

## Food for High Achieving Women



# DISHIN' WITH DEBBIE!



March Greetings All! The weather hasn't been too "lion-like" yet-but the month is still young. This month, in honor of the venerable Saint Patrick, we are featuring Irish recipes (I know! Very original- right?)



Here's some historical background on St. Patrick. He was born in Britain. When he was about sixteen, he was captured and carried off as a slave to Ireland. He remained a captive for six years and worked as a herdsman. One day, he heard a voice telling him that he would soon go home and that his ship was ready. Fleeing his master, he travelled to a port two hundred miles away where he found a ship and returned home to his family. He studied for the priesthood and was ordained a priest and set about converting the wild Irish to Christianity. Patrick died in AD 460 on March 17 from which we take our

Saint Patrick's Day and use it as an excuse to drink green beer and eat Corned Beef and Cabbage!

OK, history lesson over, time to get serious...

In keeping with my life philosophy to take care of the most important things first, we're starting with dessert. ;) The bubbly Miss Dorsey, our hard working Social Events chair, provided a yummy recipe for an Irish Oatmeal Cake from the Moosewood Book of Desserts. She says that one of her New Year's resolutions was to support Dishin' with Debbie more (Editor's Note: Tina has excellent taste in resolutions. More of you should emulate her!) She says the cake is yummy, although she is not sure if it's actually from Ireland though... (Editor's Note: No worries there! DwD has never stood on ceremony and isn't about to start now!)

## Irish Oatmeal Cake

### Cake Ingredients:

- 2 cups all-purpose flour
- 1/4 teaspoon salt
- 1 teaspoon baking powder
- 1 1/4 teaspoon baking soda
- 1 cup rolled oats
- 3/4 cup butter, softened
- 1 cup packed brown sugar
- 2 large eggs
- 2 teaspoons vanilla extract
- 1 1/2 cups buttermilk



### Butterscotch Frosting Ingredients:

- 6 tablespoons butter
- 1 cup packed brown sugar
- 1 cup powdered sugar
- 1 teaspoons vanilla extract
- 2 tablespoons milk

### Directions:

- 1.) Preheat oven to 350 degrees. Grease and flour two 9" round layer cake pans and line the bottoms with waxed paper; set aside.
- 2.) Sift together the flour, salt, baking powder, and baking soda. In a blender, whirl the oats to the consistency of corn meal. Stir into the flour mixture and set aside.
- 3.) With an electric mixer, cream the butter and brown sugar until light. Add the eggs one at a time, beating well after each addition. Combine the vanilla and buttermilk and add alternately with the flour mixture. Mix until well blended.
- 4.) Pour the batter into the prepared pans and bake for about 30 minutes, until a knife inserted comes out clean. Cool in the pans for about five minutes and then turn out onto racks to cool completely.
- 5.) For the frosting, melt the butter in the saucepan. Add the brown sugar and simmer on very low heat for at least 10 minutes, stirring occasionally (the longer it cooks, the smoother the frosting.) (Editor's note: and who wants lumpy frosting??)
- 6.) Transfer the butter-brown sugar mixture to a bowl. With an electric mixer, beat in the powdered sugar and vanilla. Add the milk a little at a time until the frosting is smooth and creamy. While the frosting is still warm, fill and frost the cake.

No Irish recipe column would be worth its salt without an Irish Soda Bread recipe. **This is a heavy**, dense bread that is very easy to make. It's a little messy to make, so you can let you inner mud pie maker out to play!

## Irish Soda Bread

### Ingredients:

- 1/2 cup brown sugar
- 4 cups all-purpose flour (divided)
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 3/4 teaspoon salt
- 1 stick cold, unsalted butter, cut into 1/2-inch dice
- 3 cups raisins
- 2 eggs, lightly beaten
- 1 1/4 cups buttermilk



## Directions:

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- 1.) Preheat oven to 350 degrees F.
- 2.) Grease a 9 inch round cast iron skillet (traditional) or a 9 inch round cake pan.
- 3.) In a small bowl, toss raisins with 1 Tablespoon of the flour.
- 4.) In a large mixing bowl, combine remaining flour, sugar, baking powder, baking soda and salt.
- 5.) Cut in butter using a pastry blender until mixture looks like small crumbs.
- 6.) Stir in raisin mixture.
- 7.) In another bowl, blend eggs and buttermilk.
- 8.) Stir the liquid mixture into flour mixture just until flour is moistened.
- 9.) Knead dough in bowl about 10 to 12 strokes. Dough will be sticky- coat hands with Pam to make it a little easier to work with.
- 10.) Place the dough in the pan and pat down. Cut a 4x3/4 inch deep X in the top of the bread.
- 11.) Bake for 65 to 75 minutes. Let cool and turn bread onto a wire rack.

Here is a recipe from a fellow PennDOT-er, [Karen Gabel](#), and I can personally attest to its yumminess. **It's not Irish, it's closer to Pennsylvania Dutch**, but since south central and southeast Pennsylvania were settled by a lot of people from these two ethnic groups, they're practically kin!

## O'WHOOPIE PIE CAKE

### Ingredients:

#### Cake part

- 1 box Devil's Food Cake mix
- 1 box chocolate pudding mix 3.9 oz. (Put in dry - don't make pudding)
- 1 1/2 cup milk
- 4 eggs
- 1/4 cup vegetable oil

#### Frosting

- 1 cup shortening
- 1 1/2 cup 10X sugar
- 1 stick butter



### Directions:

- 1.) Prepare two 9 x 13 cake pans by cutting parchment paper long enough to stick out on both ends of the cake pan. This allows you to remove the cakes to cool and put together and then put back into the pan.
- 2.) Mix cake ingredients together and split between the two prepared pans.
- 3.) Bake at 350 degrees for approximately 20 minutes. **(Editor's Note: Watch carefully because the cake is thinner, it will tend to burn easier.)**
- 4.) Remove from oven and cool
- 5.) Beat frosting ingredients together until light and creamy.
- 6.) Frost top of one cake and place other layer on top of that. ENJOY!



OK- enough with the desserts. Let's get to the meal! Here's a recipe from Chow.com for Guinness Beef Stew. I took a trip to Ireland some time ago and the Guinness Stew was quite tasty! Ireland is the most beautiful country. There really are thousands of shades of green. I was amazed at how health

conscious the Irish people are. There are the signs everywhere proclaiming that Guinness is good for you! What a country!

### Beef Braised in Guinness Recipe

#### Ingredients:

- 1 tablespoon olive oil
- 2 pounds beef stew meat, such as [beef chuck](#) or round, cut into 1-inch cubes
- Kosher salt
- Freshly ground black pepper
- 2 slices bacon, cut into 1/2-inch pieces
- 1 tablespoon unsalted butter
- 1 medium yellow onion, large dice
- 2 tablespoons all-purpose flour
- 1 1/4 cups Guinness stout beer
- 2 medium carrots, peeled and sliced into 1/2-inch rounds
- 1 [Bouquet Garni](#) (aka four sprigs of thyme and parsley and one bay leaf)
- 1 1/4 cups low-sodium beef broth



#### Directions:

- 1.) Heat the oil in a Dutch oven or large heavy-bottomed saucepan over medium-high heat.
- 2.) Season the beef all over with salt and pepper.
- 3.) Add half of the beef to the pan and sear until golden brown on all sides, about 5 minutes. Using a slotted spoon, transfer the meat to a plate; set aside. Repeat with the remaining meat.
- 4.) Add the bacon to the pan and cook until browned and crisp, about 3 minutes. Using a slotted spoon, transfer to the plate with the beef.
- 5.) Reduce the heat to medium, add the butter and onion, and season with salt and pepper. Cook, stirring occasionally, until the onion is soft, about 4 minutes.
- 6.) Add the flour and cook, stirring constantly with a wooden spoon, until no longer raw-tasting, about 2 minutes.
- 7.) Pour in the Guinness and stir to incorporate the flour, breaking up any lumps and scraping up any browned bits from the bottom of the pan. Let the mixture simmer until reduced by half.
- 8.) Return the beef and bacon to the pan along with any accumulated juices and add the carrots and bouquet garni.
- 9.) Add the beef broth and bring to a boil.
- 10.) Reduce the heat to low, cover with a tightfitting lid, and simmer until the beef is tender, stirring halfway through, about 1 hour and 45 minutes.
- 11.) Using a slotted spoon, transfer the beef, onion, bacon, and carrots to a large bowl.
- 12.) Raise the heat to medium-high and gently boil the braising liquid, uncovered, until thickened.

Taste and season with salt and pepper as needed. Return the beef, onion, bacon, and carrots to the pan and stir.



I have a confession to make...

I am occasionally overwhelmed by e-mail. In this case it caused me to completely miss a DWD reader's contribution. I received two recipes from Traci Rabenstein who is a Project Manager with the Office of Information Technology for the French Connection and they didn't make it in- sorry, Traci. So here they are now. French food is too yummy to be limited to one month anyway!

Traci really likes this version of Chicken Cordon Bleu that she got from the All Recipes website.



## Chicken Cordon Bleu

### Ingredients:

- 1 cup milk
- 1 cup dry bread crumbs
- 6 skinless, boneless chicken breast halves - pounded to 1/4" thickness
- Salt and pepper to taste
- 6 slices cooked ham
- 6 slices Swiss cheese
- 2 Tablespoons vegetable oil
- 1 (10.5 ounce) can condensed cream of chicken soup (I use the low sodium)
- 1/2 cup heavy cream

### Directions:

1. Preheat oven to 350 degrees
2. Place milk and bread crumbs in two separate shallow bowls. Season the chicken with salt and pepper. Place one slice of ham and one slice of cheese on each piece of chicken; roll, and secure with toothpicks. Dip each chicken roll into milk, and then into breadcrumbs.
3. Heat oil in large skillet over medium-high heat. Brown rolled chicken on all sides. Arrange the chicken in a 9 x 13" baking dish.
4. In a small saucepan over medium heat, blend soup and cream; season with salt and pepper to taste. Pour over the chicken.
5. Bake in the oven for 15 minutes, or until chicken is no longer pink and juices run clear.

She likes to serve the delicious chicken dish with Roasted Brussels Sprouts. She notes that they may not be French, *per se*, but as we established earlier, there's no standing on ceremony with DwD!

## Roasted Brussels Sprouts

### Ingredients:

- 2 cups Brussel sprouts
- 3 teaspoon olive oil
- 1 teaspoon salt

### Directions:

1. Preheat oven to 400 degrees
2. Clean the sprouts and cut in half. Place them in a mixing bowl and drizzle with olive oil. Toss to coat.
3. Line a cookie sheet with parchment paper and place the coated sprouts on the sheet. Sprinkle with salt.
4. Put in oven and roast for 40 minutes. You can turn them over half way during baking to get them browned on either side.

OK- now for the rest of the DwD year...keep those recipes coming!

## April - Middle Eastern Delights

May - African Specialties

June - Exotic Thailand

July - England- what better way to celebrate the month of American independence?

August - From Russia With Love

September - Canadian Comestibles

October - Oktoberfest in Germany

November - Culinary Adventures from the Land Down Under (Australia/New Zealand)

December - South American Treasures

Please send recipes to [dereihart@pa.gov](mailto:dereihart@pa.gov). Hurry up and do it now so you



***UNTIL NEXT MONTH- KEEP ON DISHIN'!***

***- Debbie***