

...a little cookbook from Ireland...

IRISH RECIPES

Some very old, some later



MORRIGAN BOOKS

About the little cookbook from Ireland

Originally published by a Dublin printing firm some 50-60 years ago, the rights were acquired by Morrigan Books in the 1980s, and an edition was published around then. Where the actual recipes were gathered from is lost in mists of time, but a government agency involved with promoting Irish food did have some input into the original publication. Whatever about that, it is certain that many of the recipes pre-date the existence of any Irish government or agency at all. Very old, they reflect a simpler way of life, a time when money (and exotic ingredients) may have been in short supply, but imagination and creativity abundant. Enjoy.

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ARAN SCALLOP SOUP

Ingredients :

6 scallops; 4 tomatoes, peeled and sliced; 2 oz. fresh pork or bacon fat (unsmoked); 3 oz. diced potatoes; 2 oz butter; 1 pt. fish stock (preferably sole, using the trimmings of scallops); $\frac{1}{2}$ teaspoonful salt, pinch of pepper; thyme; parsley stalks; sprinkle of fine mace, chopped parsley, crushed cream crackers (or water biscuits); $\frac{1}{2}$ gill cream.

Method :

Sauté potatoes in butter and pork fat. Add thyme, parsley stalks and fish stock with juices of scallops. Bring to boil and then simmer gently for 20 minutes. Blanch and dice scallops, adding them to soup and cook a further 15 minutes. Add tomatoes and simmer gently. Remove thyme and parsley stalks. Thicken as desired with addition of crushed crackers a little at a time. Pour into soup tureen. Add $\frac{1}{2}$ gill fresh cream. Sprinkle with ground mace and pinch of chopped parsley and serve.

BAIRNEACH SOUP

Ingredients :

1 quart limpets; 1 onion; 1 potato; 3 pt. boiling water; 1 teaspoonful cornflour; $\frac{1}{2}$ pt. milk; 1 teaspoonful chopped parsley.

Method :

Steep limpets in cold water and scrub shells until clean. Wash and rinse thoroughly. Put in saucepan with onion and potato cut in small pieces. Add a little salt and pour boiling water over. Bring to boil and stew gently for 2 hours. Strain off liquid. Blend cornflour with the milk and add to the soup to thicken. Re-boil, stirring all the time. Season to taste. Sprinkle with chopped parsley. **Serve.**

COCKLE SOUP

Ingredients:

2 quarts cockles ; parsley ; 1½ oz. butter ; pepper and salt :
2 onions ; 1½ oz. cornflour or arrowroot ; 1 pt. milk ; 2 sticks
celery ; 1 pint boiling water.

Method:

Chop 1 onion, fry in butter add parsley and chopped celery. Add well-washed cockles, toss them in the sizzling butter. Add 1 pt. of boiling water. Simmer with pot covered until cockles open. Remove cockles, take out and discard shells, put the cockles in soup tureen in warm place. Strain the stock from the cooked cockles. Add milk and one onion whole pierced with cloves. Boil, then simmer about 20 minutes. Thicken with cornflour blended in a little milk. Boil a further ten minutes and strain over the cockles in tureen. (It is essential that cockles are watched whilst cooking as over-cooking toughens them.) Before serving, whisk in a nut of butter and two tablespoonsful of whipped cream. Serve with snippets of soda bread.

COTTAGE BROTH

Ingredients:

½ lb. neck of mutton ; salt and pepper ; 1 quart water ; 1 oz.
pearl barley ; 1 onion ; 1 carrot ; 2 potatoes ; 1 white turnip ;
2 sticks celery ; 1 teaspoonful finely chopped parsley.

Method:

Wipe the meat, trim off all fat and cut into tiny pieces. Put meat, washed barley, water, pepper and salt into a heavy saucepan. Bring to the boil and simmer slowly for 1 hour. Skim frequently. Prepare vegetables and cut into ½" dice. Add to the broth, and simmer for another hour. Correct seasoning. Lift out meat and cut lean pieces into small dice. Discard bones. Return lean diced meat to the broth. Sprinkle liberally with chopped parsley and serve.

" CRAIBECHAN "

Ingredients:

8 quarts water ; bone and shin of beef ; 6 onions ; 6 leeks ;
10 carrots ; 3 parsnips ; 2 yellow turnips ; 1 kale or 2

cabbage; 10 shallots; $\frac{3}{4}$ lb. barley; $\frac{1}{2}$ lb. fine oatmeal; $\frac{1}{2}$ pt. elder berries; 2 pt. nettle tops; $\frac{1}{2}$ pt. sorrel; $\frac{1}{2}$ pt. watercress; garlic; bayleaf.

Method:

Cut all ingredients in small pieces. Put together in cauldron and boil slowly for about 3 hours. Traditionally this dish was served on round plates or in bowls with freshly boiled potatoes. The potatoes were broken up and all was eaten with a spoon.

CROMANE FISH SOUP

Ingredients:

1 $\frac{1}{2}$ lbs. fillets of whiting; 2 pt. of Cromane mussels; 6 slices of bread cut into cubes and fried in butter; 3 oz. of butter; 1 minced onion; 2 pt. light fish stock or water (hot); 1 small bunch of parsley; salt and pepper.

Method:

Melt 2 oz. butter in saucepan, add onion and fry gently. Remove onion and keep hot. Now add fish and fry until brown and fully cooked — about 5 mins. Flake the fish and place in a hot dish with the fried onions. In another saucepan put 1 oz. of butter. When sizzling add mussels and parsley, fry for 5 minutes, then add the fish stock. Cook till mussels open. Remove parsley (discard). Remove mussels, discard shell and return the mussels to the saucepan. Add the ingredients in the saucepan to the fish in dish. Season to taste. Garnish with cubes of fried bread. Heat slowly and season with salt and pepper.

CRUBEEN PEA SOUP

Ingredients:

15 oz. dried peas; 2 crubeens; 3 $\frac{1}{2}$ pt. of water; 1 stick of celery; 1 oz. lentils.

Method:

Scrub the crubeens thoroughly. Put into a saucepan, add the cold water, bring to the boil and simmer gently until the bones fall away from the meat (3-5 hours). Have peas steeping overnight and add with the washed lentils and chopped celery to the crubeens one hour before cooking is due to be completed. Rub as much as possible through a sieve. Correct seasoning. Reheat and serve.

FERGUS WATERCRESS SOUP

Ingredients:

1 lb. fresh watercress leaves; 2 medium leeks, finely chopped;
3 sliced peeled potatoes; 1½ pt white stock; ¼ pt. thin cream;
2 oz. butter; dessertspoonful of chopped fennel.

Method:

Place 1 oz. butter in a saucepan, add leeks and fry gently. Do not allow to colour. Add potatoes, let them sauté for five minutes, add 1 pt. stock. Cook quickly until potatoes are just cooked, then pass the mixture through a fine sieve into a bowl or another pot. Keep warm. Now take the clean saucepan, add in the other 1 oz. of butter. When melted put in the watercress and ¼ pt of stock. Sauté or simmer gently for 10 minutes. Pass the watercress through a sieve into the bowl with the potato stock. Return the mixture to the saucepan. Put on fire and bring to boil. When it boils, place on side of the stove and add in the thin cream, also the fennel. Serve very hot with cubed pieces of bread fried in butter.

GALWAY CODLING SOUP

Ingredients:

2 lb. filleted codling; 3 pt. milk; 2 onions; 4 large potatoes;
1 bayleaf; 2 oz. butter; salt and pepper; 3 oz. diced bacon;
4 oz. chopped celery; 1 sprig of thyme; parsley and dill.

Method:

Cook codling in ½ pt. water for about 15 minutes, covering it to effect complete cooking. Drain the fish until it is dry. Flake the fish and keep warm. Fry the bacon until it is very crisp. Reserve. Sauté onions in the bacon fat. Simmer the diced potatoes-celery-seasonings for 20 minutes in the cod broth. Add in the flaked cod, onions, bacon and milk. Simmer for a further 10 minutes. Finally stir in the butter very gently, remove herbs and serve sprinkled with chopped parsley.

IMOKILLY MUSHROOM AND CHICKEN SOUP

Ingredients:

3 pt. finely chopped mushrooms; 2 finely minced onions;
¼ oz. finely minced meadow garlic; 3 pt. water; 1½ pt. chicken
stock; 1 pt. milk; 2 oz. butter; 4 oz. flour; pepper and salt.

Method:

Place mushrooms in saucepan, add butter and onions, and fry about 6 minutes. Do not allow them to colour. Add water, simmer for 1 hour. Blend the flour with a little of the milk and strain into the saucepan. Add chicken stock and the remainder of the milk. Bring to the boil and simmer for a further 20 minutes. Pass through a fine sieve. Reheat, correct seasoning and serve.

KILLALA MUSSEL CHOWDER

Ingredients:

Fish stock; sliced pork fat; potatoes; tomato; shallots; sprig of thyme; mussels.

Method:

The mussels are cooked whole in the stock and then shelled, this retains their full saline juices. When cooked the soup is thickened with crushed cream-crackers. Before serving add a dash of liquid cream and a little melted butter. Sprinkle with parsley. Grated Parmesan cheese may be served as an accompaniment to the above dish.

LETTUCE SOUP

Ingredients:

2 pt. good stock (white); 1 bayleaf; 6 medium potatoes sliced; 4 heads shredded lettuce; 1 medium onion sliced; 1 head of celery well chopped; 3 oz. butter; 2 egg yolks; 2 tablespoonsful liquid cream; salt and pepper.

Method:

Melt 2 oz. butter — add onion, celery, bayleaf, also the potatoes. Fry lightly for 5 minutes and then add the white stock. Cook until potatoes are just tender. Pass all through a fine sieve, removing bayleaf. Meantime, melt the rest of the butter in a saucepan, add in the lettuce and cook gently for 8 minutes. Pour the strained soup over the lettuce, mixing well. Keep hot. Mix the yolks of eggs and cream and strain into the soup, stirring well. Infuse whilst stirring for five minutes. Test seasoning and serve.

NETTLE AND OATMEAL BROTH

Ingredients :

2 finely chopped onions; 3 pt. stock; 2 oz. butter; 3 oz. pinhead oatmeal (or fine flakemeal); 3 pt. finely chopped nettle leaves; 1 chopped leek; salt and pepper, grated nutmeg; $\frac{1}{4}$ pt. cream; 1 egg yolk.

Method :

Sauté the onions in sizzling hot butter, add chopped leek, chopped nettle leaves, oatmeal, stock and seasonings. Cook slowly for $\frac{3}{4}$ to 1 hour. Beat yolk of egg and cream together and add the soup slowly to them. Return to saucepan, correct seasoning, reheat carefully but do not boil.

NETTLE POTTAGE

Ingredients :

1 pt. liquid (meat or vegetable stock, milk or water); 1 oz. oatmeal; $\frac{1}{2}$ pt. chopped nettles; 1 oz. butter.

Method :

Fry oatmeal in butter until crisp and browned. Add liquid and bring to the boil. Then add chopped nettles and cook for a few minutes.

ROYAL COUNTY CREAM SOUP

Ingredients :

1 $\frac{1}{2}$ lb. neck of mutton; $\frac{1}{4}$ lb. dried peas; 1 lb. tomatoes; $\frac{1}{2}$ lb. onions; 1 carrot; 1 small turnip; 1 stick celery; 1 pinch sugar; salt, pepper; small bunch thyme; $\frac{1}{2}$ pt. cream (soak peas overnight); 3 pts. water.

Method :

Place peas in a pan with mutton and water, bring to boil, add all vegetables chopped and sugar. Simmer 2 hours. Add tomatoes sliced, boil $\frac{1}{2}$ hour more. Take out mutton. Skim. Put soup through fine sieve, return to saucepan. Season with pepper, salt. Add cream. Garnish with small squares of toast bread.