

Irish Recipes

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1. TRADITIONAL IRISH BACON AND CABBAGE

INGREDIENTS

- 1 Shannon Traditional Slab Bacon (1 1/4 - 2lb)
 - 1/2 green cabbage and 1/2 white cabbage
 - 8 potatoes (peeled)
 - Salt and pepper
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METHOD:

Remove slab bacon from plastic bag. Cover with cold water. Bring to boil and drain. Cover with fresh cold water. Bring to boil and then simmer for 25 minutes per 1lb plus 25 minutes over. Remove outer leaves of cabbage. Cut in half, add to the saucepan and simmer for the last 20 minutes. Remove bacon to chopping board and carve into thin slices. Drain cabbage, season with salt & pepper, chop and add a knob of butter. Serve the bacon with the cabbage and boiled potatoes and parsley sauce.

PARSLEY SAUCE INGREDIENTS:

INGREDIENTS

- 1/4 cup butter
- 3 tablespoons flour
- 1/4 cup cabbage stock
- 1 1/4 cups milk
- 1/2 cup finely chopped parsley
- Pepper

METHOD:

Melt butter in saucepan and stir in flour to make roux. Cook without browning over medium heat for 1 or 2 minutes. Gradually add cabbage stock, then milk. Bring to boil and stir for a few minutes. Add parsley and season to taste with pepper. Makes about two and a half cups.

Serves 4

2. SAUSAGE AND BACON HOT PIE

INGREDIENTS

- 1lb Shannon Traditional Irish Bacon (Regular or Premium)
- 1 lb Shannon Traditional Sausages (Bangers)
- Salt and pepper to taste
- 5 large peeled potatoes
- 1 oz oil
- 2pts water
- Pinch of thyme
- 1 small sliced onion
- Chopped parsley
- 1 bay leaf

METHOD:

Heat oil in pan, brown sausages and lightly saute bacon. Slice potatoes thinly. Mix potatoes with herbs and onions and season with salt and pepper. Layer an ovenproof dish with potatoes. Place sausages and bacon on top of potatoes. Neatly arrange an overlapping layer of potatoes on top. Pour water over all ingredients. Place a bay leaf on top. Cook in pre-heated oven at 220 C till lightly colored. Reduce heat to 170 C and cook for a further 30 minutes. Press down potatoes occasionally during cooking. Remove bay leaf. Brush potatoes after cooking with melted butter and sprinkle with chopped parsley.

Serves 6 to 8

3. SAUSAGE AND MUSHROOM PIE

INGREDIENTS:

- 1lb Shannon Traditional Sausages (Bangers)
- 2 oz butter
- 2 onions sliced
- 1/2 lb small button mushrooms
- 1 1/2 oz plain flour
- 1/2 pt milk
- 1/2 pt chicken stock
- Salt and pepper to taste

- 1/2 lb puff pastry
- 1 egg beaten or a little milk

METHOD

Pre-heat the oven to hot, 200 C, putting in the sausages on a roasting tin to cook. Remove in about 20 minutes and leave to cool. Soften the onions in the melted butter over a low heat. Add the mushrooms and stir for 1 or 2 minutes. Sieve the flour over the mushrooms and cook for 1 minute. Add the stock and milk gradually, stirring continuously. Bring to boil and simmer for 3 minutes. Season to taste, and leave to cool. Roll out the pastry thinly on a floured board, and line a deep pie dish. Put the sausages into the dish, pour the sauce over them and cover with the remaining pastry. Press the edges well together. Brush over with remaining egg or milk. Make one or two small holes in the pastry lid with a skewer. Bake in the pre- heated oven for about 40 minutes, and serve hot.

Serves 4 to 6

4. PASTA WITH IRISH BACON AND BROCCOLI

INGREDIENTS:

- 4 slices Shannon Traditional Irish Bacon, cut crosswise into 1/4 inch strips
- 8 ounces dried corkscrew or quill-shaped pasta
- 2 cloves garlic, minced
- 1 small onion, finely chopped
- 1/2 cup de-fatted chicken broth
- 1/8 teaspoon dried hot pepper flakes
- 4 cups fresh broccoli florets
- 2 tablespoons grated Parmesan cheese

METHOD:

Cook pasta in large amount of salted boiling water. While pasta is cooking, in non-stick skillet over medium heat, cook bacon strips just until they begin to brown. Stir in garlic and onions; cover and cook for several minutes or until onion is soft. Raise heat to medium-high. Add chicken broth, hot pepper flakes and broccoli. Cover and cook for 7 to 8 minutes until broccoli is crisp-tender and still bright green. Stir in grated Parmesan and salt to taste. Toss with hot cooked pasta. Serve immediately.

Serves 4

5. CATHLEEN'S BANGERS IN RUM SAUCE

INGREDIENTS:

- 1lb Shannon Traditional Sausages (Bangers)
- 1 1/2 to 2oz rum (white or dark)
- 2 1/2 tablespoons dark brown sugar

METHOD:

Cook sausage until lightly browned in a skillet with a little oil. Drain on paper towel. Slice sausage into three equal parts. Steep in rum for 2 hours. Sprinkle sugar over rum and sausages making sure they are covered with liquid. Cook in 325 C oven for 15-20 minutes or until bubbling. Serve with cocktail sticks.

Serves 6 to 8

6. TRADITIONAL IRISH BREAKFAST

INGREDIENTS

- 8 slices of **Shannon Traditional** Irish Bacon (Premium)
- 4 **Shannon Traditional** Irish Sausages (Bangers)
- 4 slices of **Shannon Traditional** Black Breakfast Pudding
- 4 slices of Shannon Traditional White Breakfast Pudding
- 4 eggs
- 4 Medium size tomatoes
- Freshly ground pepper

Method

Over low heat, saute bacon, turning frequently until done to taste. Remove from pan and drain on paper towels. Keep hot. It is important to note that Irish bacon is not cooked crisp hard. Place sausages in pan and cook until brown on all sides. Cut the tomatoes in half and fry with slices of pudding in the bacon fat. Remove and keep hot. All the above items can also be broiled instead of being fried. Cook eggs to order.

Serves 4

7. Angels on Horseback

INGREDIENTS

- 12 slices of Shannon Traditional Regular Bacon
- 24 oysters.

Method

Cut each slice of bacon across in two. Stretch the pieces by placing them flat on a board and stretching them with the back of a knife. Place one oyster on each bacon slice and wrap up. Secure with cocktail sticks or skewers. Grill under a medium heat, turning frequently, until the bacon is crisp. Drain on kitchen paper. Serve plain or on rounds of hot buttered toast.

8. Devils on Horseback

Use 24 prunes, soaked overnight and stoned, or 24 fresh dates, instead of oysters.

9. Genies on Horseback

Use 12 Shannon Traditional Sausages (Bangers), halved, instead of the oysters.
Serves 6 to 8

10. Black Pudding and Vegetable Casserole

INGREDIENTS:

- 2 Shannon Traditional Black Puddings, skinned and sliced
- 2 potatoes, peeled and diced
- 2 carrots, pared and sliced
- 1 large leek, sliced
- 2 onions, peeled and sliced
- 1/4 small white cabbage, shredded
- 1 can red kidney beans, drained and rinsed
- Optional: 1 chicken stock cube
- Salt & pepper to taste
- 2 tablespoonfuls of oil

Method

Put the prepared onions, carrots, potatoes and leek into a large non-stick skillet with about 4 cups of boiling water. Add stock cube if desired. Cover and cook until the vegetables are almost tender, for 25 to 30 minutes. Add the cabbage and the kidney beans and cook for 5 minutes more. Saute the slices of black pudding in oil until they are crisp on the outside. Gently stir into vegetables and simmer for 10 minutes. Add the seasoning and serve hot with bread or rolls.

Serves 4 to 6



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