



# Ireland

Ireland is often called “The Emerald Isle” because of its lush, green pastures which are visible all along the country’s coastline. The food of Ireland is hearty and practical, made with whatever is readily available.

## Celebrate St. Patrick’s Day

You may choose to eat your Irish meal on St. Patrick’s Day, March 17. St. Patrick is known for converting the Celtic people of Ireland to Christianity. He is honored on this day by the Irish and the rest of the world through all kinds of festivities and parades. In recent times, St. Patrick’s Day has developed into a celebration of Irish culture, not just St. Patrick. Green is the color typically associated with St. Patrick’s day (because of the greenness of Ireland), so be sure to decorate your table with all things green!



## Stew

**2 lb. lamb stewing meat, cubed**  
**4 cups water**  
**3 potatoes, peeled and diced**  
**3 carrots, sliced**  
**1 turnip, chopped**  
**1 onion, chopped**

**3 T fresh parsley, chopped**  
**2 tsp salt**  
**½ tsp pepper**  
**1 bay leaf**  
**¼ cup cold water**  
**2 T flour**

1. Combine lamb and water in a large soup pot. Bring to a boil. Reduce heat to low. Cover and simmer until lamb is tender, between one and two hours.
2. Add potatoes, carrots, turnip, onion, parsley, salt, pepper, and bay leaf. Continue simmering until vegetables are tender, about thirty minutes.
3. In a small bowl, stir together water and flour until smooth. Add to stew. Bring to a boil. Simmer for ten minutes, stirring frequently, until stew is thickened. Serve hot.

# Soda Bread

This bread is called “Soda Bread” because it uses baking soda rather than yeast to help to rise.

**3 cups flour**

**1/3 cup sugar**

**1 T baking powder**

**1 tsp salt**

**1 tsp baking soda**

**2 cups buttermilk**

**1/4 cup butter, melted**

**1 egg, beaten**

1. Preheat oven to 325°F. Stir together dry ingredients. Add buttermilk, butter, and egg. Stir well.
2. Place dough in a greased bread pan. Bake until a toothpick inserted in the middle comes out clean, about one hour.



*Make More Than Dinner!*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---