

INGREDIENTS:

- 4 slices bacon, diced
- 2 pounds beef stew cubes, patted dry
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 tablespoons unsalted butter or olive oil
- 1 large onion, chopped or 8 ounces pearl onions
- 2 stalks celery, chopped
- 2 cloves garlic, chopped
- 8 ounces baby bella mushrooms, sliced - optional
- 1 tablespoon Worcestershire sauce
- 2 tablespoons tomato paste
- 1½ cups Guinness stout
- ½ cup chicken or beef stock
- 2 teaspoon fresh thyme
- 1 teaspoon rosemary
- 1 bay leaf
- 3 Yukon gold potatoes, large dice
- 6 carrots, peeled and cut into chunks
- 4 medium parsnips, cut into chunks
- 2 tablespoon corn starch
- 2 tablespoon water
- ¼ cup chopped parsley

SUPPLIES:

- Instant Pot
- cutting board
- knife
- measuring cups
- measuring spoons
- long handled slotted spoon
- vegetable peeler
- small bowl

*Can be prepared stovetop in a large Dutch oven. Simmer on low 4-5 hours, watching fluid level and stirring occasionally. Add potatoes, carrots, and pearl onions after 2 hours. Thicken as needed.

DIRECTIONS:

1. Using sauté setting on Instant Pot, cook bacon until slightly browned. Remove.
2. Season beef cubes with salt and pepper. Brown the beef in the cooker in two batches, adding additional butter or oil as needed – about 4 minutes per batch. Add to dish with bacon.
3. Cook the mushroom until slightly browned and softened. Add celery and garlic.
4. Stir in tomato paste and cook on sauté for a few minutes.
5. Add Guinness to the pressure cooker. Stir well, scraping any browned bits off the bottom of the cooker, cooking for 5 minutes until reduced slightly.
6. Add beef stock, beef, bacon, rosemary, thyme and bay leaf.
7. Secure the lid on the pressure cooker, select “Stew” setting and set time for 25 minutes.
8. When the cooking program finishes, let the pressure release naturally for 10 minutes, then manually vent.
9. Stir in the potatoes, carrots, pearl onions and parsnips.
10. Put the lid back on the pressure cooker and set to manual for 4 minutes at high pressure.
11. While the stew is finishing, mix the cornstarch and water together to make a slurry.
12. When the cooking program ends, perform a quick pressure release. Stir in the cornstarch slurry right away while the stew is still bubbling. The stew should thicken within a few minutes.
13. Stir in remaining Guinness and serve with fresh parsley sprinkled on top.

Irish Soda Bread

INGREDIENTS:

- 4 cups flour
- 3 tablespoons sugar
- 1 teaspoon baking soda
- 1 teaspoon salt
- 5 tablespoons Irish butter, cubed
- 1 cups raisins, optional
- 1¾ cups buttermilk
- 1 egg, room temperature

SUPPLIES:

- bowl
- measuring cup
- measuring spoons
- pastry cutter
- 10-12" cast iron skillet

DIRECTIONS:

1. Preheat oven to 400°F.
2. Grease a 10-12" cast iron skillet. Line with parchment, if desired.
3. In a medium bowl, blend flour, sugar, baking soda and salt.
4. Cut in butter using the pastry blender, until coarse crumbs form.
5. Stir in raisins, coating well with flour.
6. Mix buttermilk with egg. Stir into flour mixture. Mix until a stiff dough forms.
7. Place the dough on a floured flat surface. Coat your hands in flour and shape the dough into a ball. The dough will be sticky.
8. Transfer the ball of dough to the prepared pan. Use a sharp knife to cut an X into the top of the loaf about 1" deep.
9. Bake for 45-50 minutes or until golden brown and a toothpick inserted into the center of the loaf comes out clean – or test for an internal temperature of 180°F.
10. Cool on a wire rack for at least 10 minutes, then slice and serve.

INGREDIENTS:

- 6 to 8 unpeeled Yukon Gold potatoes, washed and unpeeled
- 4 ounces or one bunch of green onions
- 1 to 1 ½ cups of whole milk or half and half
- salt, to taste
- white pepper, to taste
- 3 ounces of Irish butter

SUPPLIES:

- cutting board
- vegetable peeler
- measuring cup
- stock pot
- potato masher

DIRECTIONS:

1. Place potatoes in saucepan and cover with cold water. Bring to a boil, then reduce heat and simmer for about 30 minutes until the potatoes are fork tender.
2. While potatoes are cooking, prepare the scallions. Cut off and discard the bottoms and the upper third of the green stalks. Finely slice.
3. Place the chopped scallions in a saucepan and cover with one cup of whole milk. Turn the heat to low and slowly bring the milk to the simmering point. Simmer for 3-4 minutes. Turn off the heat and let the onions infuse in the milk. Add half the butter to the hot milk and scallion mixture and let it melt.
4. Drain the potatoes and let them cool slightly.
5. Peel the potatoes and return them to the saucepan. Use a potato masher to smash the potatoes.
6. Add the warm milk to the hot potatoes and mash to combine them fully.
7. If additional milk is needed, warm briefly and add it to the potatoes until they are a loose consistency.
8. Season with salt and pepper to taste.
9. Scoop into a serving bowl and top with remaining pat of butter.