.

CHEF'S NOTES

- **Do not hesitate to swap elusive Irish bangers for mild raw pork bratwursts.**

While authentic bangers are a joy, high-quality pork bratwursts are the best grocery store alternative. Avoid Italian sausages, as their strong fennel flavor violently clashes with this cozy, savory gravy.

- **Gravy is forgiving and can be started a day in advance.**

Slice and caramelize your onions the day before and store them in the fridge. When it is time for dinner, reheat them in the skillet, sprinkle in the flour, and proceed with the broth.

- **Feel free to substitute the green cabbage with Savoy cabbage or curly kale.**

If using kale, simply ensure you remove any tough, woody stems before sautéing it down in the butter.

- **Always warm your milk and butter before adding them to the hot potatoes.**

Cold dairy shocks the hot starches and turns the mash violently gluey. Taking sixty seconds to warm your liquids ensures the lightest, fluffiest colcannon possible.

- **Splash leftover red wine or Irish stout into the skillet to lift the savory brown bits off the bottom.**

Deglazing immediately after cooking the flour gives the quick gravy a complex, pub-style depth that tastes like it simmered all afternoon.

Heritage Potato and Leek Soup with Soda Bread

Croutons

Original: Anraith Prátaí agus Leiceanna

on-rah praw-tee o-gus leck-ah-nuh



There is a specific, undeniable magic that happens when you combine humble roots with good butter and time. This isn't some fussy, overworked puree; it's a rustic, steaming bulwark against a damp, miserable night. Born from Irish farmhouses and anchored by the starchy alchemy of Yukon Golds, it relies on the slow, unhurried sweat of leeks. No browning, no shortcuts. Crowned with jagged, butter-fried shards of leftover soda bread, it's a zero-waste triumph that warms you right down to the bone.

INGREDIENTS

3

large leeks

4 tablespoons

Irish butter

3

garlic cloves

1 1/2 pounds

Yukon Gold potatoes

4 cups

chicken or vegetable stock

1 teaspoon

fresh thyme leaves

1 teaspoon

kosher salt

1/2 teaspoon

freshly cracked black pepper

1/2 cup

heavy cream

2 tablespoons

fresh chives

2 thick slices

Irish soda bread slices

2 tablespoons

olive oil or butter

PREPARATION

- **Peel and cube the potatoes ahead of time but keep them submerged in cold water.**

This prevents oxidation and draws out a little excess surface starch, just remember to drain them well before they hit the pot.

INSTRUCTIONS

- 5 Strip away the tough dark greens and vigorously wash the sliced leeks to remove every trace of grit.**

Cut the white and light green parts into quarter-inch half-moons and fan them under cold water so you aren't chewing on dirt later.

- 4 Sweat the leeks and garlic in foaming Irish butter until they collapse into a sweet fragrant heap.**

Keep the heat low and the lid on for about ten minutes. Do not let them brown, as color introduces a bitterness that ruins the pure, mellow vibe of the soup.

- 3 Submerge the vegetables in stock along with the cubed potatoes thyme salt and pepper then simmer.**

Bring it to a gentle boil, then immediately drop the heat, cover with the lid slightly ajar, and let it go for fifteen to twenty minutes until the potatoes fall apart at the touch of a fork.

- 2 Fry the cubed soda bread in hot oil or butter until jagged golden and dangerously crisp.**

Do this in a skillet while the soup simmers, tossing the cubes continually for about five to seven minutes before hitting them with a pinch of sea salt.

92 Puree the soup directly in the pot until it reaches a velvety rustic consistency.

An immersion blender is your best friend here, but go easy because overworking starchy potatoes turns them into glue. Stir in the heavy cream and adjust the seasoning aggressively, as potatoes absorb a massive amount of salt.

93 Ladle the steaming hot soup into wide bowls and crown with the fried croutons and chopped chives.

Serve immediately while the bread still crackles against the hot broth.

CHEF%27S NOTES

- You can easily elevate these croutons into something even more decadent.

Sprinkle the toasted soda bread cubes with grated sharp Irish cheddar and throw them under the broiler for two minutes until the cheese is bubbling and golden.

30-Minute Stove-Top

Shepherd's Pie Skillet

Original: English



Technically speaking, the purists will tell you that a Shepherd's Pie requires lamb, and that making it with beef renders it a Cottage Pie. But in the Irish-American kitchens that built this country, this bubbling, potato-crowned skillet of joy has been known as Shepherd's Pie for generations. It is straightforward, stick-to-your-ribs comfort food that skips the traditional oven-bake to deliver all the slow-simmered nostalgia of the old country in exactly thirty minutes.

INGREDIENTS

1 1/2 to 2 lbs

Yukon Gold potatoes cut into 1-inch cubes

4 Tablespoons

unsalted butter

1/3 cup

half-and-half or whole milk

1/2 teaspoon

kosher salt

1/4 teaspoon

freshly cracked black pepper

1 Tablespoon

olive oil

1

medium yellow onion finely diced

1 lb

lean ground beef

3

garlic cloves minced

2 Tablespoons

tomato paste

2 Tablespoons

all-purpose flour

1 cup

low-sodium beef broth

1 Tablespoon

Worcestershire sauce

1/2 teaspoon

dried thyme

1/2 teaspoon

dried rosemary

1 1/2 cups

frozen peas and carrots medley

2 Tablespoons

fresh parsley chopped

PREPARATION

- **Leave the potato skins on.**

Yukon Golds have thin skins, so skip peeling them entirely to save precious time and add a welcome, rustic texture to the mash.

INSTRUCTIONS

-5

Boil the potatoes.

Place the cubed potatoes in a large pot, cover with an inch of cold water, salt generously, and boil until fork-tender, about ten to fifteen minutes.

-4

Sauté the aromatics and brown the beef.

While the potatoes boil, heat the olive oil in a large cast-iron skillet over medium-high, soften the onion for a few minutes, then add the beef to brown; drain the excess fat and stir in the minced garlic.

-3

Build the gravy base.

Reduce the heat to medium, stir in the tomato paste and flour, and cook for one full minute to kill the raw flour taste and caramelize the tomato.

-2

Deglaze and thicken.

Pour in the beef broth, scraping up the browned bits from the pan, then stir in the Worcestershire sauce, thyme, and crushed rosemary, simmering until the gravy thickens beautifully.

94 Finish the filling.

Stir in the frozen peas and carrots, simmering for just a few minutes until heated through, then season generously with salt and pepper and turn the heat to the lowest setting.

95 Mash the potatoes.

Drain the tender potatoes, return them to the warm pot, and mash them with the butter, half-and-half, salt, and pepper until perfectly smooth and creamy.

96 Assemble and serve.

Dollop the hot mashed potatoes directly over the warm skillet filling, spread into an even layer with little peaks, garnish with parsley, and bring the whole glorious pan straight to the table.

CHEF%27S NOTES

- **Appease the purists.**

If you want absolute historical authenticity, swap the ground beef for ground lamb at a one-to-one ratio.

- **Chase the crispy crust.**

If you miss the golden, toasted ridges of an oven-baked pie, run a fork over the mashed potatoes and slide the oven-safe skillet under the broiler for a few minutes before serving.

- **Make it gluten-free.**

Swap the flour for a tablespoon of cornstarch mixed into the cold beef broth before it hits the pan, and ensure your Worcestershire sauce is certified gluten-free.

Working-Class Fried Cabbage and Bacon

Original: English



When Irish immigrants swapped the boiling pots of the old country for the cast-iron skillets of rural America, they took a humble meal of survival and turned it into something profoundly satisfying. Here, cheap green cabbage meets the smoky, rendered glory of thick-cut bacon, cut with a sharp hit of apple cider vinegar and a pinch of brown sugar to coax out the caramelization. It takes one pan, less than thirty minutes, and zero pretension. This is working-class ingenuity at its absolute finest—unapologetically straightforward and deeply comforting.

INGREDIENTS

12 oz

thick-cut smoked bacon chopped
into 1-inch pieces

1 medium

yellow onion diced

3 cloves

garlic finely minced

1 medium head

green cabbage cored and roughly
chopped into 1.5-inch squares

1 tablespoon

apple cider vinegar

1 tablespoon

light brown sugar packed

1/2 teaspoon

kosher salt

1/2 teaspoon

freshly ground black pepper

1/4 teaspoon

crushed red pepper flakes

2 tablespoons

salted butter

PREPARATION

- **Chop the bacon while it is cold.**

It is infinitely easier to dice bacon straight from the fridge before it warms up and gets slippery on the cutting board.

- **Core and chop the cabbage into uniform pieces.**

Aim for one-and-a-half-inch squares so they hold their shape and don't turn to mush in the skillet.

INSTRUCTIONS

-6

- **Render the bacon until deeply browned and crispy.**

Place the chopped bacon in a large, cold skillet or heavy Dutch oven over medium heat, letting the fat render slowly for 8 to 10 minutes before transferring the meat to a paper towel-lined plate.

-5

- **Sauté the aromatics in the residual bacon fat.**

Pour off all but three tablespoons of grease, return the skillet to medium heat, and cook the diced onion until translucent before tossing in the garlic for just under a minute.

-4

- **Fry the cabbage and deglaze the pan.**

Add the cabbage in handfuls, tossing to coat in the hot fat, then sprinkle with the sugar, salt, pepper, and pepper flakes before pouring in the apple cider vinegar to scrape up any browned bits from the bottom.

97 Steam, then aggressively caramelize the cabbage.

Cover and cook on medium-low for 5 to 7 minutes to wilt the leaves, then remove the lid, crank the heat back to medium, and cook undisturbed for another 5 to 8 minutes until the edges are golden and sweet.

98 Finish with butter and the reserved bacon.

Remove the skillet from the heat, stir in the salted butter until it melts into a glossy glaze, and fold the crispy pork back into the mix.

CHEF'S NOTES

- **Turn it into a main course.**

Sliced smoked sausage or leftover shredded corned beef can be thrown into the skillet during the final few minutes of cooking for a heartier meal.

- **The acid is entirely non-negotiable.**

If you are out of apple cider vinegar, white wine vinegar or a squeeze of fresh lemon juice will do the job of cutting the heavy richness of the animal fat.

The "Old Neighborhood"

Open-Faced Beef Melts

Original: English



There is a profound, unpretentious beauty in the old neighborhood, those working-class enclaves where a heavy, honest meal at the corner pub was the only acceptable end to a long shift. This open-faced melt honors that tradition without demanding your entire afternoon. Thinly shaved beef sears in minutes, piled high over stout-deglazed onions on thick, toasted sourdough. Blanketed in melting Swiss and spiked with a sharp horseradish mayonnaise, it is a fast, uncompromising plate of pure, blue-collar comfort.

INGREDIENTS

1/3 cup

Mayonnaise

1 1/2 tbsp

Prepared horseradish

1 tbsp

Whole grain mustard

1 tsp

Worcestershire sauce

2 tbsp

Unsalted butter divided

1 large

Yellow onion halved and thinly sliced

1/4 cup

Irish dry stout

14 to 16 oz

Shaved beef steak

1/2 tsp

Kosher salt

1/2 tsp

Black pepper freshly cracked

4 slices

Sourdough or marble rye thick cut

8 slices

Swiss or Irish Cheddar cheese

1 tbsp

Fresh parsley chopped

PREPARATION

- **Whisk the mayonnaise, horseradish, mustard, and Worcestershire sauce in a small bowl until smooth.**

Keep this pub sauce refrigerated so the flavors meld while you prepare the hot ingredients.

- **Toast the thick slices of bread until golden and sturdy.**

This essential step creates a thermal barrier that prevents the rich meat juices from turning the sandwich soggy.

INSTRUCTIONS

- 4** Melt one tablespoon of butter in a large skillet over medium heat and sauté the onions with a pinch of salt for ten to twelve minutes until softened.

Once they begin to brown, pour in the stout, scrape up the browned bits, and simmer until the liquid reduces completely into a jammy glaze.

- 3** Remove the onions, increase the heat to medium-high, and add the remaining tablespoon of butter to the skillet.

- 2** Add the shaved beef, season immediately with salt and pepper, and quickly toss the ribbons of meat for three to four minutes until the edges are crispy and browned.

The thin cut means the beef will cook exceptionally fast, so keep it moving.

- 1** Preheat your broiler to high and place the toasted bread on an aluminum foil lined baking sheet.

- 0** Spread a generous layer of the horseradish sauce on each slice, then layer equally with the stout onions and the seared beef.

- 1** Drape two slices of cheese over each mound of beef, ensuring the edges hang slightly over the bread to create a melted seal.

99

Broil for one to three minutes until the cheese is bubbling and develops golden brown blisters.

Watch carefully to avoid burning, then garnish with chopped parsley and serve immediately.

CHEF'S NOTES

- **Substitute leftover Sunday pot roast if you have it on hand.**

Shred the cold chuck roast and warm it in a skillet with a few tablespoons of leftover gravy or beef broth instead of searing shaved steak.

- **Ground beef patties work perfectly for a classic pub patty melt variation.**

Form one pound of lean ground beef into four oval patties, sear them in a cast iron skillet until cooked through, and assemble as written.

- **Adapt the recipe for younger palates by removing the bitter and sharp components.**

Deglaze the onions with low sodium beef broth or apple cider instead of stout, and swap the horseradish sauce for plain mayonnaise.

Irish-American Pork Chops with Apples and

Onions

Original: English



In the old country, the family pig was a precious asset—often called the gentleman who paid the rent—meaning fresh pork was a rare luxury. When the Irish arrived in America, the meat markets of their new homes transformed this festive extravagance into a reliable working-class staple. This recipe honors that journey, marrying thick, savory chops with the sweet, tart bounty of autumn apples and caramelized onions. It all comes together in a single skillet before the hour is out, yielding a rich pan sauce that practically begs for a heel of crusty bread or a heap of buttery potatoes.

INGREDIENTS

4 thick-cut chops, about 2 pounds total
Bone in pork chops
1 teaspoon
Kosher salt
1/2 teaspoon
Freshly ground black pepper
1 tablespoon
Olive oil
2 tablespoons
Unsalted butter
1 large
Yellow or red onion
2
Medium apples like Honeycrisp or Gala

2 cloves
Garlic
1 teaspoon
Dried thyme
3/4 cup
Low sodium chicken broth
1/4 cup
Apple cider
1 tablespoon
Whole grain or Dijon mustard
1 tablespoon
Maple syrup

PREPARATION

- **Pat the pork chops completely dry with paper towels.**
This removes surface moisture and guarantees a proper sear when the meat hits the hot oil.
- **Halve and thinly slice the onion.**

- **Core the apples and cut them into half-inch wedges.**
Leave the skin on for visual appeal and to help the fruit maintain its structure in the skillet.
- **Mince the garlic.**

INSTRUCTIONS

- 6 Season both sides of the dry pork chops generously with the salt and pepper.**
- 5 Heat the olive oil and one tablespoon of the butter in a large heavy skillet over medium-high heat.**
Once the oil shimmers, lay the chops in the pan without crowding them.
- 4 Sear the pork chops for three to four minutes per side until deeply golden brown.**
Remove the chops to a plate and set them aside to finish cooking later.
- 3 Reduce the heat to medium and add the remaining tablespoon of butter along with the sliced onions and apples.**
Cook for five to six minutes, stirring occasionally, until the onions soften and the apples begin to brown at the edges.
- 2 Stir the minced garlic and dried thyme into the skillet.**
Cook for one minute until highly fragrant.

100 Whisk together the chicken broth, apple cider, mustard, and maple syrup, then pour the mixture into the skillet.

Use a wooden spoon to scrape up all the delicious browned bits left by the pork from the bottom of the pan.

101 Nestle the pork chops back into the apples and onions along with any juices collected on their resting plate.

Bring the liquid to a gentle simmer, cover the skillet, and reduce the heat to medium-low.

102 Cook for five to eight minutes until a meat thermometer inserted into the thickest chop reads 145 degrees Fahrenheit.

Let the chops rest in the pan off the heat for a few minutes before serving generously spooned with the pan gravy.

CHEF'S NOTES

- **This recipe adapts effortlessly to a slow cooker for busy days.**

Sear the chops first to develop flavor, then lay them in the slow cooker beneath the apples, onions, and sauce ingredients on low for four to five hours.

- **You can easily thicken the pan gravy if desired.**

Whisk one tablespoon of cornstarch with two tablespoons of cold water and stir it into the simmering liquid during the final three minutes of cooking.



Chapter 5: The Modern Irish American Pantry (Trader Joe%27s Hacks)

A celebration of resourceful, weeknight cooking using accessible grocery store shortcuts to hit nostalgic Irish American notes without the heavy prep.

There is a distinct, undeniable nobility in feeding your people on a Tuesday night when the clock is against you. The modern Irish American kitchen isn't entirely built on bubbling cauldrons of slow-

braised meats; it thrives equally in the tactical exploitation of a well-stocked pantry. When you take a bag of imported Irish potato chips and crush them over a piece of buttered cod, or melt a hunk of spicy whiskey cheddar between two slices of good bread, you aren't cheating. You're adapting.

This chapter is an homage to the beautiful, chaotic reality of the modern weeknight. It leverages the global aisles of standard American grocery stores to chase deep, nostalgic cravings without the punishing prep work. A steamed dumpling stands in for hours of rolling stew dough; a frozen scone becomes the vessel for a bodega-style breakfast sandwich. It's resourceful, it hits all the right comfort notes, and frankly, it's exactly how we cook when nobody's watching.



The "Blarney Scone" Breakfast Sandwich

Original: English



INGREDIENTS

2 thick slices

Trader Joes Blarney Scone

2

Trader Joes Irish Bangers

2

large eggs

2 slices

Trader Joes Irish Cheddar with Irish

Whiskey

2 tablespoons

Kerrygold Irish Butter divided

2 tablespoons

Trader Joes Organic Apricot

Preserves

1 handful

fresh baby arugula

to taste

sea salt and black pepper

INSTRUCTIONS

- 7** Slice the bangers in half lengthwise and cook them gently over medium-low heat.

Place them cut-side down in a medium skillet and cover with a lid for five to six minutes so they cook through without bursting their casings, then remove the lid, flip, and brown for another two minutes before setting aside.

- 6** Pan-fry the bread in butter until a sturdy crust forms.

Wipe the skillet clean, melt one tablespoon of the butter over medium heat, and toast the scone slices cut-side down for two to three minutes to prevent the crumbly soda bread from falling apart.

103 Fry the eggs and melt the cheese in the residual heat.

Melt the remaining tablespoon of butter, fry the eggs over-medium, and during the last minute of cooking, arrange the bangers next to the eggs, drape the cheese over the top, and cover the pan for thirty seconds.

104 Assemble the sandwich immediately while the ingredients are hot.

Generously slather the top half of the toasted scone with preserves, then build from the bottom up with arugula, warm bangers, the cheesy fried egg, and the jam-covered top.

CHEF'S NOTES

- **Seasonal ingredient substitutions ensure this can be made year-round.**
Trader Joe's Irish items peak in March, but you can easily substitute standard bakery soda bread, regular pork breakfast sausages, and any sharp white cheddar.
- **Swap the bangers for corned beef if you prefer a dinner application.**
Crisping up sliced uncured corned beef brisket in the skillet mirrors the deep, savory satisfaction of a traditional hash.

Spicy Irish Whiskey

Cheddar Grilled Cheese

Original: English



There is a profound, unapologetic joy in a grilled cheese sandwich made right. This one marries the sweet, oaky bite of Irish whiskey cheddar with the fiery, umami-rich crunch of chili onion oil. It isn't traditional, and it doesn't pretend to be. Leaning heavily on the modern pantry, it delivers a deeply comforting, golden-crust masterpiece that hits every necessary note of fat, acid, and slow-burning heat.

1.5 oz

Trader Joes Irish Cheddar with Irish Whiskey

1 oz

Trader Joes Creamy Havarti

1 tbsp

Mayonnaise

1 tbsp

Trader Joes Crunchy Chili Onion

1 tsp

Dijon Mustard

2 slices cooked crisp optional

Thick cut bacon

PREPARATION

- **Grate the cheeses.**

Shred the whiskey cheddar and Havarti on a box grater, then mix them together in a small bowl to ensure an even melt.

- **Prepare the spice emulsion.**

Vigorously whisk the mayonnaise and Crunchy Chili Onion together to distribute the chili oil evenly.

INSTRUCTIONS

-3

- **Layer the interior of the sandwich.**

Spread the Dijon mustard on the inside of one slice of sourdough, then pile on the blended cheeses and bacon.

-2

- **Top with bread and apply the exterior spread.**

Place the second slice of sourdough on top and generously coat the upper exterior slice with half of the spicy mayonnaise.

105 Grill slowly on medium-low heat.

Place the sandwich mayonnaise-side down in a skillet, taking care not to rush the heat so the internal core melts completely.

106 Coat the top slice and flip.

After three to four minutes, spread the remaining spicy mayonnaise on the un-toasted top slice, carefully flip the sandwich, and cook until deeply golden.

107 Rest briefly before serving.

Remove from the skillet and wait one minute before cutting to keep the molten cheese from escaping.

CHEF'S NOTES

- **Mind the seasonality of the cheese.**

Trader Joe's typically releases whiskey cheddar around March. If you can't find it, substitute any high-quality aged white cheddar with a splash of actual Irish whiskey mixed into the shreds.

- **Control the heat to your liking.**

For a milder sandwich, omit the chili crunch and use garlic powder in the mayonnaise. For extreme heat, add a pinch of ghost pepper or habanero flakes directly to the cheese blend.

Garlic Butter Irish Potato

Chip Crusted Cod

Original: English



There is a quiet dignity in a supermarket hack when it is executed without apology. Here, we take the sacred, battered tradition of fish and chips, strip away the messy vat of frying oil, and lean entirely on a bag of heavily seasoned, garlic-laced potato chips from Trader Joe's. It is cozy, straightforward, and deeply comforting—a brilliant adaptation that respects old-world nostalgia while wholly embracing the convenience of the modern American pantry.

INGREDIENTS

4 (6-ounce) fillets

Atlantic cod fillets, thick-cut

1 1/2 cups

Trader Joe's Garlic Butter Irish

Potato Chips

To taste

Kosher salt and freshly ground

black pepper

As needed

Non-stick cooking spray

3 Tablespoons

Mayonnaise

1

Garlic clove, finely minced

1 Teaspoon

Fresh lemon juice

1 Teaspoon

Dijon mustard

For serving

Fresh lemon wedges

For garnish

Fresh parsley or chives, finely
chopped

PREPARATION

- **Preheat the oven to 400 degrees Fahrenheit.**
Position a rack in the center of the oven.
- **Line a rimmed baking sheet with parchment paper.**
This prevents sticking and makes cleanup painless.

INSTRUCTIONS

-4 Crush the potato chips to the texture of coarse gravel.

Place the chips in a zip-top bag and gently crush them with your hands, preserving the crinkle-cut ridges for maximum crunch rather than pulverizing them into dust.

-3 Whisk together the mayonnaise, garlic, lemon juice, and Dijon mustard in a small bowl.

This quick aioli acts as your culinary glue, adhering the crust while locking the natural moisture into the fish.

-2 Aggressively pat the cod fillets dry on all sides with paper towels.

Moisture is the mortal enemy of a crisp crust, so do not rush this process.

-1 Season the top of each fillet lightly with salt and pepper.

Use a remarkably light hand with the salt, as the chips already pack plenty of briny, buttery seasoning.

0 Spread a generous, even layer of the aioli over the top and sides of each fillet.

Leave the bottom completely bare to prevent the fish from getting soggy as it bakes.

1 Press the aioli-coated side of the fish firmly into the crushed potato chips.

Alternatively, place the fish on the baking sheet and firmly pack the chips onto the top and sides with your hands.

- 108** Arrange the crusted fillets on the prepared baking sheet and mist lightly with cooking spray.

This microscopic layer of fat ensures the potato chips brown beautifully in the oven without scorching.

- 109** Bake for twelve to fifteen minutes until the crust is deeply golden and fragrant.

The fish is ready when the internal temperature reaches 145 degrees Fahrenheit and the flesh flakes easily with a fork.

- 110** Let the fish rest for two minutes before transferring to warm plates.

Garnish with fresh herbs and serve immediately with lemon wedges for squeezing.

CHEF'S NOTES

- **Embrace the air fryer if you want an even faster, crispier result.**
Cook the fillets in a parchment-lined basket at 380 degrees Fahrenheit for eight to ten minutes.
- **Swap the chips if the seasonal Trader Joe's inventory fails you.**
Keogh's Irish Potato Chips or any thick-cut salt and vinegar kettle chip will provide the necessary structural integrity and pub-style flavor.

Steamed Dumpling "Irish"

Stew" Shortcut

Original: English



INGREDIENTS

2 tablespoons

olive oil or unsalted butter

1 tub 14.5 oz

Trader Joes Mirepoix

3 cloves

garlic

2 tablespoons

tomato paste

2 tablespoons

all purpose flour

1/2 cup

Irish stout beer

1 carton 32 oz

Trader Joes Organic Beef Broth

1 package 16 oz

Trader Joes Fully Cooked Pot Roast

1 bag 16 oz

Trader Joes Teeny Tiny Potatoes

1 tablespoon

fresh thyme leaves

to taste

kosher salt and freshly cracked

black pepper

1 tube 8 count

Trader Joes Refrigerated Buttermilk

Biscuits

1 tablespoon

fresh parsley

PREPARATION

- **Shred the fully cooked pot roast into bite-sized pieces.**
Retain any gelatinous juices from the packaging; they are pure flavor.
- **Cut each raw biscuit into quarters using a sharp knife or kitchen shears.**
You will end up with 32 small pieces of dough. Toss them lightly with the finely chopped parsley.

INSTRUCTIONS

- 8 Heat the olive oil in a large Dutch oven over medium-high heat and sweat the mirepoix.**

Sauté until the onions are translucent and the carrots soften, about five to seven minutes.
- 7 Stir in the minced garlic and tomato paste.**

Cook for one minute until the paste darkens and the kitchen smells phenomenal.
- 6 Sprinkle the flour over the vegetables and stir vigorously.**

Let it cook for a minute or two to kill the raw flour taste.
- 5 Pour in the stout beer to deglaze the pot.**

Scrape up all the beautiful, browned bits from the bottom and let the beer reduce slightly for a minute.
- 4 Add the beef broth, whole potatoes, shredded pot roast, and thyme.**

Season generously with salt and pepper, bring to a rolling boil, then drop the heat to maintain a gentle simmer.
- 3 Cover and simmer until the potatoes are easily pierced with a fork.**

This should take about ten to twelve minutes.
- 2 Remove the lid and drop the quartered biscuit dough directly onto the simmering liquid.**

Space them out slightly so they have room to expand, and do not stir.

111 Cover the pot tightly and let the dumplings steam undisturbed for fifteen minutes.

Do not lift the lid under any circumstances; escaping steam will give you dense, disappointing dumplings.

CHEF'S NOTES

- **Skim excess fat easily using an ice-filled ladle.**

Pre-cooked roasts can release a lot of rendered fat. If the broth looks too greasy before adding the dumplings, run the bottom of an ice-filled metal soup ladle across the surface to congeal and lift away the fat.

- **Embrace the chaos of the viral soup dumpling swap.**

For a wildly untraditional cross-cultural twist, skip the biscuits entirely and drop a box of frozen pork soup dumplings into the stew during the final five minutes.

- **Adapt for a plant-based kitchen with mushrooms and vegetable broth.**

Swap the beef for a pound of aggressively seared cremini mushrooms or soy chorizo, and verify your commercial biscuits are dairy-free.

Cruciferous Colcannon with Irish Porter Cheddar

Original: English

kohl-KAN-in



Colcannon is the bedrock of Irish comfort cooking—a dish born of necessity that outlived its humble agrarian roots because it is just damn good. This modern adaptation swaps the tedious chopping of whole cabbage heads for the weeknight efficiency of pre-shredded cruciferous greens, then elevates the entire affair with the malty, mosaic veins of Irish Porter Cheddar. It is unapologetically rich, deeply nostalgic, and designed to warm the bones of the tired home cook on a cold evening.

INGREDIENTS

1 1/2 lbs

Russet potatoes peeled and cut into 2-inch chunks

1 1/2 lbs

Yukon Gold potatoes peeled and cut into 2-inch chunks

1 tablespoon

Kosher salt plus more to taste

1/2 cup

whole milk

1/2 cup

heavy cream

1 bunch

scallions thinly sliced with white and dark parts separated

8 tablespoons

high quality unsalted Irish butter divided

10 ounces

Trader Joes Cruciferous Crunch Collection

6 ounces

Irish Porter Cheddar grated with wax rind removed

to taste

freshly cracked black pepper

PREPARATION

- **Prep your potatoes ahead.**

Peeling and chunking the potatoes evenly ensures a uniform cook and prevents waterlogged chunks.

- **Grate the cheese and trim the rind.**

Have the cheddar fully grated before the potatoes finish boiling so the residual heat can do the work of melting it.

- **Divide the scallions by color.**

The dark greens will flavor the milk, while the whites and light greens go into the sauté pan for texture and bite.

INSTRUCTIONS

- 7 Boil the potatoes in heavily salted water until tender.**
Place the peeled Russet and Yukon Gold chunks in a heavy-bottomed pot, cover with an inch of cold water, add a tablespoon of Kosher salt, and simmer for 15 to 20 minutes until a fork pierces them easily.
- 6 Infuse the dairy with the dark green scallion slices.**
While the potatoes boil, gently heat the milk, cream, and dark scallions in a small saucepan until steaming, then remove from heat and cover; warm dairy is the essential secret to a silky mash.
- 5 Sauté the cruciferous greens in butter until wilted and tender.**
Melt three tablespoons of butter in a skillet over medium heat, briefly sauté the light scallions, then toss in the bag of greens, cooking for 5 to 7 minutes before seasoning lightly.
- 4 Drain the potatoes and mash them smooth.**
Return the drained potatoes to the hot pot for a minute to steam off excess moisture, then use a ricer or masher to break them down without turning them into glue.

112 Fold in the warm dairy and additional butter.

Pour the infused milk mixture and four tablespoons of butter over the potatoes, gently folding until the liquid is absorbed and the texture is rich and creamy.

113 Incorporate the sautéed greens and grated cheddar.

Gently fold the vegetables and cheese into the hot mash so the residual heat melts the porter cheddar into malty, savory ribbons.

114 Season generously and serve with a melting well of butter.

Taste for salt and black pepper, transfer to a rustic bowl, and push a deep well into the center to hold the final tablespoon of butter.

CHEF'S NOTES

- **Respect the salt.**

Potatoes are desperate for seasoning, so if the boiling water isn't heavily salted, the final dish will fall tragically flat.

- **Mind the cheese substitute.**

If porter cheddar is unavailable, use a high-quality aged white cheddar with a splash of Worcestershire sauce to replicate that dark, savory depth.

- **Revive leftovers gently.**

Store in an airtight container for up to four days and reheat on the stove with a splash of fresh cream to loosen the cold starch.

- **Embrace the folklore.**

If serving for Halloween, wrap a scrubbed coin in parchment paper and bury it in the serving bowl. Tradition insists whoever finds it will enjoy wealth in the coming year.

Twenty-Minute Dublin Coddle Skillet

Original: English

DUHB-lin KOD-ul



The traditional Dublin coddle is a beautiful, necessary thing—a working-class marvel born of scraps, patience, and the damp chill of an Irish winter. But you do not always have three hours to coax magic out of a simmering pot. This rapid-fire skillet version hijacks the system, using thick-cut bacon, seared sausages, and a bag of pre-roasted potatoes from Trader Joe%27s to deliver that same profound, soul-warming comfort in twenty minutes flat. It is honest, deeply savory, and exactly what you want when the night calls for a hot meal and a cold pint.

INGREDIENTS

8 ounces

Thick-cut applewood smoked bacon

1 pound

Pork sausages or Trader Joes

Smoked Andouille Chicken Sausage

1 bag 24 ounces

Trader Joes Frozen Roasted

Potatoes with Peppers and Onions

3 cloves

Garlic

1.5 cups

Low-sodium chicken stock or bone
broth

1 teaspoon

Fresh thyme

0.25 cup

Fresh flat-leaf parsley

1 teaspoon

Coarsely cracked black pepper

1 loaf

Irish soda bread

PREPARATION

- **Chop the bacon into one-inch pieces and slice the sausages into half-inch coins.**
- **Mince the garlic and chop the fresh herbs before you start cooking.**

This recipe moves aggressively fast once the fat hits the pan, so have your ingredients ready to deploy.

INSTRUCTIONS

- 6 Render the chopped bacon in a large skillet over medium-high heat until deeply browned and crisp.**

Remove the pork to a paper-towel-lined plate with a slotted spoon, leaving the rendered fat in the pan.

- 5 Sear the sliced sausages in the hot bacon fat until a dark crust forms on both sides.**

Keep the heat at medium-high and do not rush this process; the aggressive browning is where your broth gets its depth.

- 4 Push the meat to the edges, add the garlic and thyme for thirty seconds, then dump in the frozen potatoes.**

Toss everything together so the potatoes and peppers absorb the seasoned pork fat, cooking for a few minutes until they begin to thaw and char.

- 115** Pour in the chicken stock and aggressively scrape up the browned bits from the bottom of the pan.

Bring the liquid to a rapid boil, reduce the heat to medium-low, return the bacon to the pan, and cover tightly for five to seven minutes to rapidly coddle the potatoes.

- 116** Remove from the heat and stir in the fresh parsley and cracked black pepper.

Serve it immediately, directly from the skillet, with thick slices of buttered soda bread to drag through the savory broth.

CHEF'S NOTES

- Use whatever high-quality sausage you can find if traditional Irish bangers are out of season.
- Substitute a half-cup of the chicken stock with a dark Irish stout for a deeper, pub-style flavor profile.

Trader Joes Smoked Andouille Chicken Sausage works brilliantly here, adding a subtle heat that cuts through the rich pork fat.

The alcohol deglazes the pan beautifully and cooks off under the lid, leaving a roasted maltiness behind.

Cashel Blue & Beer Bread

"Ploughman's" Strata

Original: English

KASH-el Bloo and Beer Bred PLOW-manz STRAH-tuh



INGREDIENTS

1 loaf

Trader Joe's Beer Bread baked cooled and cut into 1-inch cubes

10

large eggs

2.5 cups

whole milk

2 tablespoons

whole-grain Dijon or English mustard

1 teaspoon

kosher salt

1/2 teaspoon

freshly ground black pepper

1/4 teaspoon

freshly grated nutmeg

5 ounces

Cashel Blue cheese crumbled

1.5 cups

Trader Joe's Unexpected Cheddar grated

8 ounces

thick-cut ham cut into half-inch cubes

1 large

Granny Smith apple cored and finely diced

1/2 cup

pickled onions roughly chopped

1/4 cup

Branston pickle or sweet chutney

1 tablespoon

unsalted butter for greasing

PREPARATION

- **Bake and stale the beer bread one to two days prior.**

Bake the Trader Joe's Beer Bread Mix according to the package instructions using an amber or stout beer, let it cool completely, cut into 1-inch cubes, and leave out on a baking sheet overnight to dry.

INSTRUCTIONS

-4

Grease the baking dish and build the foundation.

Butter a 9x13-inch baking dish generously, then spread half the dried beer bread cubes across the bottom, followed by half the diced ham, apples, and pickled onions.

-3

Distribute the chutney and cheese.

Drop small dollops of the Branston pickle evenly across the first layer, then sprinkle with half the crumbled Cashel Blue and half the grated Unexpected Cheddar.

-2

Layer the remaining solids.

Add the remaining bread cubes, ham, apples, and onions, reserving the rest of the cheese for the final topping.

-1

Whisk the custard and hydrate the strata.

Vigorously whisk the eggs, milk, mustard, salt, pepper, and nutmeg until completely smooth, then pour it slowly over the layers, pressing down gently with your hands to ensure all the bread is submerged.

0

Top with the reserved cheese and rest overnight.

Sprinkle the remaining Cashel Blue and Cheddar evenly over the top, cover tightly with foil, and refrigerate for a minimum of 8 hours.

1

Temper and bake the strata.

Let the dish sit at room temperature for 30 minutes while preheating the oven to 350°F, then bake covered for 30 to 35 minutes.

117 Uncover and finish baking.

Remove the foil and bake for another 20 to 25 minutes until the strata is puffed, golden brown, and set in the center.

118 Rest before serving.

Allow the strata to rest for 10 to 15 minutes before slicing so the custard can cool slightly and firm up.

CHEF'S NOTES

- **The overnight soak is entirely non-negotiable.**

Dense beer bread requires hours to fully absorb the heavy custard, ensuring a silky interior rather than tragic pockets of dry, baked crumb.

- **Respect the blue cheese parameters.**

If Cashel Blue is unavailable, opt for a mild, creamy blue like Gorgonzola Dolce; avoid aggressively sharp or dry blue cheeses that won't melt smoothly into the custard.

Quick-Crisp Corned Beef Hash with Jalapeño Beer

Bread Toast

Original: English



Corned beef hash is the ultimate symbol of Irish American survival and ingenuity—a glorious collision of immigrant resourcefulness and the kosher butcher shops of nineteenth-century New York. This isn't some fussy, artisanal project; it is deeply comforting diner food adapted for the exhausted modern cook, leaning hard on a few brilliant shortcuts from Trader Joe's. You skip the soul-crushing prep work, but you do not skip the patience. Smash it into a hot cast-iron skillet, leave it the hell alone until it builds a shattering, golden crust, and serve it alongside a fat, butter-drenched slice of jalapeño-spiked beer bread.

INGREDIENTS

1 box

Trader Joes Beer Bread Mix

12 oz room temperature

stout or amber ale

7 oz grated

Trader Joes Unexpected Cheddar

1/2 cup roughly chopped

Trader Joes Hot and Sweet

Jalapenos

4 tablespoons melted

unsalted butter

2 tablespoons

olive oil

24 oz bag

Trader Joes frozen Roasted Potatoes
with Peppers and Onions

1 lb chilled and cubed

leftover cooked Trader Joes
Uncured Corned Beef Brisket

1 tablespoon

Worcestershire sauce

to taste

freshly ground black pepper

for garnish

fresh parsley

4 optional

large eggs

PREPARATION

- **Chill the brisket overnight.**

Working with cold leftover corned beef is structurally superior because the solidified fats crisp beautifully in the pan rather than disintegrating into mush.

- **Bring the beer to room temperature.**

A cold beer can shock the leavening agents in the bread mix, so let the stout sit out for an hour before baking.

INSTRUCTIONS

-7

Mix the jalapeño beer bread.

Preheat the oven to 350°F and generously grease a 9x5-inch loaf pan. Gently mix the beer bread mix with the stout until a shaggy dough forms, taking care not to overwork it, and fold in three-quarters of the cheddar and the jalapeños.

-6

Bake to a golden crunch.

Spread the batter into the pan, scatter the remaining cheese over the top, and pour the melted butter evenly across the surface. Bake for 50 to 55 minutes, then cool, slice, and toast in a dry skillet before serving.

-5

Render the corned beef.

Heat a large cast-iron skillet over medium-high heat with the olive oil. Toss in the chilled, cubed corned beef and let it sizzle for three to four minutes until the fat renders and the edges crisp.

-4

Introduce the vegetables.

Dump the frozen potatoes, peppers, and onions directly into the skillet, drizzle with Worcestershire sauce, hit it with black pepper, and toss to combine.

119 Press the hash and wait.

Spread the hash evenly and press it down hard with a flat spatula. Lower the heat to medium and walk away, leaving it entirely undisturbed for five to seven minutes so the Maillard reaction can work its magic.

120 Flip and repeat.

Once a dark, sturdy crust forms on the bottom, flip the hash in large sections and press it down hard again. Let it go undisturbed for another five minutes, repeating until the whole mess is shatteringly crisp.

121 Garnish and serve.

Hit the hash with fresh parsley and serve immediately alongside the toasted beer bread, topped with a runny egg if you know what is good for you.

CHEF'S NOTES

- **The cardinal rule of hash is to leave it alone.**

Do not stir the pan. Constant agitation ruins the browning process, so you must let the heat do the hard work of building that necessary, shattering crust.

- **Respect the leftovers.**

Never microwave leftover hash unless you enjoy soggy sadness. Re-crisp it in a hot skillet with a little oil or butter.

- Utilize the air fryer if necessary.

If you lack a cast-iron skillet, toss the beef and potatoes with oil and air fry at 375°F for ten minutes, shake vigorously, then crank the heat to 400°F and blast for five more minutes.

Skillet Stout & Beef Shepherd's Pie

Original: English

sheh-perds py



This is a dish born of absolute thrift that somehow evolved into the ultimate expression of comfort. We are bypassing the tedious chopping and mashing of yesteryear by leaning hard on the modern grocery aisle, allowing you to focus on what matters: building a dark, deeply savory gravy laced with bitter Irish stout. It is an unapologetic meat and potatoes masterpiece, baked in a single cast-iron skillet until the edges bubble and the potato crust shatters under a fork.

INGREDIENTS

1 tablespoon

olive oil

1 lb

ground beef 80/20 blend

14.5 oz container

Trader Joes Mirepoix

1 cup

Trader Joes Sliced Shiitake

Mushrooms roughly chopped

3 cloves

garlic minced

2 tablespoons

tomato paste

2 tablespoons

all purpose flour

1 tablespoon

Trader Joes Multipurpose Umami
Seasoning Blend

1 teaspoon

fresh rosemary finely chopped

1 teaspoon

fresh thyme finely chopped

1 cup

Irish Stout such as Guinness

1 cup

beef broth

1 tablespoon

Worcestershire sauce

1 cup

frozen petite peas

to taste

kosher salt and freshly cracked
black pepper

28 oz package

Trader Joes Frozen Mashed
Potatoes

2 tablespoons

unsalted butter

1/4 cup

heavy cream

1

large egg yolk

1 cup

sharp Irish Cheddar cheese grated

for garnish

fresh chives chopped

PREPARATION

- **Preheat the oven.**

Set your oven to 400 degrees Fahrenheit before you start browning the meat.

- **Do not thaw the peas.**

Keep the petite peas in the freezer until the very moment you stir them into the hot gravy so they maintain their bright color and snap.

INSTRUCTIONS

-6

Rehabilitate the frozen potatoes.

Microwave the frozen medallions according to the package until steaming, then vigorously stir in the butter, heavy cream, half the cheddar, salt, and pepper. Once slightly cooled, beat in the egg yolk to guarantee a structurally sound, golden crust when baked.

-5

Brown the beef.

Heat the olive oil in a large oven-safe cast-iron skillet over medium-high heat. Add the beef, let it sit undisturbed for a minute or two to develop a hard, dark crust, then break it apart and cook through. Spoon out and discard all but about two tablespoons of the rendered fat.

122 Build the aromatic base.

Lower the heat to medium, then stir in the mirepoix and mushrooms. Cook until softened, about 5 to 7 minutes, before adding the garlic, rosemary, thyme, and umami seasoning. Let that go until highly fragrant.

123 Cook the tomato paste and flour.

Clear a spot in the center of the skillet for the tomato paste, letting it hit the hot iron until it darkens to a rust color, then stir it into the meat. Dust the pan evenly with flour and cook for another minute or two to kill the raw starch.

124 Deglaze with the stout.

Pour in the beer, using a wooden spoon to aggressively scrape up every browned bit of fond from the bottom of the skillet. Let the harsh alcohol boil off for a couple of minutes, then stir in the beef broth and Worcestershire sauce, dropping the heat to a simmer until you have a thick, glossy gravy.

125 Assemble the pie.

Pull the skillet off the heat, stir in the still-frozen peas, and carefully spread your doctored potatoes over the top, pushing them all the way to the edges to seal the meat in. Rake a fork across the surface to create jagged peaks that will catch the heat, and top with the remaining cheddar.

126 Bake and rest the skillet.

Slide the pan into the oven for 20 to 25 minutes until the gravy bubbles violently around the edges. For a scorched, golden crust, hit it with the broiler for the last few minutes. Let it rest for at least ten minutes before serving so the gravy can find its footing.

CHEF'S NOTES

- **The Purist Variation.**

For a true Shepherd's Pie, swap the beef for ground lamb, taking care to drain the excess rendered fat before adding your vegetables.

- **The Vegetarian Hack.**

Trade the beef for pre-cooked lentils and swap the beef stock for a high-quality vegetable alternative, ensuring your Worcestershire sauce is anchovy-free.

- **The Cauliflower Swap.**

If you want to bypass the heavy carbohydrates, substitute the potatoes with an aggressively seasoned, cheddar-laced steamed cauliflower mash.

- **The Leftover Strategy.**

This dish is the ultimate vehicle for yesterday's feast; shredded pot roast or leftover holiday meats can easily be substituted for the ground beef.

Irish Breakfast Tea Glazed Pork Chops with Buttery Carrots

Original: English



There is a profound, undeniable dignity to a thick bone-in pork chop. It is working-class food, the kind of deeply satisfying, sustaining meal that anchors a long day. We are taking a cue from the American South here with a sweet tea brine, but hijacking it with the aggressive, uncompromising tannins of an Irish Breakfast blend to tear down the muscle and tenderize the meat. Paired with sweet, simple carrots drowning in good grass-fed butter—a humble nod to the classic Slieve Na mBan—it is a dish that demands zero pretense and delivers pure, unapologetic comfort.

INGREDIENTS

4 cups

water, divided

4

Trader Joe's Original Irish
Breakfast Tea bags

1/3 cup

dark brown sugar, packed

1/4 cup

kosher salt

1 teaspoon

whole black peppercorns

3

garlic cloves, smashed

4

thick-cut, bone-in pork chops

1 cup

water

2

Trader Joe's Original Irish
Breakfast Tea bags

1/3 cup

dark brown sugar, packed

2 tablespoons

apple cider vinegar

1 tablespoon

soy sauce or Worcestershire sauce

1

garlic clove, minced

16 oz

Trader Joe's organic baby carrots

3 tablespoons

Kerrygold Pure Irish Butter, salted

1/4 cup

fresh parsley, finely chopped

to taste

sea salt and freshly ground black

pepper

1 tablespoon

neutral cooking oil

PREPARATION

- **Boil two cups of water and steep four tea bags with brown sugar, salt, peppercorns, and smashed garlic.**

Stir until the salt and sugar completely dissolve, letting the mixture steep for ten minutes.

- **Add two cups of ice-cold water to the mixture to cool the brine rapidly.**
Discard the tea bags and ensure the liquid is at room temperature or colder before introducing the meat.
- **Submerge the pork chops in the brine and refrigerate for at least four hours.**
You can leave them for up to twelve hours for maximum flavor and tenderness.

INSTRUCTIONS

- 6 Simmer one cup of water with two tea bags for five minutes to extract the base flavors of the glaze.**
Remove the bags, squeeze out the excess liquid, and return the pan to the heat to whisk in the brown sugar, vinegar, soy sauce, and minced garlic.
- 5 Reduce the liquid over medium heat until it becomes thick and syrupy.**
Let it bubble away for fifteen to twenty minutes until it coats the back of a spoon beautifully, then set it aside.
- 4 Boil the baby carrots in a medium saucepan until they are easily pierced with a fork.**
This usually takes fifteen to twenty minutes; drain the water completely when they are done.

127 Toss the hot carrots with the Kerrygold butter in the empty, warm saucepan.

The residual heat of the pot will melt the butter into a golden pool; season them generously with salt, pepper, and fresh parsley, then cover to keep warm.

128 Remove the pork chops from the brine and pat them completely dry with paper towels.

A dry surface is absolutely critical for developing a proper crust in the pan.

129 Sear the pork chops in a heavy cast-iron skillet with shimmering oil for four to five minutes per side.

Do not move them while they cook; just let the heat do its job and build a rich crust.

130 Turn the heat down to low, brush the chops generously with the tea glaze, and flip to caramelize.

Cook for another minute or two until a thermometer hits 145 degrees Fahrenheit, being careful not to let the sugars burn against the hot pan.

131 Transfer the pork chops to a platter and let them rest for five minutes before serving alongside the buttery carrots.

Resting allows the muscle fibers to relax and redistribute the juices throughout the meat.

CHEF'S NOTES

- **The secret to the carrots is letting the superior quality of the butter do the heavy lifting.**

Traditional Slieve Na mBan carrots use tempered egg yolks and cream, but generous amounts of Kerrygold replicate that richness without the fuss.

- **Do not over-steep the tea bags.**

Irish Breakfast tea is notoriously robust, and pushing it past ten minutes will introduce bitter notes that overpower the delicate sweetness of the pork.



Chapter 7: The Sweet Tooth (Breads, Baking, and Teatime)

An homage to the afternoon cup of tea, featuring traditional Irish baking adapted for the abundant American pantry.

The Irish didn't invent afternoon tea, but they damn well perfected the ritual of stopping the clock for a cup of strong, scalding brew and a wedge of something sweet. When they crossed

the Atlantic, the harsh austerities of the old country gave way to the unapologetic abundance of the American grocery store. Coarse meals and rationing were traded for refined white sugar, finely milled flour, and the kind of rich, heavy fats that transformed the modest, survival-driven bakes of their ancestors into something altogether more indulgent.

Here are the heavy hitters of the Irish American afternoon. You'll find a barmbrack studded with dried fruit and steeped in old-world superstition, an apple crumble bathed in thick pouring cream, and a marmalade bread pudding spiked with enough whiskey to justify a late-afternoon nap. There are no delicate, crustless cucumber sandwiches here. This is baking meant to anchor the soul, warm a drafty kitchen, and carry you through to dinner.



The "New World" Full Irish Skillet

Original: Bricfeasta Éireannach

BRICK-fasta AIR-in-ack



The traditional Irish breakfast began as heavy fuel for the farming class before evolving into a weekend hospitality staple. For the diaspora navigating American supermarkets, this adaptation strips away the multi-pan chaos, combining thick-cut bacon, mild sausages, and hash browns into a single, cohesive cast-iron bake. It is unpretentious, undeniably comforting, and exactly what a lazy Sunday morning requires.

INGREDIENTS

6 slices

thick-cut American bacon or
Canadian bacon

4 links

high-quality mild pork breakfast
sausages

4 patties

mild savory sausage patties

3 cups

frozen cubed hash brown potatoes

1 1/2 cups

white button mushrooms

1 large

plum tomato

1

small yellow onion

4 to 6

large eggs

2 tablespoons

Irish butter

1 tablespoon

olive oil

1 13.5-ounce can

English-style baked beans in
tomato sauce

to taste

kosher salt and freshly cracked
black pepper

for garnish

fresh chives or flat-leaf parsley

for serving

crusty whole-grain bread or Irish
soda bread

PREPARATION

- **Clean and quarter the mushrooms.**

Wipe away any dirt with a damp towel before cutting.

- **Dice the onion.**

Keep the pieces fine so they melt into the hash rather than overpowering it.

- **Thickly slice the tomato.**

A substantial cut holds up far better to the heat of the cast-iron skillet.

INSTRUCTIONS

- **-7 Preheat the oven and warm the beans.**

Set the oven to 375°F and gently heat the baked beans in a small saucepan over your lowest burner.

- **-6 Render the pork fat.**

Place a 12-inch cast-iron skillet over medium heat and cook the bacon and sausages until browned but still retaining some chew, about 8 to 10 minutes.

- **-5 Chop the meats.**

Remove the meats to a paper towel, leaving the savory fat in the pan, and slice them into bite-sized pieces once cool enough to handle.

- **-4 Build the hash.**

Add the olive oil, one tablespoon of butter, diced onion, and frozen potatoes to the hot skillet, season generously with salt and pepper, and cook undisturbed for a few minutes to develop a crust before tossing.

132 Sauté the mushrooms and return the meat.

Push the potatoes to the edges, melt the remaining butter in the center, brown the mushrooms, then mix the meats back in and nestle the tomato slices into the hash.

133 Create the egg wells.

Use the back of a spoon to make four to six pockets in the hash, dropping a sliver of butter into each if the pan looks dry, and carefully crack in the eggs.

134 Finish in the oven.

Transfer the heavy skillet to the oven for 10 to 12 minutes until the whites are set but the yolks still run.

135 Garnish and serve.

Hit the sizzling pan with fresh herbs, bring it straight to the table with a pile of buttered toast, and pass the warm beans on the side.

CHEF'S NOTES

- **Respect the meat.**

The dish lives or dies by its pork. Avoid maple or heavy sage links; ask the deli for Canadian bacon and stick to mild bratwurst or savory sausages.

- **The black pudding dilemma.**

Authentic blood sausage is tough to find stateside due to import laws. Standard savory breakfast patties are an acceptable stand-in to honor the tradition without the wild goose chase.

- **Isolate the beans.**

Keep them in a separate saucepan. Dumping them in the skillet ruins the crispy potato hash you just spent twenty minutes perfecting.

- **Use real butter.**

A high-fat European butter instantly elevates the dish from a standard American diner breakfast to something much closer to its County Cork origins.

Americanized Irish Soda Bread Scones with Kerrygold and Marmalade

Original: English



Sunday mornings demand a certain reverence, a quiet moment between the grease of the frying pan and the bitter steep of strong tea. The old-world Irish soda bread was an exercise in survival—four austere ingredients yielding a dense, utilitarian loaf. But on American shores, nostalgia met a new kind of abundance. Cooks enriched the everyday dough with sweet butter, eggs, and handfuls of raisins. These scones capture that same transatlantic memory, demanding little more than a quick, gentle hand. Best eaten hot from the oven, split violently, and slathered with ungodly amounts of Kerrygold and bitter orange marmalade.

INGREDIENTS

2 1/2 cups

Unbleached all purpose flour

1/3 cup

Granulated sugar

1 tablespoon

Baking powder

1/2 teaspoon

Baking soda

3/4 teaspoon

Kosher salt

1 teaspoon

Caraway seeds

Zest of 1 large orange

Orange zest

1/2 cup

Kerrygold butter frozen

3/4 cup

Cold buttermilk

1

Large egg cold

3/4 cup

Dried currants or raisins

For serving

Softened Kerrygold butter

For serving

High quality orange marmalade

PREPARATION

- **Freeze the butter.**

Place the stick of Kerrygold butter in the freezer well before you begin to ensure the flakiest texture.

- **Plump the currants.**

Soak the dried fruit in warm orange juice or a splash of Irish whiskey for twenty minutes, then drain well.

- **Preheat the oven and prepare the pan.**

Set the oven to 400 degrees Fahrenheit and line a large baking sheet with parchment paper.

INSTRUCTIONS

- 7 Whisk the dry ingredients together in a large bowl.**

Combine the flour, sugar, baking powder, baking soda, salt, caraway seeds, and orange zest until the zest is evenly dispersed.
- 6 Grate the frozen butter directly into the flour mixture.**

Use the large holes of a box grater, tossing the shreds gently with your fingers until the mixture resembles a coarse meal.
- 5 Toss the drained currants into the dry mixture.**

Stir them gently to coat the fruit in flour so it does not sink to the bottom of the dough.
- 4 Whisk the cold buttermilk and egg in a small measuring cup.**

Beat them vigorously until entirely smooth.
- 3 Combine the wet and dry ingredients with a gentle hand.**

Make a well in the flour, pour in the buttermilk mixture, and stir just until a shaggy dough forms, taking care not to overmix.
- 2 Knead the dough briefly on a floured surface.**

Turn the dough out and fold it over onto itself three or four times to build flaky layers, then pat it into a circle an inch and a half thick.
- 1 Punch out the scones with a biscuit cutter.**

Press straight down with a two-and-a-half-inch cutter without twisting to ensure a proper rise, gathering and gently pressing the scraps to cut the remaining dough.

136 Chill the formed scones.

Place them on the prepared baking sheet and freeze for ten minutes to firm up the butter before baking.

137 Wash and bake the scones.

Brush the tops with a little buttermilk, sprinkle with sugar, and bake for eighteen to twenty-two minutes until deeply golden brown.

138 Serve the scones piping hot.

Break them open by hand and smear them generously with softened Kerrygold butter and bitter orange marmalade.

CHEF%27S NOTES

- **Handle the dough as little as humanly possible.**

Overworking the dough develops gluten, leaving you with a tough, bread-like puck instead of a tender scone.

- **These scones can be frozen ahead of time.**

Freeze unbaked scones solid on a baking sheet, store in a freezer bag, and bake straight from frozen with a few extra minutes on the clock.

- **Make it a savory affair.**

Omit the sugar, zest, and fruit, and fold in three ounces of aged Kerrygold cheddar and fresh thyme for a savory bite perfectly suited to mop up a fried egg.

Parochial School Church-Basement "Drop" Donuts

Original: English



There is a profound, unsentimental grace to the church basement after Sunday Mass. It is a purgatory of folding tables and bitter percolator coffee where you go for fellowship, neighborhood gossip, and the donuts. The truest expression of this parish hospitality comes from the volunteers standing over hot oil, turning out craggy, rustic drop donuts. Born of the Irish farmhouse tradition, this quick buttermilk batter yields an uneven, golden-brown sphere with a tender crumb spiked with nutmeg. They are meant to be eaten hot, crusted in cinnamon sugar, standing around with people you actually give a damn about.

INGREDIENTS

1/2 cup

granulated sugar

1 1/2 teaspoons

ground cinnamon

2 cups

all-purpose flour

1/2 cup

granulated sugar

2 teaspoons

baking powder

1/2 teaspoon

baking soda

1 teaspoon

kosher salt

1 teaspoon

ground nutmeg

1/2 teaspoon

ground cinnamon

3/4 cup

buttermilk

2

large eggs

1/4 cup

unsalted butter

1 teaspoon

pure vanilla extract

4 to 6 cups

neutral cooking oil

PREPARATION

- **Bring the dairy to room temperature.**

Cold buttermilk and eggs will cause the melted butter to seize up, resulting in a dense and heavy crumb.

INSTRUCTIONS

- 9 Prepare the coating station.**

In a wide, shallow bowl, whisk together the half cup of granulated sugar and the one and a half teaspoons of ground cinnamon, setting it near your frying station alongside a paper towel-lined plate.

139 Heat the frying oil.

Pour two to three inches of neutral oil into a heavy Dutch oven, attach a deep-fry thermometer, and bring it to 375°F over medium heat.

140 Whisk the dry ingredients.

In a large mixing bowl, thoroughly blend the flour, sugar, baking powder, baking soda, salt, nutmeg, and cinnamon.

141 Whisk the wet ingredients.

In a separate container, whisk the buttermilk, eggs, melted butter, and vanilla extract until smooth.

142 Mix the shaggy batter.

Pour the wet ingredients into the dry, folding gently with a spatula just until the dry flour streaks disappear.

143 Drop the batter into the oil.

Using a cookie scoop or two spoons, carefully drop rounded tablespoon-sized mounds of batter into the hot oil, working in batches of four to six so you don't tank the oil temperature.

144 Fry until golden brown.

Let the donuts puff and cook for about 90 seconds to two minutes per side, nudging them with a slotted spoon if they don't naturally flip themselves.

145 Drain and coat.

Remove the donuts to drain for thirty seconds, then toss them in the cinnamon sugar while they are still warm enough to trap the sweet coating.

CHEF'S NOTES

- **Watch the oil temperature like a hawk.**

Maintaining 375°F is the difference between a perfectly crisp donut and a greasy, inedible sponge.

- **Do not overmix the batter.**

A thick, sticky, and slightly lumpy batter is exactly what you want for a tender interior.

Sunday Morning Corned Beef & Cabbage Hash

Skillet

Original: English



Sunday mornings carry a specific, quiet weight. The week's chaos is suspended, the family returns from Mass, and the kitchen smells of black coffee and melting butter. This skillet is an homage to those mornings, a resourceful transformation of leftover brisket and cabbage into something restorative. The secret here is patience—resisting the urge to meddle so the cast iron can forge a deeply caramelized crust that yields to a tender, savory center. Crowned with a runny egg, it is the absolute pinnacle of comfort.

INGREDIENTS

1 1/2 lbs

Yukon Gold or red potatoes

3 cups

cooked corned beef brisket

2 cups

green cabbage

1 medium

yellow onion

2 cloves

fresh garlic

3 tbsp

unsalted butter

2 tbsp

neutral oil or bacon grease

1/2 tsp

dried thyme

1/2 tsp

smoked paprika

1/2 tsp

freshly ground black pepper

to taste

kosher salt

4 to 6

large eggs

2 tbsp

fresh parsley

PREPARATION

- **Scrub and dice the potatoes into uniform half-inch cubes.**
Peeling is entirely optional, particularly if using thin-skinned red potatoes.
- **Chop the cooked corned beef brisket into half-inch cubes to match the potatoes.**
- **Thinly slice the green cabbage.**

INSTRUCTIONS

- 7 Parboil the diced potatoes in generously salted water for five minutes until just fork-tender.**

Drain them in a colander, let them steam-dry for a few minutes, and pat thoroughly with paper towels to remove excess moisture.

- 6 Melt one tablespoon of the butter and the oil in a large cast-iron skillet over medium-high heat.**

Sauté the diced onion for about five minutes until translucent and beginning to caramelize, then add the minced garlic and cook for thirty seconds until fragrant.

- 5 Toss the sliced cabbage into the skillet and cook for three to five minutes until slightly wilted but still retaining some bite.**

If using leftover cooked cabbage, simply stir it in until warmed through.

- 4 Add the remaining two tablespoons of butter to the skillet alongside the dried potatoes and chopped corned beef.**

Sprinkle evenly with the dried thyme, smoked paprika, and black pepper, tossing gently to coat everything in the rendered fats.

- 3 Press the hash firmly into an even layer with a spatula and step away from the stove.**

Let the mixture cook completely undisturbed for five minutes to develop a deeply caramelized, golden-brown crust.

- 146** Carefully flip the hash in large sections, press it down firmly again, and cook undisturbed for another five minutes.

It is fine if it breaks apart slightly; the goal is simply to expose the un-browned sides to the hot iron.

- 147** Serve the hash straight from the hot skillet, crowned with freshly fried sunny-side-up eggs and chopped parsley.

Taste a small bite first and adjust the salt only if necessary, as the corned beef brings its own heavy seasoning.

CHEF'S NOTES

- **Use leftover boiled or roasted potatoes if you have them.**
This skips the parboiling step entirely and puts yesterday's dinner to brilliant use.
- **Substitute high-quality thick-cut deli corned beef if home-cooked brisket is unavailable.**
Leftover roast beef, baked ham, or pulled pork also make excellent, albeit less traditional, stand-ins.

Quick-Skillet Leftover Mashed Potato Boxy

(Potato Pancakes)

Original: arán bocht tí

BOCK-stee



There is a profound, unsung nobility in taking yesterday's cold mashed potatoes and resurrecting them into something magnificent. Boxty was born of harsh necessity in the damp chill of the Irish countryside, but for the modern cook, it is a pure, unpretentious weekend staple. Bound with a splash of cultured buttermilk and fried aggressively in butter until the raw shredded spuds yield to a golden, unapologetic crunch, these hearty pancakes do not just mop up a runny egg—they demand the center of the table.

INGREDIENTS

2 cups

raw Russet or Yukon Gold potatoes

2 cups

leftover mashed potatoes

1 cup

all-purpose flour

1 teaspoon

baking soda

1 teaspoon

kosher salt

1/2 teaspoon

freshly cracked black pepper

1

large egg

1 to 1 1/4 cups

cultured buttermilk

3

scallions

3 tablespoons

unsalted butter

2 tablespoons

neutral oil or leftover bacon fat

PREPARATION

- **Shred the raw peeled potatoes on the large holes of a box grater.**
- **Wring every drop of moisture from the shredded potatoes.**
Place the raw shreds in the center of a clean kitchen towel, twist tightly, and vigorously squeeze the bundle over a sink until the potatoes are completely dry.

INSTRUCTIONS

-6 Whisk the dry ingredients together in a small bowl.

Combine the all-purpose flour, baking soda, kosher salt, and black pepper until evenly distributed.

-5 Combine the potatoes, dry mixture, and wet ingredients into a thick batter.

In a large bowl, break up the cold mashed potatoes with a fork, fold in the wrung-out raw potato shreds, and toss with the flour mixture. Stir in the egg, scallions, and one cup of buttermilk until it resembles a heavy, lumpy pancake batter, adding the remaining buttermilk only if it is too stiff to spread.

-4 Heat the fat in a heavy skillet.

Place a large cast-iron skillet over medium heat, melting a tablespoon of butter with a splash of oil or bacon fat to raise the smoke point and prevent the milk solids from scorching.

-3 Fry the boxty until deeply golden and crisp.

Drop quarter-cup mounds into the sizzling fat, using the back of a spoon to press them into flat patties about a half-inch thick. Leave them entirely undisturbed for four to five minutes until a sturdy crust forms, then flip and cook the other side until cooked through.

148 **Keep the cooked pancakes warm while working in batches.**

Transfer the finished boxty to a paper towel-lined plate briefly to drain, then stash them on a baking sheet in a 200°F oven while you fry the remaining batter.

CHEF'S NOTES

- **Respect the squeeze.**

If you skip aggressively wringing out the raw potatoes, you will steam the batter in its own juices and end up with a gray, soggy mess instead of a crisp pancake.

- **Store and reheat with care.**

Leftovers keep in the fridge for up to five days or freeze beautifully. Never microwave them; reheat in a hot, dry skillet or a 375°F oven to resurrect the crunch.

The "Southie" Breakfast Roll (Irish-American BEC)

Original: English

sow-thee



This is the undisputed champion of the working-class morning, a towering, unapologetic monument to survival built for the morning after the night before. Born in Irish convenience store delis and perfected in the corner shops of South Boston, it takes the glorious excess of a full Sunday fry-up and shoves it into a heavily buttered sub roll. It isn't meant to be delicate or refined. It is a loud, salty, deeply comforting cure for whatever ails a person, stacking crispy bacon, meaty pork loin, blistered sausages, and runny egg yolks into something far greater than the sum of its greasy parts.

INGREDIENTS

2

large fresh French sub rolls or
hoagie rolls

3 tablespoons

salted Irish butter softened to room
temperature

4 slices

thick-cut smoked bacon

4 slices

Canadian bacon

4

high-quality fresh pork breakfast
sausage links

2 to 4

large eggs

2 slices

sharp American or mild Cheddar
cheese

to taste

ketchup or brown sauce

to taste

kosher salt and freshly ground
black pepper

PREPARATION

- **Slice the rolls longitudinally, leaving a hinge on one side.**

If the bread is exceedingly soft, a quick minute under the broiler will give it the structural integrity needed for what comes next.

- **Slather the interior of both rolls completely with the softened butter.**

Do not skimp; the butter acts as an essential moisture barrier and flavor anchor.

INSTRUCTIONS

- 4 Place a heavy skillet over medium heat and cook the thick-cut bacon and sausages until browned and rendered.**

The sausages will need turning frequently to cook through completely, taking about ten to twelve minutes, while the bacon should crisp up nicely in eight to ten.

- 3 Add the Canadian bacon to the skillet during the final two minutes of cooking to heat through and gain a slight sear.**

Remove all the meats to a paper towel-lined plate, but leave that glorious rendered fat right there in the pan.

- 2 Reduce the heat to medium-low and crack the eggs directly into the shimmering bacon fat.**

Season the yolks lightly with salt and pepper, frying them over-easy so the runny yolk can eventually burst and sauce the sandwich.

- 1 Lay a slice of cheese over each egg during the last thirty seconds of frying to let it melt seamlessly.**

149 Apply a generous zigzag of your chosen sauce across the buttered bottom half of the roll.

150 Layer the Canadian bacon, crispy bacon, and sausages atop the sauce.

Halving the sausages lengthwise before laying them down is a seasoned veteran's trick to keep them from rolling out mid-bite.

151 Place the cheesy fried eggs on top of the meat stack and fold the top of the roll over.

Press down gently to break those yolks, allowing the liquid gold to mingle with the butter and savory pork before eating immediately.

CHEF'S NOTES

- **For a true deli-style experience, adopt the chopped method.**

Instead of layering, place all the cooked meats and eggs on a large cutting board and roughly chop them together with a heavy knife before scooping the mixture into the buttered roll for a perfect ratio in every bite.

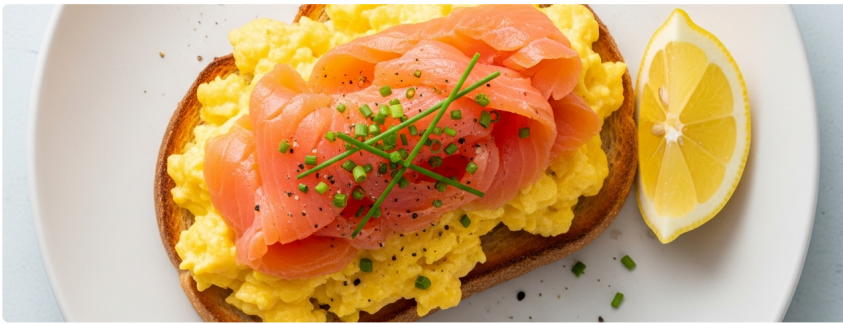
- **Authentic blood puddings elevate the sandwich to its true homeland form.**

If a good specialty butcher is nearby, pan-fry two slices of authentic black or white pudding until crispy on the edges and add them to the meat stack.

Special Occasion Smoked Salmon & Scrambled Egg Toast

Original: Uibheacha scrofa le bradán deataithe

IV-uh-kuh SKRUH-fuh le BRAH-dawn JAH-tee-huh



There are Sunday mornings built for the heavy, sizzling chaos of a full fry, and then there are mornings that demand a little quiet grace. This is the latter—a sacred ritual born in coastal Irish kitchens and carried into the warm, crowded parish halls of America. It relies on nothing more than patience and a pool of foaming butter. Cook the eggs low and slow until they become warm, velvety curds, drape them with good smoked salmon, and lay the whole thing over a thick slice of brown bread. It is a straightforward, undeniable luxury, and exactly the kind of food that heals the soul.

INGREDIENTS

6 to 8

Large eggs

3 tablespoons

Unsalted butter

2 tablespoons

Whole milk or heavy cream

4 to 6 ounces

Smoked salmon

4

Thick slices brown bread

1 tablespoon

Fresh chives or dill

1

Lemon

To taste

Sea salt and black pepper

INSTRUCTIONS

- 6** **Toast the brown bread until crisp on the outside but chewy within.** Generously spread the warm toast with one tablespoon of the softened butter and place on warmed serving plates.

- 152 Whisk the eggs and milk until uniformly pale yellow.**
Lightly season with freshly ground black pepper and a very modest pinch of sea salt, keeping in mind the salmon brings its own heavy salinity.
- 153 Melt the remaining two tablespoons of butter in a heavy skillet over medium-low heat.**
Let it melt just until it begins to foam, taking strict care not to let it brown.
- 154 Pour the beaten eggs into the foaming butter and scramble gently.**
Let them sit undisturbed for a few seconds, then use a flexible spatula to continuously push and fold the eggs from the edges toward the center.
- 155 Remove the pan from the heat while the eggs still look wet and runny.**
The residual heat of the pan will finish cooking them into soft, pillowy curds. Do not overcook them.
- 156 Spoon the creamy eggs over the buttered toast and drape with ribbons of smoked salmon.**
Scatter the chopped herbs over the top and serve immediately with lemon wedges on the side.

CHEF'S NOTES

- **Sourcing the right bread is critical.**

If you cannot bake traditional Irish brown bread, look for the densest, oat-topped whole wheat bread available, or a high-quality crusty sourdough to hold up against the rich eggs.

- **Watch your salt.**

American lox can be highly cured. Under-salt your eggs in the bowl; you can always add a pinch of flaky salt at the table, but you can take it away.

Steel-Cut Apple & Whiskey Porridge

Original: English

Steel-cut ap-puhl and wis-kee por-rij



There is a profound, almost holy comfort in a pot of genuine steel-cut oats bubbling on the back burner of a quiet Sunday kitchen. This isn't the microwavable wallpaper paste of modern convenience; this is the real deal—nutty groats toasted in good Irish butter, stewed with tart apples, and fortified with a bracing, unapologetic pull of whiskey. It is a straightforward, stick-to-your-ribs bowl of warmth meant to thaw the bones and steady the soul after a long week or a long Mass, served up with the kind of generous love that does not require too many words.

INGREDIENTS

1 cup

Steel cut oats

1 tablespoon

Irish butter

3 cups

Water

1 cup

Whole milk

1/4 teaspoon

Kosher salt

1 medium

Granny Smith apple

1 medium

McIntosh or Cortland apple

3 tablespoons

Dark brown sugar

1 1/2 teaspoons

Ground cinnamon

1/4 teaspoon

Ground nutmeg

3 tablespoons

Irish whiskey

for serving

Heavy cream

PREPARATION

- Peel and core the apples before dicing them into small uniform pieces.

INSTRUCTIONS

- 5** Toast the dry oats in foaming melted butter until they smell like warm nuts and toasted corn.
Do this in a heavy-bottomed pot over medium heat for about three to five minutes, stirring constantly to keep them from scorching.
- 4** Carefully pour in the water and milk, then stir in the diced apples, brown sugar, spices, and salt.
The pot will sputter when the liquids hit the hot fat, so stand back slightly.

157 Stir the Irish whiskey straight into the boiling liquid.

Adding it now lets the harsh alcohol bite simmer away while locking in the deep, oaky caramel notes of the spirit.

158 Drop the heat to low and let the pot maintain a gentle, uncovered simmer for about thirty minutes.

Stir every five minutes or so, scraping the bottom so nothing sticks, until the apples melt into the mix and the oats are thick but retain a chewy bite.

159 Pull the pot from the heat, let it rest for five minutes, and ladle into warm bowls.

Hit it with a splash of cold cream or an extra pinch of brown sugar if the spirit moves you.

CHEF'S NOTES

- **Do not skip the chemistry lesson on the whiskey.**

About thirty-five percent of the alcohol remains after a half-hour simmer, so swap it for a teaspoon of vanilla extract and a splash of apple cider vinegar if you are serving kids or folks in recovery.

- **Pay attention to your apple selection.**

The traditional Irish Bramley apple is tough to find stateside, but a mix of one tart Granny Smith and one soft McIntosh perfectly mimics its sharp, saucy breakdown.

- **Stick to genuine steel-cut oats.**

Rolled or quick oats will turn into absolute mush during a long simmer and ruin the hearty texture of the dish.