

# Imbolc

R E C I P E S

A FEAST DAY MENU



M O O N C R A F T E D  
E S S E N T I A L S

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## B R E A K F A S T

### LEMON POPPYSEED BREAD

#### Ingredients

3 cups all-purpose flour  
1 1/2 teaspoons salt  
1 1/2 teaspoons baking powder  
3 Tablespoons poppy seeds  
2 teaspoons lemon juice  
2 teaspoons lemon zest  
1 cup oil (vegetable or canola oil)  
3 large eggs  
1 1/2 cups milk  
2 cups granulated sugar  
1 1/2 teaspoons vanilla extract

#### Directions

Preheat oven to 350 degrees F . Line the bottom of two 9-inch loaf pans with a piece of parchment or wax paper. Spray the sides of the pan lightly with cooking spray.

Mix together flour, salt, baking powder and poppy seeds. In a separate bowl mix together the sugar, milk, eggs, lemon juice, lemon zest, oil, and vanilla.

Add the wet ingredients and stir until just combined. Divide batter evenly between the prepared pans.

Bake for 50 minutes - 1 hour, or until a toothpick inserted into the center of the loaf comes out clean. Cool for 5 minutes before inverting onto a wire rack.

### BREAKFAST SCRAMBLE

#### Ingredients

1 tbs butter  
6 eggs  
4 cups small diced potatoes  
1/2 cup small diced onion  
1/2 cup small diced bell pepper  
1/2 cup small diced tomato  
1 cup shredded cheddar  
salt & pepper

#### Directions

Preheat large skillet over medium heat.

Place butter in skillet and add potatoes, seasoning lightly with salt and pepper.

Saute potatoes for 5 minutes then add the onion and peppers and cook 5 more minutes.

Add the tomatoes cook 1 minute to heat through.

Taste the potatoes to check for tenderness and seasoning. If still firm saute 2-3 more minutes.

Add salt and pepper if needed.

In a small bowl, scramble the eggs.

Push the sauteed vegetables to the sides of the pan and pour the eggs in the open space.

Scramble eggs until soft fluffy peaks hold their shape, then stir vegetables into eggs to distribute.

Top with cheese and serve with salsa and toast if desired.

Serves 4

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## L U N C H

### POTATO CORN CHOWDER

#### Ingredients

2 slices thick cut bacon  
1 cup onion diced  
1/2 cup carrot diced  
1/2 cup celery sliced  
2 teaspoons minced garlic  
1 teaspoon salt  
1/2 teaspoon dried thyme  
1/4 teaspoon black pepper  
4 cups low sodium chicken broth  
4 cups potatoes diced  
3 cups frozen corn  
3/4 cup cream

#### Directions

In a large soup pot over medium-high heat, cook bacon until browned. Add onion carrot, and celery, cooking and stirring until the onion starts to brown. Add garlic, salt, thyme and pepper and cook 1 minute. Stir in broth, scraping the bottom of the pot to remove any browned bits. Add potatoes and corn. Stir, bring to a simmer, and reduce heat to medium. Cover and cook for 15-20 minutes until potatoes are tender. Reduce heat to low and add cream, and heat through. Taste for seasoning and add salt and pepper if needed.

Serves 4-8

### ROSEMARY CHEESE CRACKERS

#### Ingredients

3.2oz cheddar or tasty cheese, finely grated  
6.2oz salted butter, softened  
1 1/2 cups plain flour  
1/2 tsp paprika  
1/4 tsp ground pepper  
Pinch of salt  
1tsp dried rosemary  
2 tbsps grated parmesan cheese

#### Directions

Using a mixer, cream the cheese and butter until soft, light and fluffy. In a separate bowl, sift together the remainder of the ingredients. Add the dry ingredients to the butter mixture and mix until mixture comes together into a sticky dough. If the mixture appears too dry, you can add a tablespoon of melted butter, or if it is too sticky, add a little more flour until you are happy with the consistency of the dough. Place dough onto a 10-inch sheet of parchment and form into a 1 inch log. Wrap and pop in the freezer for 30-40mins to harden. Preheat oven to 350F and using a sharp knife, cut into 1/8-inch thick rounds. Place on a tray lined with baking paper and bake for 10-15mins or until golden. Transfer onto a wire rack to cool.

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## D I N N E R

### LEMON & HERB CHICKEN WITH ROASTED VEGETABLES

#### Ingredients

Bone in chicken pieces of your choice  
3 lemons, juice and zest  
2 tablespoons chopped garlic  
2 tablespoons dijon mustard  
1/4 cup cider vinegar  
1/2 cup olive oil  
1 medium onion, 1 inch dice  
2 large carrots, 1 inch pieces  
6 button mushrooms, halved  
1 pound brussels sprouts, halved  
1 tablespoon salt  
1 teaspoon pepper  
1 teaspoon thyme  
1 teaspoon rosemary

#### Directions

Preheat oven to 400 and line a large baking pan with foil.  
Place chicken in roasting pan in single layer. Place all vegetable in pan around chicken in a close to a single layer as possible.  
Combine all remaining ingredients together and drizzle over chicken and veg.  
\*Note: you can place all the ingredients in a large bowl or zip sealed bag and toss to coat before placing in the pan.

Bake covered for 20 minutes, and uncovered for 20-25 minutes until chicken is done.  
Serves 4-6

### COLCANNON POTATOES

#### Ingredients

2 pounds yukon gold potatoes, diced  
2 cups chopped kale  
1 tablespoon minced garlic  
1/4 cup minced green onion  
2 cups whole milk or cream  
1/2 cup butter  
1 tablespoon salt  
1 teaspoon pepper

#### Directions

Place potatoes in cool salted water and bring to a simmer until tender. Add the kale to the pot for 1 minute before draining the water.  
in microwave proof bowl heat milk, garlic and butter for 2 minutes.  
Add milk mixture to well drained potatoes and kale.  
Add green onion, salt and pepper and mash potatoes until desired smoothness.

Serve meal with warm bread  
and fresh butter

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## D E S S E R T S

### SCOTTISH SHORTBREAD

#### Ingredients

2 cups all-purpose flour, spooned into measuring cup and leveled-off with a knife  
1/2 teaspoon salt  
1 cup (2 sticks) unsalted butter, at room temperature, plus more for greasing the pans  
1 cup confectioners sugar  
2 teaspoons vanilla extract  
1/4 teaspoon almond extract

#### Directions

Preheat the oven to 300°F. Lightly grease two round 9-in cake pans with butter. In a medium bowl, whisk together the flour and salt. Set aside. In the bowl of an electric mixer fitted with the paddle attachment or beaters, combine the butter, sugar, vanilla, and almond extract. Beat until smooth, creamy and well combined. Add the flour mixture and beat on low speed until you have an evenly mixed, stiff dough. Divide the dough in half and press each half into an even layer in the prepared pans, dusting your fingers with flour as necessary to prevent the dough from sticking. To smooth the surface, place a piece of plastic wrap over the dough and smooth with your fingers. Use a fork to prick the dough all over in 1-in intervals to allow steam to escape while the shortbread bakes. Bake the shortbread until it's a light golden brown across the top surface, and a deeper golden brown around the edges, about 35 minutes. Remove the pans from the oven, and immediately turn each shortbread round out onto a clean work surface. Using a sharp knife, cut each round into 12 wedges. (Do this while the shortbread is still warm; otherwise, it won't cut easily and will crumble.) Transfer the shortbread wedges to a rack to cool. Store in an airtight container for up to a month.

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## D E S S E R T S

### BRIGID'S CUSTARD

#### Ingredients

4 cups milk  
6-8 tablespoons sugar  
¼ teaspoon salt  
4 eggs  
½ teaspoon vanilla  
1/8 teaspoon fresh ground nutmeg

#### Directions

Preheat oven to 350 degrees.  
Mix and heat milk, sugar and salt. Stir hot milk slowly into lightly beaten eggs. Add vanilla.  
Pour mixture into custard cups or 1 ½-quart baking dish. Sprinkle lightly with cinnamon, nutmeg or both.  
Bake in a pan of hot water until custard is set, 30-45 minutes (longer when using a baking dish). When the point of a thin knife comes out clean, remove at once from hot water to keep from overcooking.

Note: this can also be baked in tart or pie shells.  
Top with fresh whipped cream and a drizzle of whisked raspberry jam or apple butter.