

Cookbook

Plan an Irish Meal and Celebrate St. Pat's Day

BY JOAN KINGSBURY

Everybody is Irish on St. Patrick's Day. Wearing green is the order of the day, as is eating corned beef and cabbage for dinner. Parades, parties and dancing the Irish jig to the strains of lively Irish

music all add to the festivities.

St. Patrick's Day, of course, honors Ireland's patron saint who introduced Christianity to Ireland. Legend says that St. Patrick also rid Ireland of snakes and used the three-leaf shamrock to demonstrate

the idea of the blessed Trinity. Today shamrocks are a symbol of St. Patrick's Day.

Parades are the order of the day in New York City, Philadelphia, Boston and nearer to home, Scranton and Wilkes-Barre.

If our readers are

planning to have a St. Patrick's Day party this year, I have some recipes to make your party a smashing success; New England Corned-Beef Dinner, Sweet Irish Soda Bread and Pistachio Cake. New England Corned-Beef Dinner is really a large one-pot meal. A

corned-beef brisket is boiled with carrots, yellow onions, cabbage and potatoes in water spiced with garlic, whole cloves, whole black peppers and bay leaves. When your dinner is cooked, serve on a large platter. Butter potatoes and sprinkle with parsley before serving.

Sweet Irish Soda Bread is easy to make and really very tasty. This bread requires no yeast and can be varied by adding caraway seeds, raisins or both. At Christmas time it is an Irish tradition to leave a burning candle in the window and leave a loaf of soda bread on the table to welcome any traveling stranger. For St. Patrick's Day, Irish Soda Bread makes a nice addition to your party menu.

For dessert, Pistachio Cake, makes a colorful coffee cake. A moist, slightly heavy cake, this recipe fills a tube pan, and makes enough servings for a large gathering.

To all my Irish readers and those, like me, who

pretend to be Irish for that day, Happy St. Patrick's Day!

NEW ENGLAND CORN BEEF DINNER

4-5 lb. corned-beef brisket
1 clove garlic
2 whole cloves
10 whole black peppers
2 bay leaves
8 med. carrots, pared
8 med. yellow onions, peeled
1 med. head cabbage, cut in 8 wedges
2 T. butter or margarine
chopped parsley
Mustard sauce, (see recipe below)

Wipe corned beef with damp paper towel. Place in a large kettle; cover with cold water. Add garlic, cloves, black pepper and bay leaves. Bring to boiling; reduce heat and simmer five minutes. Skim surface, then simmer, covered, three to four hours, or until meat is fork-tender.

Add carrots, potatoes and onions during last 25 minutes. Add cabbage during last 20 minutes. Cook just until vegetables are tender.

To serve: Slice corned

beef thinly across the grain. Arrange on one side of serving platter. Place cabbage wedges beside meat. Brush potatoes with butter and place in serving dish; sprinkle with parsley. Arrange carrots and onions in another dish. Pass Mustard Sauce. Makes eight servings.

MUSTARD SAUCE

1/2 c. mayonnaise or cooked salad dressing
1 t. chopped onion
1/2 c. prepared mustard
Combine all ingredients; mix well. Refrigerate, covered, until ready to use. Makes about one cup.

SWEET IRISH SODA BREAD

2 c. all-purpose flour
1 1/2 t. baking powder
1/4 t. baking soda
1/2 t. salt
3 T. sugar
1 T. caraway seeds (optional)
1/2 c. seedless raisins (optional)
1 c. buttermilk

Mix flour, baking powder, baking soda, salt and sugar together. Add caraway seeds and

raisins. Stir in buttermilk to make a soft dough. Knead dough lightly on a floured board for about one minute, then shape into a round loaf and put it into an 8-inch greased round pan. Pat flour lightly over the top surface, then cut crosswise into the top. Bake in a preheated 350 degree oven for about 40 minutes, or until done. Bread should have a hollow sound when you tap it. For plain bread omit the caraway seeds and raisins. Makes eight servings. Very good!

PISTACHIO CAKE

1 box yellow cake mix (mix according to pkg. directions)
2 pkg. pistachio instant pudding
4 eggs
1/2 pt. sour cream
TOPPING
1 t. cinnamon
1/2 c. chopped walnuts
1/2 c. brown sugar

Grease and flour a tube pan. Mix cake as directed. Place the batter in a pan. Top with half of topping. Re-top with batter and topping. Bake at 350 degrees for 45 minutes.

What's Cookin'

RAGGEDY ANN & ANDY PLAYSCHOOL

March 16 - 22

WEDNESDAY--Fish sticks, potato puffs, corn, fruit, milk.

THURSDAY--Beef-a-roni, bread-butter, carrots, cookies, milk.

FRIDAY--Pizza, celery-carrot sticks, pudding, milk.

MONDAY--Peanut butter-jelly sandwich, celery sticks, fruit, milk.

TUESDAY--Chicken rice soup-crackers, cheese cubes, jello, milk.

WEST SIDE VO TECH

March 16 - 22

WEDNESDAY--Chili, buttered rice, tossed salad-dressing, corn bread-butter, Tech peanut butter squares, milk.

THURSDAY--Irish chicken, pot of gold potatoes, Leprechaun peas, clover roll-butter, Shamrock cake, top of the mornin' milk.

FRIDAY--Fish on bun w-tartar sauce, buttered vegetables, cole slaw, chilled fruit, milk.

MONDAY--Wafers on seeded roll, buttered vegetables, chilled fruit, ice cream, milk.

TUESDAY--Beef bar-b-que on soft roll, buttered corn, spiced applesauce, chocolate chip cookies, milk.

DALLAS SCHOOLS

March 16 - 22

WEDNESDAY--Hot turkey sandwich w-gravy, carrot stick or Dallas McChicken sandwich w-lettuce-mayo, buttered baby peas, choice of milk. Bonus: Freshly baked brownie. Bronie a la mode special in Jr. & Sr.

THURSDAY--Irish vegetable soup, toasted ham-cheese sandwich or ham bar-b-q on enriched roll w-relish, Mother O'Tooles green beans, Irish green celery stics, choice of Emerald Isles milk. Bonus: Leprechaun lime gelatin w topping. Bring in shamrock for free chamrock cookie.

FRIDAY--Pizza (2 slices), or egg salad hoagie w-shredded lettuce, chicken-rice soup w-vegetables, frosty fruit (new item), milk.

MONDAY--Baked lasagna or cheese burger on roll w-celery stick, peas-carrots, milk. Bonus: Chocolate pudding w-whipped topping.

TUESDAY--Chili, freshly baked corn bread or cheese dog or plain hot dog on bun, carrot sticks, fruit salad

dessert w-coconut-marshmallows, milk. Bonus: Potato chips.

LAKE-LEHMAN SCHOOLS

March 16 - 22

Jr. High & Elementary

WEDNESDAY--Sausage links, buttered waffles w-maple syrup, applesauce, orange wedges, milk.

THURSDAY--St. Patrick's Day--Irish beef stew over noodles, pickled beets, Parker House roll-butter, green jello-topping, milk.

FRIDAY--French bread pizza, potato chips, buttered green beans, peaches, milk.

MONDAY--hamburg on bun, pickle chips, chicken noodle soup-saltines, peaches, milk.

TUESDAY--Hot dog on bun, cheese squares, potato puffs, baked beans, pears, milk.

Senior High

WEDNESDAY--Steak hoagie w-peppers or tuna hoagie, cheese squares, potato puffs, buttered corn, pudding, milk.

THURSDAY--St. Patrick's Day--Irish beef stew over noodles, pickled beets, Parker House roll-butter, green jello-topping, milk.

FRIDAY--French bread pizza or peanut butter-jelly sandwich, potato chips, green beans, fruit cup, milk.

MONDAY--Pork bar-b-q or chicken patti on bun, minestrone soup-saltines, pears, milk.

TUESDAY--Hot dog or kielbasi on bun w-sauerkraut, potato puffs, applesauce, cookies, milk.

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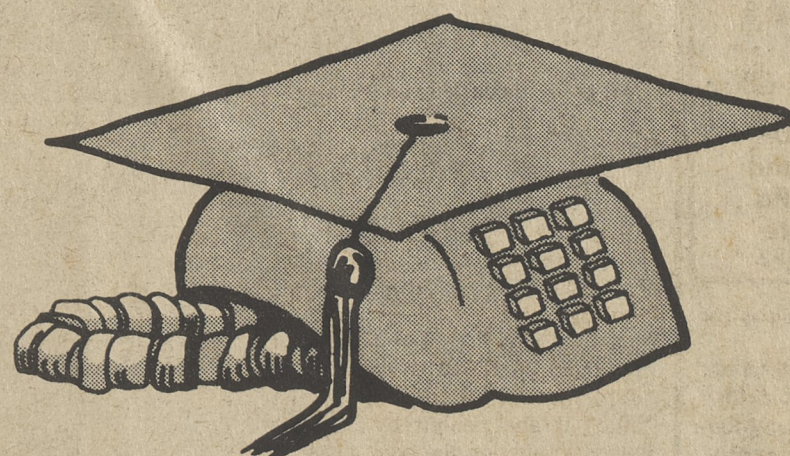
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