

Irish Cooking w/Lorraine  
Ep. 3

This is episode 3 of Podcrawl Podchroal, the podcast from the McClelland Irish Library. I'm your host, Lisa, the Assistant Librarian with Loraine, one of our employees. With the holiday season upon us, on today's episode we'll talk about Irish Cooking including recipes and stories.

What are some of the most popular Irish meals?

[Lorraine's answer] Irish Stew (made with potatoes, carrots, onions, Lamb, bay leaf, parsley, thyme). Boxty which is an Irish potato pancake (made with finely chopped and mashed potatoes mixed then fried usually served with butter) Cockles and Mussels cooked by steaming (cockles are a small saltwater clam). When I was a child my Dad would just pick them up on the beach and eat them fresh.

I thought corned beef and cabbage would be a top dish.

[Lorraine's answer] Despite being associated with Ireland today, corned beef and cabbage actually did not originate there. When the Irish immigrated to America they found that beef was inexpensive and learned about corned beef from the Jewish delis and so corned beef and cabbage was born and as we know became a very popular dish amongst Irish-Americans.

Lorraine will now share her scrumptious recipe of Irish soda bread.

[Lorraine's recipe] 3 cups flour ( $\frac{1}{2}$  brown  $\frac{1}{2}$  unbleached white) 1  $\frac{1}{2}$  tsp baking soda 1  $\frac{1}{2}$  tsp fine salt 1  $\frac{1}{2}$  cups buttermilk. Combine all ingredients in a bowl with a fork and turn out onto a floured counter then knead together for a minute. Shape into a round then cut a cross on top of the bread (this is done to bless the bread and as the stories go let the fairies out) bake on a tray with parchment paper at 375 for about 40 minutes.

What about adding raisins?

[Lorraine's answer] Well my family never made it with raisins. The bread was made to be served with breakfast and then later with the evening meal, so the bread was neither sweet nor savory.

[Marmalade recipe] 2 oranges  $\frac{1}{2}$  cup sugar  $\frac{1}{4}$  stick of butter. Cut the end of the Oranges of then cut in half, take out all the seeds and finally chop. Add all the ingredients into a saucepan for 20 minutes. Store in a clean glass jar in the fridge.

Everytime Loraine brings in Irish soda bread, it's devoured pretty fast! When's the next time you'll be making it? Save me a piece!

Tea is the perfect drink to serve with Irish soda bread and a spread of marmalade.  
Lorraine can you tell us a little history about Irish tea and how to brew the perfect cuppa?

[Lorraine] It was in the 1800's that tea first came to Ireland and it was a luxury drink for the upper class but it didn't take long before the Irish became one of the heaviest consumers of tea in the world drinking more tea per capita than any other country in the world apart from Turkey. The average person in Ireland drinks 3-5 cups a day!

How to Brew the perfect cuppa:

Warm the pot

Add 4 to 5 bags of Irish tea (I like Lyons) or 4-5 teaspoons.

Pour boiling filtered water over the tea

Let brew for 4-5 minutes

Remove the tea bags

Enjoy with milk and sugar or honey.

Did you know?

We have Irish cookbooks available to checkout at McClelland Library.

Some titles include:

Irish Cooking: more than 75 delicious recipes from pub fare to country classics

The Complete Book of Irish country cooking: traditional and wholesome recipes from Ireland

Cooking the Books: an Irish literary cookbook

The New Irish Table: 70 Contemporary Recipes

Irish teatime recipes: Traditional Cakes from the Emerald Isle with scenes from Old Irish Life

Thank you so much for listening! We hope to see you soon at McClelland Library!

Let's go eat Irish soda bread and drink tea!